

Beachwood Buzz

August 2019

Every Resident. Every Business. Every Month.

MAGAZINE

HOUSE AND GARDEN TOUR FEATURES

Beautiful Beachwood



H&M

BRIGHTEN

THE CHILDREN'S PLACE

TREAT

ZARA

SURPRISE

ALL THE FEELS

The best part of back to school? Cute clothes for the kiddos. Discover all you need for children of all ages—all in one place.

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In one word, what do you want from life?

The older I get, the more I value stress-free times and drama-free zones. In one word, what I want, is happiness. For me, that means a sense of inner peace, comfort, and love.

A few years ago I published an article based on a story by Heinrich Böll about an encounter between an enterprising tourist and a small fisherman, in which the tourist suggests how the fisherman might improve his life. It bears repeating:

An American businessman was standing at the pier of a small coastal Mexican village when a small boat with just one fisherman docked. Inside the small boat were several large yellowfin tuna. The American complimented the Mexican on the quality of his fish.

"How long did it take you to catch them?" the American asked.

"Only a little while," the Mexican replied.

"Why don't you stay out longer and catch more fish?" the American then asked.

"I have enough to support my family's immediate needs," the Mexican said.

"But," the American then asked, "What do you do with the rest of your time?"

The Mexican fisherman said, "I sleep late, fish a little, play with my children, take a siesta with my wife, Maria; and stroll into the village each evening where I sip wine and play guitar with my amigos. I have a full and busy life, señor."

The American scoffed, "I am a Harvard MBA and I could help you. You should spend more time fishing and with the proceeds you could buy a bigger boat, and with the proceeds from the bigger boat

you could buy several boats, and eventually you would have a fleet of fishing boats."

"Instead of selling your catch to a middleman, you could sell directly to the consumers, eventually opening your own canning factory. You would control the product, processing and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then LA and eventually NYC where you will run your expanding enterprise."

The Mexican fisherman asked, "But señor, how long will this all take?"

To which the American replied, "15-20 years."

"But what then, señor?"

The American laughed and said, "That's the best part. When the time is right you would announce an IPO and sell your company stock to the public and become very rich, you would make millions."

"Millions, señor? Then what?"

The American said slowly, "Then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take a siesta with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your amigos..."

Stories are powerful. This one encourages us to visualize and prioritize what's really important; and to visualize the benefits of simplifying our lives to make dreams become reality.

One way to simplify is to rid ourselves of items or things on our to-do lists that don't currently serve us. According to Courtney Carver in her *Simplicity Quick Start Guide*, transformations that stick are created "inch by inch, month by month, one at a time, year after year."

When we simplify, we lower stress and create time to learn and grow. Courtney suggests that we select one specific item on which to focus each day – for just 20 minutes, for 25 days. The following are some of Courtney's suggested topics. Add items that are relevant to your goals, or get more ideas from Courtney at www.bemore-withless.com.

- Cancel a non-essential appointment or item from your to-do list.
- Dump your junk drawer in a bag and hide it. In 30 days, if you don't remember what's in the bag, get rid of it.
- Turn off your phone and computer for at least 10 minutes.
- Remove expired, stale, unwanted items from your pantry and refrigerator.
- Clear countertops and take time to put things where they belong.
- Unsubscribe from email accounts and sites you never signed up for.
- Start your morning with meditation, daydreaming, or gentle stretches.
- Delete games, social media, or other apps that suck up your time.

- Remove kitchen items that you haven't used in the last 6 months. Box them up, put them out of sight, and if you don't use them for another 30 days, donate them.
- Write about how you'd spend your time if you weren't so busy.
- Make a cup of tea and stare out the window.
- Go for a walk.
- Put a box by the front door and add clutter to it every day.
- Donate clothes that you haven't worn in a year or more.
- Empty the cabinet under your sink, wash it, and only return things you use.
- Get rid of odds and ends – the things that have no place in your space.
- Notice and celebrate your progress, and use the momentum to move forward.

Happiness and simplicity go hand in hand. Sure, we can all do better, make more, buy more, and upgrade; but is that really what makes us happy?

Happiness starts when feelings of gratitude and inner peace are embedded in our belief system as a foundation to support our wellbeing. It's empowering to orchestrate our life as we envision it. It's healthy to slow down, listen to our own voice, trust it, and act upon it. Once we do, we move closer to the life of which we may only have been dreaming.

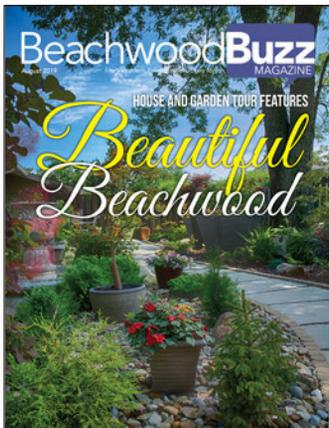
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MAGAZINE

NCJW/CLE Celebrates 125 Years

with Beachwood Leaders in the Spotlight



On Sunday, June 23, the Beachwood Historical Society, City of Beachwood, and Beachwood Arts Council held its bi-annual "House and Garden Tour" that featured spectacular homes, gardens, and landscapes, all located right here in Beachwood. Enjoy our pictorial recap from this year's tour.

Cover story photos taken by Scott Morrison, Discovery Photo. Cover photo taken at Gretta and Michael Jacobs' home on Ramsay Road.

Full story starts on page 7.

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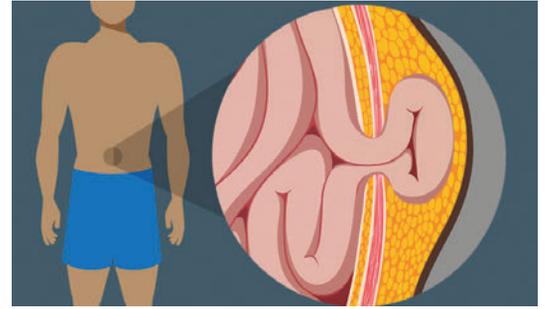
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2016

Beachwood Chamber of Commerce
Business of the Year

The advertisement has a dark blue background with a sparkling, starry effect. At the top left is the 'BEACHWOOD BOOSTERS' logo, which features a stylized bison head. To the right, the text '2019 Back-to-School' is in yellow, and 'Bison Bash' is in a large, elegant, yellow script font. In the center, it says 'A night of Magic' in white, with 'Magic' in a larger, white script font. Below that, it says 'Featuring Nationally Known Magician- Rick Smith, Jr.' in white. A circular inset photo shows a man in a suit holding a camera. At the bottom, a yellow banner contains the text 'Saturday, September 14, 2019 • 6:30 p.m. Beachwood High School Community Room'. Below the banner, it says 'Purchase Your Tickets Today' and provides a URL: 'https://beachwoodschoools.membershiptoolkit.com/login?r=/form/m/74857'. It also lists ticket prices: 'Individual Tickets • \$50' and '2 Tickets + 1 Family Boosters Membership • \$250'. At the very bottom, it says 'For more information, contact Scott Spero at 216.401.1965 or Sam Malek at 216.780.4356'. A small image of a white rabbit on a top hat is in the bottom left corner.

Think you have a hernia? It's time to see a physician.



Hernias are common in both men and women: An estimated 5 million Americans develop a hernia each year.

Hernias usually occur because of a natural weakness or excessive strain on the abdominal wall. The inner lining of the abdomen pushes through the weakened area to form a balloon-like sac. Sometimes, a loop of intestine or abdominal tissue slips into the sac, causing pain and potentially other serious health problems.

Most hernias begin small, but often enlarge. In the abdomen or groin, hernias can produce noticeable lumps that can be pushed back in or disappear when lying down; laughing, coughing or straining may make them reappear. Other symptoms include:

- Pain, discomfort or dull ache.
- Noticeable protrusion in groin or abdomen.
- Pain when lifting.
- Vague feeling of fullness.

If a hernia causes pain or discomfort, you should seek treatment. Often,

ongoing observation of a hernia by a physician can be sufficient. If surgery is needed, doing it when the hernia is smaller can lead to better long-term results.

Hernia surgery – by open repair or laparoscopic minimally invasive surgery – is safe and efficient, and usually takes about an hour on an outpatient basis. Patients generally return to normal activities within a few days.

Cleveland Clinic hernia surgeons are committed to quality and participate at a national level in continuous quality improvement to advance patient outcomes.

On the East Side, Cleveland Clinic offers convenient locations for hernia surgery at Euclid, Hillcrest, Marymount and South Pointe hospitals; and Beachwood and Twinsburg family health centers.

If you suspect or know you have a hernia, learn more at ClevelandClinic.org/Hernia or schedule an appointment at 216.444.7000.

Hillcrest Hospital welcomes Gregory Watts, MD



Gregory Watts, MD
Cleveland Clinic
Hillcrest Hospital

Allergist Gregory Watts, MD, has joined Cleveland Clinic's Department of Allergy and Clinical Immunology; he is practicing at Cleveland Clinic Hillcrest Hospital.

Dr. Watts is accepting new patients. His specialty interests include seasonal and chronic allergic rhinitis,

food allergies, drug allergies, venom allergies, and asthma.

To schedule an appointment with Dr. Watts at Hillcrest Hospital, call 216.444.6503.

For Men Only: A health and wellness event for men.

Presented by South Pointe Hospital and Cleveland Clinic Minority Men's Health Center.

Saturday, Sept. 14 | 8:30 a.m. to 1:30 p.m.

South Pointe Hospital, 20000 Harvard Avenue, Warrensville Heights

Highlights include:

- Free health screenings – blood pressure, blood sugar, cholesterol, prostate, kidney function and more.
- Free assessments for stroke, diabetes, colorectal cancer and more.
- Prostate education session – 9 a.m. (followed by screening).
- Ask the Doctor table, hosted by NAACP of Greater Cleveland Health Committee.
- Join Mayor Sellers and Cleveland Clinic physicians for a "Men's Talk-Back Session" (includes lunch and raffle prize drawings).

Free and open to men 18 and older.

Registration for the prostate education session is required to participate in physician prostate cancer screenings. To register, go to ClevelandClinic.org/ForMenOnly or call 216.444.7505.



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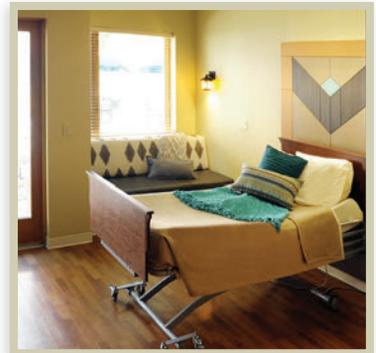
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HOUSE AND GARDEN TOUR FEATURES

Beautiful Beachwood

On Sunday, June 23, the Beachwood Historical Society, City of Beachwood, and Beachwood Arts Council held its bi-annual "House and Garden Tour" that featured spectacular homes, gardens, and landscapes, all located right here in Beachwood.

Participants met at the Beachwood Community Center, where they received a wristband and list of the homes and gardens to visit on this self-guided tour. Locations were selected because

of their history, carefully considered and designed garden plans, views, and ecological values.

Enjoy our pictorial recap from this year's tour. Street names are included but, for resi-

dents' privacy, home address numbers were intentionally omitted.

The Beachwood Historical Society, City of Beachwood, and Beachwood Arts Council are community gems that offer rich programming opportunities. We are fortunate to live in a community with so much to offer. To learn more, visit www.beachwoodhistoricalsociety.com, www.beachwoodohio.com, and www.beachwoodartscouncil.org.

Van Sweringen English Tudor "Cottage" House Fernwood Road

In 1929, the Van Sweringen brothers built this English Tudor as a part of their vision to build summer cottages "in the country." Today, 90 years later, the home is in immaculate condition and owner June Louise keeps it staged with whimsy in every nook and cranny. The home, with its own eclectic charm, has been in June's family for more than 49 years.

Some areas have been modernized, while others remain original to the home. The kitchen's modern appliances accompany artifacts that suggest another time period.

The living room has an inglenook fireplace adorned with blue and white pottery, some authentic and some purchased at flea markets. The ceiling's perimeter features original moldings. Artwork, from impressionism to contemporary, fills the walls. Whimsical items, from McKenzie Childs to embellished umbrellas, adorn the kitchen and dressing room. Quaint seating areas fill charming patios in the yard.

One of the bedrooms was converted to a dressing room, and another has a small nook at the far end, perfect for a child's playroom. The master bedroom has a window seat adorned with pillows, with a spectacular view of the yard. The roof to the garage has a storybook feel, and a small structure out back was converted to a "she shed."

Although some rooms are small, they are often multi-purposed. The room off the living room serves as a bar, office and library; and the living room can easily be re-configured to accommodate small, intimate get togethers or larger affairs.

"What speaks to me will end up here if it works within the scheme of things," June said. "This is my happy place. If people like whimsy and charm, they'll love the magic of this home, which serves as a monument to our family and our wonderful life in Beachwood."



Murphy Mansion *Halburton Road*

This lovely home, situated on a nearly half-acre lot with an open yard has spectacular views of the 18th hole at Canterbury Country Club. It was built in the 1930s, and a 500-square-foot brick-and-sandstone patio accessed by French doors was added in 2009. From casual barbecues to large celebrations, this home is perfect for entertaining.



Lash Homestead *Hilltop Road*

Kim Lash loves gardening and being outdoors. She meditates, does energy work, and reiki; and has incorporated her love of nature in her backyard zen garden. A red gate with the Sanskrit word OM painted on it leads into this magical space. OM, an important spiritual symbol, is found throughout many ancient Hindu texts, prayers, and ceremonies.

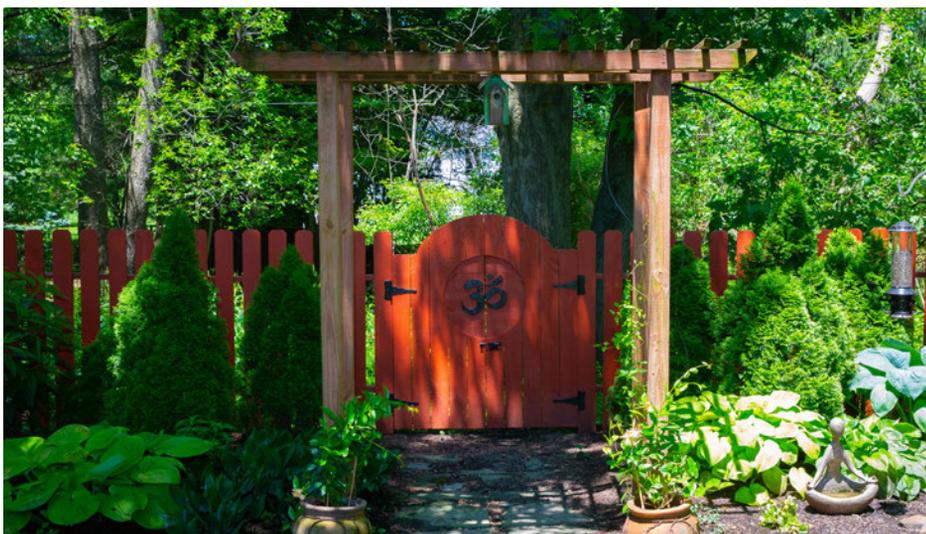
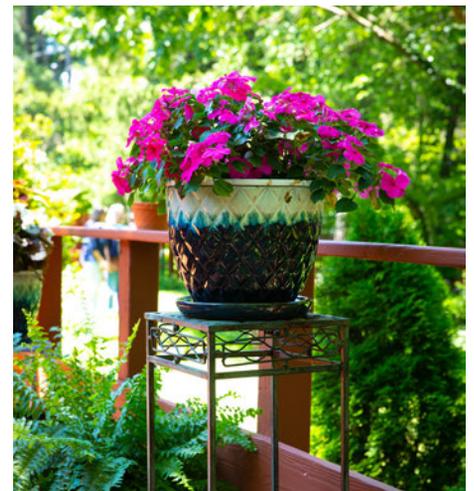
"Dale Giudroz, a master gardener, started to transform the garden a year before I met David and I'm grateful to work with her as the transformation progresses. She's really talented and helps make my vision become reality," Kim told us. "This is my happy place. It's where I go to get centered."

Guests were able to feel the zen as they strolled through this backyard oasis that is filled with plants and unique garden sculptures.

"My mom, who passed away when I was 21, was also a gardener," Kim said. "I'm proud to follow in her footsteps and to successfully bring unhealthy plants back to life through the use of energy medicine.

"Life has different turns," Kim added. I feel that it's important to find what we like to do and to take a leap of faith to see where it leads. Gardening brings me happiness, and it was my pleasure to share my garden with our community.

Kim spread the love by sharing plant clippings with guests who visited.





Lake House Hendon Road

Tucked behind Jordan Reiner's home is an acre of water, part of the Shaker Lakes System, that brings nature right into the heart of Beachwood. The property was previously owned by Judy and Harlan Sherman, who purchased the land from George Gund. The Shermans designed and built a contemporary home where they once raised peacocks and swans. They also built expansive greenhouses where they grew orchids.

Today, ducks, geese and blue herons are often spotted on the lake, where four generations of the Reiner family enjoy fishing and gardening, as evidenced by the number of fishing poles that line the dock. Plants are still grown in one of the three original greenhouses, and bird feeders line the back of the home. There is also a pool with an original charcoal grill that overlooks the lake, and an oft-used fire pit, still in its original shell, with stone added as an update.

The home's interior has some modern touches, while preserving its character and original elements. An expansive aquarium replaced the front closet, and the wood-sliding divider is still intact. The original terra-cotta brick and travertine floors, indoor grills, wood trim and original architectural features may be seen throughout the home. The brick fireplace in the hearth room has been updated with a white-wash finish, and the original laundry room, once adjacent to the kitchen, is now where the architectural drawing room was, with the remaining space used as an exercise room.

The Shermans were avid art collectors. Today, in keeping with the tradition, antique advertising signs and other memorabilia are strategically placed.

The Reiners proudly carry on the tradition of Tashlich, a customary Jewish atonement ritual performed during the High Holy Days, per the Shermans' requests. The walk-through makes one feel far removed from the convenience of our Beachwood location. It provides a feeling of peace and comfort, surrounded by nature.



Pelsmajer Home *Sittingborne Lane*

Aurelia and Julio Pelsmajer opened their home to teach people about rain barrels, composting, and how they take action to help save the planet. Their home, which sits on an acre-sized lot, is a haven for wildlife.

"Global warming is real," Aurelia said. "So we eliminated grass, and planted trees and flowers to increase oxygen flow."

The front yard has no grass; the back yard, only enough for a table. Instead of a manicured lawn, the Pelsmajers are surrounded by berries, flowers, fruit trees, and lots of greenery, all of which they planted for the animals. They started with a blank palette, planned, and implemented. Everything is organic. They use no chemicals at all. They grow melrose apples, red delicious apples, peaches, pears, plums, berries, flowers and plants.

"We leave very little carbon footprint," Aurelia said. "We compost, recycle, and only need to take our rubbish out once a month."

She also explained how the ditch next to the flower beds collects rain water that seeps through to water trees and plants, which helps protect rivers, streams, and the lake. Ten rain water barrels are also set up, and the water collected is enough to maintain their yard. "We don't use any water from our home to water our plants," Aurelia emphasized.

As the fruits of their labor, Aurelia and Julio sit outside, often with their morning coffee or evening glass of wine, to listen to the serenade of birds and watch the hummingbirds, monarch butterflies, squirrels, deer, and other wildlife that regularly visit to feast on their natural salad bar.

This is wonderful," Aurelia said. "It provides us with a sense of enjoyment and inner peace."



Conifers and Japanese Maples Sanctuary *Ramsay Road*

Gretta and Michael Jacobs moved into their home on this secluded street in March 2016, after a complete renovation that included lifting the ceilings and installing floor-to-ceiling windows for views of a landscape not yet in existence. They began by planting evergreen trees to block the view of the apartment building located behind them. Their research, hard work, and love for gardening transformed their yard into what is now a breathtaking specimen garden that concentrates on conifers and Japanese maples.

Gretta does most of the research and design, while Michael supervises installation of the hardscaping and plants. The front-yard garden bed is quite deep and includes foundation plantings and containers of well-groomed perennials that are punctuated by several dwarf conifers of unusual forms and varieties. There are 15 varieties of Japanese and silver leaf maples in all.

Along the side and in the back, there are more Japanese maples, dwarf conifers, tulip trees, a specimen dragon's-eye Japanese red pine, and so much more. Hostas, fountains, and a winding path help to make the double-fenced-in backyard peaceful, inviting, and deer free.

Gretta and Michael, both retired physicians, have a passion for learning about nature, identifying new plants, and spending time in their peaceful sanctuary. "It's like going on vacation every time we look out the window," Michael told us.

"We hand-pick weeds, and are as happy as we can be," added Gretta.



Canterbury Golf Club *22000 S. Woodland Road*

As visitors approach Canterbury Golf Club, they breathe in the beauty and history of this Beachwood landmark. Canterbury is a members' club of the USGA that was designated by Englishman Herbert Strong in 1922. It is home to two US Opens, PGA Championships, and a list of equally impressive champions; including Arnold Palmer, Jack Nicklaus, Chi

Rodriguez, and Michael Allen. Memorabilia fills the hallways, preserving history of this famous Beachwood Landmark. Canterbury was recognized by *Golf Digest* as one of the top 100 courses in the United States.

Kevin Mackay, historian and chairman of the Heritage Foundation, shared the club's history on this tour.



From left: Replica trophies of five rotating major champions; Henry Picard, head golf pro from 1939-1964; and Henry's green jacket from his 1938 Masters victory.



LoPresti Civil War Home *Richmond Road*

When Gina LoPresti and Stephen Morse purchased their home seven years ago, it was in a state of disrepair. Built in 1860, the home has now been beautifully restored into the antebellum period. The wind-up bell on the front door, stained-glass panels, wide plank hardwood floors, woodwork, and moldings are all original to the home. The tin-tile kitchen ceiling had been imported from Italy by the previous owner, adding to the unique charm of the home. With just a bit of imagination, one might see horses and buggies passing by the picket fence.

In addition to the main house, which sits on an acre of land, there is a carriage house; and a chicken coop, where hens reside. Named Johnny Cash, Frankie Avalon and Bobby Rydell, they were purchased for Gina's two children and her stepdaughter.

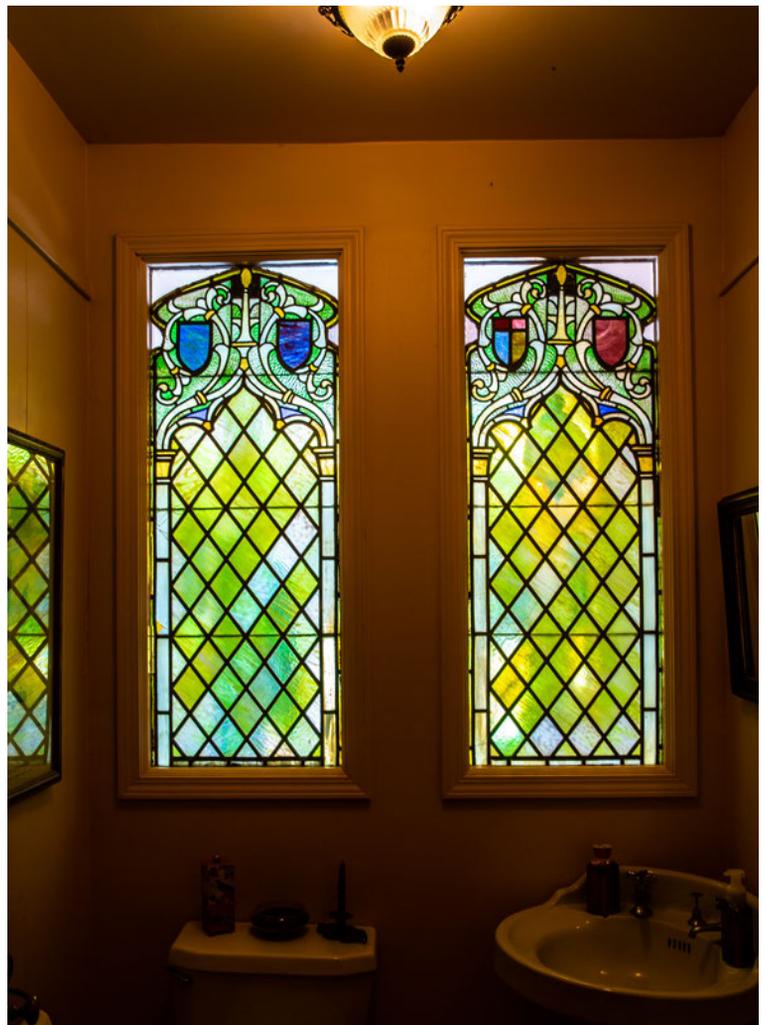
"I love reading lifestyle magazines and decorating," Gina told us. "Photos of beautiful homes with gardens and chicken coops jumped out at me, which I felt would set the stage as a great environment to raise our children."

A red brick pathway leads to the deck, gazebo, yard and newly-built raised gardening beds. Gina told us that she now has the best of both worlds: shopping across the street, and fresh eggs in the morning.

Gina keeps the home's historic integrity in mind when she makes improvements, as is evident when you see her recently constructed garden walkway that was created from the home's original tiles and stones.

"When we bought this home, it was sad. Now it's sturdy, happy, and has stood the test of time," Gina said. "I bought it because of its historical value. It's peaceful, magical and should be shared."

Gina is proud to open her doors to a piece of Beachwood history. She invites guests to stop by. To set up a time or for more information, email Gina at steveplusgina@gmail.com.



The Gathering Place 23300 Commerce Park



Norma's Garden at The Gathering Place

In 2005, a year after The Gathering Place opened in Beachwood, Norma's Garden was created.

This healing garden has designated spots for meditation and reflection, as well as individual spaces designed as extensions of the supportive, welcoming programs that are offered inside The Gathering Place. The garden was named in memory of Norma Siegler, who lost her life to cancer.

Norma's Garden contains more than 80 species of shrubs, perennials, and grasses; and more than 20 species of trees. Specifically designed to stimulate the senses, the garden includes elements that incorporate sound, touch, taste, sight, and texture. Elements also signify earth, wind, water, and fire.

The garden is divided into separate rooms, with every square inch carefully designed. Nothing was left to chance. Its entrance is marked by two labyrinth-inspired gates whose concentric steel circles represent the energy around all things. This area is called the Walk of Friends because of its engraved plaques that honor those who helped make this garden possible.

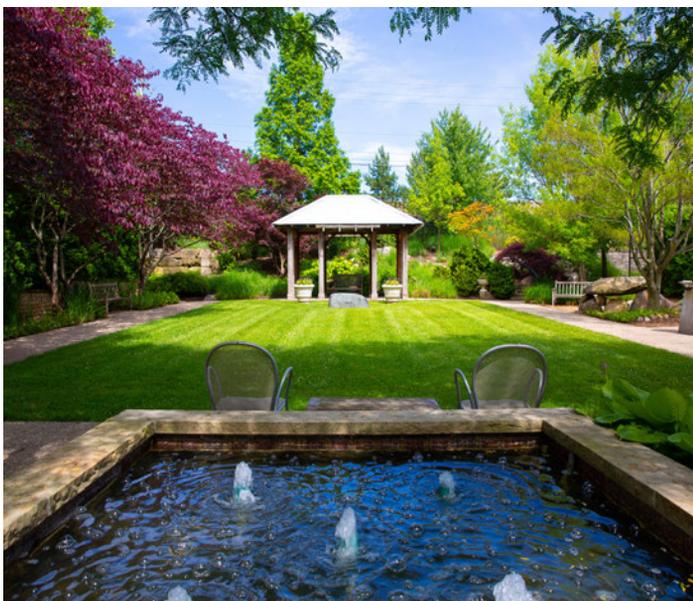
The paved area is used for special programming, art therapy, or

just relaxing. The portico offers shade and comfortable furniture to provide a tranquil, backyard space. The open area is used for both play and healing arts, including yoga and tai-chi. The four cardinal directions, earth (east), fire (south), water (west), and air (north) each representing healing powers: earth for grounding, fire for strength, water for healing or tears, and air to recognize the breath, or to exhale.

There is an edible garden, a children's garden, a storybook maze, and a secret mystery garden. There is also a purple granite boulder that honors Ernie Siegler, the garden's main donor, who passed away during construction of the garden.

"Traveling through the garden is a reminder of one's resilience and power to heal the body, mind and spirit," said Kris Austin, LSW, chief marketing officer. "This is a peaceful, playful, powerful space that is here for the community to enjoy, as well as for individuals who have been touched by cancer."

The mission of The Gathering Place is to support, educate, and empower individuals and families touched by cancer through programs and services provided free of charge. For more information, visit www.touchedbycancer.org.



Baby Steps

by Jennifer Stern



We just celebrated my twin brothers' 60th birthday. Sixty is not old yet it is a significant milestone, especially to my family in which our parents never lived to see 60.

As I reflect on my brothers' lives and their many accomplishments, what remains most significant to me is their connection, commitment to, and love of family. They were just 13 when our dad died suddenly (their "step-dad" who loved them as his own). It was one month before my brother and I were born – also twins. At 13, they became our father figures and never wavered from their roles. They helped our mom

support, guide and raise us.

When our mom died, we made a commitment to each other that no matter distance, disagreements, or busyness of life, we would stay connected. We would love, support, and show up for each other and each other's children.

Twenty-four years later we continue to honor that commitment, our mom's legacy, and the greatest gift we will ever know, the love of family.

It hasn't always been easy or seamless. We live on opposite sides of the country. There have been times when we have had strong differences in opinion, disappointments, or allowed for too much time to pass without communication. Yet we always come back to our shared commitment, to stay connected. Life is fleeting and unpredictable. I never want to look back and say, "If only or I should have." Nothing is more important than protecting that connection for ourselves and for our children.

middle path continue to be what carries us when the road becomes bumpy, as it does in families. It's important to search for the common thread, no matter how elusive. Families are messy. Relationships complicated. No one sees the world in exactly the same way. No one processes, communicates, or expresses his or her emotions or needs in exactly the same way.

In our family, we continue to make the effort to show up for each other. We laugh, we shake our heads, shrug our shoulders, fight, make up, manage expectations, communicate. We share memories, we share pride in each other's children, we support each other's dreams.

We made a commitment to choose love. The real, imperfect, hard work kind of love. The unconditional acceptance kind of love. The kind of love that requires the grace of humility. Family love. And that is the gift that keeps on giving, from generation to generation.

Life is fleeting and unpredictable. I never want to look back and say, "If only or I should have." Nothing is more important than protecting that connection for ourselves and for our children.

There have been countless times when I have had to apologize for passing judgement, being stuck in my own position, or being reactive or inflexible. And many in which I have had to be humble in my stance and open to apologies – even those that never came.

Humor, having a short memory, and finding the

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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SilverSneakers' mission is to make fitness more fun and accessible to Boomers age 65 and beyond.

If you qualify, these programs are free.

For a complete listing of classes available at the Beachwood Community Center, see your Upperclassmen, which can be found at www.beachwoodohio.com.

YOU'RE INVITED FREE FINANCIAL LITERACY SEMINAR

Hear from Ivy Zelman,
a leading Wall Street
Analyst



While many are intimidated to invest in the stock market given their fear or lack of understanding, Ivy can help to build your confidence and understanding to create long term wealth.

Thursday, August 15th - 6:00pm - 7:00pm

SITE Centers (Formerly DDR)

3333 Richmond Road, *The Forum Room*, Beachwood

Parking Behind Building - Enter via The Lower Level Under The Bridge

RSVP to Kim Gray

kim@zelmanassociates.com or 212-993-5838

This seminar is being hosted by Ivy Zelman (personally) to help individuals understand the basics in investing. Ivy will not be making any recommendations on stocks and is not recommending any type of investment strategy to anyone in attendance. The information shared at the seminar is to be used solely for informational purposes, and should not be regarded as an offer, or a solicitation of an offer to buy or sell a security or to open a brokerage account.

BHS Grad Ascends Mount Everest

Had you asked AJ Eisenberg about trekking up Mount Everest when she was in high school, she'd have answered a hard no. It wasn't even on her radar. But, after her sister, Sydney, participated in volunteer/travel opportunities through GIVE and shared her enthusiasm, AJ's vision came into focus.

GIVE offers volunteer-abroad programs that transform the lives of its volunteers, igniting new passions and inspiring incredible personal growth. Volunteers work and play side by side with welcoming locals, and immerse themselves in extraordinary new worlds abroad. GIVE's sustainable development initiatives have a lasting impact on the communities it serves and the volunteers who engage with them, because the programs help volunteers become lifelong global citizens and goodwill ambassadors.

Last year, AJ visited Thailand and Laos, and loved her experiences. This year, after fundraising to supplement costs for another program, she chose Nepal, in South Asia, and tacked on a Mount Everest Base Camp experience. AJ and a group of 20 volunteers flew to Kathmandu, Nepal's capital, and seven hours later arrived in Gorkha, the epicenter of the 2015 earthquake, the worst to hit Nepal in almost a century.

Everything was organized. Flights were arranged, and AJ was scheduled to meet other volunteers in Los Angeles, where they would connect and fly to Kathmandu.

The first glitch was that AJ's flight from Cleveland to Chicago

was cancelled, which changed the rest of her travel itinerary. "You learn to deal with it and overcome it," AJ told us. "The same thing happened when I traveled to Thailand. Everything is unpredictable, and you learn to go with the flow."

Then, after three days of travel, AJ's luggage didn't arrive. "I had no idea when my bags would be delivered. Plus, we were working in Gorkha, which is a seven-hour drive from the airport."

Again, AJ made do. She had toiletries in her overnight bag, borrowed clothing, and hand-washed items at the end of the day. "You just have to figure it out," she said. "It's about independence, problem solving, communicating and learning."

When she met her group, AJ introduced herself and put herself out there, which she admits as being a challenge – especially a day after everyone had already arrived. "I obtained skills that will benefit me in other situations, including school and jobs," she told us. "The reality is that I'm not going to get along with everyone and I've learned the importance of having down time without FOMO – fear of missing out – when I could listen to music, journal, or just rest. I've

learned to listen to my body and to recognize how I'm feeling."

In Paslang, a village just outside of Gorkha, AJ and her group awoke at 7 am to help rebuild the village. "We shoveled sand into bags, moved rocks, and did what had to be done to rebuild homes and a temple."

AJ was specifically proud of the group's assistance in completing a home by pouring on a roof, because she got to see a completed project. "It was really rewarding to see the project come together," she said.

As a part of the experience, each volunteer was paired with a family. They stayed in their homes, dined with them, and lived as locals do. "This took me way out of my comfort zone but was one of my favorite parts of the trip," AJ reflected. "I learned to communicate with people who really don't know English. I immersed myself in their culture, and witnessed how they always had smiles on their faces, and that you can read people through body language."

The trip wasn't just about work. AJ and her group went white-water rafting, paragliding, and hiking before heading off to Lukla, where her Mount Everest Base Camp trek began. Lukla is one of

the most dangerous airports in the world. It has a short runway, accessible to only small planes that can land in good weather. As a result, the plane that was scheduled to take the group could not accommodate eight passengers. For plan B, everyone's name was put in a hat, and eight names were selected to travel via helicopter. AJ was one.

"We really had no training. I focused on my breathing and found the climb to be mostly mental. I heard my sister, dad, and trainer's voices in my head, and had the mindset that I was doing this and that I wasn't giving up," AJ recalled.

"The flight over the mountain was insane," AJ told us. "The trip was filled with new experiences from which I gained a lot of self-confidence and independence."

On their first day in Lukla, they rented gear, learned hiking tips, and were paired up with six Sherpas, who are members of a Himalayan



AJ takes a break while working in Paslang to play with kids from the village who worked alongside her.



After seven long days hiking through the Himalayas, AJ arrived at Everest Base Camp.

people that live on the borders of Nepal and Tibet, and are renowned for their mountaineering skills.

"Our main Sherpa spoke fluent English and I felt super safe," AJ told us. "I really had no worries or fears."

AJ and her group trekked up the mountain for seven days to end up at base camp, which is the start of the climb for mountaineers who attempt to summit Mount Everest. On the first day, they hiked down 1,000 feet – from 9,000 to 8,000 – to acclimate to the altitude. The next day, the hardest, they hiked from 8,000 to 10,000 feet. They crossed over a series of suspension bridges, and were rewarded with their first view of Mt. Everest.

"We really had no training. I focused on my breathing and found the climb to be mostly mental. I heard my sister, dad, and trainer's voices in my head, and had the mindset that I was doing this and that I wasn't giving up," AJ recalled. "Although some people struggled, everyone made it in the end."

Days three and five were the acclimation days. "We stayed up at the top for about a half hour, then came back down to the tea houses, which were cottage-like accommodations.

"We got to know our Sherpa, who guided us from 9,000 feet to 17,598 feet in a period of 10 days (7 up and 3 down) as we trekked through a remarkable mosaic of landscapes, ecosystems and culture," AJ said. "We arrived at base camp on June 8, 2019, a day I will never forget.

The summit of Mount Everest is at 29,029 feet.

"We talked about their lives, about the 2015 earthquake, and about the pros and cons of mountain climbing," AJ added.

"We also had global citizen talks, and saw firsthand the value of being sustainable and leaving a small carbon footprint."

The group always recycled, cleaned up after themselves, and picked up trash if they saw it along the way. Overall, they learned how to make better lifestyle choices.

As a result of AJ's travels, she has grown and learned a lot. "It's been super rewarding," she said. "I wish it were possible for every to have a chance to experience this growth opportunity. Through travel opportunities, I learned to live and work with others in a very special way that I probably wouldn't have experienced here in America."

About AJ:

AJ graduated from Beachwood High School in 2017. She volunteered at Camp Wise and Safety town to receive her high school volunteer credits because she always enjoyed working with children.

AJ is a sophomore at The University of Toledo, majoring in early childhood education. She plans to teach English in a third-world country.

"These trips helped me a lot. They taught me that I want to help kids who have fewer opportunities to learn," AJ said. "GIVE also planted a seed to potentially start my own volunteer organization in the future."

AJ's Messages

- Get out of your comfort zone and go for it!
- Traveling offers amazing experiences.
- Volunteering provides a sense of fulfillment and genuine happiness.
- Put yourself out there to gain new experiences.
- If you want to do something, figure out a way to do it.
- Learn something new every day.
- Learn to deal with hardships.
- Learn to be flexible.
- Find connections.
- Build social skills.
- Value what you have, where you go, and who you meet.

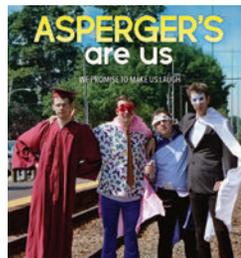


Join us for AUTISM AWARENESS IN AUGUST



DIFFERENCES ARE BEAUTIFUL FAMILY FUN
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ASPERGER'S ARE US
FILM SCREENING & TALK-BACK
WED, AUG 14, 6:30PM

Free with registration.



BECOMING A BUTTERFLY: AUTISM & THE MONARCH SCHOOL
LECTURE & TALK-BACK
WED, AUG 28, 7PM

\$10 General; \$5 Maltz Museum Members.

Advance registration is strongly encouraged. Space is limited. For more information call or visit our website.

216.593.0575 | WWW.MALTZMUSEUM.ORG

First Catholic Slovak Ladies Association (FCSLA) National Office Celebrates Flag Day

It was a little chilly for this time of year, but the sun was out and a beautiful blue sky overhead made a great background to celebrate Flag Day.

The FCSLA staff was dressed in red, white, and blue. They met outside to honor the American Flag by reciting the Pledge of Allegiance and singing the National Anthem, led by FCSLA National President Cynthia M. Maleski.

Mayor Martin S. Horwitz then presented a City of Beachwood Proclamation to Cynthia, declaring Friday, June 14, as "Flag Day" in the City of Beachwood.

Sergeant Matthew Page, representing the Beachwood Police Department, and Fire Inspector Jessica Nevison, representing the Beachwood Fire Department, also joined the celebration.

Arrangements were made for the proper, respectful disposal of any flag in need of retirement. Afterwards, everyone met inside the office for strawberry and blueberry shortcake with cool whip.

Pictured top, from left: Sergeant Matthew Page, Mayor Martin Horwitz, FCSLA National President Cynthia M. Maleski and Fire Inspector Jessica Nevison.

Pictured right: FCSLA staff, Mayor Horwitz, and city employees celebrate Flag Day.



We're here for your family.

Caring for someone with dementia isn't easy.

Hospice of the Western Reserve is here to help. We focus on improving quality of life for dementia patients through specialized care, innovative programs like art and music therapy, and customized care plans that ensure dignity and comfort.

Hospice of the Western Reserve also educates caregivers on what to expect, including techniques to make caregiving easier.

If your loved one has been diagnosed with dementia, **insist on Hospice of the Western Reserve.** Your journey to compassionate care begins with us.

For same day help, **call us or visit our website today.**



800.707.8922 | hospicewr.org

Save-the-Date

Shining Star CLE 2019



The Finals Performance & Competition,
a benefit to support memory care programs for Montefiore and The Weils

Montefiore is thrilled to present Shining Star CLE 2019, an extraordinary musical event created to encourage and foster talented high school students throughout Northeast Ohio in a solo-singing competition. This is the third-annual Shining Star event, which promises to be 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, September 22, 7 pm, at the Ohio Theatre at Playhouse Square.

These talented students will compete to win \$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 third year as host for The Finals Performance & Competition is

the talented and musical Monica Robins of WKYC-TV3.

As of the printing of this issue of *Beachwood Buzz*, celebrity judges include Jim Brickman, Rashad V. Chambers, and Carl Topilow.

Jim is a Shaker Heights native, award-winning American songwriter, and best-selling solo pianist with sales of eight million albums worldwide.

Rashad, returning for the second year, is founder and president of Esquire

Entertainment and Tony-award nominated producer for *Ain't Too Proud – The Life and Times of The Temptations*.

Carl, a Beachwood resident, is returning for his third year. He is artistic director and conductor of the Cleveland Pops Orchestra, and is known for blending classical, swing, jazz, Broadway, and Klezmer music in the Pops' performances.

There's still plenty of time to participate – to become a sponsor, place an ad in the

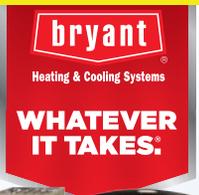
Shining Star CLE 2019 playbill, and/or purchase tickets to this exciting event. Individual tickets are available at www.playhousequare.org/events or by calling 216.241.6000.

For sponsorships, ads or patron ticket information, please contact Debbie Rothschild, director, The Montefiore Foundation, at 216.910.2633 or drothschild@montefiorecare.org. Visit www.shiningstarcle.org for more information and details about the event.

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Steven Smylie



IT TAKES

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With flexible financing options, it's easy to invest in a new heating or cooling comfort system or an unexpected repair, without breaking your budget. For a limited time, take advantage of our special financing for 72 months* on a qualifying Bryant® high efficiency comfort system. We make it easy for your family to stay comfortable all year long.

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EXCELLENCE IN CARING™

The Menorah Park
Aging Resources Center Presents:
A Fall Dinner Conversation

Medicare Check-Up Staying Informed and In Charge

Featured Speaker:
Becky Hayward



Outreach Specialist with the Ohio Senior Health Insurance Information Program (OSHIIP) with expertise in Medicare Parts A, B, D, Medicare Advantage and Medicare Supplemental Insurance

- Learn about recent changes to Medicare
- Find out how the Medicare Annual Coordinated Election Period (Open Enrollment – until December 7) can work for you
- ^a Gain tips for enrolling in 2020 coverage in Medicare prescription drug plan (part D) and/or a Medicare health plan

Thursday, September 19, 2019

Dinner Hour 5:30 p.m.

Conversation 6:30 p.m.

Menorah Park Saltzman Auditorium

27100 Cedar Road, Beachwood

Program and Dinner are Free of Charge

Seating Limited – Reserve Space Early

RSVP to Beth Silver, 216-839-6678,

or bsilver@menorahpark.org

no later than Thursday, August 22

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

Kosher Dietary Laws Observed

Encouraging the spirit of learning
for adults ages 45 and up.



The Savvy Caregiver

Are you providing care at home for your family member with dementia or a serious memory problem?

Attend a FREE workshop to help you care for your family member. This six-session workshop is offered on:

- August 13 and 20, 2 – 4 pm
- September 3, 10, 17 and 24, 2 – 4 pm

While care partners attend the program, your loved one is invited

to participate in a separate group activity at the Center.

Classes are held at the Menorah Park Center 4 Brain Health™, 27100 Cedar Rd., Beachwood. To register, call 216.831.6500, ext.193 or email eshelton@menorahpark.org.

Space is limited and preregistration is required. Light refreshments will be served, with Kosher dietary laws observed.

The Menorah Park Center 4 Brain Health™

How fit is your brain? Are you curious about your brain health? Changes in thinking and communication may be frustrating. The Menorah Park Center 4 Brain Health and Peter B. Lewis Aquatic & Therapy Center offer free brain fitness check ups. Each check up will take approximately 20 minutes, during which time you will be asked about lifestyle choices

and a series of pertinent questions. Information will be provided on how to maintain optimal brain fitness and how to seek additional intervention if appropriate. Please call 216.595.7345 to schedule your free appointment today.

Cognitive programs are offered weekly. For complete information, visit www.menorahpark.org.

The Menorah Park Center 4 Brain Health™ Classes

The following programs are free and open to the community. Registration is required. To register, please call Katherine Teague at 216.831.6500, ext. 193 or email kteague@menorahpark.org. Menorah Park Center 4 Brain Health™ located at: 27100 Cedar Rd., Beachwood.

Cognitive Aging
August 12, 19, and 26; 10 am
Tracy Markis, PhD.

As we age, some of our mental processing abilities decline. This 3-week presentation will engage you in a discussion on the theories of cognitive aging, summarize the gains and the losses, and consider everyday issues such as language, time

of day, creativity, and decision making.

Near Death Experiences
August 16, 23 and 30; 10 am
Ted Smith

Some people who died and were then revived claim to have visited heaven. People from different cultures, geographies, and religions report similar core experiences.

Are these hallucinations of the brain in the last moments of life? What does science have to say about people's EEG showing no brain activity yet they report word for word conversations their surgeons had over their 'dead' bodies? What are the spiritual implications of these many experiences?

CELEBRATING OUR

13TH
YEAR



MANDEL JCC

CLEVELAND JEWISH

FILMFEST

SEPTEMBER 5-15, 2019

mandeljcc.org/filmfest

TICKETS ON SALE AUGUST 5

Best of International Jewish Cinema

Beachwood Resident Presented the St. Robert Bellarmine Award

Ed Mullin, a 35-year Beachwood resident, recently received the St. Robert Bellarmine Award at the 41st Annual Bellarmine Award Luncheon, where he was recognized as an alumnus for excellence in the legal field, promotion of fair and ethical principles in law, and exemplary service to St. Ignatius High School.



Justice Mike Donnelly (right), newly-elected Justice of The Supreme Court of Ohio, presents award to Ed Mullin.

Ed grew up in Cleveland, attended St. Aloysius School and, later, St. Ann School in Cleveland Heights. He is the seventh of nine children in a family where he “learned to share, work hard, be humble, respect all people, and never have too big an ego.”

His parents were committed to sending their children to Catholic schools. “My mother, Agnes O’Brien Mullin, attended St. Aloysius before John Hay,” Ed told us. He describes his education by the St. Joseph and Ursuline sisters and the Jesuits as instrumental in his formation as a Catholic. Ed considers two men from Saint Ignatius High School as formative mentors: his guidance counselor, Fr. James O’Reilly, S.J., and speech and drama teacher, William A. Murphy.

While in school, Ed played football, and participated in the Harlequin drama program, where he found his greatest joy. Ed recalls playing lead roles in High Button Shoes, Guys and Dolls, and South Pacific.

He and a few classmates started the Student Community Involvement Program to serve neighborhood youth, a program that later became the Sophomore Service program.

After graduating in 1972, Ed was a teamster/milkman for Dean Moss-Hillside Dairy. He then joined the United Trans-

portation Union to become a brakeman on the Norfolk and Western Railroad.

“I represent union members now, and we share work experiences. My father, Edward, was an engineer on the New York Central for 40 years, so I was raised by a railroader,” says Ed.

At age 21, Ed was hired as a Beachwood police officer. While working the night shift, he advanced to the roles of sergeant and lieutenant while attending college part-time. He received his A.A.S. in law enforcement from Lakeland Community College, and his B.S. in psychology from John Carroll University. A police lieutenant with four young children, Ed obtained a J.D. from Cleveland-Marshall College of Law, becoming licensed in 1988. Ed considers being a father his most important and rewarding role. At one point, he had children attending three Jesuit universities at the same time – Loyola Chicago, Fordham, and JCU.

In the early 1990s, after working as a police officer for 16-1/2 years (15 in Beachwood), Ed opened his law practice in Cleveland’s Terminal Tower. A trial lawyer, he handles civil and criminal cases that involved daily heartache in families: accidents, substance abuse, domestics, robberies, guns and murders.

“Law is a tough profession,” says Ed. “Stressful, yet rewarding. It is perfect for those who want to stand up for the underdog.”

Ed is guided by the Spiritual and Corporal Works of Mercy and the Holy Rosary, representing the poor and mentally ill trapped in the system.

Ed served the Jesuit Retreat House as board president, retreat leader, and attorney. He served the Little Sisters of the Poor as attorney and board president, and was president of the First Friday Club of Cleveland. Ed is a guest lecturer at JCU; and he mentors students in high school, college and law school, as well as new attorneys.

Ed previously received the Alumni Xavier Award and Founders’ Award, he served on the Spiritual Development Committee and attends all alumni Masses, and feels honored to have received the Bellarmine award.

“I’m humbled by this great honor,” he told us. “This award goes to only one person a year, and I acknowledge the countless number of deserving Saint Ignatius attorneys who serve in Cleveland and around the country. I’m very proud, especially because I recognize the qualities in those who have received this award before me, those I admire.

“I’m humbled by this great honor,” he told us. “This award goes to only one person a year, and I acknowledge the countless number of deserving Saint Ignatius attorneys who serve in Cleveland and around the country. I’m very proud, especially because I recognize the qualities in those who have received this award before me, those I admire.”

“Now I have to make sure I live live up to this honor!”

Ed loved his role as a police officer, and now loves being an attorney “In both professions, I’m paid to help people,” he said. “I’m truly blessed.”

A Gesu parishioner, Ed resides in Beachwood with his wife, Mary Ann. He has four children, Kimberly, Raleigh, Brady, Connor; three step sons, Ron, Michael and Cheston; and eight grandchildren.

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

Registration is now open! J-Kids Club runs from August 14, 2019 through May 29, 2020



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 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

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 Bob Gralnick at 216.593.6222 or bgralnick@mandeljcc.org.



MANDEL JCC J-KIDS CLUB AFTER SCHOOL CARE

Grades K - 5 • August 14, 2019 - May 29, 2020

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

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PERSONAL ENRICHMENT

Choose from more than 100 courses, lectures and series offered each semester in Beachwood, on Case Western Reserve University's main campus, and at locations throughout Northeast Ohio. Some of our many offerings include:

- Learn about the composers, composition styles and specific pieces in a **Pre-Concert Lecture Series** in partnership with the Cleveland Institute of Music
- The **EDU@1UC** series offers views from the Sky Lounge at One University Circle while enjoying a monthly evening lecture including wine and appetizers
- Siegal Lifelong Learning's **Jewish Studies program** brings in local and international experts for lectures on Jewish history, culture, literature, politics, and classical Jewish texts

For information, visit case.edu/lifelonglearning or call 216.368.2091.



FALL CATALOG
ARRIVING MID-AUGUST



CONTINUING PROFESSIONAL STUDIES

Join Cleveland's growing technology sector. Whether you want to improve your current professional role or plan to change your career path, join CWRU for 24-week part-time boot camps in **full stack coding**; **cybersecurity**; or **data analytics**. New digital skills boot camps start quarterly.

APPLY NOW:
bootcamp.case.edu or call 216.333.1921.

EDUCATIONAL TRAVEL

CWRU-Siegal Lifelong Learning is offering **20 trips in 2020**. Travel to international and domestic destinations led by Case Western Reserve University faculty hosts who give lectures on the areas of their expertise. Upcoming tours include:

- The Ancient and Living Maya Yucatan, Mexico
- Morocco: Land of Enchantment
- Budapest Getaway
- Cultural Poland
- Around the Italian Lakes

For information, visit case.edu/lifelonglearning/travel or call 904.432.3141.





THE LAURA & ALVIN SIEGAL LIFELONG LEARNING PROGRAM

Case Western Reserve University – Siegal Lifelong Learning

“Siegal Lifelong Learning is the best-kept secret in Cleveland,” explained Eileen Fitzgerald, who has been attending courses and lectures for 15 years. It’s hardly a secret these days with more than 4,000 participants enrolled in 150 courses, lectures, seminars, and travel opportunities offered by Case Western Reserve University – Siegal Lifelong Learning each semester. Adults of all ages enrich their lives and enhance their careers through innovative and engaging programming taught by Case Western Reserve University distinguished faculty, local experts, and visiting professors and speakers.

PERSONAL ENRICHMENT

Siegal Lifelong Learning presents a broad array of offerings which represent the scope of work that occur at a major university such as Case Western Reserve University. You can engage in discussions on politics and contemporary topics, delve into history and culture, expand your knowledge of music and literature, or participate in the long-standing Jewish Studies program. Many of these personal enrichment courses, lectures and series are offered in Siegal Lifelong Learning’s Beachwood facility, while others are held at CWRU’s main campus and venues throughout the region. Siegal Lifelong Learning is proud to work in conjunction with prominent institutions in Cleveland to deliver diverse content. Some recent additions to our partnerships include Literary Cleveland, One University Circle and the Cleveland Institute of Music.

CONTINUING PROFESSIONAL STUDIES

For those looking to enhance career opportunities or improve professional standing, Siegal Lifelong Learning also offers Continuing Professional Studies courses and seminars.

Mark Piscioneri, a crane operator at the Port of Cleveland, recently graduated from a 24-week full stack coding boot camp. “It’s an investment in my future,” Piscioneri stated while discussing that he views the boot camp as a life-changing opportunity. When asked about the career benefits of the boot camp, Piscioneri continued, “by the end of the course, you’re confident in the skills you’ve developed. You truly feel *employee competitive*.”

In addition to the full stack coding boot camp that Piscioneri participated in, Siegal Lifelong Learning offers cybersecurity and data analytics boot camps beginning quarterly, and seminars in topics including

Artificial Intelligence, Internet of Things, and Blockchain. Courses are also tailored to serve larger organizations, as they need to train and increase skill levels for employees. For more information on boot camps and other Continuing Professional Studies opportunities, visit case.edu/cps.

ENJOY WORLD TRAVEL

In addition to courses and lectures, travel enthusiasts can join Siegal Lifelong Learning on educational trips to international and domestic destinations led by CWRU faculty. We are excited to host 20 trips in 2020 including Antarctica, Greece, Costa Rica and the Southwest National Parks. Visit case.edu/lifelonglearning/travel for a full listing of trips and itineraries.

To find out more, visit the Case Western Reserve University-Siegal Lifelong Learning website at case.edu/lifelonglearning or call the office at 216.368.2090 or 216.368.2091.

Adults of all ages enrich their lives and enhance their careers through innovative and engaging programming taught by Case Western Reserve University distinguished faculty, local experts, and visiting professors and speakers.

The Ratner Montessori School

The Ratner Montessori School is designed for the curious, creative, and caring child. Our Montessori 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 each individual within their community and environment, as well as deep learning within the academic fields.

The Montessori approach enhances the child's executive functioning skills, such as responsibility, ownership, time management, organization, goal-setting, and building a strong foundation for how to be a life-long learner.

Teaching and learning at Ratner happens in as many different ways as we have students, and each student is valued for their unique talents and point of view. 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 – take a tour, meet students and teachers, see our Montessori classrooms in action, and discover how we live our mission.

Ratner's programs include:

Toddler Program
(Ages 18 months – 3 years)

Children's House
(Ages 3 years – 6 years)

Elementary I
(Grades 1 – 3)

Elementary II
(Grades 4 – 6)

Middle School
(Grades 5 – 8)

Extended Day Options
(Before and after school available.)

Accreditations and memberships include: American Montessori Society (AMS), Independent Schools Association of Central States (ISACS), Cleveland Council of Independent Schools (CCIS), Ohio Association of Independent Schools (OAIS), and National Association of Independent Schools (NAIS)/

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



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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Megan and her husband Brandon are the proud parents of Nolan and Cooper, who attend Hilltop and Bryden Schools.

Keep

MEGAN WALSH

Beachwood School Board

Walsh is an experienced leader dedicated to excellence for all Beachwood students.

- Public health professional & former school social worker
- Committed community volunteer
- Focused on building a school community that values every student and their family

Your voice matters! Join our campaign. **VOTE Nov. 5.**

[f Megan Walsh for Beachwood Schools / friendsofmeganwalsh@gmail.com](#)

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*\$50.00 minimum deposit is required for opening the Smart Money Checking Account. Annual Percentage Yield (APY) accurate as of 5/22/19. APY may change at any time. A minimum balance of at least \$1,000 must be maintained and a minimum direct deposit of \$250.00 each month to receive APY. Other fees such as NSF, overdraft fees, etc. may apply. Fees may reduce earnings. Consumer accounts only. Contact banker for details. **\$1,000 to \$2,499.99 1.00% APY; \$2,500 to \$24,999.99 1.50% APY; \$25,000 to \$99,999.99 1.50% APY; \$100,000 and greater 2.02% APY. Rates are tiered based on account balance. The minimum balance to open the account is \$50.00. Maintain a minimum daily balance of \$2,500 to avoid a \$8 fee. Rates are subject to change. Fees may reduce earnings.



Geauga Savings Bank Welcomes Michael Lewin



Geauga Savings Bank is proud to announce the addition of Michael Lewin as its newest residential mortgage loan originator. Michael will be located at the full-service branch on Chagrin Blvd. in Beachwood.

Michael comes with an extensive background in

mortgage lending that spans over 19 years. He and his family reside in Beachwood. Welcome to the team, Michael!

Geauga Savings is a locally owned and operated community bank that offers a variety of loan and deposit programs. Its mortgage department specializes in construction, conventional, and government loans; as well as home equity lines of credit.

Chess at the Beachwood Community Center

Do you need to polish your chess skills?

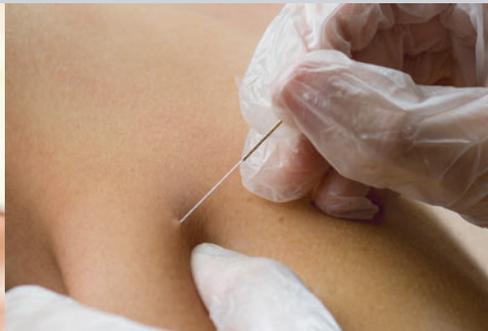
Drop by the Beachwood Community Center from 1-3 pm on August 5, 12, 19 and 26 and play a friendly game or two in a stress-free environment.

Richard Kaufman, chess aficionado, will bring the sets and boards.



Sternen Physical Therapy, Inc.

23811 Chagrin Blvd. #120 Beachwood, OH. 216.682.0413 www.sptpt.com



Craniomandibular Cervical Evaluation and Treatment:

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- Migraines
- Cervicogenic Headaches
- TMJ Disorders
- Facial Pain
- Neck Pain
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- Soft Tissue Dysfunction
- Inflammation
- Scar Tissue
- Trigger Point Release
- Homeostasis

Advanced Certified IDN Therapists

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- Thoracic Pain
- Low Back Pain
- Mechanical Spine Dysfunction
- Posture Dysfunction
- Manual Therapy
- Pilates Rehabilitation

McKenzie & Orthopedic Certified Specialists

Orthopedic Physical Therapy Services. Insurance accepted. Direct Access - Prescription often not required.

Rotary Continues to Support Community

On June 28, the Chagrin Highlands Rotary Club presented an \$800 check to the Beachwood Boosters. The donation was presented to Damion Creel, Beachwood High School head football coach, to provide equipment for the football team, such as shoe cleats for players in need.

The football team looks for another great season, after a record of six wins last year. There will be one pre-season game and five Friday night games at Beachwood High School. Dates are: August 13, 4; August 30, 7 pm; September 27, 7 pm; October 11, 7 pm; October 25, 7 pm; and November 1, 7 pm. Come cheer on our team! For the complete football schedule, visit <http://www.arbiterlive.com/Teams/Schedule/3985964>.

The Chagrin Highlands Rotary Club meets every Friday for lunch and a speaker program at the Cleveland Racquet Club. Guests are encouraged to attend. For more information, visit www.chagrinhighlandsrotary.org.



Rotary member Bob Slanina presents a check to Damion Creel, BHS head football coach, to benefit Beachwood Boosters and the BHS football team.

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Brian Friedman,
President

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City of Beachwood Hosts Art Show and Speakers Series

The Friends of Euclid Creek, the Collinwood Rain Barrel Project, and the City of Beachwood are celebrating the 50-year anniversary of the last time the Cuyahoga River burned with an art show, a painted rain barrel silent auction, and a “Lake Erie Speakers” night. All events are free and open to the public at the City of Beachwood Community Center.



The “Art in Nature” Exhibition will feature painted rain barrels, photography, paintings, and mixed media works by local artists Morry Burke, Julie Cook, Dawn Gettig, Les Greenberg, Lari Jacobson, Deborah Kramarc, Sandra Lewis, Janet Luken, Ken Messinger-Rapport, Higo Gabarron Omf, Stuart Pearl, Debby Zelman Rapoport, Harry Silver, George Weidinger, and rain barrel guru Linda Zolten Wood.

“Art in Nature” runs from Wednesday, July 31 through Thursday, August 22. The Beachwood Community Center Art Gallery is open Monday through Friday, 9 am – 4 pm; Saturday, 10 am – 3 pm; and Sunday, 10 am – 1 pm. The community is invited to meet the artists at an Artists’ Reception on Sunday, August 4, from 1 – 2:30 pm. Light refreshments will be served.

Painted Rain Barrel Silent Auction

The Collinwood Rain Barrel Project holds rain barrel activities throughout the Cleveland area. Rain barrels are environmentally important as they capture water, which helps to reduce flooding and pollution. When painted with colorful scenes, rain barrels make beautiful focal points in the yard. Barrels, designed and hand painted by Linda Zolten-Wood and other artists, will be available for sale through a silent auction during the art exhibit. A portion of the proceeds will benefit the Friends of Euclid Creek programming fund.

Lake Erie Speakers Series

Thursday, August 8 • 6:30 – 8:30 pm
Refreshments will be served. Speakers include:

- Fredrick Vincent of the Northeast Ohio Regional Sewer District will talk about the “Deep Tunnel Sewer Project,” which is currently under construction beneath the streets of Cleveland. He will explain the project and its

importance to the health of Lake Erie.

- Chris Winslow, director of The Ohio State University Stone Lab, will discuss “How Activities on Land Affect Lake Erie.” Population pressures, development, litter, and pollution are just a few things that harm the lake.
- Dr. Robert Brand of the Cuyahoga County Board of Health will speak on “Safe Consumption of Fish from Lake Erie.” This talk should be of interest to anyone who fishes in Lake Erie or eats Lake Erie fish.

The community is invited to meet the artists at an Artists’ Reception on Sunday, August 4, from 1 – 2:30 pm. Light refreshments will be served.

The Friends of Euclid Creek gratefully acknowledge the financial support from their sponsors: Cuyahoga Arts and Culture, the Northeast Ohio Regional Sewer District, and the City of Beachwood.

The Friends of Euclid Creek work to protect and restore the creek by helping people who live in the watershed become stewards of the land and water. For more information on watershed issues go to www.euclidcreekwatershed.org.

Everyone has a story to tell. Tell yours in *Beachwood Buzz!*

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Cleveland Jewish FilmFest Set for September 5-15

Mandel JCC kicks off its Arts and Culture season with the Cleveland Jewish FilmFest, which brings the best in international Jewish cinema to Greater Cleveland audiences this fall. The FilmFest, set for September 5-15, will showcase documentaries, comedies, dramas, and short films from around the world, attracting thousands of film lovers to area theatres.

Tickets for all films are \$12 for evening films and \$10 for matinees. Tickets to the September 5 opening night film and dessert reception are \$20. For tickets, which go on sale August 5, visit www.mandeljcc.org/filmfest. Tickets are also available at the Mandel JCC membership desk (no ticket sales on Saturdays). All-access tickets, which include admission to all films, and group tickets are

available for purchase. For more information, contact Jan Rutsky at 216.831.0700, ext. 1348.

Major sponsors for the 13th Annual Cleveland Jewish FilmFest include: Cuyahoga Arts and Culture, Puffin West Foundation, The Harry K. and Emma R. Fox Charitable Foundation, John P. Murphy Foundation, Ohio Arts Council, and Jay Auto Group.



Opening night is Thursday, September 5, at 7 pm at the Atlas Cinemas Shaker Square 6 and features the film *The Unorthodox*, a movie that reshapes Israeli society in ways that still resonate today. *Photo credit: Go2Films.*

Mandel JCC Men's Club

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

For more information, contact Bob Young at youngbob12@gmail.com. Guests are welcome!

Socialize

Meet New Friends

Learn

August 5

Great Decisions Video "The State of the State Department and US Diplomacy"

August 12

Kevin Martin CEO/President Ideastream "The Viability of Public Radio and Television Today"

August 19

Ted Talk Videos on current issues, followed by discussions

August 26

Les Levine "More Sports with Les Levine"

The City of Beachwood invites residents to enter its People's Choice Top Dog Contest. For details, see page 32.



EASTSIDE

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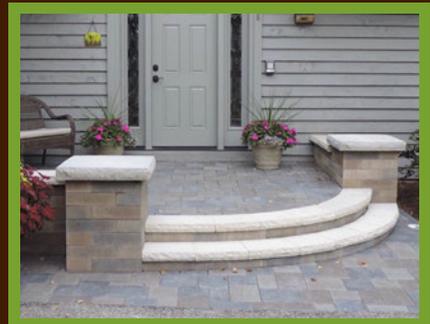
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OUTDOOR KITCHENS
& FIREPLACES

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COMPUTER IMAGING DESIGNS



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CITY OF *Beachwood* Insider

August
2019

Contact Info

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

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

EMERGENCY Dial 9-1-1

Departments

CLERK OF COUNCIL
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AUDITOR
216.595.3712

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

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LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

PUBLIC WORKS DEPT.
216.292.1922

BEACHWOOD'S BARKWOOD DOG PARK



GRAND OPENING SEPTEMBER 22, 2019

2019's soggy start did not help with construction of Barkwood, Beachwood's new dog park, but now that the sun is shining, construction is well underway!



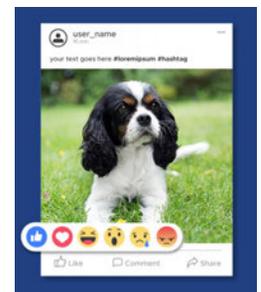
Barkwood

PEOPLE'S CHOICE TOP-DOG CONTEST

The City of Beachwood invites residents to enter your prized pooch in the Beachwood People's Choice Top-Dog Contest! Submit your dog's name, a photo and 10-word description of what makes them Beachwood's "Top Dog." Winner receives bragging rights and a free entry key fob to Barkwood, a \$25 value, good from one year from the issue date.

SUBMISSION STEPS (RESIDENTS ONLY)

1. To be eligible, first "Like" the Facebook page @BeachwoodOH (facebook.com/beachwoodoh) if you haven't already.
2. Post a comment to the Beachwood People's Choice Top-Dog Contest post. Your post must include:
 - a. Your dog's name.
 - b. Your dog's photo (high resolution, please).
 - c. 10 words about why your dog should be named Beachwood's Top Dog.
3. Comments must be posted before 11:59 PM on Sunday, August 17, 2019. Incomplete or late entries will be deleted.



The dog that gets the most "Likes" on their comment between now and Friday, September 13 at 12:00 noon will win the title of Beachwood People's Choice Top Dog. Winner will be notified via Facebook Messenger. For more information and rules & eligibility, please visit our home page at www.BeachwoodOhio.com and scroll down to the news carousel.



LIKE US ON FACEBOOK

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Facebook.com/BeachwoodPolice



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EMAIL YOUR COUNCIL MEMBERS

firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

MAYOR

MARTIN S. HORWITZ



216.292.1901

mayor@beachwoodohio.com

COUNCIL PRESIDENT

BRIAN LINICK



216.496.0202

COUNCIL V.P.

JAMES PASCH



216.630.9671

JUSTIN BERNIS



216.509.6509

CELEBRATE YOUR BLOCK IN BEACHWOOD!

Start a tradition in your neighborhood by hosting a block party. Neighborhood block parties are a fun way to meet neighbors, build friendships and develop community and security. If you are interested, call the Mayor's Office at 216.292.1901 to help you coordinate the date, invitations, supplies and street barricades. The City can even send a fire engine or other emergency vehicle for guests young and old to tour and enjoy. Block Party season passes quickly so act now!



SPECIAL NOTICE

City Hall will be closed on Monday, September 2, for Labor Day. We wish you a happy holiday! All rubbish pick-ups will be delayed one day throughout the week.

FROM THE POLICE DEPARTMENT

The Beachwood Police Department affirmatively promotes, preserves, and delivers a feeling of security, safety, and quality service to members of our community. The department is continuously striving to improve the way we deliver services to the community. Should you have a question, comment, compliment, or complaint, we would like to hear from you. Feel free to call us at 216.464.2343, stop in, or email us at police@beachwoodohio.com any time. (Please call 911 or 216.464.1234 for emergencies.)

PROPOSED ZONING CODE AMENDMENTS

In keeping up with economic times, new Beachwood zoning code changes are being discussed. To view a summary or all proposed amendments, visit the news carousel at the bottom of our homepage at www.beachwoodohio.com.

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 PM. Upcoming meetings: Monday, August 5 and Tuesday, September 3. Questions? 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 PM. Upcoming meeting: Thursday, August 29. Questions? Call 216.292.1914.

ARCHITECTURAL BOARD OF REVIEW

Meets at 5:30 PM. Upcoming meetings: Monday, August 5 & 19, Tuesday, September 3. Questions? 216.292.1914.

NATIONAL NIGHT OUT PRESENTED BY BEACHWOOD PD

TUESDAY, AUGUST 6 • 5:30 – 8:30 PM

BEACHWOOD FAMILY AQUATIC CENTER PARKING LOT

See Police & Fire Vehicles, Meet

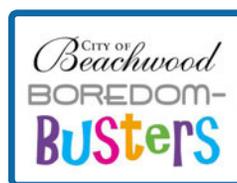
Our New K-9 Officers, Bring Your Bike & Helmet, Ride Our Agility Course, Watch Zootopia Outside On The Grass @ 6:30 PM, Buy Dinner From Sauced Wood Fired Pizza Truck, Purchase Ice Cream Novelties, Play Games & Get Airbrush Tattoos, Touch Outback Ray's Animals, Decorate Your Bike! Questions? 216.292.1970.

Park at Beachwood City Hall or Fairmount Early Educational Child Ctr.



WEEKLY MAYOR'S CORNER BLOG

Mayor Horwitz's weekly Beachwood Boredom-Busters is a summary of programs and activities in and around Beachwood. If you are hosting an upcoming Beachwood event, particularly one that is free and open to the public, send details to mayoroffice@beachwoodohio.com for possible inclusion. To subscribe, click on the "Notify Me" tab on the right side of the Mayor's Corner page.



ALEC ISAACSON



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216.401.0074

JUNE TAYLOR



216.533.7640



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 2019 Season. Questions? Call 216-292-1973



AUGUST 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
11 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m	12 Lap ONLY: 6:15-8:30 a.m. Regular Swim: 12:15-8:00 p.m	13 Lap ONLY: 6:15-8:30 a.m. Regular Swim: 12:15-8:00 p.m	14 CLOSED First Day of School	15 Lap ONLY: 6:15-8:30 a.m. Regular Swim: 4-8 p.m.	16 Lap ONLY: 6:15-8:30 a.m. Regular Swim: 4-8 p.m.	17 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m.
18 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m	19 CLOSED	20 CLOSED	21 CLOSED	22 Lap ONLY: 6:15-8:30 a.m. Regular Swim: 4-8 p.m.	23 Lap ONLY: 6:15-8:30 a.m. Regular Swim: 4-8 p.m.	24 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m
25 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m	26 CLOSED	27 CLOSED	28 CLOSED	29 Lap ONLY: 6:15-8:30 a.m. Regular Swim: 4-8 p.m.	30 Lap ONLY: 6:15-8:30 a.m. Regular Swim: 4-8 p.m	31 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m
1 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m	2 <u>LABOR DAY</u> <u>LAST DAY TO SWIM</u> Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m	3 CLOSED FOR THE SEASON	DUE TO STAFFING LEVELS FOR YOUR SAFETY SELECT FEATURES MAY BE UNAVAILABLE 216-292-1973			

IF A COYOTE IS IN YOUR BACKYARD, WHAT SHOULD YOU DO?

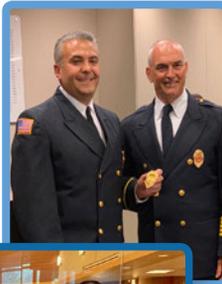
1. Coyotes are common throughout Ohio in both rural and urban settings. They are most active at dawn and dusk, but may be seen frequently throughout the day. Coyotes eat a variety of foods, including small mammals, insects, fruits and berries, and items meant for pets and humans.
2. Identify that the canine is truly a coyote and not a stray dog. If the animal is a stray dog, contact Beachwood Police.
3. Remove all "attractants" to possibly deter the coyote from returning. This includes removing garbage and pet food before nightfall and cleaning up around the grill.
4. Keep small dogs and cats inside or supervise them at night when coyotes are most active. Coyotes are curious but generally fearful of humans. Clap your hands and shout to scare off coyotes.
5. If the coyote seems to lack a fear of humans or is presenting a conflict even after removing attractants, contact a nuisance trapper by calling the Division of Wildlife at 1-800-WILDLIFE (945.3543) or visit www.wildohio.com.

BPD SAYS "SLOW DOWN!"

According to the Ohio Department of Transportation, there have been 11,989 speed-related crashes reported in OHIO in 2019! These include rear-end crashes where drivers did not leave enough room to react or stop (Assured Clear Distance Ahead). Follow speed limits and leave enough room to stop!

SAFETY FORCE PROMOTIONS

Congratulations to: Sergeant – Matthew Page (BPD), Captain – Anthony Strazzo (BFD) and Lieutenant – David Peterson (BFD)



BEACHWOOD CITY SCHOOLS

SCHOOL STARTS
AUGUST 14



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. When traveling on a road with four or more traffic lanes, a driver does not need to stop for a school bus approaching from the opposite direction.

REDUCE WILDLIFE CONFLICT

1. Don't feed wildlife. If you choose to feed birds, place the feeder where it is inaccessible to other wildlife species.
2. Keep pet food inside.
3. Store garbage in containers with tight-fitting lids. Keep containers in a garage or shed.
4. Clean out the drip pan from your grill and remove any other attractant from your yard.



American
Red Cross

AMERICAN RED CROSS
BLOOD DRIVE

FRIDAY, AUGUST 17

1:00 – 7:00 PM

Beachwood Community Center

SOLICITATION REGULATIONS

NO
SOLICITING

It is legal to solicit door-to-door in Beachwood provided that the solicitor has obtained a license from the Beachwood Police Department. *Solicitation hours are:* Mon. – Thurs. 9:00 AM – 9:00 PM; Fri. 9:00 AM – 5:00 PM; Sat. & Sun. 10:00 AM – 4:00 PM. "No Soliciting" decals are available at the Beachwood Police Department and City Hall reception desk, Monday – Friday. Any person who solicits for a not-for-profit organization, charitable-purpose organization, or non-profit educational institution/public school is permitted to do so without a permit.

SENIOR POLICE ACADEMY

Beachwood Police Department is accepting applications for the Senior Police Academy. Learn about real-life crime prevention and receive “hands on” experience with the help of knowledgeable instructors. Learn self-defense, CPR, safety and more.



FREE

**BEACHWOOD CITY HALL, 1:00 – 3:00 PM
FRIDAYS, AUGUST 9 – SEPTEMBER 27**

PLEASE NOTE: Must be 50 years of age or older.
TO REGISTER CALL 216.595.3733

20TH ANNUAL

HONKIN HAULIN

HANDS-ON TRUCKS

FREE

**SUNDAY, SEPTEMBER 15
12:00 NOON – 3:00 PM
PUBLIC WORKS CENTER
23355 MERCANTILE ROAD**

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



BEACHWOOD OUTDOOR

Movie Nights

FREE

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

August 11 A Dog's Way Home

Beachwood Community Center
Parking Lot • 5:00 PM
Purchase dozens of flavors from
the Crazy But True Popcorn Truck

CITY OF Beachwood
Questions? Call 216.292.1970

USE CAUTION & BE SEEN Use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing. When it is necessary to walk in the street, please walk facing traffic and if in a group, single file.

City Insider

PERSONAL SHRED DAY & HABITAT FOR HUMANITY RESTORE DONATIONS

**SUNDAY, SEPTEMBER 22 • 9 AM – 12 NOON
BEACHWOOD COMMUNITY CENTER
PARKING LOT, RAIN OR SHINE**

FREE

Beachwood residents can shred up to 12 blue grocery bags or 6 banker boxes on-site for free. Proof of residency required.



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.

ART EXHIBIT **FREE** ART IN NATURE JULY 31 – AUGUST 22

Works by Morry Burke, Julie Cook, Dawn Gettig, Les Greenberg, Lari Jacobson, Deborah Kramarc, Sandra Lewis, Janet Luken, Ken Messenger-Rapport, Higo Gabarron Omf, Stuart Pearl, Debby Zelman Rapoport, Harry Silver, George Weidinger and rain barrel guru Linda Zolten Wood.

*Artists' Reception –
Sunday, August 4 • 1:00 – 2:30 PM
Enjoy light refreshments while speaking
to the artists and viewing their work.*

**Beachwood
Community Center**
MON – FRI • 9 AM – 4 PM
SAT • 10 AM – 3 PM
SUN • 10 AM – 1 PM



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

3RD ANNUAL BEACHWOOD

FALL FESTIVAL

 **FREE • SUNDAY, OCTOBER 6** 

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

**FOOD TRUCKS – ZIPLINE – GAMES – INFLATABLES – UNIQUE BOUTIQUE
NINJA COURSE – PUMPKIN PATCH – LIVE MUSIC BY REVOLUTION PIE**

MEET JOE EVERSON – VIRAL SENSATION ARTIST



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SEPTEMBER 25 – OCTOBER 17
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New Faces, New Places

Join us in welcoming our schools' new staff and some familiar faces into new positions!



Marc Chalice
HS TV Productions



Carmela Mostardi
HS Mathematics



Katy Crismon
Bryden Social Skills Program



Kevin Houchins
Director of Equity & Community Engagement



Kristen Walker
Preschool Intervention Specialist



Haley Ellrich
Preschool Teacher



Grace Perryman
District Registrar



Marion Fish
Admin. Assistant for HR



Julie Felder
Admin. Assistant to Superintendent



Liuyi Liu
HS Mathematics



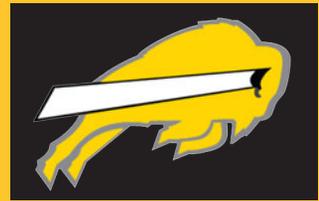
Keith Terlonge
MS School Counselor



Val Parker
Pupil Services Coordinator

ADMINISTRATION

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



WELCOME BACK TO SCHOOL NIGHT

Please be our guest

Sunday, August 11th, 4 - 7 pm
at the City of Beachwood Community Center
for free hot dogs and ice cream, games,
and music!

At 5 pm, the city will present its last outdoor movie of the summer, *A Dog's Way Home*.

Meet up with your friends as we get ready to start the 2019-2020 school year. All our school support organizations will be present. It'll be time to get your new Bison Spiritwear too!



HOT DOGS
ICE CREAM
MUSIC
GAMES

NOMINATE NOW!

NOMINATIONS ARE NOW BEING ACCEPTED

BEACHWOOD HIGH SCHOOL

GALLERY OF SUCCESS

2020

The Gallery of Success, which began in 1985, takes place every three years and currently has 129 honorees.

Nominees must be **BEACHWOOD HIGH SCHOOL GRADUATES** whose accomplishments since high school make them outstanding role models for our students.

Nominees must exemplify leadership, service, humanitarianism, creativity, courage, and/or career contributions that have benefited others.

Nomination packets are due Friday, November 15, 2019.

The induction ceremony will take place Friday, April 24, 2020.

If you would like a form mailed to you, please contact:
Paula Zavell Rollins,
Gallery of Success Coordinator,
at 216-789-3995

For information and a nomination form visit
www.beachwoodschoools.org/Gallery

BEACHWOOD CITY SCHOOLS

Spring Sports Recap

The Bison enjoyed a terrific spring sports season. Check out some highlights below!

HS Track & Field

Our powerhouse track & field team placed a herd of Bison into the state meet and they made Beachwood proud (again)!

- **Ashley Perryman** - Long Jump - 2nd Place
- **Ashley Perryman** - 100 Meter Dash - 5th Place
- **Elizabeth Metz** - Shot Put - 8th Place
- **Maddie Alexander** - High Jump - 6th Place
- **4x100 Relay** - **J'Khai James, Sydney Sarver, Ashaunti Griffin, Ashley Perryman** (Amelie Cotta - Alternate) - 5th Place
- **Langston Gaines-Smith** - 400 Meter Dash - 8th Place
- OHSAA Girls Team Finish - 9th Place Division II

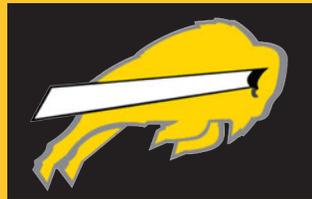
Beachwood's middle school track team was also outstanding this season. The Bison qualified for the state championships in five events.

- **4 x 100 Relay** - **Taylor Blackwell, Dakota Houston, Kylie Walters, Lauren Luxenberg**
- **4 x 200 Relay** - **Taylor Blackwell, Dakota Houston, Kylie Walters, Lauren Luxenberg**
- **4 x 400 Relay** - **Taylor Blackwell, Dakota Houston, Haya Shehadeh, Lauren Luxenberg**
- **4 x 200 Relay** - **Willtrell Hartson, Braylen Eaton, Freddie Lenix, Caleb Berns**
- **4 x 400 Relay** - 7th Place at States - **Michael Keselman, Caleb Berns, Braylen Eaton, Freddie Lenix**
- 100 Meter Dash - **Freddie Lenix**
- 200 Meter Dash - **Freddie Lenix**



Girls Shot Put
Elizabeth Metz
Beachwood
Place: 8 Att: 5
39'01.25"





Middle School Softball

The team finished with an undefeated 6-0 record.
This marks one of the best MS softball seasons in our history.



Team Members: Front Row (left to right): **Megan Leizman, Sami McPhillips, Kyndall Winston, Ari Preston, Nora Resnick, Emily Clar, Sydney Miller**
Second Row: **Sarah Katz, Maya Eisengart, Ella Cruz, Nia Brown, Kaajal Krishnan, Chamira James**
Third Row: **Nemo Bateman, Camille Gill, Alexis Mercado, Kaylee Patterson**
Coaches: **Dominic Velotta and Ellen Cvelbar** Not Pictured: **Ryleigh Zabell, Nory'M Strickland**

Middle School Baseball

Our baseball team also finished the season undefeated at 9-0. They beat teams one and two divisions larger than Beachwood -- Twinsburg, Shaker Heights, Orange (twice), University School, and Solon. The team amassed a 19-1 record across the past two seasons!



Team Members: **Drew Keilin, Braylen Eaton, Luke Bennett, Brett Zawatsky, Leo Blond, Daniel Kirvel, Marcus Moore, Vincent Crenshaw, James O'Neill, Jude Holz, Ben Lawrence, and Sam Grieco** (missing from photo) and **Coaches Nate Smith and Dave Baker.**

College-bound Student Athletes

Good luck to Bison grads

Spencer Bystrom
(University of Washington - Diving)

Haleigh McPhillips
(Capital University - Lacrosse)!



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BISON SWIMMING & DIVING



HALEIGH MCPHILLIPS @BYSTROM
BEACHWOOD BISON LACROSSE



Visit us at www.beachwoodschoos.org
www.facebook.com/BeachwoodBison



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Mitch Luxenburg's Message to the BHS Class of 2019

On Sunday, May 26, former school board member Mitch Luxenburg shared a message with the BHS class of 2019 at their Severance Hall graduation ceremony – a message from which the community may benefit:

I am happy to be here because I almost didn't make it here today. In fact, it was a close call. Although many of you took Cedar Road to get here, my path wasn't so direct – a story that I will share with you later.

When I prepared this speech, I thought about *Sliding Doors*, one of my favorite movies. It's about a young professional woman who gets fired from her job. On her way home from work that day, she was rushing to get on the subway, but she missed her train. The film then reverses to replay the scene, but this time, she caught her train. The movie then goes on to brilliantly tell two parallel stories about how her life may have played out based on this one simple incident – missing or catching the train. It's a really cool movie and I think you should watch it.

When I received the call to speak, just seven days ago, I was honored and excited, but equally panicked. I started racking my brain for a topic, thinking about all the times I had been here before, all the graduations, and all the speeches I had given and heard. Then, out of nowhere, there it was. A *Sliding Doors* moment. We all experience these moments daily, but before I can provide wisdom or advice, I need to share some personal stories to illustrate the perspective from which I come.

One of the earliest graduations I recall was 30 years ago, nearly to the day. I was sitting on this stage – right there where you sit today. I had a little bit of nervousness and fear, but I vividly remember being excited

about my dreams, visions, and plans of what my future would hold.

I wasn't accepted into my first choice of college – or my second, third, or fourth – but I did get in. I began this new chapter with hopes of transferring colleges at the end of my first year. Well, second semester of my freshman year I bashed my face against someone's fist – I like to think that he at least sprained his wrist. Actually, I shouldn't joke, as I was jumped on campus, had an orbital fracture of my left eye, and missed most of that semester. My grades suffered and I did not transfer. Instead, I became more aware and very active in campus activities, and fell in love with the school.

One day, while on campus, I saw that applications were being accepted for one student to be appointed to the university's board of trustees by the governor of Ohio. I was selected and what an incredible experience it was! In fact, it helped me get into law school.

Wanting to serve my country, I applied, as a freshman, to be a Judge's Advocate General in the Marines. Turns out, at least at the time, orbital fractures disqualified you from the marines and, given the extent of damage, I couldn't get a waiver. The summer I would have otherwise been at Officer Candidacy School, I met a woman I would not otherwise have met. That woman, Tricia, would eventually become my wife and we would build a beautiful life and family together. When Tricia was pregnant with our fourth child, we bought our dream home in a community not too far from here. The seller was an oncologist at the Cleveland Clinic. A week later, that man became one of my wife's doctors. Sixteen months later, we laid



Former School Board member Mitch Luxenburg delivers impactful message to BHS Class of 2019 on May 26 at Severance Hall.

Tricia to rest. One week later, I sold that dream house and we moved back to Beachwood to live in the home I grew up in. My kids enrolled in the Beachwood Schools and, wow, have they thrived here!

Two years later, after two false negatives, I was diagnosed with prostate cancer; a diagnosis practically unheard of for a 36-year-old. After my surgery, I didn't go out much, but one day I gathered up the energy to go the Unique Boutique, where my sister had a table. There, I bumped into my brother's childhood best friend, whom I had not seen in close to 25 years. Due to our age difference, we didn't really know each other as children, but we had a great conversation that day. Eventually, he asked me if I had ever thought about running for the school board. Based upon my experiences from serving on the board of trustees, I eagerly accepted. That friend was the man who introduced me today, Dr. Brian Weiss.

Fast forward several years to when this class was in the ninth grade. The boys' basketball team played against the school district from which we moved to Beachwood. About halfway through the third quarter, I looked across the gym and almost couldn't contain my emotion. It was like a scene from *Sliding Doors*. I realized

that in a different life I would have been sitting on the other side of the gym, cheering on that other team, and the boys on that team would be my son's friends, never knowing what we would have missed on this side. It wasn't a "what could have been," but rather a "what almost was."

My hope is that you are able to self-reflect and truly appreciate all of the good things in your life, especially those that may not otherwise be if not for adversity. I believe this is how you will achieve healing, genuine happiness, and success.

Today, I cannot imagine the lives of my children, or my life, to have turned out any other way, without all of you, which brings me back to almost not making it here today. I almost didn't make it because this wasn't my plan, my hopes, or my vision as I sat on this stage 30 years ago. But, you see, while your life is going to be amazing, about incredible things you've done or incredible things you will do, the reality is your life, most likely, will not go

Continued on page 46.



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 2019-2020 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 • Lifetime Membership \$1,000

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exactly as you envision, hope, or plan, and you may hit some rough patches to get where you are going.

My hope for you isn't that you will do great things. You don't need me to hope that for you. It will happen. My hope is that you are able to self-reflect and truly appreciate all of the good things in your life, especially those that may not otherwise be if not for adversity. I believe this is how you will achieve healing, genuine happiness, and success. And now, how surreal to have this rare and unique opportunity to stand on the very stage where I sat 30 years ago, knowing what I know.

If I could go back and give myself advice, here is what I would say:

- LISTEN TO ME!
- In good times and bad, always have a plan and know what your next step will be. Your plan will change, no doubt. When things are good, they will be better; and when they aren't so good, you're going to need that plan. The time to create a plan is not when you need it the most.
- Consistency is often the key to success, and I assure you that a sense of familiarity is very comforting when things aren't going as you had hoped.
- When you are going through a difficult time, it's not your job to make people feel better about your situation. For that matter, don't rely upon or wait for others to make you feel better either.
- Whatever your reality, the sooner you accept it, the better off you and everyone around you will be.
- When writing the book of your life, don't let anyone else steal the pen.
- Buy as much stock in Netflix and Amazon as you can, sell Bitcoin at 19.

- Wisdom will come to you in the most unlikely sources, often in tragedy and in life. Often, the message you are receiving isn't the lesson being taught.
- What will be most valuable is not what you have in your life, but who you have in your life.
- When you get the choice to sit it out or dance, it is ok to sit it out from time to time.
- Trust your instincts, but know that second opinions aren't only for when you don't like the first one.
- No one thing can define you unless you allow it to.
- If the wind isn't blowing in your direction, it doesn't mean you aren't going someplace beautiful, you may just not be going where you planned. Adjust your sails. No matter how you feel, get up, dress up, show up, and never give up.
- There is no need to reinvent the wheel, but feel free to perfect it. I added this one to justify that 85% of what I am about to say is taken from someone else, specifically from two of Father Graham's blessings at Xavier University's 2017 freshman-class convocation.

From Parents to Their Children:

Parents, grandparents, aunts and uncles, I invite you to take the hand of your nearest family member and let this blessing be a prayer in your heart for your child:

May you be lovingly powerful, and powerfully loving.

May love ever be your guide with family, with friends and colleagues.

May you listen carefully to your own heart and the hearts of others.

May you be the energy you want to create, and may you surround yourself with people who reflect whom you want to be.

May you have the strength to overcome fear and pride, and follow instead what has heart and meaning for you.

May you risk more than others think is safe, care more than others think is wise, dream more than others think is practical, and expect more than others think is possible.

May you be an active, committed, positive force in your community.

May you show respect to people of all ages and races, and help make a better world for the poor, for the sick, for the elderly, for the young.

May you constantly bring your gifts and talents forward every day without hesitation, reservation, or expectation of reward; and

May you know EVERY DAY how grateful I am for the gift of you, and know in your heart the depth of my love for you.

Graduates, here is the thing about life. You only get one. So go out there and be amazing. One day your life will flash before your eyes. Make sure it is worth watching. As said by Henry David Thoreau, "go confidently in the direction of your dreams and live the life you've imagined."

From Students to Their Parents:

Graduates, look at your parents in the audience and let this blessing be your prayer for them:

May you know how grateful I am to you for all you have done for me. With the life you have given me, for the lessons you have taught me, for the love you have shown me, for the comfort you have provided for me.

Never forget how very much of you I carry forward with me into this new chapter of my life. I move forward with a mix of excitement and fear for I do not know what the future may bring, but I go into it confidently because of you.

May you always trust in all the work you have done in me. For your ideals are my ideals and your hopes are my hopes. Always remember that I am growing into them just as you still are. And as we grow together, we will meet again in a new way. On a new and higher ground, as friends and as equals. But for all of that, I will always be yours.

If I do not call as often as I know I should, or text or tweet, or ask for money when I do, know that no one else will ever have the place in my heart that you do.

Graduates, here is the thing about life. You only get one. So go out there and be amazing. One day your life will flash before your eyes. Make sure it is worth watching. As said by Henry David Thoreau, "go confidently in the direction of your dreams and live the life you've imagined."

Live your life in such a way that if anyone should speak badly of you, no one would believe it; and when the hour of death approaches, the world may say that you were a good person, a person of the highest moral character, loved by all of your family and friends; and that the world is a better place because you dwelt upon it.

Members of the Board of Education, administration, faculty, staff, family, friends and community members, it is one of the greatest privileges of my life to introduce you to, and to congratulate, the Beachwood High School Class of 2019!

I wish each and every one of you a million amazing dreams and may God richly bless you all.



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For more information, call 216.831.0003.**

Beachwood Hosts 2nd Annual Leaf Party

by Sallie Fine

If you are a regular patron of the Beachwood Family Aquatic Center (BFAC), you've surely seen Bryden Road resident Bartu Hatipoglu waving his leaves and chanting, "Leaf party, leaf party!" His infectious joy has spread to BFAC members and employees alike. For the second year in a row, BFAC lifeguards have celebrated Leaf Party Day with Bartu and his mother, Dr. Betul Hatipoglu.

BFAC employees sported t-shirts bearing the message "2nd Annual Leaf Party Day," complete with green and yellow leaves and subtle puzzle pieces, the international symbol for Autism, and many guards were adorned with leaf crowns.

Bartu, a Beachwood High School student with Autism, may have limited verbal skills, but he has no trouble communicating his passion for nature through his extensive leaf collection. This simple expression has made a lasting impact on the BFAC lifeguards and management team. As a result, the BFAC has

become a place of inclusivity and acceptance.

Lifeguard Gus Miller appreciates that, "Here at the pool, we let Bartu be Bartu, and there is much to be learned through him."

"Bartu delights in what many of us lose as we leave our childhood behind." Madison Cope, a third-year guard said. She appreciates how happy he is all of the time and feels that he makes her day better, and it's not the same at BFAC without him.

She added, "Through supporting Bartu, we hope to send a message that we are more about what we share in common with

each other than what makes us different from one another."

Young campers who see Bartu during weekday free swim share in his delight as he shares his leaves with them. Madison continues, "They don't see his special needs; they see him as another kid who loves the water and happens to have something fun to play with."

This impact isn't lost on others. Noah Simon, also in his third year at BFAC, recognizes that, "Bartu brings together all of the kids to form a community."

And isn't that what we want? Community."

"Through supporting Bartu, we hope to send a message that we are more about what we share in common with each other than what makes us different from one another."

~ Madison Cope



Left: Bartu Hatipoglu completely enjoys his 2nd Annual Leaf Party; Lifeguards celebrate Bartu.

Photos by Matthew Keyerleyber.

"You cannot do a kindness too soon, for you never know how soon it will be too late."

~ Ralph Waldo Emerson



WOOD TRADER

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The City of Beachwood Introduces:

SCORE Simple Steps for Starting Your Business Workshop Series

This five-part pre-business workshop series is designed to provide an in-depth overview of the information needed to start a business. The program's goal is to generate a deeper, higher-level conversation between participants and their SCORE mentors to determine whether or not they are ready to become business owners.

The series takes place Thursdays, October 10 through November 7, from 6:30 – 8:30 pm at the Beachwood Library. To register, visit www.cleveland.score.org. Registration opens in mid-August.

October 10 Start-up Basics

This introductory workshop will focus on the basics of testing your business idea and identifying key factors that influence start-up success. Start-up basics provide an overview of the skills and the tools you need when deciding to start a business. You will learn about advantages and disadvantages of owning a business, available business legal structures, the differences between for-profit and non-profit businesses, and other factors to take into consideration.

October 17 Business Concept

This workshop will focus on your business concept, and step-by-step guidance to research your idea, your market, and your competition. At the end of the workshop, you will be able to research your target markets, describe your products and services, and collect key competitive information to support your feasibility plan.

October 24 Marketing Plan

The third workshop provides an introduction to marketing communication methods, and tools to maximize your customer reach. The workshop will cover pricing and marketing strategies, positioning, and differences between features and benefits. At the end of this session, you will know how to outline your

marketing strategy, test your marketing message, choose the right sales channel, and exercise your marketing strategy.

October 31 Financial Projections

The fourth workshop will help you better understand financial concepts. In this session, you will review sales and prices, financial risks and rewards, true start-up costs, ongoing operating expenses, setting benchmarks for tracking progress, and organization of all your financial information. With the use of a hands-on approach, you will learn how to use a financial model to build solid pro-forma financial forecasts.

November 7 Funding Sources

The final workshop will offer information on how to finance

your small business. Discussions will include sources of funds, accounting, the six Cs of credit, banking relations, ratio analysis, and monthly preparation and review of financial statements. A bank loan officer will provide an inside view of how a banker assesses the merits of a business plan and loan application.

At the end of the workshop, you will be able to research your target markets, describe your products and services, and collect key competitive information to support your feasibility plan.

“The people who are crazy enough to think they can change the world are the ones who do.”

~ Steve Jobs

HEY NEIGHBOR!

by Arlene Fine

In the Driver's Seat

Four years ago, when Rivka Goldstein became managing director of the Kasher Food Pantry, she didn't know that driving a 14-foot truck was part of the job description.

But she hit the ground running and now expertly steers the KFP truck to the Greater Cleveland Food Bank on South Waterloo Road twice a week to shop for food and pick up the KFP order. "Our pantry distributes close to a million pounds of food yearly, so these runs are critical to putting food on the table for the 4,000 hungry men, women and children we feed monthly," says the Deborah Drive resident.

Driving the KFP truck is just part of Rivka's typical day. She organizes the 100 volunteers that keep the nonprofit running smoothly, applies for grants, processes donations, makes preparations for the monthly outdoor food produce distribution at Green Road Synagogue, and arranges for the packing of 1,300 bags of food that are delivered monthly to the homes of the elderly and shut-ins. She also ensures that everything is in place for the twice-weekly open pantry at the KFP's compact South Euclid location, and fields calls from clients who have empty cabinets and need immediate help.

"Last week at 7:30 pm, a South Euclid resident called me because she had nothing to give her children for breakfast, lunch, or dinner the next day," says Rivka. "I stopped at our Green Road pantry, packed a substantial

box of groceries and delivered it within the hour."

That call to action is not unusual for KFP staff or volunteers. "The whole reason for our organization's existence is to help people in need, and be responsive to our fellow human beings," says Rivka. "No one will ever go hungry under our watch. Our loyal volunteers, many of whom are skilled professionals from all walks of life, feel the same way or else they wouldn't be devoting so many of their valuable hours to our organization."

Even in a good economy, the number of food-insecure people continues to grow, and Rivka works to raise awareness of KFP services. "We provide food to everyone – without regard to his or her religion or race," she says.

In recognition of the KFP's Herculean efforts, which the Greater Cleveland Food Bank ranks as the second largest food distributor of its 750 agencies in Northeast Ohio, the organization will be awarded a new, state-of-the-art, outdoor refrigerated trailer donated by Wal-Mart.

"This award is a tribute to KFP director Devorah Alevsky; our volunteers, including the school and synagogue groups that pack and deliver groceries on a regular basis; our board members; and everyone else who has worked so hard to help the KFP grow to this level,"



Rivka Goldstein gets ready to drive the KFP truck to the Greater Cleveland Food Bank to shop for food and pick up the KFP order.

says Rivka. "Our next goal is to have enough funding and good fortune to find a larger home for the KFP. We have outgrown our current space."

Even in a good economy, the number of food-insecure people continues to grow, and Rivka works to raise awareness of KFP services. "We provide food to everyone – without regard to his or her religion or race," she says.

The KFP is not the only thing on Rivka's plate. A single mother of 10 and grandmother of 7, she is busy with her active family. She moved to Beachwood from New Jersey ten years ago because of her close relationship with Chabad's Devorah Alevsky, the exceptional schools, and our warm, welcoming community.

"Beachwood is everything I hoped for and more," says Rivka. "I have a son and daughter with special needs and the Beachwood schools have been with them every step of the way. Moving to this area was one of the best decisions I ever made. And having a meaningful job that lets me give back to my community in such a tangible, purposeful way is a real gift."

To volunteer, donate or learn more about the KFP, visit www.kosherfb.org/ or contact the organization at info@kosherfb.org or 216.382.7202. KFP is located at 2004 South Green Road, in South Euclid.



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Mt. Sinai Hospital RNs Maintain 70-year Friendship

By Arlene Fine

On a sunny July day, Frank Vicchiarelli, Beachwood's assistant recreation supervisor, came upon a group of people enjoying a birthday lunch under the airy pavilion at Beachwood Park East. What impressed Frank was that the women around the table, Ruth Baker, Esther Post, Judy Rosenthal, and Trula Yoshino have been close friends for 70 years.

"Upon completing high school in 1948, Esther, Trula, Judy, and I entered Mt. Sinai Hospital School of Nursing and graduated in the class of 1952," says Beachwood resident Ruth Baker. "Since that time, a core group of us has stayed very close. We've celebrated family milestones and lifecycle events together, traveled the world on vacations, and know each other's families like our own."

Back in the day when Ruth and her colleagues attended nursing school, the three-year course that included summers was very rigorous. Along with a demanding curriculum, the nursing school students took science courses at Western Reserve University.

During that time all Mt. Sinai nurses were required to live in the nurses' residence adjacent to the hospital on East 105th Street. "Our lives were regimented and we had strict curfews," says Ruth. "Out of our original class of 29 students, only 13 made it to graduation. And since a nursing diploma was not a college

degree, many of us extended our nursing education by attending a collegiate nursing program and earning our BSN."

Ruth recalls what it felt like to be a Mt. Sinai RN in the 50s. "We were proud of the black band added to our nurses' caps, and the gold Ten Commandments pin with our names engraved on the back that we pinned on our long-sleeved starched cotton uniforms. We were Mt. Sinai nurses. We were good and our patients knew it."

From an early age, Ruth was determined to become a nurse, just like her mother, Sarah Blondes, who had graduated from the Mt. Sinai School of Nursing thirty years earlier. "My mother let me wear her cape and cap on Purim," says Ruth. "She urged me to go to nursing school so I could always earn a living and support myself."

Ruth and her classmates marvel at the difference between today's nurses and how they were treated when they were providing care.

"In our day, nurses stood up

as soon as a doctor entered the room and even though we did a lot of hard work, we were not a physician's peer," says Ruth. "Today's nurses attend classes alongside medical students and function at a much higher level than we ever did, which is wonderful."

As she looks back on her nursing career Ruth says the friendships she formed were priceless. "We were given a gift that has lasted us for the rest of our lives," she says.

"Today's nurses attend classes alongside medical students and function at a much higher level than we ever did, which is wonderful!"



Mt. Sinai friends and spouses celebrate birthdays and their 70-year friendship at a picnic at the Beachwood Pavilion. *Left side of the table:* Trula Yoshino, Barbara Sylte, and Ken Yoshino. *Right side of table:* Esther Post, Judy Rosenthal, Ruth Baker, and Jordan Wexler.

Harriet and Steve Friedman Named IMPACT! Volunteers of the Month

Every month, the Jewish Federation of Cleveland recognizes community members who make a difference by volunteering through its IMPACT! program. Last month, Harriet and Steve Friedman of Beachwood were recognized.

Why was it important for you to begin volunteering in the community?

Harriet: I first learned about IMPACT! and when it started through an article in the *Cleveland Jewish News*. When I retired, I had many more hours available for volunteer activities and knew that I wanted to volunteer for Face to Face, a Holocaust-education program that was then affiliated with my synagogue, Congregation Shaarey Tikvah.

Steve: I retired four years ago, learned about IMPACT! from Federation emails, and wanted to find volunteer opportunities that would allow me to continue the work that typified my career.

What IMPACT! volunteer opportunities have you been a part of?

Harriet: I was a licensed clinical psychologist for many years, working with developmentally disabled children and adults. Through IMPACT!, I decided to look into working with JFSA's Horvitz YouthAbility. I attended a meeting at the Jewish Federation of Cleveland where Heidi Solomon, the YouthAbility director, described the program, which provides disabled young adults with opportunities to socialize, serve the community, and learn communication skills and behaviors that help with adjustment in vocational settings and the broader com-



Harriet and Steve Friedman, IMPACT! Volunteers of the Month.

munity. I now spend anywhere from two-to-five hours a week helping YouthAbility with a range of activities.

Steve: I have a Ph.D. in Psychology and my career path has been in mental health, working for the County Jail, Frontline, Inc., and the Cleveland Sight Center. For most of that time, I worked with people who struggled with extreme disabilities. I am currently involved with IMPACT! as a mentor in the Foster Youth Mentoring Program for a child in the custody of the Department of Children and Family Services. The program, provided through Bellefaire JCB, seeks to match a mentor with a child or teen in the custody of the Department of Children and Family Services. The people we mentor live in residential facilities, or foster or group homes, and our goal is to provide fun experiences and activities that the mentee might otherwise not have. For instance, the program recently organized a day's outing to Cedar Point, which was a great hit for everyone who participated!

How has the IMPACT! volunteer initiative assisted you in choosing your volunteer options?

Harriet: I hope that through the program I have established a mutual respect with YouthAbility participants, and have helped to modify behaviors and learn skills. I am frequently impressed by the level of acceptance among the group members and the way in which better functioning individuals support and assist those who have greater levels of disability.

Steve: This program allows me to continue the work that characterized my career, which is important to me as I choose my volunteer opportunities. My hope is that this kind of work helps to prevent some of the more drastic outcomes that can characterize some of the adults who spend much of their childhoods in the custody of the Department of Children and Family Services.

For volunteer opportunities or more information on how you can make an IMPACT!, contact Susan Hyman at 216.593.2887 or shyman@jcfclve.org.

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Visit Legacy-Village.com for a complete schedule of summer events including Food Truck Mondays, Yoga in the Village, the NEW Designated Outdoor Refreshment Area and more.

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Training and flexible hours that work around your schedule are available. Discover the rewards of volunteering and giving back to your community. For more information, contact Volunteer Services manager Diane Weiner at 216.910.2741 or dweiner@montefiorecare.org.

Hey Beachwood, Help Your Neighbors!

Village in the Heights, in partnership with the City of Beachwood, has been helping more than 100 older neighbors (80+) by taking their trash cans to the curb and back each week for collection. They need your help now.

If you can take those familiar blue and green cans to the curb for one to three neighbors on your street, you will:

- Make life easier for someone who is unable to do this
- Treat your neighbor as you would like to be treated
- Teach your children about helping others
- Get to know others who live nearby
- Feel good for your good deed

Imagine doing all that in less than 10 minutes each week. To volunteer, call 216.512.1844 or email info@villageintheheights.org.

Lior Raz Helps to Kick Off Joseph and Florence Mandel Jewish Day School 50th Anniversary

Lior Raz, co-creator and lead actor in the hit Netflix series Fauda, is coming to Beachwood to help the Joseph and Florence Mandel Jewish Day School kick off its 50th anniversary year. The event will take place at Mandel JDS's newly-renovated building on Thursday, August 29, at 7 pm. "From the Front Line to Fauda: A Conversation with Lior Raz," is open to the public and tickets may be purchased on the school's website.

"Fauda is an international hit that showcases Israel's reach as a cultural and entertainment influence around the globe. More than that, it's a thoughtful and very non-black-and-white portrayal of a complicated issue. It provides very honest characteristics of Israel and Israelis – their strengths and their vulnerabilities. For a Zionist school,

we couldn't ask for more. Lior kicking off our 50th anniversary year is our way of telling the entire community that this is their celebration, too – and that we'd love to have everyone join us on August 29," said Jerry Isaak-Shapiro, head of school.

Lior and co-creator Avi Issacharoff wrote the plot of Fauda based on their service in the Israel Defense Forces. Lior, who plays the show's lead character, Doron Kavillio, says that the show has gained worldwide acclaim for its compelling storyline that shows multidimensional sides of Israelis and Palestinians.

Both Lior and Avi think the success of their series lies in its authenticity. "We show the Arab culture, and we approached it with great respect for them, their language and customs. We wrote the

Palestinian characters not as just villains – not only as the bad guys, but as complex human beings, who have appealing traits, and are in love, and have families and have dilemmas and struggles just as the Israeli characters," Lior said.

Fauda, which has bilingual scripts in Hebrew and Arabic, has been praised internationally for its gritty realism - the *New York Times* listed it as one of the best shows of 2017. The title, Fauda, literally means "chaos" in Arabic and is the commandos' code word for when an operation goes awry.

After two successful seasons, co-creators Lior and Avi are in the thick of filming their much-anticipated third season, which centers on the Gaza Strip. Fauda's third season is scheduled to debut on Yes in November and Netflix around four months later.



Lior Raz pictured in Fauda.

The Netflix release date hasn't been officially revealed, but the season trailer debuted this week.

From the Front Line to Fauda: A Conversation with Lior Raz is being co-chaired by Lisa Mayers and Scott Simon. Honorary chairs for the 50th Anniversary year are Bobby Goldberg, and Alik and Peter Rzepka. For more information or to purchase tickets, please visit www.mandeljds.org.

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Are you a 'Zesty'?



Menorah Park Zestys Gert Winer, Shirley Goldberg, Bette Lawrence and Eugene Gordon.

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It's an attitude. A *knowing*. A gut instinct to go, do, and help others; a perpetual moving of onward and upward, because remaining active and engaged brings fulfillment and enjoyment for all parties involved. It makes us happy. Research shows that when we are happy, the body feels less pain, less fatigue, and less worry about the *little things* for which one has no control.

The ingredient is intangible, but we know what it is: **It's zest**, an appreciation for life; and there's plenty of zest at Menorah Park. On any given day, someone over 70 is saying, "I'm not quitting what I love to do, and I'm not ready to stop living!" They are prime examples of the *New*

Age of Aging; active, engaged, and full of life! Meet a few of Menorah Park's Zestys:

- Bette Lawrence plays in the Suburban Symphony Orchestra
 - Shirley Goldberg bowls in a weekly bowling league, and has been for 70 years.
 - Eugene Gordon volunteers at the Great Lakes Science Center (aka the Bubble Guy) twice a week.
 - Gert Winer works part-time at her son's neurology office in customer service.
- Menorah Park encourages you to find your zest and reap the benefits. If they can be of help, contact Kathleen Parrino at 216.402.0895.

Genealogy Activities You Can Do With Your Kids and Grandkids

Sunny Jane Morton, an internationally-known award-winning writer, editor, and speaker on the subject of genealogy, will be the featured speaker at the August 7 meeting of the Jewish Genealogy Society of Cleveland. Her topic will be "Genealogy Activities You Can Do with Your Kids and Grandkids."

The best way to tell family history often involves showing it, according to Sunny. In the August 7 presentation, she will share experiences that have inspired her own kids' interest in history and their family's place in it. These in-

clude activities that teach younger generations the value of their own stories and hands-on experiences that fire up historical imaginations.

The Jewish Genealogy Society of Cleveland meets on the first Wednesday of the month, 7:30 pm, in the Miller Board Room at Menorah Park, 27100 Cedar Rd., Beachwood.

Board members are available at a help desk to assist with individual research questions from 7 pm. Guests are welcome and can RSVP at Programming@Clevelandjgs.org.

Summer Lives On at Dry Goods, Now Open!

A new season may be around the corner, but let's just ignore that and hold on to summer for as long as we can. Stock up on the hottest styles at Dry Goods, now officially open at Beachwood Place.

The wait is over – the new boutique you've been dreaming of is officially open. Beachwood Place happily welcomed Dry Goods into its family on June 25. This charming, fashion-forward boutique is sure to capture your heart and take over your wardrobe. No matter your style, you'll be able to find pieces that you need, immediately. Now, let's talk trends.

Dresses, Jumpsuits and Rompers

Dry Goods specializes in two fail-proof styles – floral prints and stunning stripes. Whether you're looking for a classic wardrobe staple or a statement maker, you'll find the perfect dress, jumpsuit, or romper for any occasion.

Skirts, Skorts, Jeans and Pants

If you stop in for a button-front skirt or wide-leg pant, this boutique has you covered. With styles that range from classic skinny jeans to must-have skorts, Dry Goods provides an amazing range of styles for all fashionistas alike.

Shoes, Shoes, and more SHOES!

Flats, mules, sandals, heels, sneakers, booties – this place has it all, and each with a unique look. Expect to be asked, "Where did you get those shoes?" when you wear a pair from Dry Goods.

Endless Jewelry Options

Are you more of a statement earring girl or layered necklace lady? Either way, Dry Goods provides an impressive range of unique bracelets, necklaces, earrings, and rings to complement any outfit.

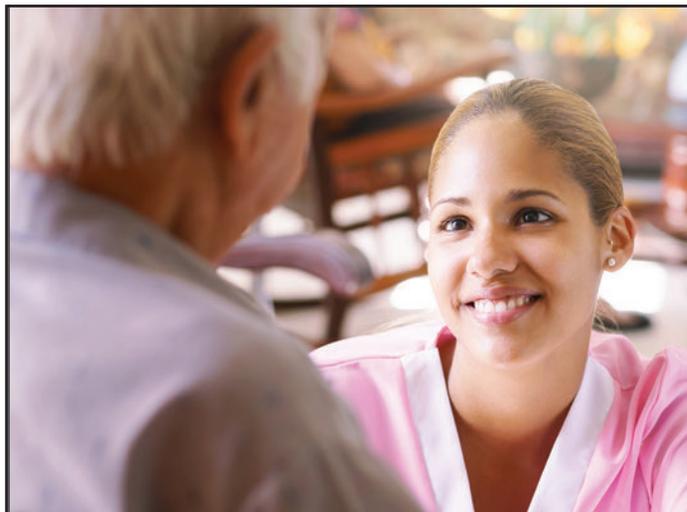
Accessories & More

Dry Goods isn't simply a clothing destination, it's a crazy-cute boutique that also carries beauty products, books, home décor, gifts, hair accessories, sunglasses, and so, much more. From rainbow party straws to must-have notebooks and bath bombs, expect to discover something you can't leave the store without.

Most of these styles are perfect for transitioning into the upcoming season. Simply layer dresses, jumpsuits, and rompers with a denim or leather jacket, or shorts and skirts with tights, and you'll be ready to go.

Dry Goods is on Level 1 in the Dillard's Wing, near Starbucks, just outside of Center Court. Visit Hollister's new location on Level 2 near the Food Court, explore the newly opened New York & Company on Level 2, Nordstrom Wing; and help celebrate Akira, which will open later this year.

For a complete list of retailers, events, and opportunities, or to stay up-to-date on the latest fashion and trends at Beachwood Place and La Place, visit www.beachwoodplace.com.



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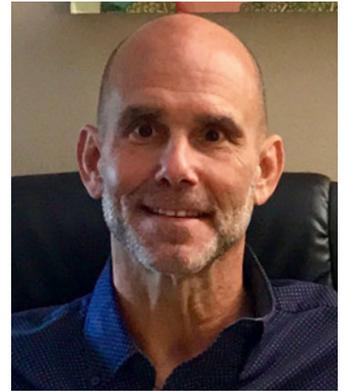
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Breaking the Addiction Cycle

by David Kelner



David Kelner, IMFT

// I want to stop. I hate my life, and I promise this will be the last time."

Anyone who has been involved with an addict has heard this cry. The pain of watching a friend or loved one's desperate efforts to escape the grip of physical and emotional dependence is overwhelming. While there is a plethora of new evidence for causes and treatments for addiction, there is much less attention focused on managing the stress and despair of family and friends. There are common themes in the relationships between the caring and the cared for. Learning how to come from a place of compassion can help you navigate the process in a warm and effective manner.

Feeling caught in the "why?"

Why don't they care?
Why can't they see what they're doing to themselves?
Why don't they just get help?
Feeling caught in the "why" keeps us in the past and prevents our ability to find a functional response right now. The primary experience of the addict is discomfort and the fear of pain. Seeking relief is a singular goal that no words of love will quell. Powerlessness is at the heart of every addiction and can create destructive behavior for both the caring and cared for. The fear that every solution will cause more pain often prevents an addict from taking the next step and reinforces the cycle of

addiction. This difficult cycle is often amplified by a deep sense of shame that comes with fearing that I am, or we are, weaker than the rest.

Avoid Anger

Anger can feel like the only force that will overcome the sense of impending doom, which is the hallmark of caring for an addict. It gives the illusion of strength, where we have typically felt weak. Anger says, "no matter how big and scary you appear, I will take you down." When has that disposition encouraged anyone to willingly comply?

The looming threat of the worst-case scenario – an OD and even death – beckons louder, more intense anger, which leads to an endless cycle. Anger is scary and pushes people away, especially when they are feeling vulnerable and ashamed. Conversely, it is at this point that an addict craves warmth and closeness. Finding a platform for connection at this critical juncture is pivotal for a successful outcome.

Seek Compassion

Compassion is the only choice. We often become over-focused on the behavior of an addict as if it were a weapon they consciously aim at us and

themselves. Compassion says, "I can feel the agony of your inner struggle and understand how it weakens you." Standing in the place where we are resonant with the pain of our loved ones creates warmth, healing and hope, where once there was only fear and anger.

It is often difficult to let go of control and explore the possibility of compassion. This is where coaching and therapy can help form the foundation of understanding ourselves and others. In the 20 years that I've treated clients, the most frequent comment I've heard is, "I wish I had come in sooner."

David Kelner, IMFT, is a therapist, coach and interventionist in the Cleveland area. He specializes in helping individuals, couples and families heal emotional and behavioral issues, find peace, balance and well being. David has served the community for over 30 years.

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August 8, 7:00 – 8:30 pm

Jewish Federation of Cleveland's
Jack, Joseph and Morton Mandel Building
25701 Science Park Drive, Beachwood

Join the Jewish Federation of Cleveland and The MetroHealth System to learn about the risk factors for opioid overdose. This free training will teach you how to recognize an overdose, and how to respond to an overdose and be able to administer nasal naloxone. A free narcan kit will be provided to each attendee.

Registration is required at www.jewishcleveland.org.

Enjoy a Lifetime of Good Health

Summer time and the living is easy! With the slower, more relaxed pace we enjoy during the summer months, it's the perfect time for women to pay some attention to themselves. If you're a female, single, married, a mother or not, you have unique health and wellness needs. Here's what you can do to get on – or stay on – the path to a lifetime of good health.

The Basics and Beyond

Start with an annual health exam by a UH women's health specialist. Women should begin having annual physicals at age 18 and annual gynecologic exams at age 21, or younger if sexually active. A comprehensive annual exam should include the basics – height, weight, blood pressure, and blood work to measure glucose and cholesterol levels. These routine measurements can give an indication of your overall health and wellness and find small health issues before they become big problems.

Your women's health provider will also ask you more in-depth questions about your health, especially any changes you have noticed in your body, and talk with you about any concerns. Next, he or she will perform or recommend preventive health screenings for you based on your age, lifestyle, and family history. Screenings are tests that can detect diseases early, before any symptoms occur.

Women's health experts recommend the following screenings as part of a well-woman annual exam:

- **Breast exam** – This is a physical examination of the breasts for detecting breast cancer. Women younger than 35 should have a breast exam every three years; annually for women 35 and older.

- **Pelvic exam** – This is an internal exam that evaluates the health of the internal reproductive organs (vagina, cervix, ovaries, fallopian tubes, uterus).

- **Pap test** – A Pap test can detect cervical cancer or changes in the cervix that could develop into cancer. Your health care provider will collect cells from your cervix to be examined under a microscope. Women should have their first Pap test at age 21. Women between 21 and 65 with normal Pap tests need to have one every three years or, starting at age 30, every five years with an HPV test (see below).

- **HPV test** – Another lab test that is performed on cells collected from the cervix, it detects the virus that causes cervical cancer. Start HPV testing at age 30. If your Pap test is normal, the HPV test is negative and you do not have any other risk factors for cervical cancer, you do not need another Pap test for five years. Most women can stop HPV testing at age 65.

- **Skin check** – Your health care provider will examine any moles that look abnormal and may refer you to a dermatologist for further testing to check for skin cancer.

Other Preventive Steps

In addition to your annual exam, your provider may also recommend additional tests and vaccines that are important to protect your health. These may include:

- **HPV vaccine** – This vaccine protects against many forms of the HPV virus that cause cervical cancer. It is recommended for women younger than 26.

- **Mammogram (breast x-ray)** – You need an annual mammogram starting at age 40 until your doctor tells you that you no longer need to be screened for breast cancer. Your women's health provider can write a prescription for a mammogram.

- **Bone density testing** – This is a type of special x-ray that measures the strength of your bones. Medicare covers the test for women starting at age 65 and then every two years. Most insurance plans cover the test for younger women who are at risk for osteoporosis.

- **Colonoscopy** – This is a test to detect colon and rectal cancer. New guidelines from the American Cancer Society recommend starting this test at age 45. The good news is

you only have to repeat it every 10 years if it is normal. If the screening finds polyps, you may need to be screened more frequently. Also, if you have a family history of colon cancer, you may need to begin screenings at an earlier age.

- **Cardiac Calcium Scoring** – This is a one-time CT of the heart that can determine your future risk of heart attack. Adults 55 and older are eligible for this test.
- **Low Dose Lung CT** – A fast and painless CT of the lungs to detect lung cancer at an early, treatable stage. Smokers and former smokers who quit less than 15 years ago, 55 and older with a 30-pack-year history of smoking (average of one pack a day for 30 years or two packs a day for 15 years), should have this test annually.

Need a Women's Health Provider?

If you don't currently have a relationship with a women's health specialist, University Hospitals can help. Call 844.281.4791 to make an appointment with a women's health provider at a UH location near you.

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Barry Levin Honored and Remembered at Golf Outing

The Joseph and Florence Mandel Jewish Day School recently held its annual golf outing at Legend Lake Golf course. The event attracted 10 golfers who completed 594 holes. The goal was 50 holes for 50 years in honor of the school's upcoming 50th anniversary, which begins in Fall 2019. More than \$20,000 was raised and donations are still coming in.

This was the seventh year of the golf outing, which has been funding the Barry Levin Endowed Fund and the school's operating expenses. Adam Levin, a Beachwood resident, has been there every step and hole of the way – persuading other golfers to join him. He demonstrated the best way to reach out to friends for their support, and always made sure that everyone had a great time, while providing tangible support for the school. Funds raised were allocated to the school's Annual Fund Campaign and to the Barry Levin Endowed Fund, named in the memory of Adam's beloved brother who cherished the school that his nephew and nieces attended.

This year, Adam was joined by

David Levin, who chaired the event; David Catalogna, Jeff Epstein, Chuck Herman, Bob Marcantonio, Jared Miller, Mat Napchen, Jonathan Schonfeld, and Peter Waxman, an alumnus.

"Today's event is a perfect example of bringing a vision to life," said Jerry Isaak-Shapiro, Mandel JDS head of school said. "Adam came up with the framework for this program, he made it fun, and he made it work."

"Today's event is a perfect example of bringing a vision to life," said Jerry Isaak-Shapiro, Mandel JDS head of school. "Adam came up with the framework for this program, he made it fun, and he made it work. Special thanks to Adam for his leadership and Ali Tannenbaum who staffed this year's event. The school benefitted and everyone had a great time – it was a genuine win-win."



Adam Levin participates in the golf outing to support the Barry Levin Endowment Fund.

Beachwood Library Programs

Personality Through Handwriting

Mondays, August 5, 12, 19
2 – 4 pm

Learn how to determine a person's positive and negative personality traits via their cursive handwriting.

Moon Party

Wednesday, August 7
7 – 9 pm

The community is invited to join members of the Cuyahoga Astronomical Association, who will bring telescopes to the library, to view the moon and stars.

Book Chat

Tuesday, August 13
7 – 8 pm

Enjoy a discussion of *Reading with Patrick: a Teacher, a Student, and a Life-Changing Friendship*, by Michelle Kuo. Registration is not required. Items are available at the circulation desk.

Doan Brook Trio

Wednesday, August 14
7 – 8 pm

Come unwind to the beautiful sounds of the Doan Brook Trio. This woodwind ensemble will present classical music, while telling a personal immigration story.

Drop in and Download

Saturday, August 17
10 am – 1 pm

Learn how to borrow free eBooks, eAudiobooks, eMagazines, movies, and music from the library's digital collection – *anytime, anywhere*. Bring your device and passwords to the library, and the staff will get you started. This digital collection is available 24/7, 365 days a year, and there are never late fees! Registration is not needed.

Journey to Empowerment Community Workshop

Tuesday, August 20
6:30 – 8:30 pm

This workshop will promote awareness and education about domestic violence in our community; and our roles as caring friends, family, and bystanders. A trauma-informed approach to assisting victims and survivors of domestic violence will be discussed, as well as community resources and those offered by Jewish Family Service Association (JFSA). The program is offered free of charge.

Third Wednesday/ Third Thursday Book Discussion

Wednesday, August 21
1 – 2 pm and
Thursday, August 22
2 – 3 pm

Join in on the monthly book discussion led by library staff. No registration required. All are welcome!

August: *The Music Shop*, by Rachel Joyce

Books will be available at circulation desk one month prior to program date. Call the library at 216.831.6868 for more information. Refreshments will be provided by Friends of the Beachwood Library.

Through the Eyes of the Artist: Viktor Schreckengost

Friday, August 23
10:00 – 11 am

Art historian Felicia Zavarella Stadelman presents her monthly series on the lives and works of beloved artists.

This month, she will talk about Viktor Schreckengost, who may be the most prolific artist and industrial designer you've never heard of. Registration is preferred. This program is sponsored by Friends of the Beachwood Library.

Stone Words: Book event with Poet Shira Atik and Sculptor Alice Kiderman

Thursday, September 5
7 – 8 pm

Come hear about the creative partnership between poet Shira Atik and sculptor Alice Kiderman as they celebrate the publication of their new book, *Stone Words*, featuring work by both artists.

Copies will be available for sale. Registration preferred.

Art Book Club

Monday, September 9
2 – 3 pm

Join us for a discussion of *A perfect Red: Empire, Espionage, and the Quest for the Color of Desire*, by Amy Butler Greenfield.

Arts for Wellness: Clay Zen Garden

Mondays, September 9, 16, and 23
6 – 8 pm

Create your own Mini Zen

Garden. The Japanese practice of "Zen" means to be mindful. In the first session, participants will create a garden base out of clay. In the second session, they will glaze the base; and in the final session, they will assemble their garden with sand, stones, and a few simple details. Advanced registration is required for all workshops. To register, please call Barbara DiScenna, University Hospitals, at 216.844.1211.

Book Chat

Tuesday, September 10
7 – 8 pm

Join in on the discussion of *The Other Americans*, by Laila Lalami. Copies will be available at the branch one month before the discussion.



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Who's Buzzin' in Beachwood?



Gallery Opening

The opening reception of "People, Places and Things," was held at the Beachwood Community Center Art Gallery. The stunning exhibit featured the works of Cleveland artists Polina Yavorsky and Bob Pohm. Community members enjoyed light refreshments and a meet and greet with the artists.



Bob Pohm, a former art teacher at the Springfield Museum of Art, has had watercolor pieces shown throughout the United States.



Artist Polina Yavorsky specializes in watercolor and acrylic portraits, landscapes and floral paintings.

Jamming at the pool

Community members of all ages gathered at the Beachwood Family Aquatic Center to groove to the music of The Jam Machine, which energized the crowd with golden oldies from the 60s, 70s and 80s. The performance was part of Beachwood's Tuesday evening poolside summer concert series.



Dr. Janet Wieseltheir with Linda Newman



Nikki and Ellie Burkons



Yoni Chajmovic



Eitan Lichtenstein with his grandmother Karen Evenchik



Shari Spiegel, Makaila Lurie and Alana Goldschmidt



Kandi and Allen Friedman



Am I Blu...

The soft opening of Blu, the Restaurant, was a culinary treat for guests who sampled selections from the seafood restaurant's menu, assorted items from the seven-foot raw bar and cocktails. Blu was conceived by renowned restaurateur Brad Friedlander and is the latest addition to Beachwood's vibrant dining scene. Blu is located in the former Moxie's space on Richmond Road, next to its sister dining spot, Red.



Beachwood City Council member Barbara Janovitz with restaurateur Brad Friedlander



Above: Blu executive chef Joe Lang, line cook Maxwell Chin, and Lee Janovitz

Left: Blu managers Gina Palmeri and Reine Evans



Five Star Sensation Sparkles

University Hospital's Five Star Sensation, a biennial culinary extravaganza that brought together more than 60 chefs and vintners from all over the country, exceeded a foodie's wildest dreams. Renowned chef Michael Symon hosted the extravagant multi-tented fundraiser on the grounds of Tri-C East. Money raised from the event supports physician-scientists' work to identify promising therapies, community cancer screenings, and educational programs.



Daniel Simon, MD, president, University Hospitals Medical Center; Thomas Zenty III, CEO, University Hospitals; and Theodoros Teknos, MD, president and scientific director, UH Seidman Cancer Center



Five Star Sensation host, Chef Michael Symon, is flanked by event co-chairs Debbie Wert and Kathy Coleman

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Diamonds Direct Partners with Kol Israel Foundation

Since Diamonds Direct Cleveland opened its doors last year at LaPlace in Beachwood, it has been partnering with local organizations to create a positive impact through charitable donations. On Wednesday, July 17, the Diamonds Direct Foundation presented a check for \$5,400 to the Kol Israel Foundation.

The Diamonds Direct impact reaches more than 100 charitable organizations annually, and its foundation is an essential part of the Diamonds Direct experience.

"The Diamonds Direct foundation was created to give back to communities in which we reside," said Benjamin Peterson, general manager of Diamonds Direct Cleveland. "It was our pleasure to present this check from funds raised in our showroom."

For more information about Diamonds Direct and its foundation, visit www.diamondsdirect.com.

About Kol Israel:

Kol Israel Foundation is a Beachwood-based organization of Holocaust Survivors, their families and supporters. On October 27, from 5:30 to 8:30 pm, the group will host its 60th anniversary gala, "A Celebration of Generations," at the Ritz-Carlton Cleveland. Honoree Beth Mooney, chairman and CEO of KeyCorp and a community leader who focuses on inclusion and diversity, will speak. The event promises to be a wonderful evening celebrating Survivor resilience, remembrance, and the important impact of Holocaust education. Proceeds will be

used to enrich Kol Israel's educational efforts aimed to protect future generations from the ravages of hate and intolerance.

Founded in 1959 by Survivors who settled in Cleveland, the organization has evolved from a social and communal outlet for Survivor families to a leading provider of Holocaust education and programming. Its *Face to Face* program in Beachwood offers students an intensive, off-campus learning experience in Judaism, and an impactful education in the Holocaust through an exhibit with trained docents and an eyewitness presentation by a local Holocaust Survivor. This program is a robust complement of *Sharing Our Stories*, which provides a video presentation of a Holocaust Survivor's oral testimony presented by the Survivor's adult children or grandchildren. *Sharing Our Stories* is a traveling education program designed to run the length of a class period. Both programs are available to middle- and high-school students, universities, and community organizations.

For more information about Kol Israel's 60th anniversary gala or educational programs, call 216.831.3754, email info@kifcle.org, or visit www.kifcle.org.

Benjamin Peterson, general manager of Diamonds Direct, presents a check for \$5,400 to Mark S. Frank, president of Kol Israel Foundation.



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