

BeachwoodBuzz

Every Resident. Every Business. Every Month.

May 2022

MAGAZINE

Beachwood...WORK-LIVE-LEARN...Thrive

**MAYOR JUSTIN BERN
TAKES US BEHIND
THE SCENES**



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Letter from THE EDITOR

By Debby Zelman Rapoport

A few months ago, I mentioned that I'm studying to become a certified health coach through the Institute of Integrative Nutrition (IIN). Although I'm not sure where this certification may lead, I'm grateful for the information I'm learning from each weekly module. One lesson learned is that many people live their lives on default settings, often because they're not willing to face fear of the unknown or because they may feel like an "impostor" if they choose to live another way.

Mindset is Everything

We all have inner stories that hold us back. Maybe we were told at some point of our life that we're not good at something. Maybe we struggled in a subject when we were back in school and have since felt inadequate in that area. Maybe we see someone else's success and tell ourselves that we will never be as good. Reality is that our inner stories create our perceptions, our perceptions are not based on facts, and our thoughts wire our brain.

The first step to changing an inner story is to deconstruct negative self-talk around it. The power of attraction dictates that we attract more of what we think about, so why think about inadequacies when we can focus on strengths?

The next step is to create positive self-talk that reinforces current beliefs and to rid your mind of being an imposter.

Neuroplasticity teaches that neural networks in the brain are rewired with growth and reorganization. Therefore, our thoughts and actions change our brain structure as we work to overcome limiting beliefs, and when we're intentional about what we pay attention to, it shows up!

Think about negative opinions you have about yourself. How did you form them? How long have they been with you? What do you gain by carrying them? What small actions can you take to challenge these beliefs?

Now, focus on affirmations that may better serve you. What do you enjoy doing? What are you good at? What would you like to achieve? What consistent small steps are you willing to take to get to where you want to be? Success starts with mindset; when you have the right mindset, your behaviors line up with your goals.

Perfection Leads to Procrastination which Leads to Paralysis

When we start something new, we don't have to have everything figured out. Take the first step, see where it leads, and recognize that you'll make mistakes along the way. A favorite line that I first heard from Marla Baggetta, one of my pastel instructors, is, "Perfection leads to procrastination, which leads to paralysis." Failure is part of success, and those who never fail at something never really tried.

Visualize where you'd like to be in one week, one month, six months, a year, or five years from now. Commit – and start living now as you'd like to live then. Use "I am" statements: I am an artist. I am an avid volunteer. I am an amazing chef. I am a lifelong learner.

The hours, days, weeks, and years will pass whether or not you choose to do the work.

Going Deeper

As an additional learning resource from IIN, I was recently directed to www.InnerGuide.com to answer the following questions:

- What do you value most in life?
- What do you aspire to be?
- What are you most passionate about?
- If money or education weren't an issue, what would you love to do for living?
- When do you feel most like yourself?
- What are your top three strengths?
- What do others most admire about you?
- What are you holding yourself back from?
- What unique gift do you have to share with others?

Answers to these questions may encourage you to honor your uniqueness; there is no one just like you and your path to success, no matter how you may define it, is uniquely yours.

Tony Robbins says:

"Every man dies. Not every man lives."

You've met that man or woman who is dead inside. They show up every day at a job they hate, to pay for a house they don't need, to buy stuff they think will make them happy, and the entire time they treat most people badly.

Their excessive debt weighs them down. They don't know why they do what they do. They don't care about anything in particular. Life is a race to survive and making it through is good enough.

There's no point in being alive unless you actually live.

What does living look like?

- Showing up with energy
- Taking care of your health and wealth
- Finding ways to be helpful to others
- Smiling for the heck of it
- Enjoying the small events
- Taking on crazy projects
- Not being afraid to fail
- Loving people for no good reason
- Spending time being creative
- Taking time off without stressing about money

Today's thoughts are sculpting your brain of tomorrow, so tap into your power. We each have the ability to control our mindset and achieve what it is that we set out to do.



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MAYOR JUSTIN BERNS TAKES US BEHIND THE SCENES



Mayor Justin Berns was the keynote speaker at a recent Beachwood Chamber of Commerce monthly luncheon, which was held at the Beachwood Community Center. This was his first public address since being sworn in as mayor on January 1, 2022, and his messages shed light on his priorities: safety and communication. Following the luncheon, we had an opportunity to talk with Mayor Berns about his background and dive deeper into topics near and dear to his heart.

Story, written by Debby Zelman Rapoport, starts on page 7.
Photos by Scott Morrison, Discovery Photo.

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Real Estate Statistical Update by Sharon Friedman



"We remain in a seller's market as we have been in for the past 2 years. In March, the number of sold listings increased by 9.6% over the previous year, with average sold price up by 12.4%"

– Sharon Friedman

Beachwood Market Update From January 10, 2022 – April 11, 2022. Data provided by Sharon Friedman, courtesy of NEOHREX. Data provided was accurate at the time of reporting. The source for the spreadsheet is MLS Now. The market data is from Trendgraphix, Inc. Information is believed to be accurate, but not guaranteed. Data does not reflect sales of property not included in MLS. Consult a Realtor® if you have questions about the market.

Homes SOLD in Beachwood

January 10, 2022 – April 11, 2022

Street	Days	List	Sold	LP/SP%	Bed	Bath	Yr. Built
Concord	154	230000	225000	98%	5	2	1956
Glenhill	60	275000	250000	91%	4	2	1953
E. Groveland	6	235000	255000	109%	3	2	1953
Lyndway	30	269900	255000	94%	3	2	1953
E. Groveland	26	269400	270000	100%	3	2	1952
Cedar	29	291000	270000	93%	3	3	1956
Concord	12	275000	300000	109%	3	3	1956
Cedar	6	350000	302500	86%	4	3	1954
Shaker	4	299000	303000	101%	3	3	1959
Fernwood	121	315000	304000	97%	4	3	1948
Silsby	49	314900	317000	101%	3	2	1950
Beacon	26	314900	322500	102%	3	4	1956
Woodland	34	340000	332000	98%	4	3	1980
Campus	2	300000	350000	117%	3	2	1954
Hendon	3	379900	380000	100%	4	2	1953
Halburton	67	434900	384000	88%	5	3	1976
Greenlawn	133	399000	393000	98%	3	3	1962
Woodland	136	415000	394000	95%	5	3	1956
Letchworth	88	429000	410000	96%	4	3	1957
Annesley	3	419900	420000	100%	4	3	1970
Woodway	4	399000	466800	117%	3	3	1954
Green	11	495000	479000	97%	3	4	1948
Penshurst	6	585000	550000	94%	4	3	1958
Letchworth	4	579900	642000	111%	3	4	1966
Wimbledon	45	695000	645000	93%	5	4	1979
Woodway	83	800000	785000	98%	6	5	2019
Orchard	1	750000	800000	107%	5	6	1990
Bryden	25	1199000	1175000	98%	5	6	2022

SHARON LISTS AND SELLS BEACHWOOD!



24410 Greenwich Lane
List price \$799,900
5 Bed, 4 Full Bath Ranch



25300 Letchworth Road
List price \$795,000
4 Bed, 3.1 Bath Colonial



23219 E Groveland Road
List price \$329,900
3 Bed, 1.1 Bath Colonial



26001 Hendon Road
List price \$379,900
4 Bed, 2 Full Bath Colonial

Sharon's 2021/2022 Beachwood Listings & Sales

COMING SOON: 24400 Union Cir, Community Gardens, listed at \$2,200,000

SOLD: 24100 Woodside Lane listed at \$1,050,000

SOLD: 24640 Cedar Rd, Community Gardens, listed at \$549,900

SOLD: 3305 Havel Drive, listed at \$489,900

SOLD: 11 Kenwood Court, The Village, listed at \$479,900

SOLD: 24061 Halburton Road, listed at \$459,900

SOLD: 2402 Brian Drive, listed at \$449,900

SOLD: 1 Sherwood Court, The Village, listed at \$349,900

SOLD: 21514 Halburton Road, listed at \$349,900

SOLD: 4 Hanover Lane, listed at \$299,900

SOLD: 5 Windrush Lane, The Village, listed at \$294,900

SOLD: 2651 Edgewood Road, listed at \$274,900

The Market is Hot! 🔥

Call me for a complimentary evaluation of your home if you are thinking of Selling!

–Sharon



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Beachwood...WORK-LIVE-LEARN...Thrive

MAYOR JUSTIN BERN TAKES US BEHIND THE SCENES

By Debby Zelman Rapoport

Photos by Scott Morrison, Discovery Photo



Mayor Justin Berns was the keynote speaker at a recent Beachwood Chamber of Commerce monthly luncheon, which was held at the Beachwood Community Center. This was his first public address since being sworn in as mayor on January 1, 2022, and his messages shed light on his priorities: safety and communication. Following the luncheon, we had an opportunity to talk with Mayor Berns about his background and dive deeper into topics near and dear to his heart.

Background

Mayor Berns is a life-long Beachwood resident who graduated from Beachwood High School in 1987, then attended The Ohio State University. His long history of public service began at age 22, when he committed to working as a volunteer/part-time firefighter for Beachwood, a role he played for 12 years. Mayor Berns has always been very dedicated to civic involvement in Beachwood, having delivered great time and energy in numerous capacities. He was a member of the city's Planning and Zoning Commission and Records Commission, and served as president and co-president of the Beachwood Schools PTO.

Mayor Berns was appointed to City Council in 2010, elected in 2015, and won re-election in 2019. During his most recent City Council term, he was chair of the Public Works and Safety and Public Health Committees, and also served on the Building and Grounds, Residential Housing, and Legal and Personnel Committees. Additionally, he was Council's alternate to the city's Planning and Zoning Commission.

Before being elected as mayor, he was director of development, property management, and construction for a regional development firm. He was also involved in the development and redevelopment of manufacturing, industrial, research, office, and multi-family properties, and had direct oversight of more than two million square feet of properties in Northeast Ohio.

Beginning in 1992, Mayor Berns was president of Berns Custom Homes, which was highly regarded as one of the pre-eminent builders and developers of market-leading residential properties, specializing in renovation and new construction. His decades of experience imbued him with unique knowledge regarding planning, budgeting, and implementation of infrastructure improvements.

While many professions pay a much higher wage than that of a public servant, Mayor Berns defines his wealth by the fact that he's privileged to spend each day living what he dreamed of accomplishing: leading the City of Beachwood, a community about which he is extremely passionate and driven to advance its success.

Mayor Berns lives with his wife, Lisa; son, Caleb; twin daughters, Allie and Sarah; and Goldendoodle, Eddie George. Lisa is a registered nurse/assistant nurse manager in the surgical intensive care unit at Cleveland Clinic. Their three children attend Beachwood High School.

Q & A

What are your top priorities?

Safety and communication are my top priorities. It's of utmost importance that everyone in Beachwood feels safe, under all circumstances. I work diligently with Police Chief Kate Dolan and our business partners to provide the highest level of protection at all times.

With safety comes preparedness. I understand the urgency of people's needs when unexpected situations strike, and therefore prioritize preparedness through proper training and excellent leadership, so outcomes are tipped toward successful rescue and recovery. By successfully dealing with crime, we send the message that we are serious and vigilant in our approach to managing activity within our borders.

Ongoing training is a priority. We invest in Continuing Police Training (CPT) to remain a model of accountability, community cooperation, and exceptional policing standards. The program includes courses on diversity, building trust and mutual respect, and legal updates on domestic violence, use of force, and responding to sexual assaults.

Also, we have officers enrolled in the STEP (Supervisor Training and Education Program) and ALICE (Alert, Lockdown, Inform, Counter, Evacuate) programs to help them better anticipate what may lie ahead. Dealing with crime and other calamities is part of managing a city, and I accept that

responsibility with a high regard for the boots on the ground working to protect all of us. We also train and utilize mutual aid with neighboring communities. We're strong alone, and stronger together.

What else can you share about safety?

We recently ordered License Plate Readers (LPRs), which are cameras that scan passing vehicles' plates and record them with a geotag and timestamp. The plates are then run against a "hot list," which will enhance the Police Department's ability to apprehend suspects.

Having this technology will better align our law enforcement work with what's happening nationwide, and will offer greater protection to our local community. It's critical for promoting the safety of Beachwood's residents and visitors.

We also ordered speed awareness signs which will be used as a traffic calming mechanism. Under the previous administration, speed humps were installed on a few of our streets in an effort to slow down speeders. Unfortunately, they have not proven to be an effective way to manage speed. In some cases, drivers increase speed between humps because they want to make up for lost time. Plus, speed humps are not a year-round solution since they must be removed during the winter months for snow removal.

The decision to eliminate speed humps was unanimously made after several meetings with the city's traffic team, which includes the police and fire chiefs, Public Works



Mayor Berns with his father, Sheldon Berns, who served on City Council from 1972-1978.



Mayor Berns has fond memories of growing up on Beechmont Court.

director, traffic engineer, and traffic officer. Our new speed awareness signs can be used in locations where speed humps have been removed. They will be deployed as needed and monitored by our traffic division. City of Beachwood officers are vigilant because we prioritize safety. I can't say this enough: We want people to slow down!

Another aspect of safety lies in programs we offer to the community, one of which is our 8-week Citizen Police Academy. The goals of the Academy are to provide a basic understanding of the operation of the BPD, provide insight into police work, provide a clearer understanding of each citizen's role in assisting law enforcement, help citizens feel comfortable communicating with police and city officials, and strengthen the partnership between the police and the community.

When talking about safety, I share gratitude for Beachwood 100, a group of caring citizens whose annual tax-deductible dues and donations are used solely to create a contingency fund to aid our police and fire safety forces. They recently donated \$20,000 to fulfill a request from the police union for new fitness equipment.

What else falls under the safety umbrella?

I am proactive rather than reactive. It is easier to anticipate what may need to be done than to react after something happens. For example, we're working to develop a GIS Mapping System to accurately view property lines, sewer lines, and underground wires, which provides more accuracy and consistency with upkeep and repairs. Our police cruisers, rescue squads, and fire apparatus are regularly maintained and are on a rotating replacement schedule. We've ordered replacement vehicles ahead of schedule because we're locked in at lower rates and realize that it takes months for some vehicles to be delivered. Given the current lead times to receive delivery, we recently purchased a ladder truck that we anticipate receiving in early 2024.

What facilities improvements are you currently working on?

- **Signage**

We're updating all signage around the Beachwood Municipal Complex and are purchasing a digital sign, similar to the one at Legacy Village, which will inform passersby of upcoming events and activities.



Above: Mayor Berns with his family, from left: Caleb, Lisa, Sarah, Sheldon, Barbara, and Allie.

Below: Mayor Berns with his Goldendoodle, Eddie George.



City of Beachwood, OH

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Beachwood Fire Department

FACEBOOK.COM/BEACHWOODFIRE

Barkwood Dog Park

FACEBOOK.COM/BARKWOODDOGPARK

Twitter

TWITTER.COM/BEACHWOODOH



• Street Lights

We're working with First Energy to obtain cost estimates to add streetlights where we currently have utility poles. We're starting with LED lights on streets that currently have utility poles, and will then determine where to go from there. We will have further discussions with City Council regarding how to implement this program.

• Playground

We're planning a complete overhaul of the playground in front of the Beachwood Family Aquatic Center (BFAC) on Fairmount Boulevard. We're replacing the base with a rubberized and/or synthetic turf, one that will be safer and maintenance free. We are also replacing most of the equipment, and are adding shade shelters and a pavilion that will be available to host birthday parties. Since we've applied for a grant to offset costs, we anticipate construction to start later this year or early next spring. This upgraded playground will better accommodate the needs of our young families.

• Outdoor Fitness Equipment

We're adding outdoor fitness equipment at Beachwood City Park East, adjacent to Barkwood. We joined forces with National Fitness Campaign to install its Fitness Court®, which will include two fitness pads with exercise equipment. With the equipment comes an app that provides instruction and challenges. I'm pumped to offer fitness opportunities to those who visit the park!

The company also funded a public art program to include a large mural by the exercise pads, which is being created by local artist Eileen Dorsey. Watch for details in next month's *Beachwood Buzz* on this project's progress, and join us for our ribbon cutting in June.

The next phase of the project will include additional parking, a pavilion, and restrooms. This is slated for completion in 2023.

• Pickleball Courts

We're building pickleball courts in the current location of our Community Garden. We've been converting our tennis courts, which isn't ideal because they're used a lot. The Community Garden will be relocated to the west side of the BFAC parking lot.

• Police Department

We are doing a feasibility study to determine benefits of renovating vs. building a new police station, something that is long overdue.

You mentioned the possibility of obtaining grants to offset costs. Does the city utilize grants often?

We apply for them when projects meet specific criteria, and I credit our staff for seeking out, applying for, and obtaining these funds. We recently received a grant through the Cuyahoga County Solid Waste District to be used to fund two of our Shred Day events and a truck wrap for one of our garbage trucks that will broadcast recyclable items. We will also use grant money to purchase bulletproof vests, and have applied for funds for our playground and to construct additions in Beachwood City Park East.

We received a grant for electric vehicle charging stations. One will be installed in the BFAC parking lot adjacent to the comfort station and future Community Garden. The second one will be located in the Barkwood parking lot.

We consistently apply for and receive grants for equipment utilized by our safety forces, such as portable radios and SCBA's (self-contained breathing apparatus).

With mask mandates lifting, is community programming picking up?

Yes!

- All 70 gardens in our Community Garden are accounted for and 6 more are being built. A wait list has been started.
- Camps are almost full – **and we're still looking for staff!** (Check www.beachwoodohio.com to see if positions are still open.)
- We've added some day trips for our seniors, starting in the fall.
- We recently hosted February Freeze, which was a major success.
- We're hosting our 2nd Annual Cleveland Pops Orchestra Concert on May 15 (additional details on pages 13 and 27).

We have a lot going on for residents of all ages. Be sure to visit our website or refer to your Recreation Guide/Upperclassmen for details.

Is there anything you wish to share about road improvements?

We're currently wrapping up a storm/sanitary sewer project on Community and Union Drives, and Beachwood Boulevard, and a storm sewer project along Green Road. We're also partnering with Shaker Heights to install and share the cost of building a second culvert under Green Road at Bryden.

It's a priority to strengthen our local infrastructure by working to secure federal and state grants for street, park, bridge, and sewer improvements. The past couple of years, we repaved only a handful of streets. This year we will be more aggressive. The following streets will be resurfaced: Blossom, East Groveland (Beachwood Boulevard to Lyndway), Willow, Woodside (Sulgrave to the cul-de-sac), Halburton (Belvoir to the Shaker Hts. line), Halworth (Belvoir to the Shaker Hts. line), Letchworth (Richmond to Bryden), Central Parkway, Enterprise Parkway, and Science Park Drive.

Starting at Cedar and Richmond Roads, we're replacing traffic signal mast arms and stanchions with decorative ones, and are making pedestrian crossings ADA compliant. These improvements come with new traffic signals, which are constructed for better visibility. Once we see the result of this project, we will expand it throughout the city.

We're also working to redesign traffic flow at the intersection of Richmond Road and Chagrin Boulevard, which is the busiest intersection in Beachwood. We're working to eliminate the split signal that now exists, to widen the bridge over I-271 by 2 lanes, and to widen the exit ramps.

In the past three-plus months since becoming mayor, I've reached out to every mayor around us to establish friendships and earn their respect. There is strength in community, and I'm grateful for everyone's support on this project.

What's new in our business community?

We are working to secure state and federal funds for incentives and programs to grow employment. Also, we're looking to hire an economic development specialist to further boost business. We welcome businesses of all sizes, are extremely grateful to have attracted GE Current to Beachwood, and offer like-sized companies financial incentives to move here!

Earlier in our interview, you mentioned that communication is a priority. Tell us more.

Communication is key! I invite everyone to reach out to me at any time. My door is always open, and I welcome suggestions, input, and feedback. I can be reached at 216.292.1901 or MayorBURNS@beachwoodohio.com.

Information is available at www.beachwoodohio.com, on the city's Facebook and Twitter accounts, in *Beachwood Buzz*, and in the Recreation Guide and UpperClassmen.

The community is invited to attend public meetings or watch them online at www.Beachwoodohio.com. Live meetings are also broadcast on Spectrum, channel 1020; and AT&T U-Verse, channel 99.

I encourage residents to visit our website and sign up for the city's e-list, under Notify Me. Residents are also invited to view meeting agendas/minutes on our website.

Utilize TextMyGov by texting the word "Hi" (no quotes) to 216.545.0041 when you need to report a pothole or request a special rubbish pickup.

What do you enjoy doing in your free time?

I enjoy spending time with family, cleaning my car, and accomplishing tasks. I enjoy sports, especially anything OSU. I like to get away from everything and put my mind at rest. I also enjoy running, and will once again compete in Disney's Dopey Challenge in January 2023.

I've enjoyed the first three-plus months as mayor more than I could have imagined. Every day is different and there are always challenges. I'm grateful to our staff and council for their dedication and contributions. Our successes result from team efforts, and it's a privilege to lead the team.

Closing remarks?

I've enjoyed the first three-plus months as mayor more than I could have imagined. Every day is different and there are always challenges. I'm grateful to our staff and council for their dedication and contributions. Our successes result from team efforts, and it's a privilege to lead the team. I'm visible and accessible to everyone. If you like something, tell us! If something concerns you, tell us, too. My goal is to improve the city.

I really enjoy helping people. It makes me feel good to make things better or make people happy. I don't see myself as a typical politician, nor am I active in the political landscape past our community. I vow to do what's right for Beachwood to make it thrive.



Front row: Fire Chief Steven Holtzman, Police Chief Katherine Dolan, Mayor Justin Berns, Finance Director Larry Heiser, Service Director Chris Arrietta, Community Services Director Derek Schroeder. Back row: IT Manager Craig Kaufman, Audit Director Harvey Rose, Human Resources Administrator Dana Canzone, Assistant Administrative Officer Tina Turick, Building and Community Development Director William Griswold, and Law Director Stewart Hastings. Not pictured: Public Relations Specialist June Scharf.



Danielle Shoykhet Brings Fresh Perspective to Beachwood City Council

By Arlene Fine

History was made when Danielle Shoykhet was sworn in as the newest member of Beachwood's City Council on March 7, 2022. She fills the vacancy left when Justin Berns was elected Beachwood mayor in November. Her term runs through Dec. 31, 2023.

"This is the first time three of Beachwood's seven-member council are women," said Beachwood City Council Member June E. Taylor.

"Danielle's selection is a reflection of our progressive, diverse, and inclusive city."

Beachwood City Council Member Barbara Bellin Janovitz extends a warm welcome to council's newly appointed member. "I'm looking forward

to working collaboratively with Danielle," she said. "She will bring a fresh, younger perspective to the issues we discuss that will benefit the community."

"Danielle's selection
is a reflection of our
progressive, diverse, and
inclusive city."

—June E. Taylor, City Council Member

Beachwood City Council President Alec Isaacson was gratified that 15 residents applied for the council vacancy. "This was a great response and shows how much our residents care about Beachwood," he said. "We carefully considered all of the applicants and I was very happy to see Danielle become our unified choice. She has started strong and is working very hard to learn how our city operates. Danielle is going to do her best to make Beachwood a stronger city."

A Miami University business major, Danielle, 40, is overjoyed with her appointment. "I'm excited to help Beachwood continue to flourish and to use my business expertise to further this city's mission of growth and development," she said. "We have so many family connections to Beachwood and we are grateful to be part of such a vibrant, strong community."

Danielle, who has lived in Beachwood since 2010, works for American Express as a senior client manager within the division of Global Merchant & Network Services. She is interested in helping to attract and retain new Beachwood businesses and corporations; working with the owners of Beachwood Place to reimagine the property; creating family-friendly, flourishing neighborhoods; expanding city services; and developing more ways for seniors to stay connected.

"As a millennial, I'm eager to share my perspective on ways to engage and attract more young families to Beachwood," said Danielle. "I look forward to personal interactions with residents to learn about and be responsive to their needs and requests."

Danielle has already had conversations with community members, "who have expressed their desire for more street-lights and sidewalks on streets that currently do not have these essential amenities," she said.

Danielle, who has been appointed chair of the Communications and Residential Housing Committees, is eager to immerse herself in council activities. "I'm not afraid of hard work, and I am grateful for the support I have received from the mayor, council members, and administrative staff," she said.

The daughter of Beachwood residents Gail and William Wexler, Danielle and her husband, Jeff, have found Beachwood the ideal community to raise their two children, Wesley, 5, and Chandler, 1, and to establish lasting and durable roots. "We are so happy to call Beachwood home," she said. "I am honored and humbled to have this opportunity to serve our community, which I have grown to love."

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Stage is Set for Cleveland Pops Orchestra on May 15

The City of Beachwood's second annual concert will be held at a new venue, Beachwood Bison Stadium.

Sit back, relax, and take in the symphonic magic of The Cleveland Pops Orchestra on Sunday, May 15, 1 p.m., at Beachwood Bison Stadium at Beachwood High School. This second annual community concert will feature your favorite Broadway and movie hits. All tickets are general admission, with a variety of seating options available. Concert attendees can sit in the home bleachers or on the turf with a blanket. They may also bring lawn chairs to set up on the track. Chairs are not permitted on the turf.

"We're very excited to have The Cleveland Pops Orchestra returning to Beachwood this spring," expressed Derek Schroeder, director of Beachwood Community Services. "The concert will feature many of your favorite

hits, with vocalists Natalie Green and Connor Bogart. We'll also have snack trucks and refreshments available at the stadium. It's truly an affordable afternoon for all ages and a one-of-a-kind community gathering."

Tickets are now on sale at www.BeachwoodRec.com through Eventbrite. General admission tickets are \$10 each, and seniors, 60 years old and better, are \$5 each. Children 3 and under are free, but will still need a free ticket through the website. You're invited to use the promo code Buzz to save 20% on general admission.

Questions? Call 216.292.1970.

ABOUT THE CLEVELAND POPS

The Cleveland Pops Orchestra with Carl Topilow performs the



highest quality symphonic pops music to entertain and enrich a wide and diverse audience and provides educational programs to develop an enduring appreciation of music. Founded in 1993, the 65-piece orchestra brings critically acclaimed music to enthusiastic audiences of all ages.



Pictured: Vocalists Natalie Green and Connor Bogart with Cleveland Pops Orchestra Director Carl Topilow.

Anshe Chesed Fairmount Temple



Celebrating Cantor Laureate Sarah Sager Sunday, June 12, 2022

Please join us on Sunday, June 12, at 6 p.m., when we honor Cantor Laureate Sarah Sager on her 40+ years of devotion and service to Fairmount Temple. As the longest –serving member of Fairmount Temple's clergy, she transitioned to a part-time role as Cantor Laureate and continues to lead education opportunities, while assisting in life-cycle events and worship services as needed.

This gala celebration is the time to honor Cantor Laureate Sarah Sager on what she has meant to our community!

To learn more about this Celebration or to be included in a Tribute Book (deadline May 13), contact Laura Munson at Lmunson@fairmounttemple.org or 216-447-9541.



To learn more about worship or learning at Fairmount Temple or about our first year voluntary dues, visit www.fairmounttemple.org or call 216-464-1330.

23737 Fairmount Blvd, Beachwood, OH
www.fairmounttemple.org

BHS Grad Delivers a Great Performance

By Arlene Fine

When Jessie Gill came back to her hometown for the showing of the Cleveland International Film Festival (CIFF 46) multiple award-winning short, "Delivery," in which she plays the female lead, she received a rousing welcome.

"This is what I've always wanted to do," said Jessie, 26, the daughter of Steve and Lisa Gill. "I wrote my first play when I was 5, and my Fairmount School kindergarten teacher, Barbara Landis, read it and encouraged me to stage and perform it with the entire class. My passion to act, write, and direct has always been part of me."

The budding actress cut her professional teeth at 11, when she performed in the Cleveland Playhouse production of "The Pillowman." While at Beachwood High School (class of 2013), she won two state championships at the Ohio High School Speech League State Tournament.

Jessie attended New York University's Tisch School of the Arts, and soon booked commercials and voice-over work. She graduated NYU with honors, including the Tisch Drama Award for Excellence in Film/TV, and agents came calling.

Along with lots of commercials, Audible audiobook narration, and voiceover work (Subway's Chicken Caesar Melt anyone?), Jessie's credits include being the voice of multiple Pokémon characters on Netflix; starring in Tempo, a Facebook Watch series; writing for the YouTube comedy channel SMOSH; authoring eight digital books for Litty, a fiction app; performing in and producing "Miss Jordan's Spring 2020 Production," Broadstream's 8-episode series; and co-writing "Three Strikes and You're Dead," a feature film that won the Best Feature Screenplay in 2019 at the Austin Film Festival.

Jessie currently lives in Los Angeles and works with Joey Soloway, an award-winning

television creator, writer, and director. Joey wrote and directed the Amazon original "Transparent," winning two Emmys for the show that ran for six seasons. "This is a great place for me to be right now," said Jessie. "Joey is an awesome mentor."

"My passion to act, write, and direct has always been part of me."

Even the pandemic did not stop Jessie. "COVID turned everything upside down for me, I had to immediately pivot and become a one-woman production company," she said. During the worst of COVID, before there were protective vaccines, Jessie came back to Beachwood. "I was doing voiceover and sound engineering work from my bedroom," she said.

"Delivery," directed by Colton Eschier Mastro and Eric Jackowitz, and produced by Colton, Alex Weiss, and Jenna Fink, provided Jessie an opportunity to work with some of her NYU classmates. CIFF says of the film, "Food delivery driver, Charlie, uses his job to fuel his uncommon hobby. But his next delivery might not go as planned."

Jessie is gratified because the short film is getting favorable reviews and lots of traction. "Our first screening was at the TCL Chinese Theatre in LA," she said. The film has since won accolades for Jessie's performance (IndieFest Best Leading Actress), as well as several awards for achievements

in direction. "When we made the film in 2021, we had to follow strict COVID guidelines. We had a COVID officer on set to ensure all protocols were followed. None of us got sick, and everyone was respectful of each other."

When Jessie is not acting, writing, producing, or directing, she relaxes by hiking, baking, playing the autoharp (she previously played the cello in the BHS

orchestra), and hanging out with her dog, Milo.

Jessie's advice for people pursuing a performing arts career is, "Follow your passion in this rapidly changing business. No one is stopping you from shooting a movie on your phone," she said. "The opportunities are endless. If you do what you love, it never feels like work."



Jessie Gill at the sold-out CIFF screening of the award-winning short film "Delivery" in which she co-stars.

Beachwood Hometown Heroes Celebrated

Please join us on Sunday, May 22, 5 p.m., at the pavilion in Beachwood City Park West to celebrate select heroes who live, volunteer, and work in our own community.

Heroes were selected because they're admired by others, are devoted to their work, and dedicated to helping others. They are also role models who display courage, care, and concern – and they do ordinary things in extraordinary ways.

Congratulations to Lisa Berns, Dr. Scott Howard, Lori Joyner, Kelly Debeljak, Steven Holtzman, Greg Liggett, Therese Ferritto, Brian Moore, Stacee Wright, Luke Combs, Dan Cicchella, and Riley Parke.

This program is sponsored by the City of Beachwood and Beachwood Historical Society.

Beachwood Historical Society Invites You to Attend

Hometown Heroes Garden Celebration

Sunday, May 22 • 5 p.m.
Beachwood City Park West
Pavilion

Meet some local heroes who live and work in our community. Reception will follow the ceremony.

Field Trip to Beachwood Arts Council's Botanical Resurgence Art Exhibit

(*Details on page 20*)
June • Date to be announced
Beachwood Community Center

This event is held in collaboration with the Beachwood Garden Club.

Home and Garden Tour

Sunday, June 26 • 1-4 p.m.
Registration is required.
Register today! Visit
www.BeachwoodRec.com.



Yoga with Julie Konrad

Saturdays in July • 10-11 a.m.
Beachwood City Park West
(Pavilion)

Enjoy free classes, held rain or shine! No registration is required.

Tai Chi with Jen Stepien

Sundays in July • 10-11 a.m.
Beachwood City Park West
(Pavilion)

Enjoy free classes, held rain or shine! No registration is required.

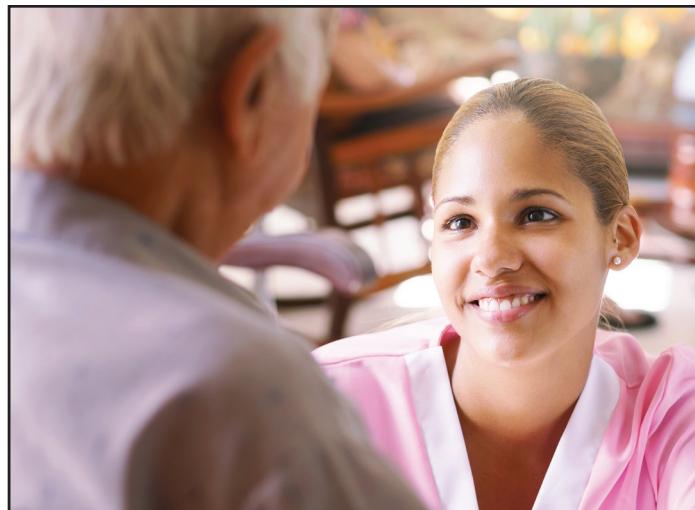
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These programs are held in collaboration with the City of Beachwood.



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Coffee Cake

With Mother's Day coming up and one of my mother's favorite mottos, "Every day is Mother's Day," in the back of my mind, I thought I'd share some history of this rich dessert so that those of you who are lucky enough to live near your mothers might pick random days to celebrate each other with a homemade treat.

According to Ohio Danish Bakery, no one knows who invented coffee cake, but many agree that it likely originated in Germany and was introduced to Europe in the 1600s.

However, it was the Danish who came up with the earliest version of eating a sweet bread while drinking coffee. The term "coffee cake" did not become common until the 1800s, when

many Germans and Dutch immigrated to America. By the 1870s, coffee cakes exploded in popularity with each baker putting unique twists on his or her confections. In pastry shops today, there are large arrays of sweets to enjoy with an afternoon tea or coffee. Since I love traditions, here's a classic coffee cake with streusel inside and on top.

Friends of the Beachwood Library Invite You To Two Free Concerts

Mother's Day • May 8th • 2pm

Eileen Burns and Red Light Roxy will perform the music of Doris Day, Rosemary Clooney, Billie Holiday, Peggy Lee and more.

Father's Day • June 19 • 2pm

Yiddishe Cup will entertain us with music ranging from Klezmer to Motown.

Location: Beachwood Library 25501 Shaker Blvd. • Beachwood, Oh 44122
Registration required for both concerts due to covid attendance limits.

Please register online at Cuyahogalibrary.org.



Coffee Cake

Adapted from the Favorite Sour Cream Coffeecake recipe in the revised and updated edition of "King Arthur Baking Company's The All-Purpose Baker's Companion."

Ingredients

Cake

- 8 Tablespoons unsalted butter, softened
- Scant cup sugar
- 2 eggs, room temperature
- ½ - 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 cup sour cream (or yogurt), at room temperature

Streusel

- Scant ½ cup sugar
- 1 ½ - 2 teaspoons cinnamon
- 1 - 2 teaspoons vanilla extract (optional)
- 1/3 - ½ cup chopped walnuts or pecans (optional)

Directions

- Preheat oven to 350°F. Grease and flour a 9" square baking dish.
- Make cake: In a large bowl, using an electric mixer, beat together butter, sugar, vanilla and eggs. In a medium bowl, sift together the flour, baking

powder, baking soda and salt.

Add the flour mixture to the butter mixture alternately with the sour cream, mixing after each addition.

- Make topping: Stir streusel ingredients together in a small bowl until evenly mixed.
- Spread/spoon half of the thick batter into baking pan. Sprinkle with half of the streusel. Repeat with remaining batter and topping.
- Bake for 30 – 40 minutes, or until a toothpick inserted into the center comes out clean.
- Serve warm or at room temperature.

Abbie Nagler Sender, a licensed, award-winning baker, is the owner of BAKED by abbie, a Beachwood-based home bakery that offers customized baked goods with a Jewish twist. For more information, visit [www.BAKEDbyabbie.com](http://BAKEDbyabbie.com) and like her Facebook business page, BAKEDbyabbieCLE.



Critical Thinking is Needed in Columbus ... and In Our Classrooms

by State Representative Kent Smith

One of the memorable billboards I have seen in my travels was for an Ohio college. Its message was, "We don't teach you what to think, we teach you how to think."

Critical thinking that leads to problem solving and growth requires knowledge past memorization. Critical thinking can be sloppy, but the process leads to progress. It lets us rise to the occasion and uncover new knowledge and first-time solutions. If Ohio's children can learn to think critically, they will be able to excel in their future days. If they only memorize select trivia from the past, they will never grow out of it.

Recently there has been legislation (House Bills 327 and 616) introduced in the Ohio General Assembly to forbid the

classroom instruction of certain topics. Subjects that could be banned from future Ohio lesson plans could be (but not limited to) the Holocaust, the colonial slave trade, Jim Crow laws, segregation, and the Civil Rights movement. Nostalgia is no substitute for knowledge.

Let me end this month's column with an extended quote from James Baldwin, who I think said it best.

"The paradox of education is precisely this – that as one begins to become conscious one begins to examine the society in which he is being

educated. The purpose of education, finally, is to create in a person the ability to look at the world for himself, to make his own decisions, to say to himself this is black or this is white, to decide for himself whether there is a God in heaven or not. To ask questions of the universe, and then learn to live with those questions, is the way he achieves his own identity. But no society is really anxious to have that kind of person around. What societies really, ideally want is a citizenry that will simply obey the rules of society. If a society succeeds

in this, that society is about to perish. The obligation of anyone who thinks of himself as responsible is to examine society and try to change it and to fight it – at no matter what risk. This is the only hope society has. This is the only way societies change."

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

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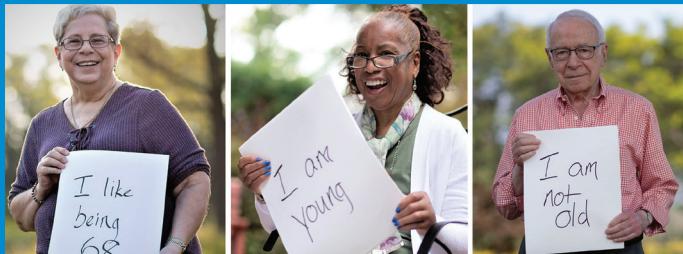


At Menorah Park, we think that the age on your driver's license is only a small part of who you are. It doesn't tell the whole story. We believe you're never too old to be young. That's why we're here: to help keep you dreaming, learning, living.

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Can't Stop the Clock – But We CAN Age Better

It's important to maintain good mental health as we age. Lifestyle changes are possible at any age and can have a significant effect on our mental health and overall wellbeing.

Menorah Park Vice President of Medical Affairs, Dr. Jessica Coleman, provides advice that may help all of us live better.

"The first step to changing long-term bad habits is to recognize that there is a habit," she says. "For example, you may have a less-than-healthy snack every night before bed or drink a third cup of coffee before dinner. Once you identify the habit, the next step can be to identify a healthier version rather than cutting it out altogether. You might replace the snack with something like a fruit or vegetable, or even with a quick walk around the block. Try a decaf beverage or glass of water rather than excess caffeine late in the day."

Another important step to changing a habit is documentation. Write down the habit you want to change, then the plan, then the steps you make to complete the plan. Having this record of even the smallest changes can help you to recognize and celebrate your progress.

Research showing the important link between physical and mental health is growing annually. "We know that older adults with heart disease who have untreated depression have worse outcomes and that these same individuals have a higher rate of depression at baseline," Dr. Coleman said. "Recognizing this important link can go a long way in developing a plan for healthy aging."

The annual physical is your opportunity to meet with your healthcare provider and develop a plan for the next year that meets your individual goals. This visit is also important to preventing poor

health outcomes. Screening for easily treated and managed health problems like high blood pressure, high cholesterol, or diabetes can identify early changes and prevent long-term problems.

Dr. Coleman says that we shouldn't believe the myth that older adults need less sleep. "Our bodies, at any age, require sleep to repair and prepare for the next day leading to improved cognition. A consistent good night of sleep leads to improved memory, decreased medication usage, reduced risk of depression, better heart health, decreased fall risk, and a healthy weight."

A good quality diet, one that consistently includes green leafy vegetables and lean proteins, has been shown to decrease the risk for and symptoms of depression. Having an active social network has also been shown to improve mental health outcomes and decrease risk of poor outcomes from chronic diseases.

"Mental health challenges may present differently in the older adult," said Dr. Coleman. "You may notice mild confusion, difficulty concentrating, weight loss, memory loss, or unexplained fatigue and difficulty sleeping. Also important to note are decreased motivation and withdrawing socially. The first step, often the hardest, is to get help during a mental health struggle. Tell someone – a friend or family member, but especially a healthcare professional. Like any other health problem, depression is a condition that can be supported and treated."

The CDC suggests that depressive disorders can impair daily functioning and adversely affect the treatment of other chronic diseases. That's why it's so important for us to care for our mental and emotional wellbeing, as well as our physical health.

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Beachwood Arts Council Presents

**The Cleveland Bluegrass Orchestra Concert
Sunday, May 22 • 2-3 p.m. • Beachwood High School Auditorium**

Five Cleveland Orchestra members, performing together as "The Cleveland Bluegrass Orchestra," will entertain the audience with lively bluegrass classics, original arrangements,

and a few surprises! The group features musicians Trina Struble on fiddle, Mark Dumm on banjo, Jeff Zehngut on mandolin, Henry Peyrebrune on guitar, and Derek Zadinsky on bass.

This free concert is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council.



Botanical Resurgence Art Exhibit

Wednesday, June 1 - Saturday, June 25 • Beachwood Community Center

Opening Reception: Saturday, June 4 • 4-6 p.m.

Gallery Hours: Monday - Friday • 9 a.m. - 4 p.m.

Thirteen artists from Allegheny Highlands Botanical Art Society will display their artwork, including watercolors, pencil drawings, and prints. Through artwork, AHBAS seeks to educate the public about plant diversity,

native plant ecology, and conservation. Based in Pittsburgh, the organization has members from western Pennsylvania, eastern Ohio, and West Virginia.

Visitors will have a chance to meet the artists and watch a

painting demonstration at the opening reception. Both the art exhibit and the reception are free. For additional gallery hours, call the City of Beachwood on weekdays at 216.292.1970.



For more information about these events, call Beachwood Arts Council at 216.595.3400 or visit www.beachwoodartscouncil.org.

Beachwood Arts Council Thanks Its Sponsors:

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City of Beachwood Arbor Day Celebration

Friday, April 29, was Arbor Day, a national holiday that is celebrated on the last Friday of April. Since its inception, the Arbor Day Foundation planted and distributed nearly 500 million trees in more than 50 countries around the world to fight global issues facing humankind, and it is just getting started. In 1976, the foundation created its Tree City USA Program to inspire change on a national level. We proudly share that Beachwood has been recognized by this program for 25 years.

To celebrate Arbor Day, the City of Beachwood held a community event at Joseph & Florence Mandel Jewish Day School in Beachwood. Elementary students and Mandel staff joined city staff and elected officials to plant two trees, learn about the value of trees, and enjoy refreshments.

People need trees. When they're planted in the right place, they help slow climate change, filter our air and water, foster biodiversity, and strengthen our communities. They also improve the visual appeal of a neighborhood, increase property

values, reduce home cooling costs, remove air pollutants, and provide wildlife habitat.

"The importance of trees registers right now, but also for future generations," Mayor Justin Berns said. "Our Public Works staff takes pride in ensuring the health and longevity of this great resource."

"The best time to plant a tree was 20 years ago. The second best time is now," said Chris Vild, Public Works environmental manager.

"This Chinese proverb comes

to mind regularly. Please recognize the value that trees bring to our community and support the movement by planting a tree in your yard!"

For more information, call the Public Works Department at 216.292.1922.

"The best time to plant a tree was 20 years ago.

The second best time is now," said Chris Vild, Public Works environmental manager.



- To view videos about Arbor Day's 150-year history or about tree basics, visit www.arborday150.com.
- For additional resources, including videos, kids' activities, and worksheets, visit www.arborday.org/kids/.
- For "150 Ways To Celebrate Trees on Arbor Day," visit www.tinyurl.com/150ways.



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Operating Instructions

by Jen Stern

When my first child was born I felt completely inadequate, overwhelmed, and surrounded by good moms who not only appeared to have it all together, but also had moms of their own to guide, validate, and support.

It was a miraculous time and it was an isolating time. On many days, I felt this duality with such intensity, trying desperately to give more power to the incredible love than the undeniable mental and emotional fatigue and loneliness.

"Operating Instructions: A Journal of My Son's First Year," by Anne Lamott. This book created space in my thinking and allowed me to manage expectations of myself, of motherhood. She became the example I craved –

not another example of what or how I could be mothering better or different – but someone who validated my insecurities and fatigue without judgment. Her writing is gritty, raw, and honest as she shares her experiences as

a new mom. She made me laugh, cry, and feel completely validated (and hopeful) that I could actually raise a baby to be a good and functioning adult – even with all of my vulnerabilities and flaws.

AND NOW THIS! ...

From Anne Lamott, April 5, at 1:32 p.m.

I am going to be 68 in six days, if I live that long. I'm optimistic. Mostly.

God, what a world. What a heartbreaking, terrifying freak show. It is completely ruining my birthday plans. I was going to celebrate how age and the grace of myopia have given me the perspective that almost everything sorts itself out in the end. That good will and decency and charity and love always eventually conspire to bring light into the darkest corners. That the crucifixion looked like a big win for the Romans.

But turning 68 means you weren't born yesterday. Turning 68 means you've seen what you've seen – Ukraine, Sandy Hook, the permafrost ... Marjorie Taylor Greene. By 68, you have seen dear friends literally ravaged by cancer, lost children, unspeakable losses. The midterms are coming up. My mind is slipping. My dog died.

Really, to use the theological terms, it is just too frigging much.

And regrettably, by 68, one is both seriously uninterested in a vigorous debate on the existence of evil, or even worse, a pep talk.

So what does that leave? Glad you asked: the answer is simple. A few very best friends with whom you can share your truth. That's the main thing. By 68, you know that the whole system of our lives works because we are not all nuts on the same day. You call someone and

tell them that you hate everyone and all of life, and they will be glad you called. They felt that way three days ago and you helped them pull out of it by making them laugh or a cup of tea. You took them for a walk, or to Target.

Also, besides our friends, getting outside and looking up and around changes us: remember, you can trap bees on the bottom of Mason jars with a bit of honey and without a lid because they don't look up. They just walk around bitterly bumping into the glass walls. That is SO me. All they have to do is look up and fly away.

So we look up. In 68 years, I have never seen a boring sky. I have never felt blasé about the moon, or birdsong, or paper whites. It is a crazy drunken clown college outside our windows now, almost too much beauty and renewal to take in. The world is warming up.

Well, how does us appreciating spring help the people of Ukraine? If we believe in chaos theory and the butterfly effect, that the flapping of a Monarch's wings near my home can lead to a weather change in Tokyo, then maybe noticing beauty – flapping our wings with amazement – changes things in ways we cannot begin to imagine. It means goodness is quantum. Even to help the small

world helps. Even prayer, which seems to do nothing. Everything is connected.

But quantum is perhaps a little esoteric in our current condition. (Well, mine: I'm sure you're just fine.) I think infinitely less esoteric stuff at 68. Probably best to have both feet on the ground, ogle the daffodils, take a sack of canned good over to the food pantry, and pick up trash. This helps our insides enormously.

So Sunday I will celebrate the absolutely astonishing miracle that I, specifically, was even born. As Fredrick Buechner wrote, "The grace of God means something like, 'Here is your life. You might never have been, but you are because the party wouldn't have been complete without you.'"

I will celebrate that I have shelter and friends and warm socks and feet to put in them, and that God or Gus found a way to turn the madness and shame of my addiction into grace, I'll shake my head with wonder, which I do more and more as I age, at all the beauty that is left and all that still works after so much has been taken away. So celebrate with me. Step outside and let your mouth drop open. Feed the poor with me, locally, or if you want to buy me something, make a donation to UNICEF. My party will not be the same without you.

Look up, appreciate the beauty, and remember to treat yourselves and others with grace.

Again, Anne meets me where I am. As I am about to enter into my 50th year she once again captures this current phase of innermost complexities with the same authentically raw, witty, and real perspective. Her writing cuts through the layers of fluff and acknowledges despair and disgust (it is just too frigging much), and immense love, hope, grace, and gratitude (friendships that are true, sunsets, flowers, the miraculous gift to actually be here).

So, I am going to turn off the news and go outside to find joy in the crocus.

Who am I kidding ... I skipped the news entirely to begin my day in nature with the crisp air, pink clouds, and my resilient spring flowers!

Look up, appreciate the beauty, and remember to treat yourselves and others with grace.

Happy Spring!

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

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CITY OF Beachwood

MAY 2022

MAYOR'S MESSAGE

The health of any city depends heavily on the vitality and success of its business community, and Beachwood is unique in that regard. When the original city planners designed Beachwood, they carved out several distinct corridors for commercial development. Those regions are ideally located with direct I-271 access to the city's north covering Cedar Rd. and to the south along Chagrin Blvd. and Harvard Rd.

Additionally, the residential community is well positioned between these corridors, allowing for ideal growth and development, without disturbing the comfortable balance. **The economic engine that these corridors provide are of extreme value. Our businesses are responsible for the majority of revenue that helps fund the services and programs the city offers.** And their proximity to so many add-on elements, including attractive dining, shopping and lodging options, is not lost on the business community.

The following businesses recently reached out to us to celebrate their new business in the city:

- **GE Current** – 25825 Science Park Dr. (21,293 square feet); an energy management systems sales company
- **COHatch** – Beachwood Place, in space formerly occupied by Maggiano's Little Italy and H&M (33,000 square feet, blended with brewery); a co-working space with 60 private offices, seven meeting rooms and five phone booths; also includes podcast room, gaming area and golf simulator
- **North High Brewing Co.** – Connected to COHatch on the ground floor; features 16 beers on tap, 4 seltzers manufactured on premises and a small menu, open 7 days
- **Empowering Epilepsy** - 23500 Mercantile Rd., Suite D (2,700 square feet); a nonprofit 501(c)3 public charity providing a proactive, seizure controlling/preventative respite center and community for people with epilepsy, their families and caregivers in NE Ohio. Also offering free or low-cost programs, services and support that enables people with epilepsy to focus on their mind, body and spirit and take charge of their lives

We also are excited about the activity brewing to the east and west of I-271, south of Chagrin Blvd. Specifically, we granted zoning approval to the Porsche Beachwood dealership to convert the former

Fairfield Inn & Suites site, located on Orange Place, into their future home. They propose to raise the current building and construct a new state-of-the-art facility.

Yes, this is actually within the City of Beachwood limits. Our borders

extend to a small portion of this area bordering Orange. What will become of the Porsche dealer's present location on Chagrin Blvd.? Stay tuned! We look forward to working with developers to make sure this highly visible, prime piece of real estate is utilized effectively.

Also, under consideration is the conversion of the DoubleTree by Hilton Hotel on Park East into a mixed-use development featuring living, working and shopping space. The same developer is putting the finishing touches on the Hiatus, converting property located at 3800 Park East Drive, a former nursing facility, into mixed-use property.

Commerce is thriving in Beachwood and we are excited to be home to so many success stories. In order to keep Beachwood strong, **we must continue to foster growth by planning for and managing commercial development, redevelopment and retention that strengthens our tax base and increases revenue for the city and its public schools while protecting the desirable quality of life our residents enjoy.**

Under my administration, **we will focus on increasing our economic development efforts by creating a strategic plan that utilizes community partners and focuses on building strong relationships, concrete business ties and increases investment in the City of Beachwood.** We look forward to welcoming more commerce to Beachwood by creating opportunities for both our new and existing businesses while we continue providing unparalleled city services and raising our profile and prestige in the Northeastern Ohio area.



Mayor Justin Berns
MayorBerns@beachwoodohio.com



Beachwood City Hall

25325 Fairmount Blvd
Beachwood, OH 44122



216.464.1070



BeachwoodOhio.com



@BeachwoodOH

DEPARTMENTS

AUDITOR

216.595.3712

BUILDING & COMMUNITY DEVELOPMENT

216.292.1914

CLERK OF COUNCIL

216.595.5493

COMMUNITY SERVICES

216.292.1970

ECONOMIC DEVELOPMENT

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216.292.1913

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LAW

216.595.5462

MAYOR'S OFFICE

216.292.1901

POLICE

216.464.1234

PUBLIC WORKS

216.292.1922

EMERGENCY

Dial 9-1-1 or

216.464.1234

“CLICK IT OR TICKET” CAMPAIGN LAUNCHES ON GUARDIANS’ JUMBO SCOREBOARD

Police Chief Katherine Dolan is featured this month in a short public service announcement filmed for the local “Click It or Ticket” campaign. It will air at Progressive Field during the pre-game commercials shown on the jumbo scoreboard prior to each Cleveland Guardians game between May 17 and May 22.



Also featured in the spot are the Cleveland Police Chief, Cuyahoga County Sheriff and an Ohio State Highway Patrol lieutenant. They will be delivering a buckle up message to Guardians fans in conjunction with the nationwide “Click It or Ticket” campaign.

This project is an effort of the Cuyahoga County Safe Communities Coalition, a group dedicated to improving traffic safety.

SPRING SHRED DAY, MAY 15

Available from 9:00 AM to 12:00 PM in the Community Center parking lot, located on the west side of Beachwood City Hall. Residents may bring up to 12 plastic grocery bags or 6 banker's boxes worth of documents to be shredded. Absolute Shredding, Inc. provides three trucks for the event. The next shred day will be Sunday, September 11th.

HOMETOWN HEROES ANNOUNCEMENT & RECEPTION

The Beachwood Historical Society will host their Hometown Heroes announcement and reception on Sunday, May 22nd at 5:00 PM. The public is invited to gather near the Hometown Heroes display in City Park West at the Shaker Boulevard eastbound entry point, located near the sledding hill and pavilion.

HOW TO EMAIL YOUR COUNCIL MEMBER:

FirstName.LastName@beachwoodohio.com

Ex: alec.isaacson@beachwoodohio.com



LIGHT OHIO BLUE WEEK, MAY 15 - 22



Light Ohio Blue is a statewide campaign to show support for the law enforcement personnel who protect our communities throughout Ohio. We encourage our residents and businesses in

Beachwood to change their exterior lights to blue to show support for law enforcement.

The Thin Blue Line and flag meanings: The blue line represents the men and women of law enforcement who stand in the gap between the lawless and the innocent. The black background represents the men and women who have died defending that line.

Stop by Beachwood City Hall beginning May 2nd to pick up your blue light bulb (supplies are limited). Please place it in your porch light for the week to show your support.

Can't change your bulb? Wrap your tree with a blue ribbon, place a blue spot light in your yard or wrap blue cellophane around your light.



MAYOR
JUSTIN BERNs
216.292.1901



COUNCIL PRESIDENT
ALEC ISAACSON
216.291.2797



COUNCIL V.P.
ERIC SYNENBERG
216.401.0074



MIKE
BURKONS
216.832.6771



BARBARA
BELLIN JANOVITZ
216.406.5914



JOSHUA
MINTZ
650.464.6788



DANIELLE
SHOYKET
216.212.9212



JUNE
TAYLOR
216.533.7640

UPCOMING CITY MEETINGS

City Council:
May 2nd at 7:00 PM
May 16th at 7:00 PM

Planning & Zoning:
May 26th at 6:30 PM

Architectural Board of Review:
May 2nd at 4:30 PM
May 16th at 4:30 PM

OUTGOING COMMISSIONERS EARN RECOGNITION

Several members of the community earned recognition for their longtime service as commissioners to the city. Each dedicated considerable time, energy and interest to enhance city operations. They were recently honored at a city council meeting with a reception afterward.



CRAIG COHEN, Planning and Zoning Commission, January 2010 – January 2022

Craig felt that his service was rewarding for several reasons. "I enjoyed participating in decisions that helped shape and maintain the city's high achievements, along with getting educated on how, and assisting in, a sector which drives this city forward. After experiencing a wonderful childhood growing up here in Beachwood, it was fulfilling to extend that legacy by helping enable a positive environment for my kids, my business and my community." He believes that part of his impact lay with how he challenged his colleagues in discussions to provide thorough and complete reviews to allow for the best outcomes for the city.

He was encouraged throughout his service to see "how an educated, hard working group of individuals can so successfully collaborate to make an already great city even better." He also felt he was lucky to have helped shape the future by being a part of the committee responsible for revising the new Master Plan for the city.



TERRY SILVER, Records Commission, November 2018 – December 2021

As a member of the Beachwood Records Commission, Terry reviewed how long city records were to be retained and whether records should be disposed. City departments submit information to the committee for review. Periodically, there are changes in the required length of retention and disposition. There are approximately 15-20 different departments whose records are involved. He felt "it was rewarding to have the opportunity to meet various department heads."

BRIAN BURKE, Civil Service Commission; Chair: January 2012 – December 2019; Member: March 2010 – December 2021

GRAND OPENING OF EMPOWERING EPILEPSY

In March, Empowering Epilepsy celebrated its grand opening of office space at 23500 Mercantile Rd., Ste. D. To recognize the occasion, Leigh Goldie, founder and executive director, was joined by City Council President Alec Isaacson who participated in the ribbon cutting and presented the organization with a city proclamation. Also present were local government officials, former mayor Merle Gorden, former city council member Mel Jacobs and 75 friends, family and supporters.

Empowering Epilepsy was founded in 2014 by people with epilepsy, for people with epilepsy in northeastern Ohio. It provides free or low-cost programs in proactive respite centers and offers support that enables people with epilepsy to discover what they can do while living with seizures. For more information, visit www.empoweringepilepsy.org.



Above: Ribbon cutting at Empowering Epilepsy on Mercantile Road. Originally founded in 2014 serving those in Northeastern Ohio.



Left: City proclamation presented by Council President Alec Isaacson to founder Leigh Goldie.

GE CURRENT MOVES IN

City Hall officials were present for GE Current's ribbon cutting in April. The company, which sells energy management systems, occupies the 4th floor at 25825 Science Park Dr.



MEMORIAL DAY HOLIDAY SCHEDULE

City Hall will be closed Monday, May 30, in observance of the Memorial Day holiday.

Rubbish, recycling and brush collection will occur one day later than the normal schedule during this week. Residents requiring emergency Public Works service on the holiday (i.e. sewer back ups) should call 911.

For the latest information, follow our Facebook page or visit BeachwoodOhio.com.

ROSALIND GROSS CELEBRATES 104 YEARS STRONG DURING “FUN WITH FITNESS”

ROSALIND GROSS celebrated her 104th birthday on March 29 along with her classmates in the “Fun with Fitness for Senior Adults” class taught by Beth Parnin at the Beachwood Community Center. Her secret to surviving so long? “Keep busy.” She follows that mandate by exercising regularly while living at R.H. Myers Apartments where she walks and uses exercise equipment. Other activities that keep her busy involve attending guest speakers, playing cards and making necklaces that she gives to family members, including her two out-of-town daughters, two grandchildren and one great grandchild. Her guilty pleasure? Donuts! She also enjoys going out with one of her caregivers to have her hair and nails done. Happy birthday Rosalind!



Rosalind Gross in the birthday chair surrounded by her friends and a few bubbles at Fun with Fitness.

NEW MONTHLY MINUTE!

One page program guide for seniors.

- Activities & Fitness
- Upcoming Events
- Senior Bus Trips

Physical copies at the Community Center.

Digital version at BeachwoodRec.com.



MIND CHALLENGE, JOIN THE TEAM:

Are you a senior with a love for trivia? Join Beachwood's Mind Challenge team, a regional competition. Call Senior Adult Manager, Susan Gordon Merdler, at 216.292.1911 by May 8th.

CLEVELAND Pops ORCHESTRA
CONDUCTOR CARL TOPILOW

Sunday, May 15th at 1:00 pm

Broadway & Movie Hits at Beachwood Bison Stadium
20% OFF GENERAL ADMISSION: Promo Code - Buzz
Tickets at BeachwoodRec.com!

CLE MARKET

Wednesday, May 11th | 4-8 PM

City Hall Parking Lot

(Alongside Fairmount Blvd.)

Shopping, food, and fun on the second Wednesday of every month! Bring the family or stop by after work, all are welcome. Featuring a variety of vendors, crafters and more. Want to become a vendor? Visit CLEMarket.com.

ART BOOKS CLEVELAND

Exhibit: April 29th - May 26th

Beachwood Art Gallery

(Inside Beachwood Community Center)

The Art Books Cleveland exhibit is designed to introduce the public to the numerous forms, materials and themes employed by contemporary book artists. Each artist will display original handmade books along with other works. The exhibit offers a rare opportunity to view their outstanding ability.

An artist reception will take place on Friday, May 6th from 6-8 PM. The hands-on Watch Art event will be held Sunday, May 15th from 1-3 PM. Details at BeachwoodRec.com.

INSIDER - SUMMER PREVIEW

CITY GOVERNMENT OFFICIALS' SUMMER FAVORITES



MAYOR JUSTIN BERNs

"Long distance cycling and running, walking my dog in Beachwood's parks and shooting hoops with family members in my driveway."



ALEC ISAACSON, COUNCIL PRESIDENT

"Going to the Beachwood Family Aquatic Center, riding my bicycle, working in the garden and sitting by the fire pit with friends."



ERIC SYNENBERG, COUNCIL VICE PRESIDENT

"Walking to the Beachwood Family Aquatic Center on a weekend afternoon with my kids and while they're playing with their friends, reading a good book and then putting it down to catch a quick afternoon nap. Also, going to a concert at Blossom Music Center on a nice summer night."



MIKE BURKONS, COUNCIL MEMBER

"Going to the Beachwood Family Aquatic Center, attending my 10-year-old son's baseball games and my 7-year-old daughter's softball games."



BARBARA BELLIN JANOVITZ, COUNCIL MEMBER

"Attending art fairs, my neighbor's 4th of July party, outdoor dinners with friends and taking long walks. My favorite new summer activity will be taking my granddaughter to the Beachwood Family Aquatic Center and playground!"



JOSHUA MINTZ, COUNCIL MEMBER

"Hanging out with my family and our dog on our friends' boat in Lake Chautauqua."



DANIELLE SHOYKHEt, COUNCIL MEMBER

"I'm looking forward to the return of block parties. We're signing up our son for t-ball and safety town for the first time, so I'm looking forward to both of those too."



JUNE TAYLOR, COUNCIL MEMBER

"Playing pickleball, gardening and going to the Beachwood Family Aquatic Center."

SUMMER CONCERT SERIES

Beachwood Community Services revealed their summer concert lineup and a new title for the series, "Beachwood Beats." Outdoor concerts take place at the Family Aquatic Center on Tuesdays and indoor concerts take stage at the Community Center on Thursdays. Regardless of location, all concerts start at 6:30 PM and are completely free of charge. The series kicks off on Tuesday, June 7th.

Outdoor Concerts

June 7th: Revolution Pie - The Beatles Tribute

June 14th: Hip to That - Jazzy Pop

June 21st: Blue Lunch - Swing & Blues

June 28th: Masterpiece - Motown, Funk, R&B

July 5th: Red Light Roxy - Boogie Woogie

July 12th: Billy & The Biscuits - Zydeco & Cajun Trio

July 19th: FM77 - 70's Tribute Band

July 26th: Dan Zola Orchestra - Big Band

*50 Year Resident Salute on July 26th

Indoor Concerts

June 9th: Cliff Habian & Jeff Slater - Pianist & Upright Bass

June 16th: Calathea String Quartet

June 23rd: Virginia Crabtree & Marshall Griffith - Flute & Pianist

June 30th: Opus 216 - Strings

July 7th: Harry Bacharach - Pianist

July 14th: Julia Russ - Pianist

July 21st: Mary Beth Ion & Mike Leamons - Violinist & Pianist

July 28th: Moss Stanley - Pianist



BEACHWOOD OUTDOOR
Movie Nights **FREE!**

Beachwood Community Center Parking Lot - 5 PM

JUNE 26: **Encanto**

JULY 24: **The Addams Family 2**

AUGUST 14: **Moana (Luau Party!)**

Bring chairs and blankets. Popcorn truck available, dozens of flavors!

YOUR SUMMER STAYCATION: BEACHWOOD FAMILY AQUATIC CENTER



Passes are on sale now at Beachwood City Hall, Monday through Friday from 8:00 AM to 4:15 PM. Please remember to bring your driver's license and a current utility bill as proof of residency.

SAVE 20% ON MEMBERSHIPS IF PURCHASED AT CITY HALL PRIOR TO POOL OPENING!

Rates	Prior to 5/28	5/28 & After
Per Person	\$60	\$72
Family of 2	\$115	\$138
Family of 3	\$165	\$198
Family of 4	\$175	\$210
Each additional member	\$25	\$30
Senior (60+ years of age)	\$35	\$42
Governess	\$70	\$84
Employed in Beachwood*	\$110	\$132

* Restrictions apply

YAPPY HOUR

Live DJ, wine, beer, cocktails and more after a RUFF day!

CITY PARK EAST (NEAR BARKWOOD)

JUNE 30
AUG. 11
5-7 PM

Open to all dogs and their humans.
Park accessible for everyone.
Barkwood open to members.

CITY OF Beachwood
POPE'S COCKTAILS
NORTH HIGH BREWING CO

IT'S PARTY TIME

AQUATIC CENTER SPLASH PARTIES:

Planning for summer? Book a Splash Party at the Beachwood Family Aquatic Center. Available on Saturdays and Sundays, 12:00 PM to 3:00 PM or 4:00 PM to 7:00 PM. Ten admission wristbands are included for \$85, only \$6 for each additional wristband. Limit 2 bookings per household. Reservations can be made in person at Beachwood City Hall. Please bring two forms for identification that include Beachwood residency (driver's license, utility bill, etc). For more information, visit BeachwoodRec.com or call 216.292.1970.

BLOCK PARTY RESERVATIONS:

Block parties made easy! Book a free trailer full of supplies to make your party a huge success. Supplies include tents, tables, chairs, coolers, street barricades, cornhole, lawn games and a selfie frame. Beachwood Community Services will even help coordinate the closure of your street. To secure a date, visit BeachwoodRec.com and complete the application. Two trailers available per weekend.



NATIONAL NIGHT OUT

2022

Tues, August 2nd
5-7 PM | City Hall Parking Lot

SENIOR BUS TRIPS & SENIOR DESSERT OUT

Senior Bus Trips:

A Day in Chautauqua on Monday, June 27th
Register by Saturday, May 21st.

Wooster & Ohio Light Opera on Tuesday, July 12th
Register by Tuesday, May 24th.

Ann Arbor Adventure on Thursday, July 21st
Register by Thursday, June 9th.

New Senior Dessert Out Programs:

"Why I Gave Up Baking To Sing" on Thursday, June 16th (Register by June 9th)
Vocalist Deb Rogers. Doors open at 12 PM at Beachwood Community Center.

"Let's Get Away From It All" on Thursday, July 21st (Register by July 13th)
Pianist Marshall Griffith. Doors open at 12 PM at Beachwood Community Center.

For pricing, details and registration, visit BeachwoodRec.com.

In-person registration available at City Hall or call 216.292.1970.

FIREFIGHTER UNION DONATES TO LOCAL CAUSES



Left to right: Firefighter Rick Gromek, CEO Michele Seyranian, Firefighter Nick Ricco, Firefighter Wesley Unger and Development Coordinator Maureen Paez

The Beachwood Local 2388 Executive Board members Nick Ricco, Rick Gromek and Wesley Unger were privileged to drop off money earned from its October Breast Cancer t-shirt fundraiser and its April Autism t-shirt donation drive. Thanks to its members' donations and those who bought shirts to support these great causes, they were able to donate \$3,400 to The Gathering Place and \$2,100 to The Beachwood School Board.

The Gathering Place's mission is to support, educate and empower individuals and families touched by cancer. Local 2388 has members whose families have been helped by this great organization. The Beachwood School Board shared that it will be earmarking the donation for use towards a program aimed at assisting those with autism.

SPRINKLER & SEWER SUMMER SAVINGS PROGRAMS

We could all use a little extra cash during challenging times. Have more fun in the summer knowing your sewer bill won't break the bank! The Northeast Ohio Regional Sewer District has two programs to help reduce bills. Questions? Call 216-881-8247.

Summer Sprinkler Program: For some customers, residential water use increases during the summer months. But most of this additional water does not return to the sewer system. For this reason, the Sewer District offers the Summer Sprinkling Program in which summer residential sewer bills are based on either average winter water consumption, or actual summer water consumption, whichever is lower. See if you qualify at www.neorsd.org.

Sewer Programs: A variety of sewer programs are currently offered. The Homestead Program is for those 65 and older with financial challenges or totally disabled. Total household income for the Homestead Program cannot exceed \$34,500. The Affordability Program is offered to those at or below 250 percent of the poverty level and a sewer repair program is also available. For an application and full qualifications, visit www.neorsd.org.

SOCIAL SECURITY OFFICE UPDATE:

Local Social Security offices have restored in-person services. To avoid waiting, please use online services at www.socialsecurity.gov or call for an appointment. Calls can save a trip to the office.

AT&T INSTALLING UNDERGROUND FIBER NETWORK

AT&T has begun installing an underground fiber network that will impact streets throughout the city.

AT&T's goal is to add as many streets as possible to the fiber network over the next few years. Cost, labor, time, etc. are factors in this roll out. Fiber is the future! Please be aware of the potential need for accommodation. Streets currently impacted during 2022 include:

- Allen
 - Brentwood
 - Brian
 - Bridgeton
 - Buckhurst
 - Cardington
 - Commerce Park
 - Deborah
 - Fernwood
 - Greenwich
 - Halburton
 - Halcyon
 - High Point
 - Larchmont
 - Letchworth
 - Maidstone
 - Margot
 - Margot
 - Meadoway
 - Mercantile
 - Orchard
 - Penshurst
 - Richmond
 - Timberlane
 - Tunbridge
 - Twickenham
 - Wendover
 - Willow
 - Woodside
- Parts of Annesley, Hurlingham and Shaker.

ALWAYS BE AN INSIDER, STAY CONNECTED!

Official Facebook Pages:

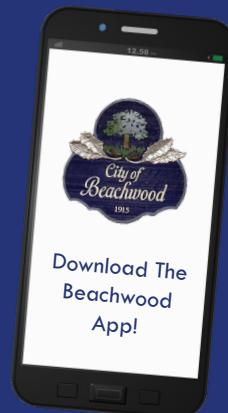
- @BeachwoodOH
- @BeachwoodPolice
- @BeachwoodFire
- @BeachwoodOHRec
- @BarkwoodDogPark

Official Twitter Accounts:

- @BeachwoodOH
- @BeachwoodPolice

Beachwood eList:

Email elist@beachwoodohio.com



Sandhia Varyani, M.D.



What to Ask at Your Next Well-Woman Visit

Yearly well-woman visits with your health care provider – often with an obstetrician/gynecologist (OB/GYN) – offer much more for your well-being than the pelvic exam and Pap test that likely come to mind when scheduling a typical annual exam.

Your OB/GYN, a physician who specializes in the care of women, can provide a wide range of health-related education, counseling, and services throughout your lifetime.

Depending on your needs at the time of the well-woman visit, you can address:

- Screenings, such as those for breast and cervical cancers and sexually transmitted diseases (STDs)
- Pregnancy prevention
- Prenatal, pregnancy, childbirth, and postnatal care
- Infertility evaluations and procedures
- Perimenopausal and post-menopausal care
- Surgery, including abdominal and vaginal procedures

"While OB/GYNs are specialists, they can also provide many primary care services, such as immunizations and blood pressure screenings," says Sandhia Varyani, M.D., an OB/GYN at University Hospitals (UH) Ahuja Medical Center. "You can even work together to reach health goals, like starting an exercise routine, losing weight, practicing safe sex, having a healthy pregnancy, transitioning through perimenopause, and managing menopause."

Track Your Health History and Symptoms

Talking about your health history is a key component of each well-woman exam. You may be asked personal questions about the following topics:

- Menstrual periods
- Sexual health and partners
- Health conditions that run in your family
- Current use of medicines, vitamins and herbs
- Mental health history, including depression and anxiety
- Substance use, such as alcohol and tobacco
- Symptoms you're experiencing, such as nipple discharge, pelvic pain or pain when urinating
- Coordination of care with your primary care provider

Just as important – be ready to ask your own questions!

"No topic is off-limits during a well-woman visit," Dr. Varyani emphasizes. "Remember that your provider discusses sensitive issues every day." Feel free to ask anything, including:

- Do I need any vaccines?
- How can I protect myself from STDs?
- What are my birth control options?
- How can I tell if my relationship is safe and healthy?
- Should I be concerned about my alcohol, tobacco or other drug use?
- What can I do to maintain a healthy lifestyle?
- Where can I get help for depression (or another mental health issue)?

Consider writing your questions down before the day of your appointment. Record the answers at your visit. And remember, you can contact your provider after you leave if you feel confused or have new questions or concerns.

"No topic is off-limits during a well-woman visit,"

Dr. Varyani emphasizes.

"Remember that your provider discusses sensitive issues every day."

COVID-19 Awareness

Dr. Varyani explains that women should be aware of how vaccinations may affect them, given the current pandemic. "It is recommended that women wait three to four months after receiving a first, second, or booster dose of the COVID-19 vaccine to schedule a mammogram," she says. "Some women may experience enlarged lymph nodes on the side where the vaccine was administered."

Dr. Varyani also notes that the Centers for Disease Control and Prevention recommends that all

women who are pregnant or plan to be pregnant get vaccinated against COVID-19.

Women who have been infected by COVID-19 and those who have been vaccinated may notice a disruption in their normal menstrual cycle. "It's important not to be alarmed if this happens," Dr. Varyani says. "Some women may skip cycles altogether, while others may notice a longer cycle or break-through bleeding for one to two months following vaccination or infection."

"The annual well-woman visit is meant to address some basic women's health topics," Dr. Varyani adds. "If you have health concerns beyond what is typically covered in a well-woman visit, be sure to schedule follow-up visits with your OB/GYN so we can spend dedicated time addressing those issues and putting an appropriate plan of care in place."

University Hospitals has a large network of women's health experts throughout Northeast Ohio. To schedule an appointment with OB/GYN & Women's Health Services at UH Ahuja Medical Center, call 216.545.7222.

UH Virtual Health Talks

UH is bringing our health experts to the community through a series of virtual health talks. The virtual seminars include a presentation by physicians who are experts in their field, followed by a Q&A session. These events are free but registration is required. [Visit UHHospitals.org/Health-Talks to learn more about health talks related to orthopedic surgery and other medical procedures.](http://UHHospitals.org/Health-Talks)

BEACHWOOD CITY SCHOOLS



Krishnan Sisters Impress at NEOSEF...Again!



Once again, sisters **Kaajal Krishnan** (Grade 11), and **Karina Krishnan** (Grade 8) performed incredibly well at the Northeastern Ohio Science and Engineering Fair (NEOSEF). Kaajal took second place in the Health/Medicine Grade 11-12 category and won the Cleveland Clinic Special Award, the Genomic Medical Institute Award, and the Women Faculty School of Medicine (CWRU) Award. Karina took second place in the Math/Computer Science category and earned a Broadcom MASTERS Program nomination.

Beachwood Schools Foundation Scholarship Applications

The Beachwood Schools Foundation's primary mission is to provide college scholarships to Beachwood's graduating seniors and to fund an "Above and Beyond" program that enhances educational programming in the district. The Foundation currently operates 27 scholarships available to students that are awarded based on areas such as service, character, academic achievements, career interest, and more. The Class of 2022 submitted 142 total applications for these scholarships and will find out who won which scholarships during the **Senior Awards Ceremony** that will take place on May 25th.

Class of 2022 Milestones

- May 14 Prom and Afterprom
- May 22 Senior Car Parade - 6 pm
- May 25 Senior Awards Ceremony - 8:30 am
- May 31 Commencement at Severance Hall - 7:00 pm

**Congratulations Class of 2022
you're almost there!**

BEACHWOOD BOARD OF EDUCATION

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BEACHWOOD HIGH SCHOOL GALLERY OF SUCCESS 2022

12th Gallery of Success Induction



On April 8, 2022, 10 new members of the Beachwood High School Gallery of Success were inducted in a ceremony held in front of students, staff, family, and friends in the high school auditorium. The inductees delivered unique and inspiring speeches and, later that day, conducted "meet and greet" sessions with all our students. Thanks very much to our inductees for being so solicitous about our students, and to **Gallery Coordinator Paula Rollins** (Class of '71) for planning and executing such a wonderful event.

BHS Robotics Earns Spot in World Championships

On Saturday, March 19th, the Beachwood High School Bison Robotics Team 695 bested 44 other teams and won the 2022 FIRST Robotics Greater Pittsburgh Regional at California University of Pennsylvania. The team's winning alliance partners included a team from Romeo, Michigan, and another from Clarkston, Michigan. Pictured here is the winning alliance, which includes Beachwood High School students **Ben Lawrence** (Grade 11), **Jack Gordon** (Grade 12), and **Sam DeYoung** (Grade 11). The team, coached by Beachwood parent **John Keyerleber**, qualified to compete at the FIRST World Championships and traveled to Houston, Texas, in late April in hopes of bringing home the grand prize!

Bison Robotics Team 695 is a FIRST robotics team that is open to all students at the high school. For more information about the team, email coach@frc695.com.

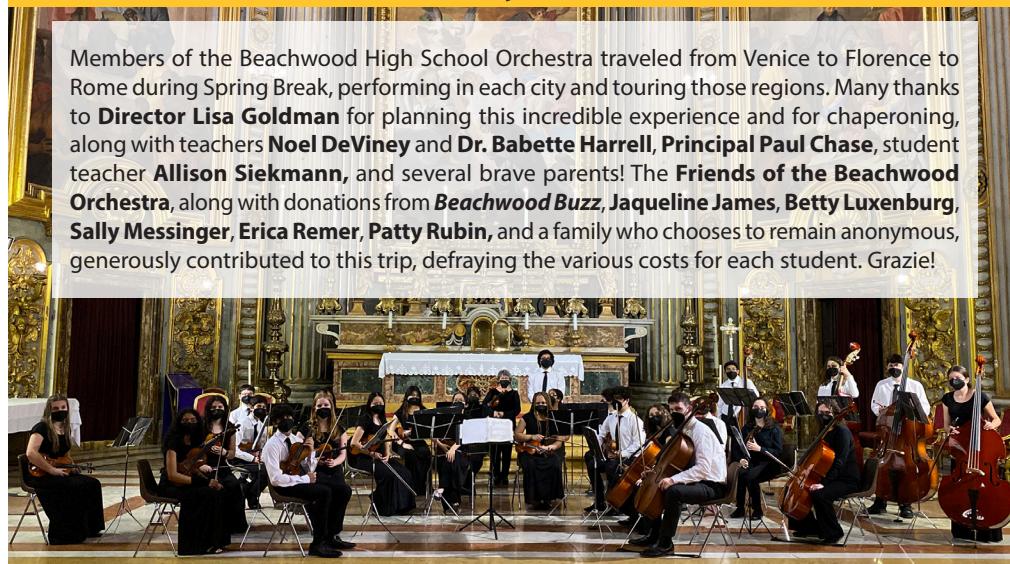


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BHS Orchestra Italy Performance Tour



BMS Musicians Achieve at OMEA Contest

BMS musicians scored very well at the recent OMEA Solo and Ensemble Contest! All students earned either a Superior (I) or Excellent (II), the highest two ratings available:

Brass Trio - **Benjamin Allen, Byeong Woo Ahn, and Mirica Woodley** - Excellent

Violin Soloists - **Alice Han, Joyce Hong, Joanna Kwon, and Shirley Zhang** - Superior

String Duet - **Ethan Chan and Nicholas Cheng** - Superior

String Quartet - **Daniel Chen, Joyce Hong, Shayna Kelly, and Joanna Kwon** - Superior

Beachwood Destination Imagination Teams Head to Globals



Four Beachwood Destination Imagination teams qualified at the Ohio state tournament to compete in Kansas City, Missouri, at the DI Global Competition in May. Congratulations to middle school students **Maria Zarjetskiy, Karina Krishnan, Shristi Ithychanda, and Lyndia Zheng** who won first place in the Middle Level Improv competition, and to high school students **Claire Weaver, Miranda Desatnik, David Kuang, and Lucas Yang**, who won second place in the Fine Arts Senior Level competition; **Amy Zhou, Shreya Chellu, Radha Pareek, and Reign Robinson**, who won second place in the Service Learning Senior Level competition; and **Anwar Sossey-Alaoui, Tory Yang, Zilin Zhang, Bowen Zhang, and Sam Warner**, who won third place in the Improv Senior Level competition. DI teams are coached by parent volunteers – thank you and congratulations parents!

Kudos to Senior **David Kuang**, who won the Chrissy Hertler-Clouse Memorial Scholarship, which is awarded each year to a graduating DI senior who embodies the spirit of Destination Imagination with their creativity and volunteerism.

Board of Education NEWS

Recent Resolutions:

- Hired Ali Ciccone as Hilltop Principal and Arianna DeGeorge as Bryden/Fairmount Principal
- Hired Fairmount Early Childhood Center Summer Camp staff
- Hired 2022-2023 Fall and Winter sports coaches
- Approved Continuing Contracts for five teachers

Future Resolutions:

- Approve District's five-year financial forecast
- Hire Director of Pupil Services and Director of Communications
- Hire staff for summer "Extended Learning" programs
- Approve summer curriculum writing and training for staff

Board Meeting Calendar:

- May 9, 2022 @ 7:00 pm
- May 23, 2022 @ 7:00 pm



Visit us at www.beachwoodschools.org



www.facebook.com/BeachwoodBison



@beachwoodbison

The Normalization of Normal Pressure Hydrocephalus

by Ellen Wohl

"Your husband has dementia," said the social worker.

"What arrangements would you like us to make?" The voice in my head screamed "No! That can't be right. I want a do-over."

I'm not a doctor, but I do know Jack better than anyone. He could barely lift his feet, he was incontinent, his thinking was confused. He's a type 2 diabetic with coronary artery disease and takes a gazillion pills every day. There could have been any number of explanations for his debilitating illness, but I knew dementia wasn't one of them. I was determined to find an answer.

Countless trips to the ER, blood tests, x-rays, scans, weeks in hospitals and rehab facilities, and numerous attempts at physical therapy left us clueless and frustrated.

That "do-over" came several years after my husband's symptoms began. A perceptive speech therapist working on Jack's cognitive deficit referred us to another neurologist. The doctor examined him, asked me questions about changes in Jack, and listened. Then he ran a completely different series

of tests including a CT scan, lumbar puncture, continuous lumbar cerebrospinal fluid (CSF) drainage, intracranial pressure monitoring, and isotope cisternography. At last, we had a diagnosis, normal pressure hydrocephalus (NPH), and with it came hope.

NPH is a potentially reversible cause of dementia that can be improved with treatment. It is a chronic, neurological condition caused by an abnormal buildup of CSF in the brain's ventricles. The build up results in the distinctive symptom triad known as the Three W's – incontinence ("wet"), gait instability ("wobbly"), and cognitive changes ("wacky").

According to the Hydrocephalus Association, more than 700,000 Americans over the age of 60 suffer from NPH, but less than 20% are properly diagnosed and treated. NPH is frequently overlooked and dismissed because its symptoms

are generally associated with the aging process and illnesses like Alzheimer's and Parkinson's. Many individuals think it's normal and assume they must learn to live with the symptoms.

"Doctors need to look at the whole person, not just one symptom," says Dr. A.R. Craciun, a neurologist at Cleveland Clinic. "If a patient shows signs of dementia, it pays to look a little deeper and see what else might be going on."

Knowing the signs of normal pressure hydrocephalus can help caregivers pursue a proper diagnosis and normalize this rare disease. Members of the NPH Support Network on Facebook, both the affected and caregiver, shared their experiences.

Kathy related that, over time, she had difficulty walking and chalked it up to aging. Then the incontinence started. All the while, she was having trouble thinking straight. Her sister practically dragged her to the doctor. "The doctor listened as my sister explained all the things she was seeing: walking, wetting and unclear thinking." The doctor then ordered numerous tests. Kathy was diagnosed with NPH and subsequently treated.

The most common treatment is the surgical implantation of a shunt: A flexible tube that is placed in the ventricular system of the brain to divert the flow of CSF to another area of the body, where it can be absorbed. A valve within the shunt maintains CSF at normal levels.

Dr. Craciun emphasizes that a caregiver or family member who advocates for their loved one is key to the diagnosis. They can detect long- and short-term changes that might not be apparent during an office visit.

It's important to have someone who really knows the patient accompany them to doctors appointments, share their observations, and learn more about testing and treating the condition.

It's time for NPH to be normalized and emerge from the shadows so those suffering can get the proper treatment.

Linda can vouch for that. "Before my diagnosis, I was a poor historian about falls and other problems. My daughter spoke for me when I wasn't giving a whole story."

Knowledge about NPH is helpful. Ann's dad was diagnosed with NPH after two years of falling and suffering with memory loss. She said, "It was difficult to get a correct diagnosis. I think someone finally listened because I'm a nurse. I can't imagine what people without a strong advocate have to deal with."

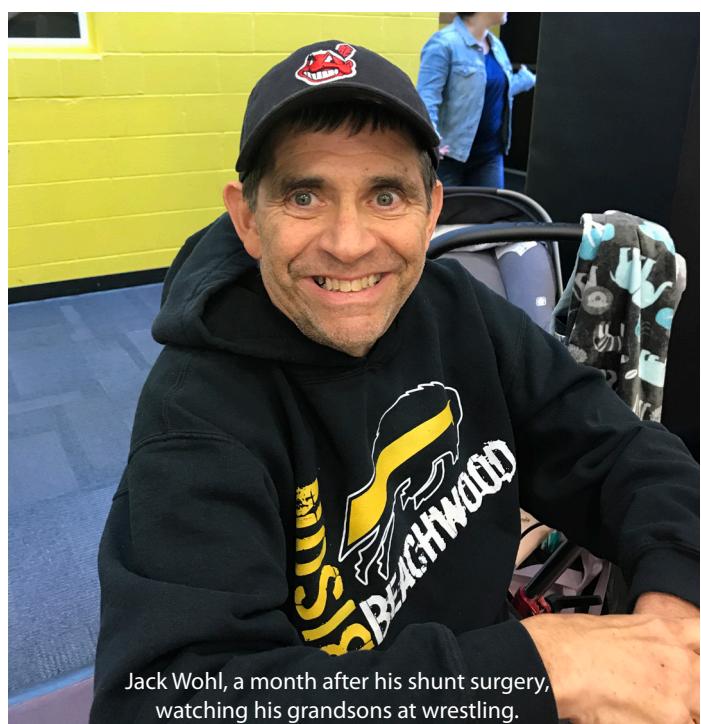
There are many more similar stories. Members of the support network collectively ask, "Why don't more people know about NPH?"

It's time for NPH to be normalized and emerge from the shadows so those suffering can get the proper treatment.

While finding answers is a relief, it's also exasperating because getting the diagnosis feels like an endless struggle. No one should suffer, assuming it's just their age. That's why I'm speaking up, along with members of the NPH support group. Encourage the medical community to look deeper than the obvious signs. You benefit from being informed and proactive.

The Hydrocephalus Association offers education, support, and patient advocacy. For more information, visit www.hydroassoc.org.

Ellen and Jack Wohl are Beachwood residents.



Jack Wohl, a month after his shunt surgery, watching his grandsons at wrestling.

Chagall for Children

On view at the Maltz Museum in Beachwood
from May 11 to August 28

The Maltz Museum of Jewish Heritage announces the highly anticipated Cleveland premiere of Chagall for Children, which explores the work of one of the best-known and best-loved artists of the 20th century, Marc Chagall. This special exhibition offers 14 multi-sensory exploration stations specifically designed to engage children ages 2-12. Each station features a high-quality reproduction of one of Marc Chagall's works and encourages exploration of art principles such as color, composition, light, and texture.

This unique exhibition was created by Kohl Children's Museum and features over a dozen Chagall masterpieces, all accompanied by hands-on interactive elements that allow children to express their own creativity. "Chagall was such a whimsical artist," says KCM president and CEO Sheridan Turner. "Young children immediately pick up on the fanciful and unusual aspects of his work. He really appeals to children's senses of wonder and fantasy."

Each piece of artwork includes an audio recording that gives guests information about the piece. After learning some background information about the work, they can take part in a hands-on activity related to the artwork.

These imaginative activities are as varied as Chagall's works. For example, a fabric rendition of Chagall's "The Rooster" lets children rearrange the bird's colorful tail feathers. A bas-relief of "The Birthday" allows guests to make rubbings of the artwork to take home. "The Poultry Yard" offers various soft-sculpture animal parts that children can mix and match to create their own fantastical animals.

At different stations throughout the exhibition, guests can create mosaics, weave tapestries, use touch screens to digitally alter Chagall's masterpieces, conduct symphonies, and – through the magic of video – even insert themselves into one of his paintings. After these hands-on experiences, guests can curl up in a reading nook stocked with children's books about Chagall's life and work.

Ways to Explore

In-person: Visitors can tour the Chagall for Children exhibition in person at the Maltz Museum, Tuesday through Sunday, 10 a.m. to 4 p.m. Tickets can be purchased in advance at www.maltzmuseum.org or by phone at 216.593.0575. Masks are not required for entry. General admission is \$12 for students and seniors, \$10 for children ages 5-11, and free for Maltz members and children under 5.

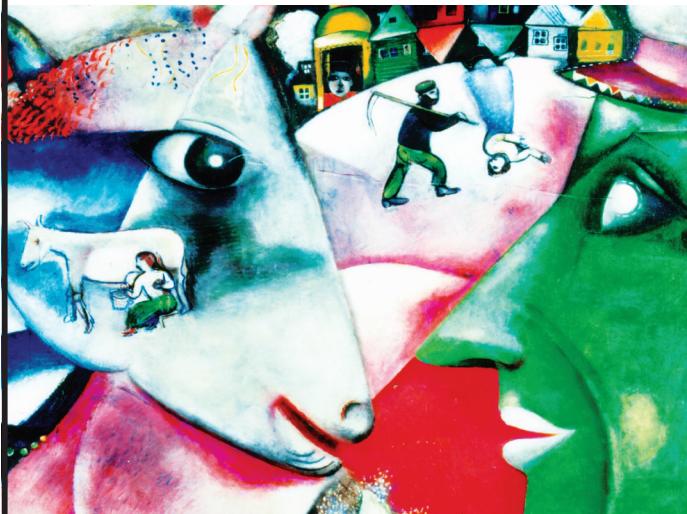
Public Programs

This summer, to accompany the special exhibition, the Maltz Museum will be hosting unique programming for all ages. The Chagall for Children kick-off event will offer fun for the whole family, and one Sunday a month the museum will host a unique artistic workshop for artists of all ages. Young families will be invited to join the Maltz Museum and its partners for a "Stay and Play Storytime" every Thursday morning. Finally, for adult audiences, the Museum will offer a series of lectures examining Marc Chagall's art in the context of 20th century history and, with partner Spirit of Clay, three pottery workshops for adults will be offered.

ON VIEW MAY 11 - AUGUST 28, 2022

chagAPP for children

WHERE KIDS CAN TOUCH THE ART!



Save the Date: May 15
Chagall for Children Kick-off event

\$5 admission, free for members and kids under 5

Chagall for Children is a multi-sensory, hands-on exploration of the work of twentieth century artist Marc Chagall

- Specifically designed to engage ages 2 – 12
- 14 multi-sensory exploration stations featuring reproductions of Marc Chagall's works
- Explore art principles such as color, composition, light and texture.

Presented by:



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BHS Grad Makes a Splash at SFMOMA Soapbox Derby

Brad Gottesman, Beachwood High School Class of '96, recently led a team that was selected to built a soapbox car for the San Francisco Museum of Modern Art Soapbox Derby, which took place on April 10, in McLaren Park. The last Derby there was held in 1975.

Brad led Duck Pond of Dreams, a team of designers, engineers, nurses, teachers, and others who participate in a Burning Man theme camp together and collaborate on large art projects, such as light installations, paintings, live performances, and original music. They were one of 11 open call teams selected, and gifted a \$1,000 honorarium to build a car for the Derby, and had about five weeks to turn their sketch into reality.

"Our car featured a real water pond with magnetized fishing rods and rubber duckies so kids could fish and take a duck home," Brad told us.

The 2022 race included dozens of local artists, organizations, and community members who were

asked to dream big and design their own custom soapbox cars. If they could roll, steer, and stop, anything was possible!

If their art-on-wheels could roll, steer, and stop, anything is possible!

There were 57 cars on race day and Duck Pond of Dreams made a huge splash, winning the Kids' Choice Award. It was also selected to be featured in *San Francisco Chronicle*.

"I'm grateful to our amazing team of creative geniuses, builders, painters, nurses, and supporters who made this happen," Brad shared. "The process was rewarding and just as much fun as the race itself!"



Duck Pond of Dreams' car, driven by Brad Gottesman, made a huge splash at the 2022 SFMOMA Soapbox Derby.

Bloom and Grow

by Preeti Venkataramani

Do you know what intimidates a wannabe gardener? The fear of growing plants. Called hortophobia, it stops people from attempting to take baby steps to acquire basic gardening skills. Then, topped with Beachwood's cold and sometimes snowy spring season, it may be overwhelming to take the first step.

Hortophobia can set in for various reasons. Maybe you had a previous gardening disaster, you were overambitious in prior attempts, or your soil was not suitable for the plants you chose.

As a brown thumb myself, I have always wondered how people have such fantastic gardens. Drive around Beachwood. It seems as though most homes have a master gardener living inside!

To address this gap, I reached out to longtime resident and green genius, Glen Gali, owner of Gali's Garden Center of Beachwood.

Family owned and operated since 1945, Gali's is Beachwood's longest running business. When you walk inside, you are welcomed by a robust rubber tree, which is as old as the nursery itself!

Glen, a second generation nursery owner, has deep experience in growing and maintaining plants under different weather conditions. I sat down with him to get his take on "Gardening for Dummies."

What should inexperienced gardeners attempt? What flowers or vegetables should we start with so that there is a higher chance of success?

Glen offered the following vegetables and flowers to get started:

- Tomatoes
- Peppers
- Cucumbers
- Geraniums
- Begonias
- Impatiens

All three vegetables are hardy and strong growers. They can be grown either in containers or ground beds, are very reliable, and produce a decent crop for your farm-to-table dishes. They are also very easy to maintain. Sun, water, fertilizer, and you are done!

You can have real fun with the flowers, as they come in many colors and sizes, and grow well in sun or part shade. However, they do need a little more care than vegetables. If you start flowers indoor, from seeds, don't replant them outside too early.

Once replanted, to prevent frost damage, cover flowers with a light cloth at nighttime.

Also, think of the space. Observe your garden. Where and when is it sunny or shady? How big is your gardening space? Do you need a soil test kit to determine what will grow best? What is growing well in your neighbor's yard?

Start small: It will increase your chance of success.

Such sound advice.

This got me thinking. When we visit a plant nursery, we can't help but notice the stark contrast between our "DIY" plants and the full-bodied, vibrant vegetation on display. Unlike our self-help efforts, these plants are expertly nursed to grow into healthier, mature plants from their infancy stage.

Gali's Garden Center is here to bridge that gap. They know common mistakes and pitfalls when it comes to creating your dream garden, and they have a helpful staff willing to listen, address your needs, and share their expertise.

They also have a very large selection of seeds, top quality plants, and garden supplies. Whether it is soil, mulch, or fertilizer, they can provide most of your basic needs. I was especially taken by the bright color pots, flowering baskets, and garden stakes. With the right ingredients and décor, your starter garden will bloom!

Like a trellis, they will support your gardening journey.

Gali's is located at 21301 Chagrin Blvd. and can be reached at 216.921.1100. Like a trellis, they will support your gardening journey.

What's the secret sauce of a master gardener?

While surfing the internet, I came across this wonderful anecdote. "First, remember that there is no gardener who has not killed a plant. Second, master gardeners have killed way more plants than a beginner!"

I encourage you to dig your hands in the dirt and develop your green-thumb skills. Like any endeavor, the more you know about something and the more you do it, the better you get.



Pen Pals Reunited!

Forty-two years ago, Canadian Scott Burdick found a balloon, stuck in a tree on a golf course, in Wardsville, Ontario (about an hour-and-a-half east of the Detroit/Windsor border). Attached to the balloon was a letter written by a young Beachwood resident, Ryan Peters.

Recently, Scott was curious to see if he could locate Ryan, so he sent a message to the Beachwood OHIO Community Group on Facebook, which read:

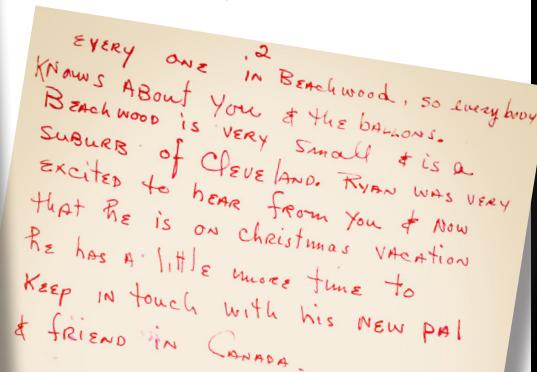
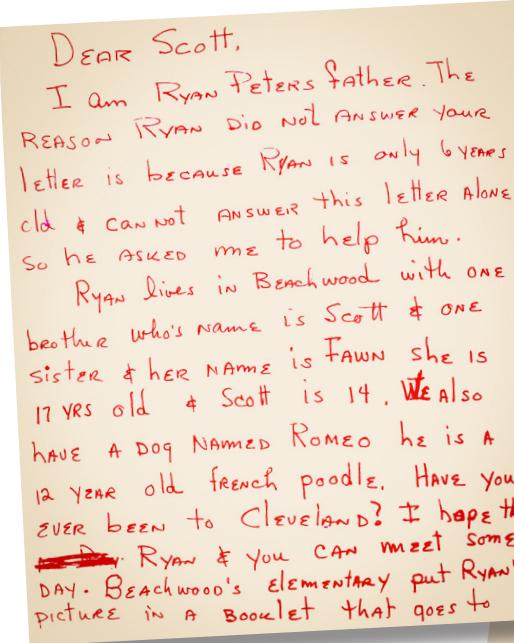
"Hi my name is Scott. I am 53 years old now. Back when I was 11 years old, I found a balloon with a letter attached to it on the golf course. It was from a boy named Ryan Peters, who was 6 years old at the time. I sent a

response letter, and received one back from the boy's father, Alan Peters. I was cleaning out my parents attic, found the letter, and was hoping someone in your group would recognize the name and address, and get us back in touch after all these years. Thanks for your time, Scott Burdick. I am from Bothwell, Ontario, Canada.

Nessa Lily Feuer, a Beachwood OHIO Community Group administrator, retrieved the message and responded.

"I told him that Ryan is the athletic director at Beachwood Schools," she wrote. "Then, I helped the two of them connect."

Nessa then contacted us to share this story, and now Scott, Ryan, and Nessa are friends on Facebook. Plus, Ryan and Scott talked about meeting when Scott comes to Ohio later this year.



"That is so funny that you reached out to me. I remember sending the balloon – we sent balloons as a class in hopes of finding a pen pal." – Ryan Peters



StoryWalk®

The May book featured on the StoryWalk® in Beachwood City Park East is "Just In Case You Want to Fly," written by Julie Fogliano and illustrated by Christian Robinson. Inspired by a conversation with her daughter, Julie encourages young readers to spread their wings and explore – with reassurance that they'll always have you to come home to.

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

Mandel JCC Partners with Kindland to Spread Kindness

Kindland is a Cleveland-focused initiative as part of Values-in-Action's national Just Be Kind® campaign, which aims to make kindness the overriding, embedded and unifying national value in America. The objective is to make Cleveland and its region the most kind and caring place in the nation.

The Mandel Jewish Community Center is partnering with Kindland, along with many other organizations such as American Red Cross, Greater Cleveland Food Bank, GOJO, and First Energy. The Mandel JCC's core values support the Kindland initiative through its culture of helping our community, sharing successes, supporting one another through hardships, providing positive interactions, and connecting one another. Kindness builds communities, caring, and respect; forges human connections; reduces stress; and enables all of us to make a positive impact every day.

The J's staff encourages Beachwood residents to pledge to be ambassadors of kindness at www.BeKindland.com.

The J is kicking off the Kindland initiative to its staff at an open house, and staff is excited to roll out the initiative to its members and the entire community.

As a local community center anchored in Beachwood, The J's staff encourages residents to pledge to be ambassadors of kindness at BeKindland.com. It takes just a couple of minutes to pledge.



Lunch Plus Program Seeks Volunteers

Lunch Plus, a program of the Mandel Jewish Community Center for those over 60, offers participants opportunities to connect with peers, socialize and engage their minds and bodies. It also provides home delivered kosher meals to registered participants.

Lunch Plus is in need of volunteers to deliver these meals to seniors in our

community twice weekly. Community members who are interested in assisting senior residents and want to make a difference in our Greater Cleveland community can help.

If you are interested in volunteering to deliver meals or have questions about the Lunch Plus program, please contact Yolanda Nixon at 216.831.0700, ext. 1210.

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2022 Stop The Hate® Winners

The Maltz Museum of Jewish Heritage is proud to announce the 2022 winners of its 14th Annual Stop the Hate® Youth Speak Out & Youth Sing Out Contest. The contest annually awards \$100,000 in scholarships and prizes to middle and high school upstanders speaking out against bias and bigotry through essay writing and songwriting. Winners were announced during an online awards ceremony on April 13, which was viewed by an audience of nearly 1,000 attendees.

The Stop the Hate® contest has two components: Youth Speak Out, essay writing for individual students, and Youth Sing Out, songwriting for classrooms. Both celebrate Northeast Ohio upstanders in grades 6-12 who are committed to creating a more accepting, inclusive society.

Since the contest began 14 years ago, the Maltz Museum has awarded \$1.4 million to students and schools across 12 Northeast Ohio counties, with an estimated reach of nearly 40,000 young people.

Jaqueline Hudak was named grand prize winner of the essay contest. In her essay, she wrote

about the importance of body positivity in young girls, saying:

"My vocation is to help young girls to be thankful for all the different jobs their bodies do for them – for girls to be as kind to themselves as they are to others ... Discrimination has plagued society for hundreds of years and it comes from the disease

of misinformation and a lack of education. It takes all of us uniting not in fear but in hope to stop the hate."

Visit www.maltzmuseum.org/sth to read the inspiring essays and listen to the empowering songs penned by Northeast Ohio students.

2022 Youth Speak Out 11th-12th Grade Winners

Grand Prize Winner

Jaqueline Hudak, Grade 11
Lakewood High School
\$20,000 scholarship;
\$5,000 to Lakewood High School

First Runner-up

Maraja Moss, Grade 12
Jackson High School
\$10,000 scholarship;
\$2,000 to Jackson High School

Second Runner-up

Sanjana Katiyar, Grade 11
Strongsville High School
\$5,000 scholarship;
\$2,000 to Strongsville High School

Congratulations to all winners, including Beachwood students:

Samah Khan, Grade 11
Honorable Mention

Anah Khan, Grade 9
Second Place

2022 Youth Sing Out Beachwood Winners

High School
First Place: "Speak Out"
Performed by Taylor Lamborn
Written by Nicole Majercak's
1st Period Class
Beachwood High School

2021–2022 Stop the Hate® Schools of the Year

Together with its partners, Lake Erie Ink, Rock and Roll Hall of Fame, and Roots of American Music, the Maltz Museum offered free songwriting and essay writing workshops to schools and educators. These anti-bias learning tools taught history, literacy, and the arts for middle school, high school, and homeschool groups. Thirty-two schools participated, including Anshe Chesed Fairmount Temple Religious School and Beachwood High School.

2021–2022 Stop the Hate® Teachers of the Year

In addition, with its partners, the Maltz Museum named two Teachers of the Year. Each received a \$1,000 cash prize in recognition of their personal

commitment to anti-bias education. Congratulations to Nicole Majercak of Beachwood High School and Vickie Orozco of Newton D. Baker School of Arts.

Stop the Hate on Tour

More opportunities are coming up to hear from our eloquent, expressive winning essay writers!

City Club Youth Forum

Thursday, May 12 • 12 pm

City Club of Cleveland

Join us for a special Youth Forum with this year's Stop the Hate finalists as they read aloud from their essays and discuss some of the issues facing today's youth. To livestream the panel, visit www.cityclub.org/.

Commemoration of Juneteenth Saturday, June 18

11 a.m. – 4 p.m.

Veterans' Park

1 Liberty Street • Painesville

Hear from speakers, then enjoy music, mingling, and munching.

For a complete list of sponsors, visit www.maltzmuseum.org/sth.

Congratulations to Anah Khan, Ida Chang, and Samah Khan!



BMS Science Olympiad Team Shines

Congratulations to the Beachwood Middle School Science Olympiad team for a great season and bringing home several trophies and medals. The team participated in six competitions and the team rankings for the invitationals are:

Westlake: 8th out of 61 teams

Solon: 11th out of 77 teams

Centerville: 12th out of 104 teams

Stemboost: 10th out of 88 teams

Mentor: 5th out of 38 teams

The team, pictured below, also participated in the Northeast Ohio Regionals and

was ranked 2nd, qualifying for the State Competition.

Congratulations to team members Ida Chang, Daniel Chen, Ethan Dong, Liyang Hu, Srishti Ithychanda, Nimisha Kasliwal, Josh Korah, Joseph Mo, Clarence Ouyang, Vijay Rao, Rhea Shankar, Kiran

Sankararaman, Yeru Shim, Lena Tsay, Junbo Wang, Leo Wang, Daniel Yerukhimovich, Maria Zarjetskiy, Amber Zhang, Eva Zheng, Lyndia Zheng, Tony Zheng, Sarah Zhou, and Ella Zoller.

The team is coached by Dr. Rakhee Banerjee.



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Race for the Place

Sunday, June 5

Beachwood Place

Race for the Place, in support of The Gathering Place, takes place the first Sunday in June on National Cancer Survivors Day. Race for the Place, a 5K and 1-mile run/walk, is a wonderful celebration of cancer survivors and an opportunity to raise money to support the free programs and services provided at The Gathering Place to help children, teens, adults, individuals, families and friends cope while on the cancer journey.

Let's come together to celebrate those who have survived, inspire those who have been diagnosed, support our families, and connect with our great community!

To register, become a sponsor, or volunteer, visit <https://touchedbycancer.org/race-for-the-place>.

Park Synagogue Programs

Join Park Synagogue for
About Man and God and Law:
The Spiritual Wisdom of Bob Dylan
Featuring Dr. Stephen D. Arnoff
Sunday, May 15 • 4-5 p.m.
Park Synagogue East and on Zoom



Bob Dylan's need to know "what's blowing in the wind" has shaped much of our understanding about the meaning of life, the universe, and much more for more than sixty years. Join Stephen D. Arnoff, a Cleveland native, CEO of the Fuchsberg Jerusalem Center, and author of "About Man and God and Law: The Spiritual Wisdom of Bob Dylan," for a conversation about Dylan's restless journey to wisdom through sacred

text, divine revelation, and the magic of rock and roll music. Autographed copies of Stephen's book will be available at \$20 per copy, cash or check only.

All attendees must be vaccinated and wear a mask during the program, which is free and open to the community.

Pre-registration is required at www.parksynagogue.org or by contacting Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

The Community is invited to
Park Synagogue's
29th Annual University Day
Wednesday, May 11
9:30 a.m. - 12 p.m. on Zoom



The morning of learning will feature three exceptional speakers! Rabbi Joshua Skoff, Park's Senior Rabbi, will begin the day with an uplifting message for everyone.

Dr. David Frey (*pictured left*), professor of history and director of the Center for Holocaust & Genocide Studies at the U.S. Military Academy at West Point, will then speak on "**The Ritchie Boys Who Helped Win WWII and Shape the Cold War World.**" Many of the Ritchie Boys, trained to be Army intelligence field soldiers at Camp Ritchie, were recent Jewish immigrants from Europe who spoke German and were able to listen to and understand what the enemy was saying and planning. Find out about their fascinating story and the major

contributions they made to help the allies win the war.

James Pasch (*pictured right*), ADL regional director, will speak later in the morning on "**Anti-Semitism from Our Virtual World to Our Schools: How to Combat It.**" From video games and social media to our schools and universities, the spread of anti-Semitism is undeniable. Explore the trends and what we can do to fight back against the spread of hate and misinformation.

Cost is \$5/person for Park Synagogue members and \$10/person for guests. **Prepaid reservations are required by May 9 to obtain the Zoom link.** Please register at www.parksynagogue.org. For questions, contact Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

Jewish Federation
OF CLEVELAND
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THURSDAY, MAY 12, 6 - 8 PM

Interview with
a Legend and Leader

REAL ESTATE AFFINITY GROUP

Interview with a Legend and Leader

An event for Jewish Federation's Real Estate Affinity Group

Join the Jewish Federation of Cleveland for networking and a fireside chat with Albert Ratner, interviewed by J. David Heller. Mr. Ratner currently serves as a partner of RMS Investment Corporation. For 20 years he was the CEO of his family-owned business, Forest City Enterprises, Inc. Mr. Ratner is well known as a long-time community booster for Cleveland and a leader in the Jewish community. Mr. Heller

serves as the CEO/co-founder of The NRP Group and board chair of the Jewish Federation of Cleveland.

The event will take place Thursday, May 12, 6-8 p.m., at the Jewish Federation of Cleveland Jack, Joseph and Morton Mandel Building, 25701 Science Park Dr., Beachwood. The cost is \$18. The virtual event is from 6:30-7:30 p.m. There is no cost to attend. To register, visit www.jewishcleveland.org.

Menorah Park Community Programs

Menorah Park Invites the community to celebrate Older American Months with its "Aging My Way Through Music" programs. Reservations are required and seating is limited.

An additional event is being planned at RH Myers. Call for details. For reservations, contact Laura Blair at lblair@menorahpark.org or 216.360.8202.

An Evening of Music at Wiggins Place Assisted Living

Wednesday May 11

7:30-8:30 p.m.

Enjoy music by Cliff Habian, who covers a variety of styles with a special emphasis on jazz and classical as well as the "Great American Songbook." Guests will receive a thank-you gift bag.

Screenings and masks are mandatory for all guests.

Music and Health Benefits at Stone Gardens Assisted Living

Wednesday May 25

9:30-10:30 a.m.

Join us for a complimentary breakfast and interactive presentation with Dr. Jessica Coleman, Menorah Park medical director, and Melissa Onabajo, music therapist. Learn how you can intertwine music in your everyday routine to strengthen your minds and bodies. Q&A will follow. Guests will receive a thank-you gift bag.

Jewish Cleveland's Annual Yom Ha'atzmaut Celebration Set for May 5

The Jewish Federation of Cleveland will host its annual Yom Ha'atzmaut celebration – a festival celebrating Israel's Independence Day – on Thursday, May 5, at 6 p.m. The free, outside event, open to the community, will be held at the Maltz Museum of Jewish Heritage and The Temple-Tifereth Israel.

Community members will celebrate Israel's 74th Independence Day with an outdoor carnival, which will include live Israeli music from IsraBand, stilt walkers and jugglers, kids' activities such as glitter art and games, a spirit station with Israeli-themed swag, food and alcohol available for purchase, and raffle prizes.

"Yom Ha'atzmaut is always such an exciting and celebratory time for our community," said Shelley Gimbel, event co-chair. "We look forward to offering

attendees of all ages a great experience where they can celebrate Israel with lively entertainment, delicious food, family fun, and more!"

"This will be the Federation's first large-scale community event in almost two years, and we can't wait to see people show up and proudly celebrate Israel and our community's strong connection," added Zach Siegal, event co-chair.

Shelley and Zach co-chair the event with their spouses, Adam Gimbel and Shelby Siegal.

"We look forward to offering attendees of all ages a great experience where they can celebrate Israel with lively entertainment, delicious food, family fun, and more!"

– Shelley Gimbel, co-chair

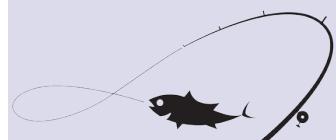
Yom Ha'atzmaut is sponsored by *Cleveland Jewish News*, in addition to more than 35 community partners. Registration is required to attend. For more information or to register, please visit www.jewishcleveland.org.

Fishing Anyone?

Join Doan Brook Watershed Partnership and Cleveland Metroparks Youth Outdoors for fun, family-friendly fishing. They'll cover the basics from tackle and technique to casting, fish ID, and handling. They'll even show you how to clean and prepare your catch!

After learning the basics, everyone can test their luck fishing for stocked catfish and bluegill in the beautiful Rockefeller Lagoon. Bring your own rod and reel or borrow one. Bait will be provided.

Register at [www.doanbrookpartnership.org/fish/](http://doanbrookpartnership.org/fish/) or by calling 216.325.7781.



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Yarn Over Beachwood

YARN DONATIONS ARE ALWAYS WELCOME!

Members of Yarn Over Beachwood knit, crochet, and loom items for different organizations and charities throughout Northeast Ohio. Group members share ideas, patterns, projects, websites, links to patterns, and more.

The group meets the first Friday of each month, 10-11:30 a.m., at the Beachwood Library. Upcoming meetings are May 6, June 3, July 1, and August 5.

For more information, contact Iris November at lbrtyclub@gmail.com or 216.375.9111.

Yarn donations are always welcome!

Spread the word. Please contact Iris to arrange a donation pick up. Donations can also be dropped off at the Beachwood Library. Please label: Iris November, Yarn Over Beachwood.



Programs at the Beachwood Library

Below are some upcoming programs at Beachwood Library. Registration is required for all programs. To register or to view a complete listing of programs, visit www.cuyahogalibrary.org. Programs are in person unless otherwise noted.

Through the Eyes of the Artist –

Leonardo DaVinci

Friday, May 6 • 10 - 11 am

Art historian Felicia Zavarella Stadelman will explore the life of Leonardo DaVinci.

Mother's Day Concert

Sunday, May 8 • 2 - 3 p.m.

Enjoy this concert, featuring Eileen Burns and Red Light Roxy.

Tuesday Book Chat

Tuesday, May 10 • 7 - 8 p.m.

Join us to discuss "The Lincoln Highway," by Amor Towles.

Knit and Lit

Monday, May 16 • 6:30 - 8 p.m.

Join us for knitting and informal chats about what everyone is reading.

Third Wednesday Book Discussion

Wednesday, May 18 • 2 - 3 p.m.

Join us for a discussion of "Migrations," by Charlotte McConaghay.

Third Thursday Book Discussion

Virtual

Thursday, May 19 • 2 - 3 p.m.

Join us on Zoom for a discussion of "Migrations," by Charlotte McConaghay.

Signed, Sealed, Delivered

Tuesday, May 24 • 7:00 - 8:30 p.m.

Using a cereal box and some leftover paper, you will create a template that you can use to make your own unique envelopes to add a personal touch to your letters or greeting cards.

Edible Springtime Mushrooms and Plants of Northeast Ohio

Virtual

Tuesday, May 31

7 - 8:30 p.m.

Local food enthusiast Don King will introduce wild edibles that can be found in Northeast Ohio.

Children's Programming

Baby & Me Storytime

Thursdays, May 12 - June 9

10 - 10:30 a.m.

Join us for rhymes, songs, fingerplays and books. This program is for caregivers with babies from birth to 18 months.

Virtual Pajama Storytime

Virtual

Thursdays, May 12 - June 9

6:30 - 7 p.m.

Put on your pajamas and join us for rhymes, songs, fingerplays, and stories. This family-friendly event will be held on Zoom.

Toddler & Preschool Storytime

Mondays, May 9 - June 6

2 - 2:30 p.m.

Join us for rhymes, songs, fingerplays and stories. This program is for caregivers with children from 19 months to 5 years (not yet in kindergarten).

Toddler & Preschool Storytime

Mondays, May 9 - June 6

6:30 - 7 pm

Join us for rhymes, songs, fingerplays and stories. This program is for caregivers with children from 19 months to 5 years (not yet in kindergarten).

Little Artists

Tuesday, May 3

3:30 - 4:15 p.m.

Grades K-2

Get creative while learning something new! Hear about the life of a famous artist and get inspired to create your own works of art. Supported by the Friends of the Beachwood Library.

Art Explorers

Virtual

Tuesday, May 10

3:30 - 4:15 p.m.

Grades 2-5

Get creative while learning something new! Hear about the life of a famous artist and get inspired to create your own works of art.

STEAM Tuesday

Virtual

Tuesday, May 17

3:30 - 4:15 p.m.

Grades 2-5

Learn, build, experiment, and create during each month's fun activity. Supported by the Friends of the Beachwood Library.

Virtual Show and Tell

Wednesday, May 25

6:30 - 7:15 p.m.

Grades 2-5

Show off your favorite collection and tell us about your favorite things, all from home! Check out what everyone else is bringing and be prepared to be amazed by our library collections.

All CCPL branches will be closed on Sunday May 29 and Monday May 30 in honor of Memorial Day. Summer is just around the corner and CCPL's Summer Reading Program will kick off on Saturday, June 4.

This summer, we are celebrating 100 years of CCPL. All students are invited to register to participate in the summer reading program to win prizes for all the reading you do during the summer.

Summer Happenings at Legacy Village

Legacy Village's free summer concert series, Legacy Live, returns on Saturday, June 11, and continues each Saturday through September 3 from 5-8 p.m. Concert goers will enjoy a mix of their favorite live music, from pop and rock to swing and everything in between. All concerts take place at The Lawn, located between California Pizza Kitchen and Bar Louie, and are subject to cancellation in cases of inclement weather.

Summer 2022 Legacy Live Concert Schedule

June 11	East Wind (Classic Rock)
June 18	Discovery Band (Motown/R&B/Funk)
June 25	No Moss Band (Classic Rock)
July 2	Fabulous Blue Moons (Oldies)
July 9	Ricky & the Rockets (Classic Rock)
July 16	The Blue Drivers (Blues/Swing)
July 23	Blue Lunch (Jazz/Swing/Blues)
July 30	45RPM (Classic Rock)
August 6	Nitebridge (Motown/R&B)
August 13	Revolution Pie (Beatles Tribute)
August 20	Jump the Gun (Classic Rock/Funk)
August 27	Replay (Oldies)
September 3	Backtraxx Band (Motown/Funk/Rock)

"Legacy Live's Saturday schedule provides great opportunities for Northeast Ohio concert goers to come together in celebration of a summer of amazing music," said Legacy Village General Manager Susan Windle. "The Legacy Village Lawn is a warm, welcoming green space in the midst of our shopping and restaurant community, made even more fun with outdoor dining, frozen desserts, adjacent outdoor seating areas to enjoy adult beverages and takeout food, and a great sense of community."

Art in the Village: June 4 - 5

The annual Art in the Village, one of the first art events of the season, will help kick off a season of warm weather fun on Saturday, June 4, from 10 a.m. – 7 p.m. and Sunday, June 5, from 10 a.m. – 6 p.m. The works from more than 100 artists, featuring painting, jewelry, photography, sculpture, ceramics and more, will be on display. This show will also contain a separate craft marketplace.

Enjoy great live music to complement the art:

Saturday, June 4

- 12-3 p.m. • Cats on Holiday (Roots/Zydeco)
- 4-7 p.m. • Justo and Havana Nights (Latin/Soul)

Sunday, June 5

- 11 a.m. - 2 p.m. • Lea Marra & the Dream Catchers (Folk/Americana)
- 3-6 p.m. • Swamp Boogie Band (Classic Rock)

North Union Farmers Market: Sundays, June 12 - September 25

Legacy Village Market will spotlight the fresh tastes of summer, every Sunday, from June 12 to September 25, 10 a.m. - 1 p.m. Located on Cedar Road in the Capital Grille parking lot, the Market will feature fresh produce, meats, dairy, baked goods, and more.



LEGACY
VILLAGE



"Legacy Live's Saturday schedule provides great opportunities for Northeast Ohio concert goers to come together in celebration of a summer of amazing music," said Legacy Village General Manager Susan Windle.

It is easy to stay up to date on summer events at Legacy Village. Be sure to follow Legacy Village on Facebook, Instagram, and Twitter to stay in the loop on photo contests, gift card giveaways, retailer promotions, and more!

Enjoy Outdoor Adult Beverages While Strolling, Shopping

Legacy Village's Designated Outdoor Refreshment Area (DORA) offers guests the opportunity to enjoy adult beverages outdoors within Legacy Village, from 11 a.m. - 9:30 p.m. daily. We offer:

- A spacious tented canopy by the valet area, adjacent to The Lawn, which expands seating for more outdoor dining experiences
- Seating on Carriage Lane, between Crate & Barrel and Arhaus Furniture
- Shopping with select Legacy Village retailers (look for a DORA decal on retailers' doors)

As part of the DORA program, patrons age 21 and over may purchase alcohol from participating Legacy Village restaurants, including Bar Louie, Brio Italian Grille, The Melting Pot, Wild Mango, California Pizza Kitchen, and the Hyatt Place Gallery Bar. Alcoholic beverages must be in the designated plastic cups. No cans, glass bottles, or drinks may be brought into Legacy Village.

Save the Date!

Legacy Village is excited to announce the return of Meet the Machines on Sunday, August 7, from 12-4 p.m. Visit www.LegacyVillage.com for more information about this fun, family event.

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BHS Class Reunions • Save the Dates!

BHS Class of '71 50/51-Year Reunion

Friday, August 26 -
Sunday, August 28, 2022
More information to
follow! Questions?
Contact Paula Zavell
Rollins at 216.789.3995 or
phonepr@aol.com.

BHS Class of '72 50-Year Reunion

Saturday, October 22, 2022 • 7 p.m.
Winking Lizard Party Center



Planning for a fun-filled weekend is underway. If you would like to help, please contact Susie Loparo at SusiesellsCLEVELAND@gmail.com, Michelle Reiner at Mich40love@aol.com, or Joan Morgenstern at Jbmorg1@gmail.com.

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Bikur Cholim is on the Move!

In keeping pace with the ever-changing healthcare needs of Jews in Cleveland who are struggling with a medical crisis, Bikur Cholim is on the move in 2022.

- Bikur Cholim is pleased to announce its new 24-Hour Hotline, staffed by volunteers after hours and during the night, for those who need support that can't wait until the next business day. This service, made possible through the generosity of an anonymous donor, is not a replacement for 911. During Shabbos, the line is available for transportation needs only. Call 216.320.1771.

- Bikur Cholim recently launched a new Women's Health Division designed to support the unique healthcare needs that Jewish women face. The service will include advocacy and emotional support around medical issues such as infertility, pregnancy, miscarriage/loss, and OB/GYN health and wellness.

"We want women in the community to know they are not alone. They can now turn to someone who understands what they are going through and can point them in the right direction," states Leviah Hauer, RN, who as a volunteer will serve as the liaison for the program. Leviah is a practicing nurse in Cleveland with more than 20 years of experience.

To kick off this initiative, Bikur Cholim, in partnership with Hillcrest Hospital's OB/GYN Department, recently hosted a women's reproductive health seminar, titled, "Life Unexpected," which featured Dr. Julian Peskin, a staff member in the Department of Obstetrics and Gynecology at the Beachwood Family Health and Surgery Center.

To reach the Women's Health Division, call 216.320.1771, ext. 105.

About Bikur Cholim

Bikur Cholim of Cleveland is dedicated to be an inviting, easy, accessible resource to the local and international Jewish community by providing assistance to improve health and well-being. We strive to help young and old by offering comfort, shelter, and support through a variety of services. We accomplish this through the coordinated efforts of dedicated volunteers who selflessly perform the mitzvah of bikur cholim – literally visiting the sick – with all the nuances of care and concern that this concept embraces. Our vision is to offer services of the highest quality, tailored to the unique needs of the individual and his or her family.

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Beachwood Democratic Ward Club

Beachwood Democrats invite you to join them the second Wednesday of each month at 7 p.m. to learn more about Democratic candidates who will be on our ballot. There is no fee to attend. To vote at meetings, you must be a member. Membership is \$20 per year. For more information, email beachwooddemocrat@gmail.com or follow the group on Facebook at BeachwoodDems.

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- Menopause management



Schedule an Appointment Online

To schedule an appointment with a women's health expert, visit UHhospitals.org/WomensHealth.



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