

Beachwood Buzz

June 2022

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MAGAZINE



**BHS Team
Reigns Supreme
in Robotics
Competition**

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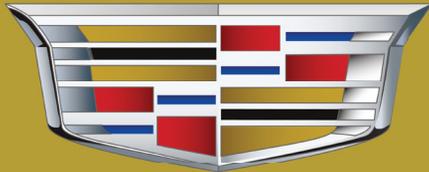
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Spring is officially here. The sun is shining and flowers are blooming. How often do you go outside – or look out your window – to observe your surroundings, breathe in the fresh air, and marvel at the beauty around you? When did you last sit back to watch a sunrise or sunset, to really look at cloud formations or shadows, or wait for a storm to end with anticipation of seeing a rainbow?

Nature heals, soothes, restores, and helps us connect to the world around us. It changes our brain and body, and increases happiness. According to happybrainscience.com, whenever we have the opportunity to observe, encounter, or interact with nature in the form of landscapes, wildlife, or plants, we reap numerous psychological benefits, including:

Reduced Depression

When we connect with nature we are less likely to be depressed, because our innate emotional relationship with other living beings, known as “biophilia,” is enhanced. When we do not have access to natural beauty, we shut down.

Promoted Healing

Patients heal faster when viewing trees or a courtyard than when facing an old brick wall. Indoor plants, mounted prints,

and photos of nature also speed up the body’s ability to heal after surgery and other procedures. Plus, we distract our mind from discomfort and pain when we focus on nature.

Bolstered Immune System

You know the old aphorism, “A picture is worth a thousand words”? It may also be worth a thousand vitamins, especially if it is a photograph of nature. Viewing nature improves our body’s ability to ward off colds and viruses.

Restored Focus

To function, our brain relies on a source of energy, which is restored by nature.

Improved Mood

Benefits from active workouts in a gym cannot even begin to compare to those from outdoor workouts. Being around nature is associated with increased energy, greater feelings of revitalization,

and decreased feelings of anger, tension, and depression. Plus, when we feel positive results, we’re more likely to stick to an exercise regimen.

Increased Relaxation

When stress builds up from work or a fast-paced lifestyle, it can really take a toll. Some surefire ways to de-stress are by going for a walk, looking at nature scenes on your computer, gazing at flowers on your dining room table, or purchasing nature art for your home or office. Walking in a forested area is proven to reduce the production of cortisol, the stress hormone, more than walking in suburban areas.

Each point referenced above is supported by research studies on the above-mentioned website.

Additional benefits of nature include feelings of calmness, increased endorphin levels,

restored capacity for concentration and attention, increased creativity, and reduced irritability.

“People have been discussing their profound experiences in nature for the last several hundred years – from Thoreau to John Muir to many other writers,” said researcher David Strayer, of the University of Utah. “Now we are seeing changes in the brain and changes in the body that suggest we are physically and mentally more healthy when we are interacting with nature.”

Nature soothes the soul. If you are unable to get outside, consider surrounding yourself with plants and images of nature. Then, take time to tap into your senses and enjoy the beauty that surrounds you. You owe it to yourself. You’re worth it.

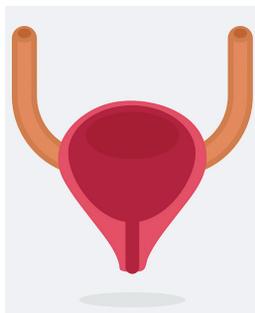
Happy spring – have a great month.

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



Photos by DZR • May 2022

Bladder Cancer Awareness Month: Know these 4 warning signs.



Zeyad Schwen, MD
Cleveland Clinic
Hillcrest Hospital and
Twinsburg Family Health
and Surgery Center

If a simple visit to the bathroom has you seeing red, don't ignore it. Blood in your urine can be a sign of a serious problem, so you should see your doctor right away.

"An unusual urine shade can be an indicator of a serious medical condition or minor issues, both of which require treatment," says Zeyad Schwen, MD, a urologist at Cleveland Clinic Hillcrest Hospital and the Twinsburg Family Health and Surgery Center.

Blood in the urine, the most important warning sign of bladder cancer, may show up over a long time, come and go, or happen just once.

Dr. Schwen says these are four warning signs of bladder cancer:

- 1. Blood in the urine:** You may see a range of colors – pink, slightly dark, bright red or cola-colored urine.
- 2. Absence of pain:** Painless blood in the urine is more concerning for bladder cancer. Painful urination may be due to a UTI.
- 3. Frequent urination:** Your sleep pattern is interrupted by an increase in urination, making three or more trips to the bathroom at night.
- 4. Smoking history:** Most bladder cancers are due to a history of smoking tobacco products, which is why quitting is important to reduce your risk of bladder cancer.

Surgery, chemotherapy, immunotherapy and radiation therapy are the common treatment options for bladder cancer. And, sometimes, combinations of these treatments will be used.

It's important to seek medical treatment quickly as a delay can compromise the bladder cancer cure rate.

"If you have any symptoms of bladder cancer, it should be checked out by a physician within a week or two," says Dr. Schwen.

To schedule an appointment with Dr. Schwen or another Cleveland Clinic urologist, call **216.444.5600**.

Stroke: BE FAST

In a stroke, every minute counts. Use the BE FAST method to evaluate if someone may be having a stroke:

B

BALANCE: Watch for a sudden loss of balance.

E

EYES: Watch for sudden loss of vision or double vision.

F

FACE: Watch for face droop on one side.

A

ARMS: Watch for one arm to drift downward.

S

SPEECH: Listen for slurred or strange speech.

T

TIME: If you observe any of these signs, call 911!



ClevelandClinic.org/Stroke

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P.O. Box 22194
Beachwood, Ohio 44122

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Beachwood Buzz
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BHS Team Reigns Supreme in Robotics Competition



Beachwood High School's robotics team won a regional competition this year and advanced for the first time in school history to the sport's world championships in Houston. This is a monumental achievement, especially for such an unusually small team compared to its competitors. And make no mistake, this highly demanding activity checks all the boxes for a team sport.

Written by June Scharf

Photos by Scott Morrison, Discovery Photo
Story starts on page 7.

Clockwise, from top left: Sam DeYoung, Ben Lawrence, Connor Lindow, Vyas Pai, Kavya Shah, and Jack Gordon.

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Clockwise, from top left: Sam DeYoung, Jack Gordon, Ben Lawrence, Vyas Pai, Kavya Shah, and Connor Lindow compete in the sport's world championships in Houston.

BHS Team Reigns Supreme in Robotics Competition

By June Scharf

Beachwood High School's robotics team won a regional competition this year and advanced for the first time in school history to the sport's world championships in Houston, which took place in April. This is a monumental achievement, especially for such an unusually small team compared to its competitors. And make no mistake, this highly demanding activity checks all the boxes for a team sport.

But, when it comes to competitive athletics at any level, it's a crowded field with a low rate of advancement. Very few kids are going to be super tall and talented enough to play in the NBA like Michael Jordan, observed Dean Kamen, the international robotics league's founder who claims credit for many wildly creative inventions like the Segway. "The world doesn't need more kids who want to be like Mike," he says, "Rather, it needs kids who want to be like me." The reality is, there are thousands of jobs desperately waiting for smart, well-prepared kids with a passion for problem solving.

"In this sport, every kid can turn pro," he points out. "Plus, there's career longevity."

Students with STEM inclinations can compete with team-built robots in the league Dean created, known as FIRST (an acronym: For Inspiration and Recognition in Science and Technology). He founded it in 1989 to motivate students, and since then, the league has achieved an international presence with participants (mathletes!) from 30 countries competing in this year's battle.

This year's team is composed of BHS senior Jack Gordon, BHS juniors Ben Lawrence and Sam Deyoung, Willoughby South High

"I definitely pulled some things I learned in physics or math class and applied the lessons here, but I can also say that if you looked through my binders, you would see robot concept drawings on the back of my notes, especially early in the season because I was always thinking of things I could put on the bot."

– Jack Gordon, BHS senior



BHS Robotics Team's robot that successfully made it to the world championship competition in Houston, which took place in April.

School junior Vyas Pai, and Aurora High School freshman Kavya Shah, and Richmond Heights freshman Connor Lindow, who is home schooled. Members from outside Beachwood are permitted to be part of the BHS team because robotics is not available at their schools. The team's adviser is John Keyerleber, who works at NCS Datacom as a software engineer, and its mentor is Chris Dickey, a 2008 Orange High School graduate and FIRST alum who works at Andeen-Hagerling, Inc. as an electrical engineer.

The team meets up at John's warehouse space in Richmond Heights, across from the

Cuyahoga County Airport. The facility is stocked with lots of tools and raw materials needed for robot construction. The sound system also is in heavy use as students rotate the music selections on a rough schedule that involves country on Fridays, '90s on Saturdays, smooth jazz Sundays, and rock on weekdays.

During competition season, team members are devoting 30-40 hours per week to the robot's construction. They meet weekdays from roughly 6-9 pm and on weekends. That's nearly a full-time job, aside from all of their academic requirements.

After the robot is fully constructed, team members

must devote several weeks practicing with it to master its maneuverability and to troubleshoot. They also must accept the reality that it's nearly impossible for one robot to do everything well.

"If you try to build a do-it-all bot, you will run out of time and you won't do any of it very well," says John. "So we picked two aspects of the game challenge that we thought we could get done well."

During a recent post competition team meeting to review video of competitors' robots, there was a lot to consider. They studied robot components like usage of a swerve drive module and a belly pan at the bottom of a chassis. Some of those robots were fierce, as were the team members, like the longtime winners from San Jose where there's a concentration of tech companies and some students from Google employee lineage.

During this review, which felt like a college-level seminar, Ben drew on a white board while others followed his sketches which illustrated an approach to the climbing capability of another team's robot. The students all contributed thoughts in a very mature, relaxed, analytical manner while the advisers listened attentively, assuming a more passive role.

"We try to offer some (figurative) guard rails," said adviser John. "We don't want to put limits on their creativity, rather, we just want to keep them grounded. We help them

consider things like the time cost relative to the effort cost."

He also notes that younger team members can be more impulsive with "lots of ready-aim-fire." He enjoys watching them become more thoughtful as they gain experience.

The way the FIRST competition works is for teams to follow the robot design criteria and to create a device that can compete in a season's game challenge. This information is released at the beginning of January and must be completed by mid-March. All construction must be done from scratch, including the mechanical design and the software programming. During each 2.5-minute match, the robots must be able to run autonomously for the first 15 seconds, then they are controlled by a team member.

"With about eight weeks to complete the robot's construction, you can't do this yourself, you must work as a team," states John. As part of that practice, occasionally students have disagreements. "Why don't we build it this big or this wide or this much higher?" students will say. But with these team members, there's no drama or yelling. Nor are there walk outs, Keyerleber reports.

The students bring with them mechanical engineering skills, starting with CAD (computer aided design), using SolidWorks, which allows them to complete lots of modeling on the computer. They also rely on what they've learned in their STEM classes. Jack can confirm that point.

"I definitely pulled some things I learned in physics or math class and applied the lessons here, but I can also say that if you looked through my binders, you would see robot concept drawings on the back of my notes, especially early in the season because I was always thinking of things I could put on the bot."

John also points out that “the beauty of BHS is that there’s a four-year industrial design program that is great for those with some mechanical aptitude.” He notes, however, that he needs to bring some students up to speed on how to work tools like a drill press, saw, or mill.

Most teams have 25-40 members and large resources from corporate sponsors. Beachwood had neither. If they were to have had more team members, those students would have been put to work as a sub team where they could divide and conquer to accomplish more tasks.

The season began when the team used a trailer to haul its 106-pound robot to Pittsburgh to compete in a qualifying event in March. The event was attended by 47 teams from Florida, Kentucky, Michigan, New York, Ohio, Pennsylvania, and West Virginia. During the first day, several qualification matches were played with different randomly assigned partners in a 3-on-3 competition (red versus blue alliances). So six robots were on the field trying to win each match for their alliance to establish their place in the overall qualification rankings.

This year’s challenge resembled a ball game where robots were required to collect their alliance color’s red or blue cargo balls (about 10 inches in diameter), and then deposit them for points in both a lower hub (like a collection basket) and an upper hub in the middle of the field (a 54-by-27-foot contained space where the balls and robots stay in place). Points were also scored at the end of the game when robots were able to climb rungs in their alliance’s hanger space on the field.

After BHS placed 15th during the qualification matches, alliances were formed on the following day to compete for the event’s championship. The top eight qualifying teams became

alliance captains and they drafted from among the other 41 teams. Beachwood was selected by the #1 seeded alliance and became part of the winning alliance at Pittsburgh. This victory earned them the high honor of being one of a handful of teams that was able to advance to the world championships in Houston.

While no one exactly breaks a sweat in this sport, they do feel the heat of the challenge to win.

“You’re not just building a robot for a science fair, you need to build it to compete over the wear and tear of several 3-by-3 matches involving specific game challenges,” explained John. He likens the challenges to a varsity sport by virtue of the time commitment and skill required. Also, there are strict rules, there are referees enforcing them, and there are crowds cheering at all events.

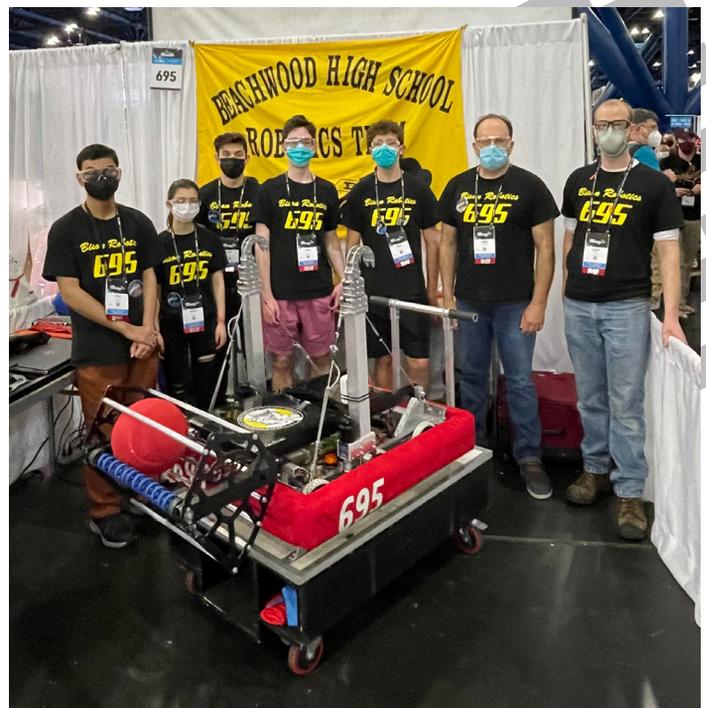
In Houston, Beachwood’s team played in 10 matches where 453 teams in 6 divisions were competing. They played for two days to a 5-5 record, and they ended up ranking 38 out of 76 in their division. The overall winning alliance and subsequent world champion was composed of teams from San Jose, Colorado, Michigan, and Texas.

With the season now over, one certain take-away involves connections.

“These kids have joined a network that they will (potentially) know for the rest of their lives,” John said. “Also, because this program has been around for over 30 years, a generation has gone through it. Since some are in hiring positions, this activity can help float a resume to the top. I’ve even hired FIRST alumni in my own business because they communicate and collaborate well, they know teamwork, they’re smart, STEM-oriented, good at problem solving, and you know they can bring it.”



Team advisor John Keyerleber likens robotic challenges to a varsity sport by virtue of the time commitment and skill required.



Vyas Pai, Kavya Shah, Jack Gordon, Sam DeYoung, Ben Lawrence, Advisor John Keyerleber, and Team Mentor Chris Dickey.

For John, the advising experience has been very gratifying.

“I’m extremely proud of what the team was able to accomplish. They had tears of joy when we learned in Pittsburgh that we’d advance to the world championship.”

As Dean likes to say about

the totality of the competition experience, “it’s not just about building robots, it’s about changing what students think is possible about their futures.”

The field is wide open now.

For more information about the BHS Robotics Team, email John at coach@frc695.com.

STUDENTS SHARE ROBOTICS TEAM EXPERIENCES

Q. Why did you get involved with the robotics team?

A.

JACK GORDON, BHS Senior

I enjoy being able to work with my hands, and there's no other club in school where I can actually build things like that every day. Also, there's the challenge element, something always goes not according to plan, you're always thinking on the fly and trying to come up with something new. I think that's fun and it makes me want to return for more.

BEN LAWRENCE, BHS Junior

Nikhil Murali, BHS Class of 2020 (currently studying mechanical engineering at the Georgia Institute of Technology), said I'd be good at this and he's an urban legend around here. He brought me to the workshop for a day and they had me degreasing gear boxes. When I came home, I was all gross and my mom was like, what were you doing out there? I just kept coming back because I loved it so much. I love the process and the hard work that goes into it, and the ability to have a final product at the end. You work seven days a week for 2.5 months straight, then you're able to compete. It's a good learning experience in general.

KAVYA SHAH, Aurora High School Freshman

I started my FIRST career in 3rd grade with Junior First Lego League (FLL) and continued with it in 4th grade, all the way till 8th grade. I always loved robotics with all the new things I'm able to learn and all the skills I'm able to develop. I always knew robotics was something I wanted to do all throughout high school. Luckily enough for me, my FLL coach for 2 years is also the same coach of the FIRST Robotics Club team I'm on right now. I was able to join the team and learn so much more.

SAM DEYOUNG, BHS Junior

Originally, I joined because Ben recruited me, and I just kept coming back. I genuinely enjoy the process of prototyping all the different parts of the robot. I thought that was very cool. In retrospect, I enjoyed it more than I thought I would. Getting to the world championship made me enjoy it even more. I like starting with plywood and then transforming that into a part on the robot, then seeing it in action on the field. It's all super fun and rewarding.

VYAS PAI, Willoughby South High School Junior

I like that we are able to work with real-world engineering principles. In the shop, we design, build, test, and troubleshoot, and this is all helping guide me toward my career. I love working with the other students, we have a phenomenal team here. My teammates are very committed and talented. I like being here 7 days a week for a few hours, seeing how we can build and improve the robot. I also like seeing it working in competition, not necessarily to see it perform well, but because we're seeing the fruit of our work. Also, learning how to troubleshoot is priceless.

Q. How do you budget your time?

A.

JACK: It's a full court press from January through March so you become more efficient with your time and find a way to get the schoolwork done.

BEN: I would work through lunch and do all my morning homework then. During free periods, I'd also try to get ahead whenever possible. I'd get home after school and do whatever was left, then head to the warehouse at 5:30 every day. Every free moment, I would just pull out my binders and get it done. You learn that if you have five minutes, then you pull out your book and get the assignment done. That's a skill I'll be able to take with me to college. Sometimes it was frustrating at the warehouse because you'd be right on the cusp of finishing, then you're like, ugh, it's 10:30 pm, I should probably go home since I need to be at school tomorrow at 8 am.

SAM: There were some long periods of burn out, both for doing homework and robotics. I'd get home after a hard day of classes and I was like, ugh, I was so tired, I wasn't sure I wanted to go to robotics, but Ben would pull me along anyway.

VYAS: I like creating something tangible, so this activity motivated me to finish my schoolwork earlier.

Q. Can you talk about the social aspects of this activity?

A.

BEN: These are my only friends (he chuckles). Your team is your friend group. My friends outside of robotics don't really understand what I'm doing here. They'd say, where did Ben go for three months, but when we came back with a winner's banner, they were like, oh, okay. They understand because they all do sports and are committed to other things.

JACK: This activity doesn't replace your social life, it's more of an expansion of it. A lot of the time that we're here, it's not just that we're hard at work, we're having fun and we're joking around. It still feels like it's part of my social life.

BEN: We were once the shy, intimidated kids, and getting over the hurdle of showing up for the first time is key. There's no intimidation going on here. As long as you're here with an open mind, anyone can come and have fun and be successful here.

KAVYA: Robotics includes a lot of social aspects, the most important one is teamwork. As soon as the challenge is released, we already have obstacles. We have to plan what our robot should do, how we are going to get it done, strategy, and much more. Without teamwork and communication, the team won't be on one page. The other aspect of robotics that is very important is being open minded. Not everyone is going to have the same ideas as you and you should be willing to listen to what other people have to say.

SAM: I think most people's expectations shift when they come here. I thought being on the team was just coding and programming, but when you come here, you can see that there's an array of activities that you can do to completely contribute to the robot. Nothing is more or less important than other tasks, it's about your work and efficiency.

VYAS: If anyone is nervous for whatever reason, it's all about how you can learn and build your own skill set, along with building this robot. The whole point is how can you be fruitful with your time.

BEN: On a team of our (small) size, you end up doing a little bit of everything. It's segmented a little bit, but we all know how to do enough.

JACK: We're laid back and help each other out. Short of programming, every person on the team could take any element from the robot and build it alone at this point. We've been through it so many times, we're all totally versed in how the robot works and how it's assembled.

Q. Can you talk about how robotics qualifies as a sport?

A.

JACK: People think about robotics as this super nerdy activity, like, why are you doing robotics? But if anyone came to the warehouse and saw what we're doing, they would see that we're building stuff that, if you saw one of our matches, would take away the nerd element. We're competing in a sport, but with a robot. It is a sport! I definitely feel misunderstood when I talk to my friends about robotics.

BEN: During the finals in Houston, there were 40,000 people sitting in the stands. If you say it's not a sport, then you're not seeing the full picture. We all commit the same amount of time, or more, as any athlete would at school. It's misunderstood because we're applying what we learn in the classroom in a sporting environment. We call it practice, we have a field, we have spectators, we have a game, and we have 100 pages of rules we need to comply with. If I wrote all that on the board, anyone could match that to any sport.

VYAS: It's a sport for the mind. We're working as a team, just like any other sport would. We commit the time, put in the effort, develop as athletes, and get ready for competition. What's unique about this is that the assignment is different every year. It tests the ability to adapt and not just the ability to repeat the same thing. How can you use your skill set to address a new challenge? It's not just some geeky project we're doing, we're taking what we've learned and applying it to something new, like any real-world engineering challenge.

SAM: It involves lots of industrial design, and the very cool payoff is in the end with the sports side of it. It's fun being at the competition, more so than any sporting event I've attended. You can walk around and visit other teams' pits and talk with them, too.

Q. What are some of your take-aways?

A.

BEN: Networking. I talked to as many people as possible from all around the world, including participants from Australia, China, Taiwan, Israel, Holland, Mexico, Canada, and all 50 states. One girl said, "I've never met an American before," to which I replied, "I've never met an Australian before." It was a cool joint experience. We live such different lives but we're doing the same thing.

JACK: There were some universally felt challenges that had a payoff: lost sleep, staying up at night at times trying to solve a problem with the robot, then figuring it out. You realize how fragile things are when you start playing, and you know how intense the game is, so you want to address every situation you can because you don't know what's going to go wrong, and you don't know all the ways your robot can break until it breaks. But you trust that you can fix it.

VYAS: Gracious professionalism. Not all sports have this. The whole time you're competing, you stand to learn from one another, and you're trying to establish connections and build off each other's experience. You're not only competitors, nor are you blindly competing for the sake of a banner, you're there to learn and have fun.

JACK: Some people were astounded by the fact that we only have six people on our team. They wanted to know how we pulled that off. Just hard work and dedication. I knew we were small in number but I was fully confident in everyone we had on the team. Everyone could pull enough weight that we could succeed. If I missed a day, I knew that everyone else could pick up what needed to get done. And vice versa, we were all capable of doing everything.

KAVYA: I have learned how to speak up and say my ideas even if they might be wrong. I've learned how to work in a team and get an efficient amount of work done, and lastly, slowly over the season I've been able to form friendly relationships with everyone on my team and I got to know more about them outside of a robotics setting. Robotics is an amazing experience. Not only do you build your career for the future, you also learn so many important life skills that you would need at any job: being able to be confident, present properly, explain material or a given topic in an appealing manner, work as a team, problem solve, and most importantly, having fun!

Comments from CHRIS DICKEY, team mentor, Orange High School Class of 2008:

"Don't let your ambitions get the best of you. We should fight for something we can do, and we're all in this together. Also, there's no expectation that everyone is here 30-40 hours per week during the competition season. Everyone takes off a couple days every so often. In fact, we had a schedule sheet for time off."

BHS's Orchestra's Bellissimo Trip to Italy

By Arlene Fine

What's more thrilling than listening to the works of Antonio Vivaldi? It's playing one of his concertos in Venice at the Church of Santa Maria della Visitazione where Vivaldi, one of Italy's greatest Baroque composers, worked, studied, and prayed.

That's what 33 members of the Beachwood High School Orchestra experienced during their performance trip to Italy from March 24-April 2. Led by BHS Orchestra Director Lisa Goldman, the musicians performed in grand concert halls in Venice, Florence, and Rome.

"Due to COVID, we had just one year to prepare for this trip," said Lisa. "With my retirement at the end of the school year, I was determined to give these talented young musicians a chance to experience a once-in-a-lifetime trip to Italy."

As the students prepared for their Italian tour, Lisa enriched their musical curriculum by providing lessons on the background of the great Italian composers, the illustrious contributions of famous Italian artists and scholars, and the history of the venues where they were to perform.

To enable students to experience what it was like to be part of a traveling musical ensemble, they were assigned tasks while on the road. "Some kids were in charge of setting up the stage and taking it down, others took care of loading the buses with our equipment, and some students handled the PR, including taking pictures and videos," said Lisa.

In the interest of time, the fundraising arm of the trip was handled by Lisa, who contacted sponsors, including *Beachwood Buzz*, Sally Messenger, Erica Remer, Patty Rubin, Jacqueline James, Betty Luxenberg, an anonymous donor, and Friends of the Beachwood Orchestra.

Thanks to GrandTours, an established concert tour company for educators and students, all the concert halls had up to 400 people in attendance. "The Italians are culturally strong and readily

gather to hear concerts presented in these grand cathedrals," said Lisa. "We were gratified by the enthusiastic response we received."

GrandTours also helped book hotel rooms, arranged venues, advertised the concerts, planned sightseeing stops, and secured dining spots for the large group, leaving Lisa and her group of six chaperones free to devote all their time to enriching the young musicians' Italian experience.

"The astonishment on the students' faces when they entered these ornate, gorgeous concert halls was unforgettable," said Lisa. "No matter how I had prepared them, being there in person and seeing their reaction to the grandiosity of these performance venues was amazing. This is something that they could never have gotten from classroom study alone."

Along with daily stops at gelato stores, sightseeing

excursions included such venerable destinations as the Vatican and Sistine Chapel, the Jewish Quarter in Rome, Venice canals, Accademia Gallery, San Gimignano, Orvieto, the Pantheon, and St. Peter's Basilica.

Following all COVID protocols was always part of the tour groups' daily routine. "We found the Italians to be very COVID compliant and cautious," said Lisa. "Whenever we entered a museum or musical venue, we had to produce our vaccination cards and wear KN95 masks. No one got sick during our trip."

This tour more than proved to be the grand finale of Lisa's 23 years as the BHS Orchestra director. But she is not ready to put down her bow. Lisa, a professional violinist, plans to continue to perform and to remain an integral part of Cleveland's thriving arts community.

Encore! Encore!



Clockwise from top right: Orchestra Director Lisa Goldman with Noel DiVine; performance in Rome, at the Chiesa di Sant' Ignazio di Loyola; Elan Scherbakov, Vihaan Madhavan, and Yahil Anter enjoying their daily gelato; and the BHS Orchestra in front of the Vatican.

BHS Orchestra Tour Participants Chime In

Cheryl Isaacson **Chaperone**

I was supposed to go on the orchestra trip to Italy two years ago with my daughter, who was a junior at BHS, but that trip was canceled due to COVID. My son, who is a freshman at BHS, and I jumped at the opportunity to participate in this year's tour, particularly since this is Lisa's last year as orchestra director.

The concerts, in Venice, Florence, and Rome, were amazing, each venue more beautiful than the last. Watching people come to the concerts was one thing, but to see them taking photos and videos and coming up to us after the concerts to share their enjoyment was beyond my expectations.

We were often told how well behaved, respectful, and polite the students were by our tour guides, the hotel staff, and venue personnel.

Seeing my son and his orchestra friends get to know one another, develop meaningful friendships, and experience international travel was great. These are certainly memories that they, as well as I, will have for a lifetime.

Arielle Epstein, cello **Sophomore**

It was an amazing opportunity both musically and academically. I learned so much about myself and met so many new people!

Alice Anastos, double bass **Senior**

There was a moment of realization at the first concert where I thought, "Wow, I am really playing double bass in Italy." It was incredible to watch the pews of ancient churches fill with concertgoers and see them whip out their phones to record us. I am so lucky to have had

the opportunity to participate in such an amazing experience, so thank you to everyone who made that possible!"

Chamira James, violin **Sophomore**

There were so many great things about our trip, but some of the most significant were the beautiful churches and cathedrals, such as the Vatican, the Sistine Chapel, and St. Peter's Basilica. I also enjoyed shopping at various venues of Venice, Rome, Florence, Orvieto, Siena, and Padua, and trying authentic Italian pizza, pasta, gelato, and my first-ever cappuccino. I enjoyed performing in beautiful venues such as Chiesa di Sant' Ignazio di Loyola, Chiesa di Santa Maria della Visitazione, and Chiesa della Pietá. I have made many new friends during the eight days we were in Italy. I am happy to have experienced this once-in-a-lifetime trip."

We are so fortunate to have had Lisa Goldman inspiring a love of music and travel in our students for so many years.

– Dr. Robert Hardis

Dr. Robert Hardis **Beachwood City Schools** **Superintendent**

To be able to travel to Italy with my family and see our daughter and the BHS Orchestra perform in Florence and Rome was the thrill of a lifetime. We are so fortunate to have had Lisa Goldman inspiring a love of music and travel in our students for so many years. I'm glad my family shared in the experience of Lisa's final performance tour with the orchestra she built!



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Beachwood High School's Pre-Med Club is Laser Focused

By Arlene Fine

Beachwood High School students have a wide variety of clubs to choose from – but the Pre-Med Club is just what the doctor ordered for teens interested in pursuing a career in the medical profession.

During this school year, the club's faculty advisor, Linda LoGalbo, Beachwood City Schools Director of Curriculum & Instruction, and two student co-presidents, Hiba Z. Ali and Audrey Hardis, planned and organized the club's monthly meetings that attracted a loyal group of 20-25 students.

Each session included keynote speakers chosen for their involvement in some aspect of the healthcare field. The presenters shared first-hand knowledge about their career paths and the responsibilities, rewards, and challenges in their chosen fields. Robust student discussions always followed the presentations.

This year's speakers included a pediatrician, a pediatric hematologist-oncologist, a dental student, two internists, a geriatric researcher, a biomedical engineer, and an emergency room physician. Linda and the club members networked with family and friends to locate the speakers.

"It was gratifying for students to hear our presenters explain what a career in medicine can look like," said Linda. "Our goal is for students to find something in each presentation that resonates with them and opens their eyes to all the possibilities out there in the healthcare field. This year, a biomedical engineer fascinated the kids when he described an innovative heart pump he was working on in conjunction with a leading area hospital."

The college-bound BHS students also became aware of the speakers' personal journeys that led them to the healthcare field. "Many of the physicians explained they did not go the traditional pre-med route in college, but majored in other

fields," Linda said. "Med school admission is so competitive, and our speakers advised the students that these schools often look for non-traditional students who had a wide range of experiences before applying to med school."

Along with their regular meetings, Pre-Med Club members volunteered at the MedWish International supply warehouse in Cleveland. "Our group helped sort medical supplies and we held a drive for new or gently used medical supplies like crutches, thermometers, hot/cold packs, and ace bandages," said Linda. "We also collected toiletry items for MedWish to send overseas."

Linda, who was a principal at Beachwood Middle School and Hilltop prior to her current position, is proud of what the club has accomplished this year. "This is a student-run group, whose interests and passions drive the programming," she said. "My role is to help facilitate meetings and book rooms, but

the driving force behind the club is our motivated students."

Pre-Med Club co-president Audrey Hardis, who joined the group in her freshman year and gained a leadership role in her sophomore year, said she enjoys "planning these meaningful experiences for my friends. This has helped me develop my leadership skills and find my role in our school community. Our meetings, which connect students with professionals, are inclusive and conversational. I enjoy listening to everyone's questions and gaining the most knowledge from our speakers."

Co-president and graduating senior Hiba Z. Ali marvels at what she has gained from her Pre-Med Club experience since joining the group in her freshman year. "This club has given us the opportunity to explore possible career paths,"

she said. "It helps us take an active role in shaping our future, allowing us to ask questions or participate in medical supply drives. Hearing different medical professionals has educated me, guided me on what I need to know in order to find success, and has made me even more certain of my interest in going into medicine."

"Our goal is for students to find something in each presentation that resonates with them and opens their eyes to all the possibilities out there in the healthcare field."

– Linda LoGalbo

If you would like to be a presenter at next year's BHS Pre-Med Club contact Linda LoGalbo at lh1@beachwoodschoools.org.



BHS Pre-Med Club members, Maya Eisengart, Audrey Hardis, and Madeleine Mehler, with medical supplies their club collected for MedWish International.

Beachwood Hometown Heroes Celebrated

On Sunday, May 22, the city of Beachwood and Beachwood Historical Society recognized and celebrated select Hometown Heroes who live, volunteer, and work in our community.

Heroes were selected because they're admired by others, are devoted to their work, and are 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, Stacey Wright, Luke Combs, Dan Cicchella, and Riley Parke.

Next time you visit the Beachwood City Park West, be sure to visit the Garden of Heroes, located on the same side as the pavilion.

Watch for bios and event photos in next month's issue of *Beachwood Buzz!*

Heroes were selected because they're admired by others, are devoted to their work and are dedicated to helping others.

Beachwood Historical Society Invites You to Attend

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

(Details on page 23)

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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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Wednesdays and Sundays

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Beachwood Tennis Courts

Pickleball Tournament

Saturday, July 16 • 9 a.m. - 2 p.m.

Beachwood Tennis Courts

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BAKED by Abbie

Berry Swirl Cheesecake

Ancient Greeks created the earliest known cheesecakes, popular among athletes and at weddings. During the late medieval era in Europe, cheesecake transformed to include a pastry base in a tart form. According to the Jonathan Lord Cheesecakes & Desserts company, the first English cookbook written in 1390 included variations that included eggs and flavorings. When the English colonized North America they brought their cheesecakes with them. However, recipes weren't dramatically transformed until the 1900s when New Yorkers became obsessed with the dessert. And, that explains why people believe cheesecake originated in New York. I hope you enjoy this treat, which is perfect for Father's Day or the Jewish holiday of Shavuot.



Recipe is adapted from Driscoll's, courtesy of DZR.

Ingredients

- 3 cups chocolate wafer cookie (about 60) or graham cracker crumbs, pulverized in a food processor
- 9-10 tablespoons unsalted butter, melted
- 1/2 cup blackberries
- 1/2 cup raspberries
- 3 teaspoons vanilla
- 1 cup plus 2 teaspoons sugar, divided use
- 3 packages of 8 oz. cream cheese, at room temperature
- 1/2 cup sour cream or plain yogurt
- 3 large eggs

Directions

- Preheat oven to 350°F.
- Combine crumbs and melted butter in a medium bowl. Press into and up sides of a 9" non-stick springform pan. (If pan is not nonstick, brush sides with 1 tsp. of the melted butter first.) Bake 14 minutes or until firm. Cool completely. Reduce oven temperature to 300°F.
- Puree 1/2 cup blackberries in a food processor. Strain into a small bowl to discard seeds to get 2-3 tablespoons puree. Stir in 1 teaspoon sugar. Set aside. Repeat with 1/2 cup raspberries.
- Mix cream cheese and remaining sugar with an electric stand mixer on low until blended. Add vanilla and eggs one at a time.

Add sour cream. Mix until blended. Spoon half batter into cooled crust. Drop half of puree mixtures into batter one teaspoon at a time. Swirl into filling using a toothpick or skewer. Repeat with remaining cake batter and purees.

- Bake about 1 hour or until edges are just set and center jiggles just slightly. Turn oven off and prop door open with the handle of a wooden spoon. Let cake rest in oven for another hour.
- Refrigerate cake 4-6 hours or overnight.
- To serve, garnish with additional berries and fresh mint.

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 and like her Facebook business page, BAKEDbyabbieCLE.

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What the Possible Reversal of Roe v. Wade Could Mean to Ohio Women

by State Representative Kent Smith

On Monday, May 2, the news site Politico sent shockwaves across the nation when it published an initial draft majority court opinion, written by Justice Samuel Alito, which indicated that the U.S. Supreme Court could reverse the 1973 Roe v. Wade ruling that made abortion legal in the United States.

If Roe is reversed and sent back to the 50 states for final jurisdiction, reproductive freedom could be eliminated in Ohio this summer.

So what would that mean in Ohio?

Banning abortion would strip Ohio women of their decision-making abilities and reduce them to 3D printers, as soulless vessels who exist for reproduction purposes only.

If abortion is banned, then it would become criminal behavior for medical staff to provide these services and for women to seek

them. If safe, legal abortion is eliminated, then law enforcement could be forced to investigate miscarriages as possible homicides.

But perhaps the most devastating ramification of the reversal of Roe is that without access to safe, legal abortion, some women will die due to medical complications during pregnancy.

Let me review just one challenge not uncommon in reproductive health. An ectopic pregnancy occurs when a fertilized egg grows outside of the uterus. Almost all ectopic

pregnancies – more than 90% – occur in a fallopian tube. There are approximately 200,000 of these cases a year in the United States. Ultrasounds can detect them, and abortion can treat them. If left untreated, the growing pregnancy can rupture in the fallopian tube, resulting in substantial blood loss and the mother can die.

With the Roe decision on the line, personal freedom and the ability to make reasonable medical decisions are at stake. The 132 members of the Ohio General Assembly are not qualified to

be the OB-GYN doctors for all of Ohio's female residents. A ruling by the U.S. Supreme Court to reverse Roe will jeopardize women in Ohio because every pregnancy is complicated. That is why babies are born in hospitals, not in state capitals or courtrooms.

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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Don't Blame the Stars

By Ellen Wohl

Digging through boxes and boxes filled with hundreds of typed pages and handwritten notebooks, Beachwood resident Barbara Heller set out to fulfill a promise she made to her late mother, Gertrude Fogelson Weiner. She would publish the memoir her mother was writing about her unconventional life, which ended three months shy of her 100th birthday.

Gertrude captured “faded mental snapshots” on paper, impressions of her life, and how she developed a love of art and learning. From Lincoln, Nebraska, in 1916, to Cleveland’s Jewish Orphan Asylum (JOA), then to the new Bellefaire in 1926, a home in Beachwood, across the country to California, and a two-year stint in the Peace Corps at 73, her writings provide a passionate illustration of her experiences.

A year after Gertrude died, Barbara attempted to finish the book for the first time. “I didn’t feel comfortable making any changes to her writing,” she said, “so it all got put away.”

When the pandemic began, with nothing but time on her hands, she tried again.

First, there was a lot of organizing to do. There were approximately fourteen handwritten journals that Gertrude started at a young age. Then Barbara found herself reading hundreds of other narratives that her mother typed, edited, and retyped long before the convenience of cut and paste.

“I’ll finish your book,” Barbara announced as if Gertrude could hear her, “but it will be my book too. I’m in charge now!” It took a month to sort through the notebooks, papers, and her mother’s many maxims.

Besides managing her copious notes, Barbara plunged into time-consuming research about the business of publishing, printing, and copyrights. Not knowing how to arrange all the stories and

life lessons, she turned to 48 Hour Books in Akron. A comprehensive instruction manual arrived within days, explaining exactly how to construct a storyline and print-ready manuscript.

Utilizing Gertrude’s pen name, Trudi Wyner, Barbara decided the memoir would be self-published as a keepsake for the family, a message to her children and grandchildren. Happy with her decision, she forged ahead, having no idea it would take nineteen months to complete.

Throughout the process, Barbara was continuously encouraged and admired by her husband, Jimmy. Her closest friends, a “Circle of Strong Women,” as she calls them, surrounded her with advice, guidance, listening, and constant support.

Though Barbara said there were no surprises, some of the stories were quite emotional. Gertrude never talked about her early years, but Barbara knew that she came from a poor family and had a difficult childhood. After a few minor run-ins with the law, the B’nai B’rith rescued 9-year-old Gertrude, her younger brother, and an older sister from an incapable single mother and an unsupervised home.

In the era of the Orphan Train, in which happy endings weren’t a guarantee, being sent to JOA in Cleveland was a life-saving intervention. Still, Barbara felt a great deal of sadness reading her mother’s actual accounts of that time, particularly her early days at Bellefaire. Then, in

high school, Gertrude made the decision to leave Bellefaire and move into the apartment with her mother and sisters. It was a decision she long regretted.

“I’ll finish your book,”
Barbara announced as if
Gertrude could hear her,
“but it will be my book too.
I’m in charge now!”

As a young girl, Gertrude began collecting quotes and maxims that she considered her teachers. The book title, *Don’t Blame the Stars – a memoir*, comes from one of her favorite passages written by William Shakespeare. “The fault, dear Brutus, is not in our stars but in ourselves that we are underlings.” Gertrude’s takeaway was this: “We make our own life regardless of what the stars tell us.”

The cover and title truly reflect the memoir. Barbara decided that her daughter, Darcy Hershey, a graphic designer, was the only person to create the book cover.

The most precious part of the cover is the original 1926 photo of four of the five children in Gertrude’s family, taken just before boarding the train to Cleveland. Gertrude’s mother, an excellent seamstress, made their clothes as a goodbye gift.

Barbara feels that the picture is meant to be seen. “There’s a reason my mom kept it all these years.”

Darcy agrees. “It was truly the perfect image to highlight. I could almost imagine the

children standing in place, fearful of the unknown ahead of them, saying goodbye to their mama.”

Just as Gertrude changes her outlook on life, the somber black and white photo contrasts with the background, an ombre of blues, and the lively movement of vibrant turquoise.

“It almost reminds me of Van Gogh’s *Starry Night* with the burst of twinkling night stars,” Darcy said. Having instilled a love of art in her granddaughter, she added, “GG would definitely enjoy knowing that I compared her book cover to a work of Van Gogh.”

Gertrude was always her own person, a free thinker and a woman with an endless love of learning. In 1954, she and her husband moved their young family from Cleveland to the new community of Beachwood. They heard houses were being built quickly and, most importantly, there would be good schools.

Gertrude’s resilience was shaped by her young life at Bellefaire, living with her mother and sisters as a young adult, and her strength as a single mother. But working in Jamaica with the Peace Corps was the defining moment that changed her. After two years in Jamaica working in Youth Development, she returned to the States, recognizing her self-worth. In 1998, adopting her pen name, Trudi Wyner, she published her first book, *Walk Good, A Jamaican Odyssey*, about that experience.

Barbara found that the most fun in compiling the memoir was connecting with people from her mother's past. Gertrude kept a Rolodex of names and numbers from everywhere she lived – Bellefaine and beyond.

Throughout the process, Barbara was continuously encouraged and admired by her husband, Jimmy. Her closest friends, a "Circle of Strong Women," as she calls them, surrounded her with advice, guidance, listening, and constant support.

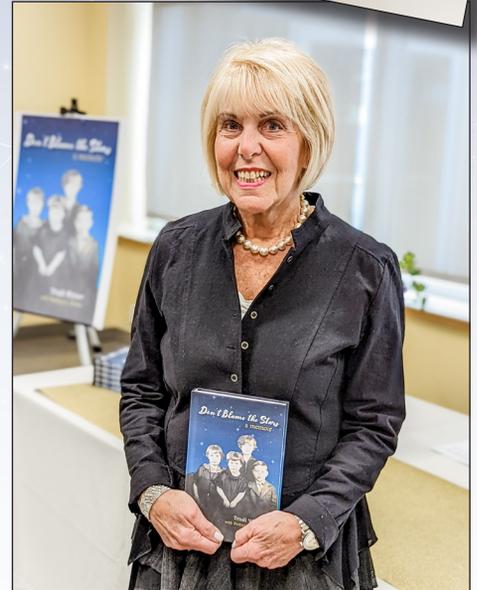
When 93-year-old Trudi took journalism classes at Santa Monica College, a feature article about her appeared on the front page of the college newspaper, *The Corsair*. In 2020, Barbara reached out to the writer, Trudi's classmate, Daniela Suleiman, who asked if she was in touch with their teacher, Lyndon Stambler. When Barbara contacted him, Professor Stambler wrote a glowing dedication that appears in the front of the book.

Her mother's early impressions of friends and incidents touched Barbara, but none more than the recollection of the 1929 planting of

trees at Bellefaine. Gertrude and her best friend walked around the campus, wondering what the trees would be like in twenty years.

In 1965, when she returned to the campus for a reunion, an old friend reminded her about the trees. Trudi writes, "It is many years later. I must go see if they are still there. By sharing my memories with my descendants, it is as though I am on a bridge. Perhaps you can take this bridge in time and be with me as we view the newly planted baby trees of 1929 and see them together and full-grown this fall. Together, we can walk to my past anytime you read my words and be with me, the innocent teenager of the 1930s."

To purchase *Don't Blame the Stars - a memoir*, contact trudiwynermemoir@gmail.com.



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A Fond Farewell to Principal Sherry Miller

By Shana Wallenstein

After 25 years as a principal, the last ten in the Beachwood Schools, Elementary Lead Principal Sherry Miller is retiring at the end of the school year. “I remember my very first day at Hilltop,” she reminisced. “I studied the previous principal’s Rolodex intently over the summer, and on the first day of school, I stood at the door and greeted every student by name.

“Rich Markwardt and Bob Hardis (former and current superintendents) pulled up and saw a line of families out the door. They had no idea what was happening,” Sherry continued. “I was so intent on meeting each family that I was unaware that on the other side of the building, another student was being treated for anaphylactic response by (secretary) Tyjuana Coles. I then spent a few hours in the emergency room with that student!”

Across her tenure in Beachwood’s elementary schools, Sherry has had an impact on thousands of students and their families.

“I have so many favorite memories of these schools. A major highlight was when our Bryden third graders went to Beachwood City Council to advocate for safety belts on school buses. I’ve always believed that if you give students the tools to connect learning to real life events, you create an excitement and commitment to those principles. Beachwood is such an amazing community. The parents and community members are so eager to engage with the schools. We’ve been able to give our students wonderful opportunities. When we applied for Step Up To Quality and received 5 stars (out of 5) our first year, I knew we were changing the entire bar of what early childhood education had been. And then, when Hilltop was recognized as a Blue Ribbon School, it also an honor for Bryden. What a wonderful recognition of how hard our teachers, students, and families have worked, particularly through the pandemic.”

Under Sherry’s tutelage, students at Bryden formed the school’s first student council, empowering students to serve as mentors to one another and

ambassadors to visitors. Prior to COVID, students made regular visits to Stone Gardens for art projects and sing-alongs with the residents.

“We built a real sense of community and celebration of diversity within our elementary families. It’s always been important to me that we celebrate one another and learn from each other. We had an annual multicultural family potluck at Bryden with a conversation led by Chris Weyn, our school psychologist, and three meetings each year with our Parent Resource Group to discuss a variety of topics.

“Topher (Starzyk, guidance counselor), Shahryn (Moody-Benedict, media specialist) and I would each lead a family dialogue on a different topic. It was a wonderful way to come together, learn from one another, and share pieces of our backgrounds and cultures.”

One of Sherry’s favorite mottos is, “Bloom wherever you’re planted,” and it has fostered her approach to collaborative relationships with peers, faculty, staff, and families.

“I believe in celebrating successes and reflecting on what we’ve accomplished with kids. I believe in meeting people where they’re at and focusing on their strengths. We transfer energy from one another by connecting through relationships. When people feel valued, appreciated, and recognized, they will bloom wherever they’re planted.”

Dr. Robert Hardis shared, “I feel fortunate to have been colleagues with Sherry. She brought unwavering commitment to high academic standards along with a caring touch. I appreciate how she respected Beachwood traditions with confidence to try new things that made our district better!”

Throughout her career, Sherry has been well known for her thoughtful mentorship and leadership inside the building and out.

One of Sherry’s favorite mottos is, “Bloom wherever you’re planted,” and it has fostered her approach to collaborative relationships with peers, faculty, staff, and families.

“I was in the state of Ohio’s first official Principal Mentorship program and I’ve continued to mentor new principals through Ursuline College,” Sherry recalled. “I’m most proud of the relationship I have with Ali Ciccone, and seeing her become the next principal is a true highlight. I’m so proud of her and excited for Beachwood. She’s a fierce advocate for kids and families. To see her growth is a real highlight of my career.”

The love and respect between Sherry and the elementary school staff go both ways. Tyjuana has served as a building secretary throughout Sherry’s tenure in Beachwood.

“In all of my working career, I can truthfully say working with Sherry

has been the best! She is a very caring, loving, and compassionate leader ... one of a kind,” Tyjuana shared. “Without a doubt, she will genuinely be missed.”

This sentiment is shared by so many of the families, students, teachers, and administrators.

Sherry looks forward to spending more time with her children and grandchildren.

“I have so many experiences and learning opportunities to share with my family. It will be wonderful to create new memories with them.”

A resident of Orange, Sherry will continue to be a resource for Beachwood. “What a way to finish out my career, here in this wonderful district that’s brought me so much joy.”

Sherry’s career also included time at Agnon School (now Mandel Jewish Day School), and the Gearity Professional Development School, part of the Cleveland Heights-University Heights School District.

“It’s always been about the relationships for me. I leave with wonderful memories and hundreds of relationships that I will treasure forever.”



Elementary Lead Principal Sherry Miller, center, with (from left) Athletic Director Ryan Peters, former BHS Assistant Principal Ryan Patti, BHS Principal Paul Chase, Hilltop Principal Ali Ciccone, and BMS Principal Tony Shritai.

Beachwood Chamber of Commerce Honors Beachwood Area's Best and Brightest



On May 19, the Beachwood Chamber of Commerce honored 20 people and businesses at its inaugural Spirit of Success Awards Banquet.

"As an organization, our focus is on helping local businesses and non profits thrive. However, we realize that we also have a responsibility to connect businesses to the community, and that's why we've created various award categories," said Megan Baechle, BCoC executive director.

Congratulations to the following recipients:

Beachwood Builder Award

- Eaton Corporation

Best of Beachwood

"Bestie" Award

- Alan Berger, Beachwood 100

Business of the Year

- **Small:** Gingie Spa, Gobezie Shoulder Institute
- **Medium:** Cleveland Primecare, Cleveland Skin

Pathology, The Gentlemen's Cave Luxury Barber Lounge

- **Large:** UH Ahuja Medical Center

Chamber Member of the Year

- Heathyr Ullmo, Farmers National Bank

Extra Mile Award

- Jason Buffa, TechnologyXperts, Inc.
- Tara Chapler, Todd Associates Insurance Agency
- Renee Deluca Dolan, Contempo Design & Communications
- Dr. Robert Hardis, Beachwood City Schools
- Jason Hill, Hilltop Elementary School
- Keith Langford, Shaker Heights City Schools

- Jennifer Van Dyk, UH Ahuja Medical Center

Woman of the Year

- **Entrepreneur:** Staci "PurPose" Kirk, Women's Empowerment
- **Healthcare:** Jacki Barger, UH Beachwood Medical Center
- **Nonprofit:** Lindsay Walker, Alzheimer's Association
- **Young Professional of the Year:** Amanda Beder

"We are excited to have celebrated all these individuals and companies that make Beachwood and its surrounding areas a better place to live, work, and play," said Lilia Lipps, BCoC marketing manager. "We look forward to sharing event photos in next month's *Beachwood Buzz!*"

To learn more about all the Chamber has to offer, please visit www.beachwood.org or call 216.831.0003.

About BCoC:

BCoC's mission is to connect and engage the Beachwood community through business development, networking, and additional opportunities. Businesses join to interact with other area businesses. To that end, they offer a variety of networking and monthly signature events throughout the year. BCoC also offers numerous member-only benefits for businesses, non-profits, non-business residents, and government agencies – all at a reasonable cost.

Details make the difference!

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Control

by Jen Stern

It's raining. Again. April showers bring May flowers. There is so much hope in that! But now it is May and I am ready for consecutive days of sunshine! By the time this is published it will be June and hopefully the sunshine will have become our constant companion.

What can we control? Not the weather. What can we control? How we respond.

That. Is. It.

In any situation that brings disappointment or fatigue, I make a mental list of can and cannot control ... and then release what I cannot.

Why carry the weight of what cannot be controlled? It is sabotaging. Limiting. Depressing.

Reframing from what we cannot to what we can control is a form of adaptive coping. No one finds motivation in stuckness. Attaching two

positives to every one negative helps to create space for acceptance without the weight of compounded negativity.

It is raining again! I wanted to walk. Garden. Feel the sunshine on my face. Cue the depressing music. I can easily lean into (and get stuck in) the disappointment ... or I can reframe.

Another rainy day. Now I can get to the Netflix series I wanted to watch, the book I wanted to read, the closet I wanted to clean. I can turn on music and bake, take a class, play an online game.

Negative or positive ... my choice. My choice will certainly not impact the weather, but it will impact my mood and the overall quality of my day.

Negative or positive ... my choice. My choice will certainly not impact the weather, but it will impact my mood and the overall quality of my day.

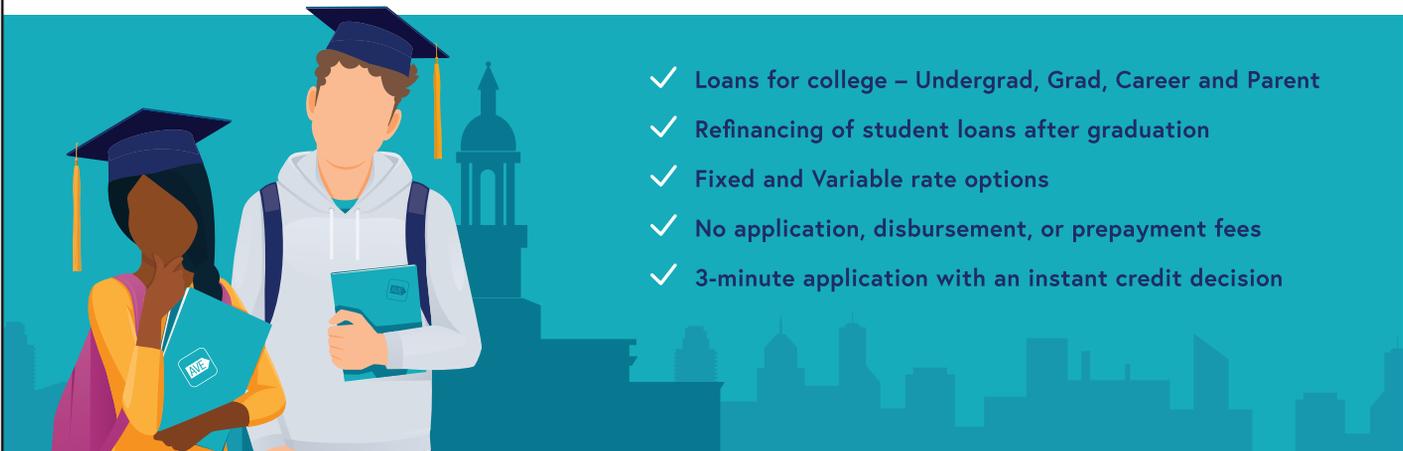
When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is.

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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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, call Beachwood Arts Council at 216.595.3400 or visit www.beachwoodartscouncil.org.

Beachwood Arts Council Thanks Its Sponsors:

Beachwood Buzz, Sharon Friedman (Berkshire Hathaway HomeServices), Big Frog Custom T-Shirts & More of Solon, Cuyahoga Arts & Culture, Diamond Auto Lease, En Garde Deer Defense, Lawn Doctor, Marshall Carpet, Martin Horwitz, Mimi Vanderhaven, O'Brien Law Firm, Ohio Arts Council, Paladar Restaurant, and Jennifer Woomer (VSD Realty).

Food Truck Fridays

BuyRite
 23715 Mercantile Road
 11 a.m. - 2 p.m.

- June 3 • Twisted
- June 10 • Cheesy Dave's
- June 17 • Barra de Taco
- June 24 • Southern Thangs
- July 1 • Original Steaks and Hoagies
- July 8 • Cheesy Dave's

* Scheduling subject to change.

Bring a chair! Network!
 Questions? Call Michelle Ryb at 216.292.7112.



Founded in 1989 in Beachwood, BuyRite is proud to be the only east side showroom for both new and used office furniture. Additionally, they offer more than 35,000 office products for next day delivery.



Jed M Koops DMD Jerry Faist DDS Thanh Mollica DDS



We are excited to announce that we have recently moved into our new state-of-the-art office

Orange Professional Center at 3755 Orange Place, Suite 101

The new features to our office include an in-office lab, 3D imaging, filtration & temperature controlled water system, private opertories, laser technology, ultrasonic cleaning and much more. Our parking lot is outside our front door, which is on the first floor.

We are accepting new patients and take most insurance.

For more information, please visit our website at bestdentalteam.com or give our office a call at 216-464-2448.

MAYOR'S MESSAGE

It has been an honor and a privilege to serve the residents and businesses of Beachwood as we near the half-year mark for my time in office. I've been able to witness the city's operations through direct daily involvement, and from my front row seat, I see how our dollars are being carefully deployed. With the help of our finance director, together we oversee \$63 million in total annual expenditures.

Beachwood has a longstanding legacy of spending wisely and achieving outstanding outcomes, especially in ways that directly affect you, and I'm proud to say that this continues to be the case.

As a resident or business owner, you chose Beachwood for many reasons, and the first-rate way it operates is certainly among them. This is largely due to the experience and expertise of our administrative staff, including directors and chiefs (police and fire), some of whom have been employed here for many years and have extensive knowledge of what works, how money should be spent, and what delivers the greatest value.

The evidence of money well spent is everywhere, extending from our award-winning facilities such as the Beachwood Family Aquatic Center, Beachwood City Parks and Barkwood, to the unparalleled delivery of direct services like snow plowing, sidewalk clearing and rubbish pick-up, including special pick-ups – all done without additional cost to homeowners.

Beachwood's primary source of income comes from taxes withheld from the earnings of those who work in Beachwood. This represents approximately 80% of revenues collected. Those numbers, however, could be in flux due to changes in workplace employee policies as a result of COVID and remote work. Fortunately for Beachwood though, our biggest employers require their staffs to be present on site i.e., medical facilities, schools, shopping venues, restaurants, etc.

Our directors/chiefs work hard to be fiscally responsible, and the evidence of that lies throughout the city. Also, **the administration and city council work together when it comes to large expenditures and carefully consider the decisions/**

recommendations made by our directors/chiefs which allow the boots-on-the-ground – the people employed by the city – to succeed in their jobs and provide exemplary services.

One recent example of city council working in cooperation with a director lies with the majority approval (5-1 vote, 1 absent) to purchase a rubbish truck for \$376,723.02, representing 00.6% of our annual budget. This truck will replace one of our older trucks and will help us maintain the reliable rubbish collection that our residents expect.

As has been the case throughout the region, Beachwood has faced supply-chain issues and price increases which have required us to further consider the timing of expenditures on vehicles. With this situation foremost in our minds, City Council also approved (6-0 vote) funding to purchase a replacement ladder truck for our

Fire Department for \$1.4 million. We planned for this ladder truck earlier than normal because the **build times have increased from 8 months to 22 months, and we wanted to beat the manufactures scheduled increases of 7% and 5% thereafter.**

I look forward to continuing to maintain this environment of cost consciousness and transparency with respect to our spending. I also anticipate working closely with city council to advance the agenda of keeping Beachwood such an outstanding place to Live-Work-Thrive. It's no secret, we have a wonderful community here and I intend to keep it that way.



Mayor Justin Berns
MayorBerns@beachwoodohio.com



“As has been the case throughout the region, Beachwood has faced supply-chain issues and price increases which have required us to further consider the timing of expenditures on vehicles.”

THE INSIDER



DEPARTMENTS

AUDITOR
216.595.3712

BUILDING & COMMUNITY DEVELOPMENT
216.292.1914

CLERK OF COUNCIL
216.595.5493

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE
216.292.1913

FIRE & RESCUE
216.292.1965

LAW
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE
216.464.2343

PUBLIC WORKS
216.292.1922

EMERGENCY
Dial 9-1-1 or
216.464.1234

SPRING SHRED DAY BRINGS TONS OF SUCCESS

Absolute Shredding, Inc. was on site Sunday, May 15, for shred day in the Beachwood Community Center parking lot. In total, 428 residents participated and 10,960 pounds of paper were shredded. That's 5.48 tons! The next shred day will be Sunday, September 11.



Cars lined up throughout the three hour event.



Shannon Diamond, Derek Schroeder, Council President Alec Isaacson and Mayor Justin Berns.



Nick Sorica, Tony Aveni, Mayor Justin Berns and Tim Kolat on hand to help residents during shred day.

UPCOMING CITY HOLIDAYS

Juneteenth: City Hall and its administrative offices will be closed Monday, June 20, in observance of the Juneteenth holiday. Rubbish collection will not be delayed and will adhere to the regular schedule. The Beachwood Family Aquatic Center will remain open and summer camps will still occur.

Independence Day: City Hall will be closed on Monday, July 4, in observance of Independence Day. Rubbish and recycling will not be collected by the city on that day. Collections will be delayed one day: Regular Monday collections will shift to Tuesday, regular Tuesday collections will shift to Wednesday, etc.

HOW TO EMAIL YOUR COUNCIL MEMBER:

FirstName.LastName@beachwoodohio.com
Ex: alec.isaacson@beachwoodohio.com



MAY 2022 - PASSED CITY ORDINANCES

ORDINANCE NO. 2022-67: Authorizing the Mayor to purchase four (4) 2023 Ford Explorer Police Interceptor Utility Vehicles - \$129,597.64

Vote - 6 in favor, 1 absent

ORDINANCE NO. 2022-68: Accepting a quotation from Hall Public Safety Co. for the changeover and installation of equipment of four (4) 2023 Ford Explorer Police Interceptor Utility Vehicles - \$74,421

Vote - 6 in favor, 1 absent

ORDINANCE NO. 2022-69 & 2022-70: Acceptance of a quotation from Bell Equipment Company for the purchase of one (1) Heil 24-Yard Multipack Refuse Collection Unit - \$257,406.24 and accepting a quotation from Rush Truck Centers for the purchase of one (1) International Harvester HV507 6X4 Rear Loader Cab and Chassis in conjunction with the Refuse Collection Unit - \$119,316.78

Vote - 5 in favor, 1 against, 1 absent



MAYOR
JUSTIN BERNS
216.292.1901



COUNCIL PRESIDENT
ALEC ISAACSON
216.291.2797



COUNCIL V.P.
ERIC SYNEBERG
216.401.0074



MIKE
BURKONS
216.832.6771



BARBARA
BELLIN JANOVITZ
216.406.5914



JOSHUA
MINTZ
650.464.6788



DANIELLE
SHOYKHET
216.212.9212



JUNE
TAYLOR
216.533.7640

UPCOMING CITY MEETINGS

City Council:
June 21st at 7:00 PM

Planning & Zoning:
June 30th at 6:30 PM

Architectural Board of Review:
June 6th at 4:30 PM
June 21st at 4:30 PM

WORK-LIVE-LEARN..THRIVE

CITY CELEBRATES ARBOR DAY WITH MANDEL JEWISH DAY SCHOOL

Mayor Justin Berns, members of City Council and city staff joined Mandel Jewish Day School for an educational Arbor Day event on April 29.



Left to Right: Matt Markiewicz, John Behm, Alison Ingham-Smith, Beechie (Mat Atkinson), Mayor Justin Berns, Matt Olson, DJ Taylor and Chris Vild.



Students take turns exploring the bucket truck.



Students, staff and city employees gather to celebrate Arbor Day at Mandel Jewish Day School.



Council members Danielle Shoykhet and Joshua Mintz join Mayor Berns to plant a tree.



Program Manager Shannon Diamond and Community Services Director Derek Schroeder with Beechie.

AMERICAN RED CROSS BLOOD DRIVE:

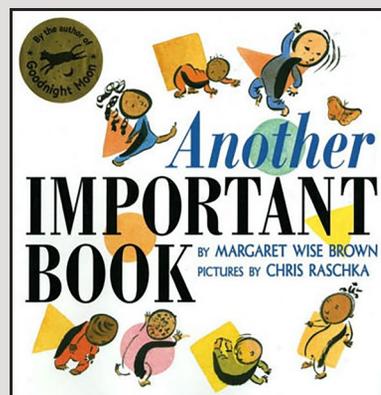
Friday, June 17 from 1:00-7:00 p.m. at the Beachwood Community Center
By appointment only, call 800-733-2767 or visit RedCrossBlood.org to book your appointment.

BPD SAFETY REMINDER

Always remember to lock your car and take your keys or key fob with you. Also, don't leave valuables in plain view: Remove valuables and be sure your windows are closed.



JUNE STORYWALK, CITY PARK EAST

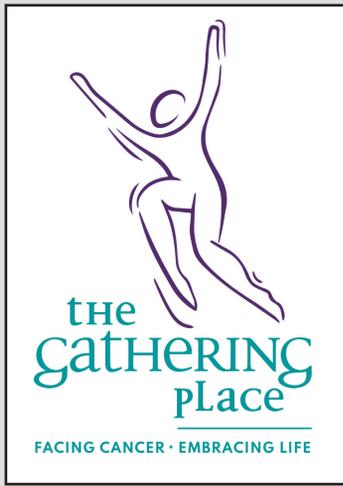


Get outdoors and enjoy the June StoryWalk in Beachwood City Park East, presented in partnership with the Cuyahoga County Public Library - Beachwood Branch.

In a playful voice that is uniquely Margaret Wise Brown's comes this delightful picture book about just what it means to be six, five, four, three, one, two, and "most importantly" you.

RACE FOR THE PLACE, JUNE 5

Race for the Place, in support of The Gathering Place, takes place the first Sunday in June on National Cancer Survivors Day. The 5K and 1-mile walk on June 5 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, families and friends cope while on the cancer journey. The race is held at Beachwood Place. Learn more and register at racefortheplace.org.



NOISE NUISANCE NOTIFICATION

SHHHH... Since the weather is getting nice, we want to remind residents to be considerate of neighbors when participating in activities that are considered noisy. In accordance with Beachwood Codified Ordinance 648.04 (f) No person shall engage in construction or other activities, such as hammering, pounding, grinding or grading, so as to create objectionable or unreasonable noise or a disturbance to neighbors or other residents in the city, between the hours of 7:00 p.m. and 7:00 a.m. Monday through Friday and 7:00 p.m. to 9:00 a.m. on Saturdays, Sundays and official holidays. We appreciate your cooperation.



NEW MARKET, HAPPY CUSTOMERS

The new CLE Market was outside for the first time in May after a rainy month of April forced the event indoors. The market has already grown in size to 30 vendors based on the positive community response. It is held the second Wednesday of every month from 4:00 to 8:00 p.m. at Beachwood City Hall. The vibrant marketplace offers everything from crafts to baked goods. Interested in becoming a vendor? Email clemarket.vendors@gmail.com.



Photography provided by Discovery Photo.



BEACHWOOD FIRE DEPARTMENT ATTENDS JOINT TRAINING

Beachwood firefighters participated in a three-day joint training session with neighboring departments from Pepper Pike, Lyndhurst and University Heights during the month of May. The communities were fortunate to train in a vacant hotel set for demolition. Ongoing education and training is a top priority for city personnel.



JUNE RECREATION GUIDE



JUNE CONCERT LINEUP

Beachwood Beats kicks off in June with a variety of indoor and outdoor concerts. Regardless of location, all summer concerts start at 6:30 p.m. and are completely free of charge. Bring a chair or blanket for outdoor events. Concerts will be moved inside for inclement weather.

June Outdoor Concerts (Family Aquatic Center)

- June 7: Revolution Pie - The Beatles Tribute
- June 14: Hip to That - Jazzy Pop
- June 21: Blue Lunch - Swing & Blues
- June 28: Masterpiece - Motown, Funk, R&B

June Indoor Concerts (Community Center)

- June 9: Cliff Habian & Jeff Slater - Pianist & Upright Bass
- June 16: Calathea String Quartet & Isabel Mearini - Pianist
- June 23: Virginia Crabtree & Marshall Griffith - Flute & Pianist
- June 30: Opus 216 - Strings

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!

25225 Fairmount Blvd.
Beachwood, OH 44122



CONNECT WITH YOUR REC!

Visit Our Website - BeachwoodRec.com

Like Us On Facebook - @BeachwoodOHRec

CLE MARKET

Shopping, Food, Fun!
BEACHWOOD
City Hall - 25325 Fairmount Blvd.
Wed, June 8th
4:00 - 8:00 PM

CITY OF Beachwood
POPE'S COCKTAILS
NORTH HIGH BREWING CO.

YAPPY HOUR

🐾 LIVE DJ, BEER, WINE & COCKTAILS! 🐾

June 30th & August 11th | 5-7 PM
City Park East - Near Barkwood

Open to all dogs & owners. Drinks for purchase.
Barkwood available to members only.
BeachwoodRec.com

It's 5 o'clock somewhere!

CLEVELAND POPS ORCHESTRA DELIGHTS FANS ON MAY 15



50-YEAR RESIDENT SALUTE, RSVP FOR THE JULY EVENT

The City of Beachwood would like to invite all residents who have lived here for 50 years or more to join us for a moment of special recognition at the July 26 Beachwood Beats concert. Newly minted 50-year residents will receive a special gift. The July 26 event, held at the Beachwood Family Aquatic Center, will feature the Dan Zola Orchestra.

All are welcome to attend for entertainment. The concert is free of charge and open to the public. If you are a 50-year resident and have not been recognized in previous years, please RSVP by calling Beachwood Community Services at 216-292-1970.

PICKLEBALL OPEN PLAY

June - August | Beachwood Tennis Courts
Wednesdays & Sundays from 6-8 PM

Presented by the Beachwood Historical Society, Beachwood Garden Club and City of Beachwood

House and Garden TOUR

Sunday, June 26th | 1-4 PM
Register for \$15/person at BeachwoodRec.com!

Tours start at the Community Center, 25325 Fairmount Blvd.
Refreshments served between 2:00-3:30 PM at the Community Center.

ART GALLERY PREPARES FOR BUSY SUMMER SCHEDULE

The Beachwood Art Gallery, located inside the Community Center, is a unique city amenity and hidden gem in the local area. The gallery is currently busy prepping for two highly anticipated summer exhibits.

On display June 2 through June 26 is the *Botanical Resurgence Exhibit* by the Allegheny Highlands Botanical Art Society. The show is being organized by the Beachwood Arts Council. This landmark exhibit will educate the public on plant diversity, native plant ecology and conservation. An opening reception is scheduled on Saturday, June 4, from 4:00 to 6:00 p.m.

A group exhibition titled *The Time Travelers' Garden* will fill the art gallery from June 30 to August 28. It will feature the work of Dustin Grella, Christopher Hoot, Liz Maugans and Mark Soppeland. These four artists will explore diverse artistic practices that involve highly personal approaches to the interconnected, broadly defined ideas of time, travel and the garden. An opening reception is scheduled on Saturday, July 10, from 1:00 to 2:30 p.m.



BEACHWOOD SENIORS

MAYOR VISITS ROSE SENIOR LIVING



Mayor Justin Berns was recently welcomed at the Rose Senior Living facility in Beachwood to conduct a meet-and-greet with residents. The well-attended meeting was filled with seniors who were eager to engage with the mayor on a range of topics, including transportation, recycling, where to vote, and how to protect themselves from scammers. They offered high praise for the city's senior programming and the mayor's leadership.

Left: Mayor Berns with Beth Rosenblum from Rose Senior Living and former Beachwood Recreation Director.

MORT KLEIN CELEBRATES 100



Beachwood resident Mort Klein recently celebrated his 100th birthday by playing bridge, his favorite game, at the Beachwood Community Center. Mort excels at the game, which is offered every Tuesday from 12:30 – 3:30 p.m. Mayor Justin Berns stopped by to wish Mort a Happy Centennial Birthday!

SENIOR TRIPS

Lakewood's Beck Center for the Arts **Something Rotten! - Thursday, August 4**

"Something Rotten" is a fun, lovable show for all! Set in 1595, the show tells the story of two brothers, who just happen to be the nemeses of a little known Mr. William Shakespeare, and are desperate to write a hit play. A local soothsayer foretells that the future of theater will involve singing, dancing and acting, all at the same time! Gasp! The brothers then decide to write a (wait for it) MUSICAL! The world's very first musical!

Residents - \$65 | Nonresidents - \$78

Register by June 24 at City Hall, online at BeachwoodRec.com or call 216-292-1970.

Mystery Trip with JKL Tours **Friday, August 19**

Based on the tremendous success of our Mystery Trips, we are creating another day full of surprises that combine unique areas, sites and attractions. You will need a sense of adventure, a good sense of humor and comfortable walking shoes. Lunch is included. Mystery Trips tend to sell out, sign up as soon as possible.

Residents & Nonresidents - \$115

Register by July 12 at City Hall, online at BeachwoodRec.com or call 216-292-1970.

Senior Dessert Out

Held at the Community Center at noon. Register at BeachwoodRec.com!

- Thurs, June 16th: Featuring Vocalist Deb Rogers & Pianist Ben Malkevitch
- Thurs, July 21st: Featuring Pianist Marshall Griffith

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



John Dumot, D.O.



Acid Reflux: How to Know When You Need More Than Medicine

Do you take over-the-counter medicine for heartburn? If you're taking antacids or H2 blockers more than once a week to ease your pain, there may be a better, long-term solution for your symptoms.

Heartburn, or acid indigestion, is a symptom of acid reflux, which occurs when stomach acid backs up into the esophagus, irritating the tissues. Heartburn gets its name from where you feel the burning sensation caused by the stomach acid – just behind the heart, where the esophagus lies.

Gastroesophageal reflux disease (GERD) is a chronic, more severe form of acid reflux. This serious condition can also lead to precancerous changes in the lining of the esophagus.

OTC Medicines for Heartburn

If your heartburn is infrequent or moderate, over-the-counter medicines, which include antacids such as Tums and Alka-Seltzer, H2 blockers such as Zantac and Pepcid, or proton pump inhibitors such as Prevacid and Nexium, are effective, explains gastroenterologist John Dumot, D.O., FASGE, director of the Digestive Health Institute at University Hospitals.

Antacids work by neutralizing the acid in your stomach, while H2 blockers and proton pump inhibitors work by suppressing stomach acid production.

"Over-the-counter medicines can work quickly and are safe for intermittent problems, along

with lifestyle changes such as eating smaller meals, avoiding late-night eating, or lying down after eating," Dr. Dumot says.

The Role of Stomach Acid

"Gastric acid is part of our natural makeup – it's not just in the esophagus," Dr. Dumot explains. "The acid helps you digest the food and protects you against infection. When you suppress acid, you can be affecting your health by affecting the digestive process."

Over-the-counter medicines reduce stomach acid and may be a long-term solution to constant heartburn. While you may be making the symptoms go away with medicine, there may still be a need for screening for Barrett's esophagus. Barrett's is a condition that has a risk of esophageal cancer and is curable if found early.

"We now have a device, EsoCheck, and test, EsoGuard to screen patients for Barrett's without an upper endoscopy," he says. "We are proud to report that this screening program was developed right here in Cleveland with University Hospitals and Case Western Reserve University working together. This is a great example of Cleveland being a leader in developing biotechnology."

Try to Lose Weight

One way that people who have acid reflux can help themselves is by losing weight, Dr. Dumot explains. Obesity is one of the major drivers of acid reflux because excess abdominal fat causes several structural and functional changes around the valve that closes off the esophagus from the stomach.

"Weight loss is really the most effective way to lose acid reflux," he adds.

When Is It Time to Talk to Your Doctor?

If you experience heartburn or regurgitation more than once a week, it's time to talk with your doctor.

"People should be evaluated if they have chronic acid reflux to make sure their medical treatments are adequate, safe, and correct, and to determine if they have had damage to the esophagus," Dr. Dumot says.

If medications don't provide relief, further treatment options might include procedures intended to repair or replace the valve that connects the stomach and esophagus, which is often the culprit for acid reflux.

University Hospitals' experienced team of specialists offer innovative diagnostics for all stages of GERD. While GERD symptoms can mimic other diseases, digestive specialists at UH make sure each patient's medical plan is complete and accurate for their specific diagnosis.

Learn more about treatment options for GERD and heartburn at UHhospitals.org/Digestive. To schedule an appointment with a provider at the UH Digestive Health Institute, please call 216.699.8935.

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.

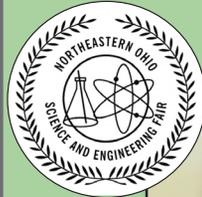
Visit UHhospitals.org/Health-Talks to learn more about health talks related to orthopedic surgery and other medical procedures.



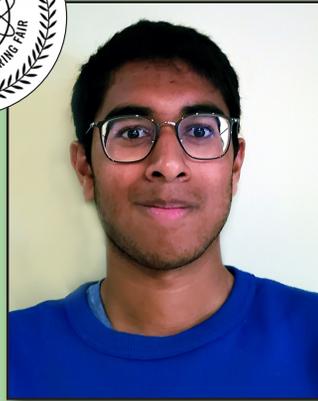
Evelyn Zhang
U. S. Presidential Scholar



Senior **Evelyn Zhang** has been named one of just 161 U.S. Presidential Scholars for 2022 and is one of just two Ohio high school students to be named. Inclusion in the U.S. Presidential Scholars Program is one of the highest honors bestowed upon graduating seniors. Scholars are selected on the basis of superior academic and artistic achievements, leadership qualities, strong character, and involvement in the community and school activities. Congratulations Evelyn! We are very proud of you!



Honors at NEOSEF



Dhruv Seth



Sara Kumar

Congratulations to **Dhruv Seth** and **Sara Kumar** on their accomplishments at NEOSEF 2022. Dhruv received a 2nd Place Award in the Mathematics & Computer Science category for Grades 11 & 12, the Cleveland Clinic Cancer Biology Special Award, the Lerner Research Institute (Cleveland Clinic) Special Award, and the Mu Alpha Theta Award. Sara earned a 3rd Place Award in the Environmental Science category for Grades 9 & 10, and Special Awards from the Association of Women Geoscientists, Holden Forests & Gardens, and First Energy.



Best Communities for Music Education

For the 17th straight year, Beachwood has been named as one of the Best Communities for Music Education in the nation. This distinction was awarded to just 738 districts across the country. We thank all administrators, teachers, students, parents, and community members for their support of music education!

END OF THE YEAR CELEBRATION!

JUNE 2, 2022

5:30 - 7:30 pm

Beachwood Family Aquatic Center Parking Lot

All Beachwood community members are invited to celebrate the end of the school year as well as to honor many of our school staff who retired over the last two years or will at the end of this year.

There will be free food and ice cream from East Coast Custard as well as bouncy houses and a DJ. We hope to see you there! The celebration is being sponsored by the Beachwood Community PTO, Beachwood Federation of Teachers, and Beachwood City Schools.

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 ext. 237 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 ext. 264 • vparker@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



Welcome Arianna DeGeorge, New Bryden/Fairmount Principal

After saying a fond farewell to **Principal Sherry Miller** after 10 fantastic years leading our youngest learners, our Fairmount and Bryden families will welcome **Arianna DeGeorge** as their new principal. Ms. DeGeorge has been an elementary principal for almost a decade in Perry, Ohio, and brings a caring and creative approach to leadership. Although we already know her well, let's not forget that **Ali Ciccone** will also be stepping into a new role next year as Hilltop School principal. Please be sure to congratulate Ms. Ciccone and welcome Ms. DeGeorge at our back-to-school event the Sunday before school begins – August 14, 2022, from 3:30 - 5:30 pm, outside the city's Community Center.



Arianna DeGeorge



Ali Ciccone

Board of Education NEWS

Recent Resolutions:

- Presentation about Equity and Inclusion Initiatives (video on website)
- Presentation about Facilities Projects and Elementary Facility Plan (video on website)
- Renewals for Limited Contract Teachers
- Approval to post RFQ for Owner's Representative
- Hire Fall and Winter Athletic Coaches

Future Resolutions:

- Award Diplomas to Class of 2022
- Hire Before/After-care Worker Contract
- Hire staff for summer "Extended Learning" programs
- Hire Community Survey Firm

Board Meeting Calendar:

- June 13, 2022 @ 7:00 pm
- June 27, 2022 @ 7:00 pm

"Stop the Hate" Essay Contest Winners



Ida Chang

Samah Khan

Anah Khan

Three Beachwood students were finalists in the Maltz Museum of Jewish Heritage's 2022 "Stop The Hate" Essay Contest. Stop the Hate® is designed to create an appreciation and understanding among people of differing religions, races, cultures, and socioeconomic backgrounds. **Samah Khan** (Grade 11) earned Honorable Mention and her sister, **Anah Khan** (Grade 9), earned 2nd place in their respective grade levels. **Ida Chang** (Grade 8) earned 1st place in her grade level! In addition, **Nicole Majercak** was named a "Stop the Hate" Teacher of the Year, and her 1st period class won the "Youth Sing Out" competition.



Congratulations to Senior **Moonhee Kim** who was the Cleveland Orchestra Youth Orchestra featured soloist on Sunday, May 8, at Severance Hall. She was the soloist on Profokiev's *Violin Concerto No. 1*.

Hometown HEROES

Hometown Heroes and Summer Facility Projects

This summer, be on the lookout at BHS, BMS, and Fairmount School for new "Hometown Heroes" banners that recognize more than fifty wonderful public servants who make a positive difference in the lives of Beachwood's families. This summer, you will also notice that the Hilltop School parking lot is being resurfaced and Fairmount School roof is being replaced.

Visit us at www.beachwoodschoools.org



www.facebook.com/BeachwoodBison



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

Murphy Irish Arts Center Dancers Win Big in Belfast

By Arlene Fine

The Murphy Irish Arts Center dancers are reeling from their award-winning performance at the World Championship of Irish Dance in Belfast on April 15. The Beachwood-based dance troupe scored second place at the international event, held at Belfast's prestigious Waterfront Hall.

"This annual competition is referred to as the Olympics of Irish Dance," said Sheila Murphy Crawford, the school's director, and the creator and choreographer of their dance. "Our dancers, from diverse backgrounds, were extremely honored to represent the United States in Belfast and feel fortunate to be competing after the two-year hiatus brought on by COVID."

This is not the first time Murphy Irish Arts Center dancers participated in the World Championship competitions. Over the past 44 years, the Center's dancers have qualified 15 times and brought home a substantial number of trophies. To make it to this year's world stage, the dancers won first place at the Mid-America Oireachtas in Chicago, in November 2021, which hosted 3,000 dancers.

This year in Belfast, the Murphy Irish Arts Center dancers competed in the challenging six-minute dance drama category, which required showcasing a segment of Irish culture through dance, music, sets, props, and acting.

Their winning routine was called *The Story of the Sweater*. The costumed dancers, including 16 girls and one boy, wearing soft and hard shoes (shoes with fiberglass tips), energetically danced and acted their way through the fanciful tale of a farmer whose sheep escaped their enclosure on shearing day.

The comedic way the dancers chased and caught the mischievous, wayward sheep and then sheared them "got huge laughs from the audience," said Sheila. Some of the sheared

sheep reappeared on stage wearing fisherman-knit Irish sweaters while others wrapped their bodies in towels, which kept dropping – to the delight of the audience.

Along with the dancers and instructors, a group of parents also were part of the 50-member entourage that traveled to Belfast. "Our parents planned bake sales and raffles to help defray the cost of the trip, and were invaluable in their assistance with costumes, scenery, and logistics," said Sheila. "Even the hardships associated with the pandemic did not stop our parents from giving their all to our very talented and dedicated dance troupe."

While in Ireland, the group made the most of the experience and took time for sightseeing. "Touring the Irish countryside

and historical areas opened the dancers' eyes to the wider world, and I expect made them eager to see more of it," said Sheila.

"For some children, this was the first time they had flown in an airplane out of the country."

Sheila has been an Irish dancer all her life, even serving as Grand Marshall of Cleveland's St. Patrick's Day Parade in 2018 – one of only three females so honored. Reflecting on the many benefits of learning to dance, she is convinced that participating in a dance troupe builds character, self-confidence, and teamwork. It also rewards hard work and fosters creativity.

"Over the years, I have seen long lasting, enduring friendships formed among our dancers," said Sheila. "The rewards of being in a dance troupe can last a lifetime."

"Our dancers, from diverse backgrounds, were extremely honored to represent the United States in Belfast. They felt very fortunate to compete after the two-year hiatus brought on by COVID."

– Sheila Murphy Crawford



The Murphy Irish Arts Center dancers in their costumes after the World Championship of Irish Dance competition. Each dancer earned a medal and the school received a silver globe trophy that will be returned at the end of a year to be passed to next year's winner. Above: Sheila and her husband, Bob, proudly exhibit their team's trophy.

Young Family Audiences Get Artsy at Maltz Museum's New Special Exhibition

A new interactive children's exhibition has arrived in Beachwood! *Chagall for Children: Where Kids Can Touch the Art* opened at the Maltz Museum of Jewish Heritage on May 15, with a kick-off event celebrating the art of theater, music, and magic. An estimated 350 guests, of all ages and backgrounds, enjoyed the hands-on exhibit, as well as featured guests from Mandel Jewish Community Center's Playmakers Youth Theater, Rock and Roll Hall of Fame's Mike Abbadini, and master magician Scott Shuller. The special exhibition is on view through August 28.

Weekly morning story times at the museum will occur every Thursday, starting in June. Plus, monthly family events will include interactive art projects with the Children's Museum of Cleveland, Spirit of Clay Art Studio, and Upcycle Parts Shop.

Chagall for Children was developed by the Kohl Children's Museum of Greater Chicago, Illinois, as a multi-sensory, hands-on exploration of one of the best loved artists of the twentieth century, Marc Chagall.

Chagall for Children: Where Kids Can Touch the Art opened at the Maltz Museum of Jewish Heritage on May 15, with a kick-off event celebrating the art of theater, music, and magic.

The exhibit is specifically designed for audiences ages 2-12. With 14 multi-sensory interactive play stations featuring reproductions of Chagall's colorful artworks, young visitors enjoy touching and engaging with the art. From wearing colorful smocks to seeing their face in the painting to weaving a loom to piecing together a stained-glass puzzle to building a house with log blocks, there's something special for everyone!

A bonus reading nook was added to share stories of the artist, imagination, and creativity.

Additional programming inspired for adults by Marc Chagall includes the series *Get Artsy* at the Spirit of Clay Art Studio in Mayfield Heights, a live reading of the play *Bauer*, produced by Interplay Jewish Theater and hosted at the Mandel JCC, and a lecture on Arthur Szyk's stained-glass windows, by curator Sue Koletsky, at The Temple-Tifereth Israel.

For information about the exhibition, any family or adult programs, or to buy tickets, call 216.593.0575 or visit www.maltzmuseum.org.



ON VIEW THROUGH AUGUST 28, 2022

CHAGALL for children

WHERE KIDS CAN TOUCH THE ART!



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.



See our upcoming adult and family programs at maltzmuseum.org/calendar

Presented by:

MALTZ MUSEUM
OF JEWISH HERITAGE
The Museum of Diversity & Tolerance

Created by:

KOHL CHILDREN'S
MUSEUM

2929 RICHMOND ROAD, BEACHWOOD
216.593.0575 | MALTZMUSEUM.ORG

Spotlight on Beachwood Neurodiversity

by Yin Mei Lim

The Beachwood Neurodiversity, Disability, and Adaptive Education Family Network was formed in August 2021 as a support group for families with special needs in the Beachwood City School District. There was immediate interest in the group, with meeting attendees expressing gratitude to finally have a space where we can connect with other families.

It quickly became clear that many parents in our group have experienced feelings of isolation and being overwhelmed by the challenges that come with raising children who have more support needs than others. Many of our children also struggle to make friends in school. As a result, our first year has been focused on providing opportunities for families to get to know one another through monthly playdates and informal chats. As we look to the future,

we plan to continue with regular social playdates, while broadening the scope of our activities to include educational programming, advocacy, and growing our membership.

The Beachwood Neurodiversity, Disability, and Adaptive Education Family Network is open to *all* Beachwood Schools families. The ultimate aim of our group is to create a fully inclusive community with participation from anyone who wishes

to learn about and support neurodiversity and disability initiatives in Beachwood.

With gratitude, we thank Dr. Robert Hardis, Lauren Broderick, Ali Ciccone, and the Beachwood City School District for their enthusiastic support of our endeavors.

We hope you will join us at our second annual Ice Cream Social on August 25, 3-5 p.m., at the Beachwood Board of Education. For more information and a calendar of upcoming events, please visit

www.beachwoodschoools.org/neurodiversity.aspx.

To celebrate our first year of existence, we are shining a spotlight on five group members and their families. Through sharing our stories, we hope to spread awareness and acceptance of individuals who are a little (and in some cases, a lot) different than others. We hope you come to see that we are all very much alike in our desire to be accepted, included, and appreciated for our strengths and differences.

Mariana and Yuri Rossi have two daughters: **Maya**, a rising 1st grader at Bryden; and **Nara**, a preschooler at Fairmount. Nara was diagnosed with spina bifida in utero. Mariana is a management assistant at AkzoNobel and Yuri is a business leader at Eton Corporation. We asked Yuri to share his thoughts:

Nara was diagnosed with spina bifida (myelomeningocele) during a regular ultrasound appointment, when Mariana was 20 weeks pregnant. This is a neurologic issue that can cause multiple consequences to the baby, like motor limitation, cognitive development impact, bladder and bowel problems, etc. However, Nara's disability has never affected her personality. She is always very friendly and accepts all challenges, despite having limitations for certain activities. She is a happy, fun, and friendly child who loves to make friends. Her favorite teachers are Miss Stacey and Miss Holli, and her favorite classes are yoga and hip hop, "because they are so much fun!" Nara knows everyone at

school even though she has only been there for nine months, and the whole Fairmount staff has fun with her. We are so proud of her for making friends and learning English as we are from Brazil and moved here only two years ago.

We didn't know what to expect for the future. Fortunately, we found a great team of specialists. Mariana went through an intrauterine procedure during her 24th week of pregnancy, which was very successful. One side effect of the surgery was premature birth. Nara was born at only 29 weeks and spent 60 days in the ICU. She also went through a procedure to insert a VP shunt, which corrects hydrocephalus, a common problem associated with spina bifida.

Prior to finding this specialist team, some doctors wanted to treat her with no individualization. Because of her intrauterine surgery, Nara's prognosis is more optimistic.

The Beachwood City School District has been very helpful, providing very capable and gentle nurses who take care of Nara every day, since she

is still in diapers and requires catheterization a few times a day. The staff have been very supportive, especially Nara's teacher, Miss Stacey; her assistant, Miss Holli; Fairmount Preschool Director Karen Leeds; and of course, the nurses.

We participate in this program because we want to do our best so our daughter and other kids don't suffer any kind of mistreatment or bullying. We want all kids to feel that they are a part of the community, no matter what disability they may have.



Yuri, Maya, Mariana, and Nara

The ultimate aim of our group is to create a fully inclusive community with participation from anyone who wishes to learn about and support neurodiversity and disability initiatives in Beachwood.

We hope you will join us at our second annual Ice Cream Social on August 25, 3-5 p.m., at the Beachwood Board of Education.

For more information and a calendar of upcoming events, please visit www.beachwoodschoools.org/neurodiversity.aspx.

Emily and Scott Fitzpatrick have two daughters and a son: **Lynn**, a rising 4th grader at Hilltop; **Jill**, a rising 3rd grader who will be moving from Bryden to Hilltop next year, and who has Sturge Weber Syndrome; and **Paul**, a rising kindergartner, who will be moving from Fairmount Preschool to Bryden next year. We asked Emily to share her thoughts:

Jill was diagnosed with Sturge Weber Syndrome as an infant and has severe disabilities. We

knew that finding a school district with the right team and resources was extremely important. Beachwood was highly recommended, and we feel lucky to be here!

We are grateful to the Beachwood City School District for providing a warm, safe, and caring environment for Jill, who requires so much additional care and adaptations to her school day, and we are thrilled to be part of this new group, which offers a way to connect



Paul, Jill, and Lynn

with other Beachwood parents who are dealing with similar struggles, and trying to navigate and advocate for their children.

I look forward to gathering tips

and advice from parents who have already navigated these roads. I also hope we can share our stories and help new families who are just starting out on this journey.

Finally, I hope

that Jill's siblings can connect with other "special siblings" who understand empathy, acceptance, and sacrifice in a way many of their peers do not.

Chante Thomas is a 5th grade educator in the Shaker Heights School District. Her ex-husband, **Michael Taylor**, is a regional substitute teacher. They have two sons: **Sean Taylor**, a rising 7th grader at Beachwood Middle School; and **Chase Taylor**, a rising 4th grader at Hilltop. Chase is autistic and has ADHD. We asked Chante to share her thoughts:

Chase received his official Autism Spectrum Disorder (ASD) diagnosis at age 4. Our journey began shortly after he turned 2; his language and ability to label items were not typical. Chase was a cuddly kid, and still is. He maintained eye contact, laughed, was my beautiful son. He did not resemble what I thought autism looked like.

Being an educator, I had a few resourceful friends who encouraged me to get some baseline information and see

where he was in relation to typical peers. I arranged for hearing assessments; all was well. He had a speech assessment and the delay was obvious. Because of the language delay, he developed behaviors that were problematic. Chase was enrolled in a developmental preschool program where he was given opportunities to show his strengths and weaknesses. Chase's behaviors caused him to continue to lag behind his typical peers. By first grade, I knew that another setting was needed to help Chase academically, socially, and emotionally.

The Beachwood City School District has been amazing for Chase. When he arrived at Bryden, his teachers, school psychologist, nurse, intervention specialist, and entire team were committed to figuring out the cause of his behaviors. They completed



Chante, Sean, and Chase

numerous observations to discover the pattern in Chase's communication, and when and why he would get upset. This team was not content with the unknown; they developed theories, tested them, and developed a plan that was perfect for Chase.

This group has helped me feel welcome in our new school district. I don't feel isolated as I navigate the loneliness that sometimes accompanies being a parent to a child with special needs. The families are open and share with one another. They

share experiences that are helpful to the group. This group has been an amazing resource. The playdates are a welcome outing and I'm grateful that this group exists.

Sean is a very

loving brother. He just wants people to "get" his brother like he does. He often wants to know why Chase stims (makes repetitive movements or sounds), flaps, and claps. But, some days, he wishes he was Chase. He loves his unconditional joy and happy spirit. Chase is a singer. He can carry a tune to any song and will either sing it as written or make up words. Chase continues to amaze me every day. I want everyone to know this kid like I do.

I am very lucky to be Chase's mom.

Melina Aguinaga Meza and Angel Coz have two sons: **Juan Coz**, an autistic rising 7th grader at Beachwood Middle School; and **Alonso Coz**, a rising 4th grader at Ruffing Montessori School. We asked Melina to share her thoughts:

As a medical student in Peru with a head full of dreams, coming to America to complete my training was my hardest

challenge yet. I was facing life all by myself, in a new world, with a new language. Little did I know about the mysteries of life, how to welcome them with an open heart, and accept all the joys and sorrows along the way.

I met my husband during training and our first son, Juan, was born a couple of years later. I have always connected and communicated with my son without

the need for words. However, I knew he was different from an early age as he would not make eye contact or engage in social play. By age 2, he was not talking and after multiple evaluations, he was diagnosed with autism.

My feelings and emotions were overwhelming. I lost my ground and grieving was painful, but I had to go through all the phases of it to be able to come out

stronger and wiser. The arrival of Alonso provided hope, and the unconditional love for my family gave me courage to do all the things I never imagined I could do.

I continue to work on myself so I can be supportive and helpful to Juan with all his unique needs. As for his intervention, we chose ABA (Applied Behavioral Analysis) and started an intensive 40-hour-per-

Continued on next page.

week program when he turned 3. During the ensuing months, Juan started to follow commands and use more words. I still remember the time when we asked him to get a hairbrush and, for the first time, he got it for us independently. He would then become potty trained, learn to brush his teeth, tie his shoes, make his bed, and use words to request his needs. Throughout this process, he felt proud of his independence and ability to accomplish things by himself.

School has been a whole new adventure. In our prior hometown, we experienced many setbacks. Juan regressed and developed maladaptive behaviors and panic attacks. We recognized that we did not have school options in our community.

We then found Cleveland – and Beachwood – as an option.

We reached out to the Office of Pupil Services, which led to a conversation with Lauren Broderick, its director. She was very kind, knowledgeable and supportive; she talked to us when we did not have an address in Beachwood yet. She explained what the school could offer, all the resources that were already in place, and how excited they would be to have Juan join them. After that conversation, I signed my job offer letter and soon after, we started to look for a home in Beachwood.

Since we enrolled Juan at the Beachwood Middle School last year, we have been blown away by his progress. After homeschooling him for four years, my son once again loves going to school. He rides the school bus, eats in the school cafeteria, and attends

a few inclusion classes with accommodations and supports. His intervention specialist, Meg Miller, has been an angel who was sent to us from heaven. My son is learning things I never thought he could learn, and he has shown a level of maturity that has surprised all of the adults in his life. He uses his resilience, kindness, compassion, empathy, compliance, work ethic, and sense of humor to succeed. He is a very happy young man who is always trying to make the people around him happy and has the capacity to touch people's hearts every day.

There is a long road ahead of us that we continue to navigate one day at a time, with the certainty that together, as a family, and with the support of our community, there is nothing we cannot conquer.

He uses his resilience, kindness, compassion, empathy, compliance, work ethic, and sense of humor to succeed.



Melina and Juan

Vidya Seshadri and Prakash Hariharabalan have two children: **Kripessh Narayanan**, a 17-year-old-son who attends the KidsLink School; and **Pooja Narayanan**, a rising 5th grade daughter at Hilltop. Vidya is currently a home maker, while Prakash is the director of Data Analytics and Strategy at Signet Jewelers. We asked Vidya to share her thoughts:

Kripessh was diagnosed with autism when he was 4 ½ years old, in Evanston, Illinois. We felt extremely sad when we received the diagnosis. We were worried what the future would hold for him and for us as a family. Our worst future fear had come true.

The biggest misconception is that kids with autism like to be aloof and don't want to be touched by anyone. Our son loves being with people and loves to hug everyone. Although he is already 17 years old, Kripessh is a little kid at heart. He is a very good hugger and likes to be around people.

Our biggest achievements have been getting him potty trained, writing the alphabet, and teaching him to swim.

We have learned that we must adapt our everyday routine and lifestyle. We require a lot of planning before every activity. We must accept that plans could change at any moment.

The biggest misconception is that kids with autism like to be aloof and don't want to be touched by anyone.

Our son loves being with people and loves to hug everyone.

Beachwood has been very supportive and has done what was necessary to address and meet our son's needs, including placing him outside the school district and providing specialized transport.

The main reasons we participate are to increase our parenting knowledge and skills and to provide support to each other by sharing our day-to-day issues of raising kids with disabilities. I would like to see us start an adaptive sports program in Beachwood for our kids, and to talk more about



Kripessh, Prakash, Vidya, and Pooja

resources available for the post-school life stage.

The pandemic has completely changed my life. I had to quit my behavior therapist job and be my son's full-time therapist. My son's anxiety level has heightened badly, and he could not understand the reasons for lockdown and school closure. His routine was changed completely and it took three months for him to understand online therapies.

The community has been very supportive of us by including us in get-togethers, listening

to our day-to-day challenges, and offering help during emergencies. We would like to thank Satish Vishwanath and Ramya Ramadurai for extending support to our family always.

We would also like to acknowledge the Cuyahoga County Board of Developmental Disabilities. They have been very supportive by providing funding for various equipment, consulting, and counseling services for parents, helping with strategies to handle certain behaviors, and creating social stories, etc.

Aging Gratefully

Susan Wyner is aging *her* way. Her family is her greatest source of joy, especially her husband, children, and grandchildren. She's also grateful for the many opportunities afforded to seniors that weren't available to her own grandparents.

"There's a lot about the way our society is organized now that contributes to people being able to get as much out of their senior years as they can," she said.

Susan knows that staying active is crucial to maintaining the highest quality of life possible. "For years, I worked at a desk and was stationary most of the time. Now I'm retired, very much enjoying my retirement, and trying to stay active," she said.

Susan continues to study and learn, and even teaches a class online. She also remains physically active by exercising. After attending an event at the Peter B. Lewis Aquatic & Therapy Center, she became a regular attendee.

"I had been getting newsletters from Menorah Park and Lewis Aquatic for a while, even before I started using it. They had offered a lecture on avoiding injuries, I attended it, and found out through that one lecture how many different kinds of activities I could participate in at the Center."

The Peter B. Lewis Aquatic & Therapy Center offers a variety of exercise opportunities for members, including land exercise



equipment, a warm water pool for aquatic exercise, personal training, supervised exercise programs, and group exercise classes.

"Exercise there is very rewarding. I now take a class on a regular basis, and I love that they offer one-on-one exercise because it's tailored to the older person and it helps me exercise safely. Since I started, I've built up my strength and improved my balance."

In addition to general health and wellness programs, the center offers physical, occupational, and speech therapy. Susan has also taken advantage of these services, working with occupational therapist Kathy Ondak.

"I met Kathy when I started having arthritis pain," Susan said.

Kathy is a certified hand therapist, meaning she specializes in the assessment, planning, and treatment of the hand, wrist, elbow, and shoulder girdle to prevent dysfunction and restore function. Common conditions that hand therapists treat include osteoarthritis, rheumatoid arthritis, fractures and dislocations, carpal tunnel syndrome, Dupuytren's contracture, tendonitis, complex regional pain syndrome, and traumatic injuries.

"Now, whenever the arthritis starts up, I know how to continue to go about my business safely, which is wonderful."

For more information about therapy opportunities at The Peter B. Lewis Aquatic & Therapy Center, call 216.595.7345 or email publicrelations@menorahpark.org.

Exercise specialist Amy Nieman, in the reflection, provides instruction to Susan.

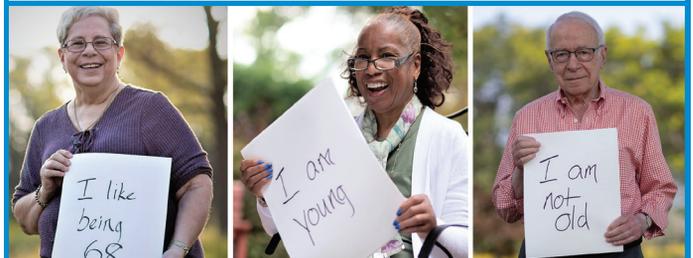
Age isn't chronological.
IT'S PERSONAL.



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

Menorah Park is dedicated to offering a wide variety of programs and support to meet each individual's needs . . . from therapy to brain health, to residential care and more.

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



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Locations in Beachwood and Chagrin Valley

HOPE SOARS

FLY FORWARD TOGETHER



On Tuesday, May 11, Greg Perry's Beachwood High School marketing/Junior Achievement class gathered to celebrate the completion of Hope Soars, a creative marketing campaign to inspire hope and uplift our local and global communities through a pop-art installation that featured five 20-to-30-foot inflatable butterflies.

They chose butterflies as the symbol of Hope Soars to represent the world flying forward. Not only are butterflies beautiful, but they also symbolize transformation, change, hope and life. In addition to the inflatable butterflies, a 10-foot-high by 15-foot-wide inflatable backdrop provided a colorful area for photographs. Plus, yard signs were available for visitors to continue spreading "Hope."

The program's grand finale was threefold: to present a check to the Greater Cleveland Food Bank,

to unveil a sculpture in the Karin Kushnir Memorial Garden, and to execute a butterfly release.

"The event flew without a hitch," Greg told us. "It was a culmination of the students' efforts, and the butterfly release was spectacular! A crabtree in the garden was in full bloom and the butterflies lingered all day."

Following the event, we asked Greg the million-dollar question: What are your thoughts about next year's project? He laughed, saying he's open to suggestions. "It needs to inspire students to be philanthropic and socially responsible," he said.

Special thanks to Junior Achievement advisor Shannon Diamond and former advisor Karen Carmen for their magic touches that made the event fly to new heights. If you'd like to see the garden, call the BHS main office at 216.831.2080.

Pictured from top:

Dr. Robert Hardis, Treasurer Michele Mills, Mayor Justin Berns, CEO Gregory Perryman, CEO Avery Solomon, and Beachwood Schools Board President Megan Walsh presented a \$42,022 check to GCFB Corporate Relations Coordinator Ashley Zacharias. The amount surpassed the class's \$40,000 goal by \$2,022, signifying the class of 2022.

Richard Uria, owner of Northwest Hardwoods, and his son, Daniel, one of the program's CEOs, presented a \$2,000 check to Hope Soars. Richard's employees matched his \$1,000 sponsorship.

Dr. Robert Hardis, Mayor Justin Berns, and Gregory Perryman lift the lid to release 100 monarch butterflies.

Abby Peppers and her fiancé, Dr. Ben Kushnir, Dr. Yael Kushnir and Dr. Ori Kushnir witnessed the reveal of "Fly Forward Together," a butterfly sculpture in the Karin Kushnir Memorial Garden located in the BHS atrium.

Avery Solomon, Daniel Uria, Greg Perry and Gregory Perryman unveil "Fly Forward Together," which was commissioned to artist Craig Mitchell Smith.

Mayor Justin Berns marvelled at the butterfly that landed on his hand. Cookies by Cheryl Isaacson.

Not pictured: CEO Olivia Zak.

Photos by Scott Morrison, Discovery Photo.

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Color Us Calm

By Ellen Wohl

Once read that Oprah Winfrey hid in her dressing room with a box of crayons and a coloring book to escape the pressure of producing her daily talk show. How often have we dreamed of rewinding the clock to the age of innocence? Remember the excitement we felt when we opened a new yellow and green box of Crayolas? It was thrilling to find 16, 32, or – if we were lucky – 64 colors lined up in tiers, pointing upward like New York City skyscrapers.

When my daughter was a college freshman – more than 20 years ago – like most kids, she stressed out before exams. How comforting can a mom be when she's two hours away? I thought about Oprah and raced to the corner drugstore to buy Mickey Mouse, Star Wars and Barbie coloring books. I packed up boxes of Crayolas and shipped them off to her at The Ohio State University. It worked. Lindsay and her friends calmly colored all the way to graduation.

Then, along came adult coloring books. I wasn't aware that they were "a thing" until 2016 when I saw a feature on *CBS This Morning*.

Secret Garden, by Johanna Bashford, opened my eyes. The best-selling coloring book took me on a treasure hunt through a beautifully illustrated garden of pen and ink drawings. My imagination ran wild as I joyfully filled in the colors. It was just like being a kid again – and was so relaxing.

Coloring has been validated by the medical community as a way to reduce tension and anxiety by relaxing the brain. It takes focus away from the "here and now" and directs it onto the page, easing stress and producing a general feeling of well-being.

"Adult coloring requires modest attention," notes clinical psychologist Scott M. Bea, Psy.D., of the Cleveland Clinic. The brain shift happens quickly when disturbing mental images and the feelings associated with them are changed. "The difficulties of life evaporate from our awareness. Both our bodies and our brains may find this rewarding," Dr. Bea added.

My daughter, now Lindsay Miller, returned to coloring her stress away during the early days of the pandemic. At the front door, a good friend left her a bottle of wine, a box of pencils, and a coloring book. While her children were in front of the computer for remote learning, Lindsay colored!

Colouration is the act of coloring to enable a calming or meditative state, as explained by neuropsychologist Dr. Stan Rodski. "Repetition, pattern, and focus on the design relax the brain," he said. Rodski introduced Colouring-In techniques for stress management in adults and children and created a series of coloring books that made the Oprah Wish List.

Coloring has been validated by the medical community as a way to reduce tension and anxiety by relaxing the brain. It takes focus away from the "here and now" and directs it onto the page, easing stress and producing a general feeling of well-being.

The serenity reached by coloring can positively alter brainwaves and heart rate. Neuropsychologists found that "the brain of a person coloring ... mimics the state of mind of a person who is practicing meditation."

The mandala, the Buddhist symbol commonly used in meditation and anti-stress therapy, has become a popular theme in adult coloring books. It is believed that the repeating circular patterns and symmetrical form connect the heart and mind for better spiritual balance. "I use mandala coloring books," said artist Marci Zabell, who handcrafts one-of-a-kind, wearable art. "I turn on the music, pour myself a cup of tea, and relax with all the colors. It's very soothing."

While mandalas produce a wholly relaxed, meditative state, coloring books can be found in a variety of themes that have similar effects: flowers, animals, exotic scenery, comical, fantasy, TV shows, and quotes – both inspirational and X-rated!

Broadway director Fran Soeder unwinds with *Color Me Sondheim* pictures of his mentor's iconic musicals. Aesthetician Dana Morgan said, "I have a few coloring books, but my fave is *Golden Girls*!"

"I tend to color when the weather's bad or when I have time to kill," said Jan Kirschenbaum. "It's relaxing to me, and I feel creative and accomplished just like I do when I'm gardening in the warm weather and doing puzzles in the winter. Since I love gardens and flowers so much, the book I'm working on now is *Relaxing Flowers!* I'm trying desperately to get better at shading."

"When you are coloring, you are engaged in a highly structured activity that is generally not goal-oriented. It changes your focus to something more manageable and, as a result, you experience less distress," explained clinical psychologist Ben Michaelis, who recommends coloring books to some of his clients.

"Coloring flowers with my mom, who had dementia, was enjoyable, and it even stimulated conversation," said Cindy Keller. "Mom talked about her garden, the flowers,



and choosing the colors she liked. We were both relaxed as we focused on the page and simple conversation."

Coloring is a quick, accessible, and easy way to unplug. It doesn't take long to feel the soothingly therapeutic effects of covering the page with color.

"I have been coloring for the last few years. It allows me to center and focus on something beautiful," said Bonnie Chizek. "When my late husband was in the hospital all the time, my bag with coloring books and pencils was my companion while I kept him company. It brought me peace and comfort. And I still enjoy coloring seven years later. My favorite book is *Brilliant Beasts*."

It's easy to get started. But before you purchase the perfect coloring book, do a test run with downloadable coloring pages found online. A good resource is diycandy.com/free-adult-coloring-pages/.

Once I select the picture that suits my mood, I take out my pencils. I like to keep

them very sharp. When I purchased my first box of Prismacolors, I also bought a pencil sharpener. Nothing fancy, just the inexpensive kind that kids use in elementary school. It works perfectly. I'm happy using pencils, but some adventurous coloring artists venture into gel pens, markers, and crayons.

Where you begin on the page doesn't matter. You can quiet your brain by starting at the outside of the design and working your way in – or inside out. Just don't press too hard. The key is to relax, not take out your aggression. Immerse yourself in the picture, shapes, and patterns. Focus on the colors, the shading, and the consistent motion. And above all, don't judge. There's no right or wrong. You don't even have to stay in the lines!

Coloring is a quick, accessible, and easy way to unplug. It doesn't take long to feel the soothingly therapeutic effects of covering the page with color. After 15 or 20 minutes, I am in a zone, and I feel refreshed long after putting down my pencils.

Ellen Wohl's book, Snap Out Of It - An Unexpected Caregiver's Way to Self-care, Stability, and Survival, will be available this summer.

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. Goup 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 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.

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White and Gold Talent Show

On April 30, Beachwood High School held its White and Gold Talent Show. Directed by Brooklyn Bennett, Christian Bowling, Dustin Chizek, and Aaliyah Edwards, with Maya Gabay and Oren Gabay on tech crew, this event was a true crowd pleaser!



Teacher Band - Todd Butler, John Summers, John Perse, and Michael Bohm,
 "No Expectations," by The Rolling Stones
 "Seagull," by Bad Company



White & Gold Band
 From left: Marc Chalice, Cece Venditti, Mark Grey, Rachel Kantarovich, Darlene Haight, and Probir Mukherjee.
 "Use Somebody," by Kings of Leon



Rachel Kantarovich
 "All Too Well," by Taylor Swift



Alexander Johnson
 "King," by Kanaria (in Japanese)



Probir Mukherjee
 Mashup: "Let it Be," by the Beatles and "Paranoid," by Black Sabbath



Cece Venditti
 "Jolene," by Dolly Parton



Ja'Niya Rahman
 "Black Sheep," by Metric



Will Owens
 "Can We Talk," by Tevin Campbell



White and Gold Directors
Brooklyn Bennett, Christian Bowling, and Aaliyah Edwards



Shivani Rajgopal
 "If I Ain't Got You," by Alecia Keys



Josh Kahn
 Original Composition

Josh's Original Composition, presented on video, was created with help from his friend, Alex Thiam, and advisor, Noel DeViney, as the first song for the BHS chapter of Music for Mental Health, a Canadian-based non-profit organization that aims to bring awareness to and destigmatize various mental health issues through music. BHS is proud to be the first school in the United States to start a MMH chapter.

Photos by Lifetouch.

Special Applause to Darlene Haight and Meghann Sullivan, White and Gold advisors; Chris Croftcheck, auditorium manager; Marc Chalice, video production manager; secretaries, custodial staff, and transportation staff; high school and middle school staff, parents, and mostly – students, for their hard work!

Registration Open for Milestones Autism Resources 2022 Virtual National Conference

Remote annual event to feature more than 80 sessions, sponsor and exhibitor expo, and networking for autism community

Milestones Autism Resources celebrates its 20th year as an educational resource and thought leader in Northeast Ohio with its 20th Milestones National Autism Conference, held virtually, June 15-16. Targeted toward autism professionals, and autistic individuals and their family members, the event will offer practical strategies to use at work, school, and home. This year, the highly renowned event will feature:

- Nationally recognized speakers, including autistic journalist and author Eric Garcia as keynote.
- Discounted rates and scholarships, including a special \$2,000 rate for public school districts with unlimited staff registrations for full and part-time employees.

- CEUs in 12 disciplines, including Adult Services, Behavioral Analyst Certification Board (BACB), Counseling, County Board Members, Early Intervention, Education, Marriage & Family Therapy, Occupational Therapy, Psychology, Service & Support Administration, Social Work, and Speech-Language Pathology.
- Virtual access with on-demand availability through August 15 means attendees can watch on their own schedule from the convenience of home, with curated tracks tailored to their interests and needs.

To learn more or to register, visit www.milestones.org or call 216.464.7600, ext. 200. To become a sponsor, exhibitor, or advertiser, contact Vanetta Perry at vperry@milestones.org.

Outdoor Family Fun

Join us for outdoor family-friendly fun at Pinecrest all summer long! These free, monthly events are presented by *Northeast Ohio Parent Magazine* and Hawken School. Each month, a kid-friendly theme will help set the stage for two hours of fun in the sun.

Pinecrest Play Days in Orange Village Tuesdays, 11 a.m. - 1 p.m.

- May 31 – Dress up! Princess/Superhero Day!
- June 21 – Jungle Terry and His Animal Friends
- July 26 – Concert on the Green
- August 16 – Splish Splashing Away!

All events will feature music, exhibitor tables with activities and giveaways, and free snacks. Additional activities vary by event: face painting, balloon twisting, magic, animal entertainment, glitter tattoos, musical

entertainment, mascots from various organizations, and much more! Rain dates are scheduled for Thursdays of the same week. Themes are subject to change. Learn more and register at NortheastOhioParent.com.



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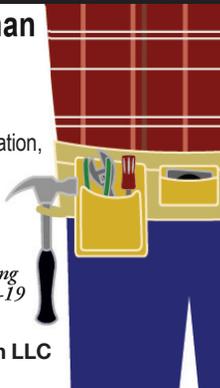
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BHS Class of '71 50/51-Year Reunion

Friday, August 26 -
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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.
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Planning for a fun-filled weekend is underway. If you would like to help, please contact Susie Loparo at Susiesellsleveland@gmail.com, Michelle Reiner at Mich40love@aol.com, or Joan Morgenstern at Jbmorg1@gmail.com.

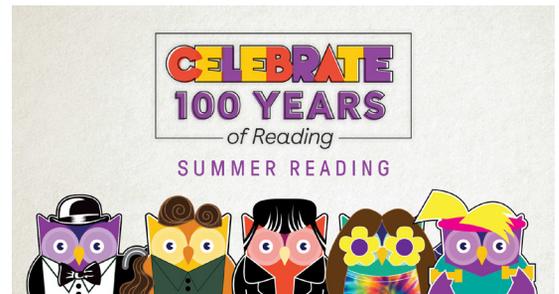


Cuyahoga County Public Library Summer Reading Program

The Beachwood Library Summer Reading Program runs June 4 - August 14. In honor of Cuyahoga County Public Library's 100th anniversary, its 2022 summer reading theme is "Celebrate 100 Years of Reading."

Participants track their reading to earn midpoint and completion prizes, and grand prize raffle entries. Register to participate online or in-person at your local branch.

More details and a full listing of upcoming programs may be found at www.cuyahogalibrary.org. All events require registration.



CLE Market

Wednesday, June 8 • Beachwood City Hall Parking Lot

The CLE Market returns on Wednesday, June 8.

There's always something buzzing at the market, so be sure to stop by to enjoy shopping, food, and fun for everyone!



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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