

Beachwood Buzz

August 2021

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MAGAZINE



VIOLIN VIRTUOSO SCORES VICTORY IN COMPETITION

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Letter from **THE EDITOR**

By Debby Zelman Rapoport

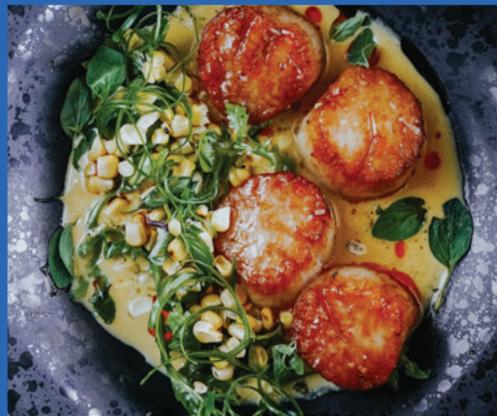
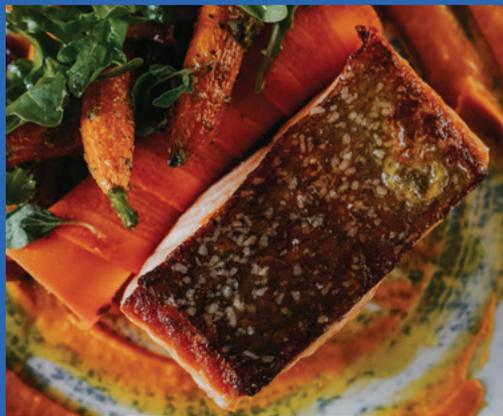
When Jennifer Stern sent me her monthly column (*page 16*), one that had been published a couple of years ago, I was enthusiastic about re-publishing it because its message resonates with me. In it, Rabbi Daniel Cohen asks us to consider the talents we possess and how we can use them to improve the life of another. At the end of each day, he asks us to consider, “What did I do today to uplift another soul?”

After reading Jennifer’s column, I went back to my archives and pulled up this column about *Life’s Little Instruction Book*, by H. Jackson Brown Jr., because its content focuses on what we can do to uplift ourself and others.

Unfortunately, we live in a time when life’s circumstances may not be optimal. Despite the challenges, we each have the power to choose attitudes and actions that enhance our own sense of inner peace and love. I share the following thoughts, most of which were taken from *Life’s Little Instruction Book*, because **NOW** is always a good time to take stock of our lives, and little steps may yield big results.

- Take time to watch a sunrise or sunset.
- Remember other people’s birthdays.
- Live beneath your means.
- Be forgiving of yourself and others.
- Treat everyone you meet as you want to be treated.
- Keep secrets.
- Don’t postpone joy.
- Write Thank You notes promptly.
- Never give up on anybody.
- Surprise someone with an unexpected gift.
- Take responsibility for every area of your life.
- Make the best of a bad situation.
- Learn to create something beautiful with your hands.
- Choose a charity to support.
- Make it a habit to do random acts of kindness.
- Treat yourself to something beautiful.
- Think big thoughts and relish small pleasures.
- Take a brisk 30-minute walk every day.
- Smile a lot. It costs nothing and raises your spirit and the spirits of those around you.
- Learn to listen. Opportunity sometimes knocks very softly.
- When someone is relating an important event, let him or her have the stage. Don’t try to top their story with one of your own.
- Never deprive someone of hope; it may be all he or she has.
- Give yourself time to cool off before responding to someone who has provoked you.
- Strive for excellence, not perfection.
- Avoid negative people.
- Be original.
- Never give up on what you really want to do.
- Be kinder than necessary.
- Be your significant other’s best friend.
- Set boundaries – let people know what you will and won’t stand for.
- Measure people by the size of their hearts, not the size of their bank accounts.
- Become the most positive and enthusiastic person you know.
- Remember that a person’s greatest emotional need is to feel appreciated.
- Choose work that is in harmony with your values.
- Relax. Except for rare life-and-death matters, nothing is as important as it first seems.
- When you’re with others, let them be the most important people in the room – put away your phone!
- Don’t waste time grieving over past mistakes. Learn from them and move on.
- When you are complimented, a sincere Thank You is the only response required.
- Spend less time worrying about who’s right and more time deciding what’s right.
- Praise in public and criticize in private.
- Keep your promises.
- Seek out the good in people.
- Hire people who are smarter than you.
- Take good care of those you love.
- Don’t gossip.
- Patronize local merchants, even if it costs a little bit more.
- Don’t expect money to bring you happiness.
- Never underestimate your power to change yourself or overestimate your power to change others.
- Judge your success by your degree of inner peace.
- Refrain from envy. It’s the source of much unhappiness.
- Do more than is expected.
- Look for opportunities to make people feel important.
- Be bold and courageous. When you look back on your life, you’ll regret the things you didn’t do more than the ones you did.
- Be grateful for each day. Tomorrow is guaranteed to no one.

When we are our best self, we are more equipped to uplift others. I hope you will find a few things on this list that resonate with you, and that you have a great month.



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

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Beachwood Buzz
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MAGAZINE

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VIOLIN VIRTUOSO SCORES VICTORY IN COMPETITION



People don't look at musicians as athletes, but that's essentially what they are. It's not about running and jumping, it's about fine motor skills. No different than with sports, it requires hours of practice each day to produce the refined dexterity needed to excel. Moonhee Kim, a BHS senior, has fine-tuned her skills to perform at an elite level. Her talent, along with that belonging to three other musicians in the quartet, Lumiere, propelled them to win a silver medal in the 2021 Fischhoff Competition, which is nearly the equivalent of the Olympics as the largest and longest-running chamber music competition in the world.

Complete story, written by June Scharf, starts on page 7.
Photos by Niles Singer, a Massachusetts photographer and videographer whose work can be seen at nillessinger.com.

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Play ball: Avoid injuries with proper mechanics and rest between games.



Caitlin Lewis, MD
Cleveland Clinic
Beachwood Family Health
and Surgery Center and
Cleveland Clinic
Sports Health

Youth baseball is a rite of passage for many children – it's a great way to learn about teamwork, make friends and keep in shape. But injuries, specifically from pitching, are something these young "Shane Biebers" didn't sign up for.

"The pitching motion can be extremely taxing on Little Leaguers, whose bones, tendons and muscles are still developing," explains Caitlin Lewis, MD, sports medicine physician at Cleveland Clinic Beachwood Family Health and Surgery Center and Cleveland Clinic Sports Health in Garfield Heights. "Improper mechanics and inadequate rest and recovery between games can often lead to painful injuries."

Little League elbow and Little League shoulder are common problems among adolescent athletes. Other common issues include:

- **Growth plate injuries:** Widening of the growth plate at the ends of bones in the arms.
- **Shoulder instability:** Loosening of ligaments can lead to an unstable shoulder joint and increase the risk of pain with a subluxed, or partially dislocated, shoulder.
- **Rotator cuff problems:** Repetitive overhead motion can cause inflammation of the cord-like tendons that enclose the shoulder (tendonitis) or the fluid-filled sacs that lubricate/protect the shoulder (bursitis). The swelling can cause painful shoulder impingement that frays and irritates the rotator cuff.

To avoid injury and maintain performance, Dr. Lewis offers these recommendations:

- **Follow guidelines.** Many youth baseball organizations limit the number of pitches during a game or require several days of rest between appearances on the mound in order to decrease shoulder stress.
- **Warm up properly.** A warmup should include targeted upper extremity stretches.
- **Review throwing mechanics.** A coach can be a good source of advice, but professional, medical-based care can improve performance and keep the athlete injury-free.

"Prolonged muscle soreness or sharp pain that does not subside with rest are key indicators of an underlying injury, and you may need to see a sports medicine specialist," says Dr. Lewis. "Every injury is unique and early treatment will help get your child back on the mound."

To schedule an appointment with Dr. Lewis, or another sports medicine specialist, please call 877.440.TEAM (8326). Visit [ClevelandClinic.org/SportsMedicine](https://www.clevelandclinic.org/SportsMedicine) to learn more.

New app puts great care at your fingertips.



Steven Shook, MD
Cleveland Clinic

The COVID-19 pandemic has changed many aspects of life including how we work, learn, shop, travel, socialize ... and how we address our healthcare needs.

"Virtual healthcare visits grew in popularity over the past year and have quickly become common practice. Instead of going to a physician's office for an exam, patients can meet with them virtually from the comfort of their own home," says Steven Shook, MD, Lead for Virtual Health at Cleveland Clinic. Dr. Shook is responsible for developing, executing and monitoring Cleveland Clinic's virtual health strategy.

And virtual visits are just one part of that strategy. The new MyClevelandClinic™ app puts quality healthcare at your fingertips, providing a single source for access to all Cleveland Clinic services – on your smartphone, tablet or computer.

"MyClevelandClinic provides secure access, allowing you to view appointments, access test results and more," says Dr. Shook. "We know it can be hard to make time for your health, but it's so important. This app brings quality care closer than ever, ensuring that you get the care you need, wherever and whenever you need it."

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VIOLIN VIRTUOSO SCORES VICTORY IN COMPETITION

By June Scharf

People don't look at musicians as athletes, but that's essentially what they are. It's not about running and jumping, it's about fine motor skills. No different than with sports, it requires hours of practice each day to produce the refined dexterity needed to excel. Moonhee Kim, a BHS senior, has fine-tuned her skills to perform at an elite level. Her talent, along with that belonging to three other musicians in the quartet, Lumiere, propelled them to win a silver medal in the 2021 Fischhoff Competition, which is nearly the equivalent of the Olympics as the largest and longest-running chamber music competition in the world.

Lumiere is composed of students enrolled in the Cleveland Institute of Music's Young Artists Program, with Moonhee as the exception. She studies with a private instructor, Sibbi Bernhardsson. She describes her inclusion in the quartet as a monumental thrill.

"The Fischhoff Competition is one that I have looked up to and have been watching for years," she states. "After seeing my accomplished friends compete year after year, it was surreal to be a part of it myself. The younger me could never have imagined that I would have the opportunity to compete in Fischhoff, let alone be a prize winner."

The quartet competed with two pieces of music: Mendelssohn's *String Quartet in F Minor, Op. 80, allegro vivace assai*, and Ginastera's *String Quartet No. 2, allegro rustico*. They were judged on interpretation (tempo, dynamics, ensemble performance), balance within the ensemble, technical accuracy (rhythm, intonation and overall performance), poise, and artistic expression. Represented in the entire competition series were musicians from 27 countries and territories, many of whom will progress to distinguished careers in music performance and education.

The quartet also won first prize this year at the Rembrandt High School Chamber Music Competition, and was an overall winner and first prize winner at the Chicago National Chamber Music Competition, open division (strings and piano category).

The Fischhoff was held virtually this year, which created its own challenges. The college application process for older quartet members required auditions to be submitted with applications, and the pressure was intensified when Fischhoff required students to complete their performances in one take, with no editing allowed.



Lumiere Quartet, from left: Céлина Bethoux, Moonhee Kim, Ania Lewis and Henry Rogers.

"At any given moment, we didn't have as much practice time as we would have wanted," Moonhee explained. "When we were recording our performances to send to the competitions, it was difficult to coordinate our schedules. We all felt we could have done better, but this process also trained us to be ready at any moment and to give everything our best shot because we didn't know if there would be another chance to record. It turned out amazingly well, so I'm super happy."

Under normal circumstances, the competition involves multiple rounds with competitors learning more pieces and advancing past other quartets. This year, however, the quartet recorded its two submissions and was judged on that work alone.

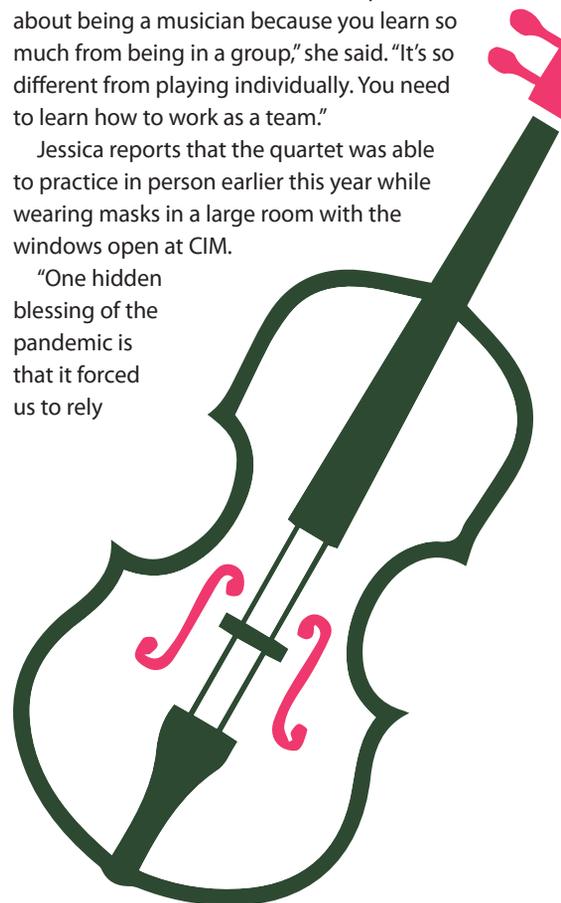
The quartet worked with Si-Yan Li, an instructor at the Cleveland Institute of Music and director of the Young Artist Chamber Music Program at CIM, as its primary coach, and with Jessica Lee, the assistant concertmaster of The Cleveland Orchestra.

"Our coaches helped bring out the quartet's individual voices, which helped create a nice blend of music," said Moonhee. However, the quartet often needed to sound like one instrument, which "is an incredibly hard task and is the result of everyone setting aside their individuality and working with the group as a whole. That's what creates our voice."

As a violinist, Moonhee loves playing chamber music. "It's one of the best parts about being a musician because you learn so much from being in a group," she said. "It's so different from playing individually. You need to learn how to work as a team."

Jessica reports that the quartet was able to practice in person earlier this year while wearing masks in a large room with the windows open at CIM.

"One hidden blessing of the pandemic is that it forced us to rely



"(Moonhee) notices different nuances, colors and characters in the music. It's very important as a musician to search out those different communicative details in music and to transmit them to the audience. That's what a musician is, and she has those qualities."

— Jessica Lee, assistant concertmaster of The Cleveland Orchestra and Lumiere Quartet coach

on technology. Recording is a huge part of a musician's life, and these young kids had to learn how to do that," Jessica explained. "Preparing for a recording is very different from preparing for a live concert. You hear every single little tiny thing in a recording. With a performance, when it's over, it's over. But with a recording, you listen, rewind, listen again. It's a different layer of polish and preparedness, and it's a very necessary skill in our modern time."

Regarding Moonhee in particular, Jessica observed that she thrives on being a member of a quartet and her motivation and sensitivity as a musician were readily apparent.

"She notices different nuances, colors, and characters in the music," Jessica continued. "That's how we coach – to find those elements. Everyone finds different ones; everyone has subtle differences in how they interpret the music. I could see how Moonhee was looking for those things. It's very important as a musician to search out those different communicative details in music and to transmit them to the audience. That's what a musician is, and she has those qualities."

Si-Yan Li noted that Moonhee is always prepared and "incredibly reliable, no matter what repertoire she plays."



Lisa Goldman, BHS orchestra director who has worked with Moonhee since she enrolled at Hilltop, says she noticed something the second Moonhee arrived on the scene. "She has a very high level of playing, very high quality, plus she has the necessary interest, passion, commitment and focus."

Many students reach elevated levels of achievement with their instrument, Lisa explained, "and they go to college and become doctors or engineers, but they're always passionate about their music. Then you have an entirely different level, above and beyond anything else. That's where Moonhee is. She is the category of musician that, should she decide to pursue this as a career path, she'll have no trouble getting into the top conservatory of her choice."

Lisa also speaks to the pressure of being a top musician with high aspirations.

"There are lots of kids out there who are practicing very hard, and there are highly specialized summer programs with practice cabins and that's what you do all day. They are

monitored, you are alone, you have a teacher and coach, and you're there to hone your skills. There is an audition process to get in, too."

She frames the training of a musician as athletic. "If you don't keep up your chops every day, you're going to go backwards, or someone else will take a few steps ahead of you. It's an everyday thing for the rest of your life. Maybe two to four hours each day. It's like practicing your swing or your free throws. Do you think Simone Biles ever misses a practice? Music is no different, though people may not see it that way because musicians aren't dressed in sparkly things or jumping off anything."

Lisa notes that being a talented protégé and getting to a certain level is one thing, but it's quite another to stay at that level for the rest of your career. "Plenty of people can get

there; some get there a little sooner, others later, but the chore becomes maintaining it."

One critical ingredient for success is the presence of an underlying support system, Lisa pointed out. "It's vital, and her family has played that role. They (parents Kyoungwha and Ungtae) have generously committed themselves to her progression and musical development."

Of course, there are many distractions at BHS, so how does Lisa guide Moonhee properly as her orchestra instructor? "I don't need to tell her anything. I just tell her she's awesome because she is."

Lisa also mentioned that Moonhee is an excellent role model. "I appreciate everything she has done for us. It's great for other kids to see that this is happening right in front of them."



Moonhee poses with a Pietro Giovanni Mantegazza, Milan c. 1780 violin that Jonathan Solars, managing director of Florian Leonhard Fine Violins in New York City, lent to her for six months.



ELECT JUSTIN BERNS

FOR BEACHWOOD MAYOR

***It's Time to Restore the Safety
& Reputation of Beachwood!***

✓ Lifelong Commitment to Our Community

Justin Berns is a committed and lifelong resident of Beachwood. He was born in Beachwood, went to school in Beachwood, and built his home in Beachwood. Justin, along with his wife Lisa, is raising their three children, Caleb and twins Allison and Sarah in Beachwood.

Justin Berns is a committed and lifelong member of Anshe Chesed Fairmount Temple.

Justin Berns is a committed and well respected business owner in Beachwood.



✓ Longtime Commitment to the Safety of Our Community

Justin Berns is committed to the safety of Beachwood and volunteered as a Beachwood Volunteer Firefighter from 1992-2004.

Justin Berns has served on the Beachwood Community Emergency Response Team. He is also the current Council Chairperson of the Safety & Public Health Committee and Public Works Committee.

✓ Longtime Commitment to Public Service in Our Community

Justin Berns is committed to serving Beachwood with nearly 30 years of public service including:

- Beachwood Volunteer Firefighter, 1992-2004
- Beachwood FOP Associates President, 1996
- Beachwood Community Emergency Response Team, 2004-2005
- Beachwood Cable Television Commission Chairman and Member, 2004-2008
- Beachwood Planning and Zoning Commission Member, 2008 - 2009
- Beachwood City Council Member, 2010-2011 and 2016-Present
- Beachwood Records Commission, 2012-2015
- Elementary School PTO President, 2014-2015
- Beachwood Schools PTO Co-President, 2015

***This November, Vote to Elect
Justin Berns for Beachwood Mayor!***

“Moonhee is a real standout and a super star.”

– Lisa Goldman,
BHS Orchestra Director

To put it into sharper focus, Lisa declared, “Moonhee is a real standout and a super star.”

Regarding musicians’ violins, Lisa noted that there are some challenges. Students need high-quality instruments. Eventually, instructors will say that you need an instrument of a certain level, which costs upwards of a nice car and even north of that, she reported, adding that parents sometimes draw on a mortgage.

This summer, Moonhee had a very unique opportunity to have a violin on loan from the renowned Florian Leonard Fine Violins shop in New York City. She is thrilled.

“We play our own violins for a very long time, and I think working with different instruments is enriching and eye-opening. Having the chance to play on a different

instrument (and one as fine as that from the shop in New York) is a rare, very cool opportunity!” Her private instructor arranged for this exchange.

Over the year of the pandemic, Moonhee feels that her violin playing was definitely impacted. “I wasn’t able to see my private teacher and it was really hard to do lessons over Zoom once a week.” However, in terms of practice time, she had much more of it since school hours were not as long. “But it was hard to stay inspired, just being in my room all of the time,” she says.

Her BHS orchestra classes were held over Zoom as well, and she credits Lisa with making the best out of the situation. “Mrs. Goldman brings such good energy to the orchestra. Classical music isn’t the most exciting thing for high school students, so we also played a lot of pop music.”

This summer, Moonhee says she was excited to finally see and work with other musicians. Her itinerary included attending the Bowdoin International Music Festival,

one of the world’s premier music institutes, in Brunswick, Maine. She studied for three weeks with Ayano Ninomiya, a professor from the New England Conservatory. Each summer, 250 students from more than 20 countries and nearly every state attend the Festival to study with distinguished faculty and guest artists. The mission of the Bowdoin International Music Festival is to provide gifted young musicians an opportunity to study with world-class artists and to provide audiences with classical music performed to the highest artistic standards.

Moonhee also interned with Chamber Fest Cleveland, which presented 10 free concerts. She handled some elements of its social media. She also worked to spread the word about the concerts among numerous educators across Northeast Ohio to bring more people to the festival. She says she learned a lot about the management that goes on behind the scenes.

Looking ahead, Moonhee says she is keeping her options open and her violin close by. “Whether I go to a university or conservatory, music will always be part of my life.”

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Long May She Wave

By Arlene Fine

Betsy Ross would have been very proud of Albert Hersh.

Albert, a Holocaust survivor and Korean War veteran, has never wavered in his commitment to proudly display the American flag on all federal holidays. During the 50 years that Albert has lived on Hilltop Drive, Old Glory has waved from his front porch – all too often the only American flag on his entire street.

“I am passionate about displaying the flag to honor the brave men and women who fought for this country so that we could all be free,” said Albert. “It saddens me that my neighbors are not doing so too. We have to be an example to teach our children how lucky we are to live in such a wonderful country. No matter where you are politically, our flag is an

inspiring symbol that unites us all as Americans.”

Albert knows a thing or two about freedom. Born in 1928 in then-Czechoslovakia, he was separated from most of his family when the Nazis invaded the country. Albert and his brother, Ted, were sent to Auschwitz while many members of their immediate and extended family perished. “I spent every day in Auschwitz praying to stay alive for the next second, minute, hour and day,” he said.

After miraculously surviving the brutality of the concentration camp, Albert and Ted were liberated from Buchenwald by the American Army on April 11, 1945. That same year, Albert and Ted connected with their older brother, Morris, who spent part of the war hidden by a German

family in their chicken coop. Incredibly, Albert and Ted met Morris on the streets of Prague. Together the three brothers traveled to America to reconnect with their older brother, Phil, and sister, Rose, who had come to Cleveland in the late 1930s.

In 1951, Albert was drafted into the U.S. Army to serve in Korea. He was posted in the 8228 MASH Hemorrhagic Fever hospital unit where he worked in a dispensary as a medic. “The army trained me to give shots and help care for the wounded,” he said.

After Korea, Albert and Ted started East Woodworking Company, where they manufactured custom cabinets and built a successful family-run business. Albert and his late wife, Pearl, long-time members of Green Road Synagogue, raised their children, Gilda (Richard) Katz, Coby Hersh, Jeff Hersh, Serena (Mark) Wiseman, Shelby (Lisa) Hersh and Morley Hersh in Beachwood.

“We have to teach our children how lucky we are to live in such a wonderful country. No matter where you are politically, our flag is an inspiring symbol that unites us all as Americans.”

“When each of our children got married we gave them an American flag as a gift,” said Albert.

As a commander of Jewish War Veterans Post 14, Albert remains close with the Jewish soldiers who served with him in Korea. He is also part of Kol Israel Foundation’s Face to Face program.

“America has been so good to me and my family,” said Albert. “This is the best country on Earth and we should never take that for granted.”



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Albert Hersh, wearing his Korean War Veteran hat, proudly stands next to the American flag.

Sounds of Magic: Disney and Beyond

Presented by City of Beachwood and Mandel JCC

Beachwood residents and Mandel JCC members are invited to attend a family-friendly outdoor concert on the park-like grounds of the Mandel JCC. On Sunday, August 15, Cleveland Pops Orchestra, with conductor Carl Topilow and vocalists Lauren Berry and Connor Bogart, will perform favorite musical selections, many from the big screen.

This family-friendly concert will begin at 2:00 p.m. Mandel JCC's Safran Park will open at 12:30 p.m. Bring a blanket, chairs and picnic lunch, and enjoy the afternoon with family, friends and neighbors. Kosher drinks and snacks will be available for purchase.

"Mayor Horwitz really wanted to introduce a new event that would bring the community together," said Derek Schroeder, Beachwood Community Services director. "I had worked with the Cleveland Pops before and thought this show would be a great way to end the summer. The show is for all ages and will be loved by all."

Without having much land for an event of this size, Derek reached out to the Mandel JCC to partner. They have been on board since the beginning, and Derek hopes this partnership is just the beginning.

"We are thrilled to partner with the city of Beachwood to present this concert for residents and our members. It is in line with our mission to build, connect and strengthen our community," added Deborah Bobrow, Mandel JCC Arts and Culture director. "This is an opportunity to do that by bringing people together to reconnect at an outdoor venue, while providing one of our core programs, arts and culture."

Guests are invited to park at The Temple-Tifereth Israel, Mandel Jewish Day School or Fuchs Mizrach. Limited parking will be available in the Mandel



Cleveland Pops Orchestra Conductor Carl Topilow with vocalists Lauren Berry and Connor Bogart.

JCC Stonehill parking lot for those with accessible parking permits.

Tickets are now on sale! Ticket prices are \$10 for adults, and \$5 for seniors 60 and above and children ages 2-12. Children under age 2 are free.

Beachwood residents may purchase tickets at Beachwood City Hall or www.beachwoodohio.com, and Mandel JCC members may purchase them at the Mandel JCC membership desk.

For more information, call Beachwood Community Services at 216.292.1970.

This family-friendly concert will begin at 2:00 p.m. Bring a blanket, chairs and picnic lunch, and enjoy the afternoon with family, friends and neighbors. Kosher drinks and snacks will be available for purchase.

City of Beachwood presents:

HAF Connects: The Sustainable Art of Plastics Beachwood Community Center Through August 26

High Art Friday (HAF) is an online arts magazine created by Ron Shelton, a multi-media artist. With his non-profit status, Ron created HAF Connects: The Sustainable Art of Plastics, a worldwide project that educates people about the negative effects of plastic. Stop by and learn more!

Workshop with Ron Shelton Saturday, August 7 10:00 a.m. - noon

This hands-on experience led by Ron Shelton will enable participants to make their own hat from plastics brought in from home. The cost is \$10 for the hat form. Registration and payment are needed prior to the event. To register, call 216.292.1970.



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Never a Dill Moment at Beachwood Community Garden

By Arlene Fine

Everything's coming up radishes, tomatoes, zucchini, peas and eggplant thanks to the efforts of 64 Beachwood residents who were lucky enough to secure a Beachwood Community Garden plot this spring.

Since the day the garden opened, a bumper crop of gardeners have been weeding, watering, fertilizing and reaping a bounty of produce from the 8' x 8' Douglas fir planters provided by the city that came lined with landscape fabric and a layer of washed gravel, then topped with a mix of soil and humus. The plots are arranged in rows with plenty of watering spigots to go around.

In its second year, the Beachwood Community Garden, situated on a stretch of land adjacent to the Beachwood Community Center, has already doubled in size. "Half of our gardeners had plots last year and couldn't wait to come back again," said Derek Schroeder, Community Services director.

By next year, the community garden will likely move to a new, larger location based on growing

demand. "A community garden like ours is ideal for apartment dwellers and anyone who enjoys the camaraderie of fellow gardeners," said Derek.

This year a raised garden plot was added to the mix. Designed for handicapped accessibility or for gardeners who have trouble bending down, it was just the ticket for Richard Forman, 82.

"There is no way I could have grown or managed my crop of

tomatoes, peppers, cantaloupe, eggplant, zucchini and peas without the raised bed," said Richard, who comes to the garden as many as three times a day. "Having my garden plot at waist level has enabled me to be part of a lively, interactive community of gardeners."

A retiree, Richard is grateful that the city provided a productive and rewarding outlet for him this summer.



From left: Iryna gives her plant some tender loving care, while Sherrie Kantarovich harvests her crops.



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Along with the success of his own lush garden, Richard is overwhelmed by the friendliness and giving nature of his fellow gardeners, who have "lifted my body and spirit," he said.

Along with the success of his own lush garden, Richard is overwhelmed by the friendliness and giving nature of his fellow gardeners, who have "lifted my body and spirit," he said. "This garden is a really good place to be."

It was hard for returning gardener Sherrie Kantarovich to herb her enthusiasm. She was overjoyed to see the oregano she planted last year come back with a vengeance. "This year I'm focusing on growing more herbs along with providing lots of fresh produce for our family," she said.

With the expectation of harvesting up to 40 zucchinis this year, Sherrie has scoured the internet for zucchini recipes. "My hope is that we can have a community garden cookbook or potluck dinner at the end of the season," she said. "I would also like to see city-sponsored gardening classes during the winter. This garden has built an incredibly strong sense of community that many of us, new friends and old, would like to see continue year-round."

Beachwood City Councilperson June Taylor, who helped spearhead the

Beachwood Community Garden, agrees with Sherrie and is working with the city to host a community garden potluck event at the Beachwood Community Center. Her goal is to have gardeners share and enjoy plant-based recipes.

"Watching the vast quantities of healthy produce being grown and the relationships among gardeners blossom is very gratifying," said June. "Our garden has built a strong, loyal and supportive community and is a very tangible reminder of the connection we all share to the earth and to each other."

"A community garden like ours is ideal for apartment dwellers and anyone who enjoys the camaraderie of fellow gardeners."

– Derek Schroeder, Community Services Director



From left: Richard Forman enjoys his raised-bed garden; Christina Keller and her son, Graham, water their plants; and Emily hydrates her plants with a spray bottle.
Photos by Scott Morrison, Discovery Photo.



Living a Legacy of Light

by Jennifer Stern

This past month was a month of loss and remembrance. Words spoken and memories shared of those who died reminded me of the importance of legacy. How will you be remembered for the way you made others feel in your presence? Sincere? Supportive? Compassionate? Generous? Kind? Honest? Funny? Smart?

Living A Legacy Of Light (Originally shared 2018)

I was fortunate to hear Rabbi Daniel Cohen speak as part of the JCC Book Festival. His book, *What Will They Say About You When You Are Gone? Creating a Life of Legacy*, was thought provoking, challenging, and quite meaningful. He encourages us to live our best life now, to embrace a life of purpose, with the awareness that we live not just for ourselves. His message is powerful. We must make the most of every day and ensure that how we live and how we treat others reflects our

highest-level self. As he shared stories of his childhood and the great influence of his parents, he described how they modeled for him how to live a life of purpose, resilience, gratitude, optimism, and wisdom. His book speaks to the difference between our mission and our purpose. Our mission is what we do. Our purpose is why we do it, with a goal of moving from self-centered to other-centered. He asks us to consider the talents we possess and how we can use them to improve the life of another. At the end of each day, he asks, What did I do today to uplift another soul?

He speaks of how each moment gifts us the opportunity to be the light for another – in little ways, big ways, and in ways we may never even be aware. His book encourages readers to consider how they might touch the lives of others with compassion, understanding, inspiration, and light. Through anecdotal stories, he illustrates how we can impact the world in meaningful ways, find the strength to live our lives as a reflection of our innermost values, and pursue what is right and purposeful. He reminds us that every choice we make reflects our past and determines our future.

her life will continue to impact the world through me and how I choose to live. She is with me, always guiding, encouraging, empowering and inspiring. It is my hope that my choices and the way I am living my life will bring light to others so that when I am gone, my light will continue to shine through them, as my Mom's does me.

There are two ways of spreading light: to be the candle or the mirror that reflects it."

– Edith Wharton

While listening to Rabbi Cohen speak, I had a profound moment of clarity as to why I did not sit in anger or self pity when my Mom died. It was because in that moment of her death, I was gifted her legacy. In that moment, it became my obligation to live her values, her strengths and her lessons, and to honor co-destiny, meaning that

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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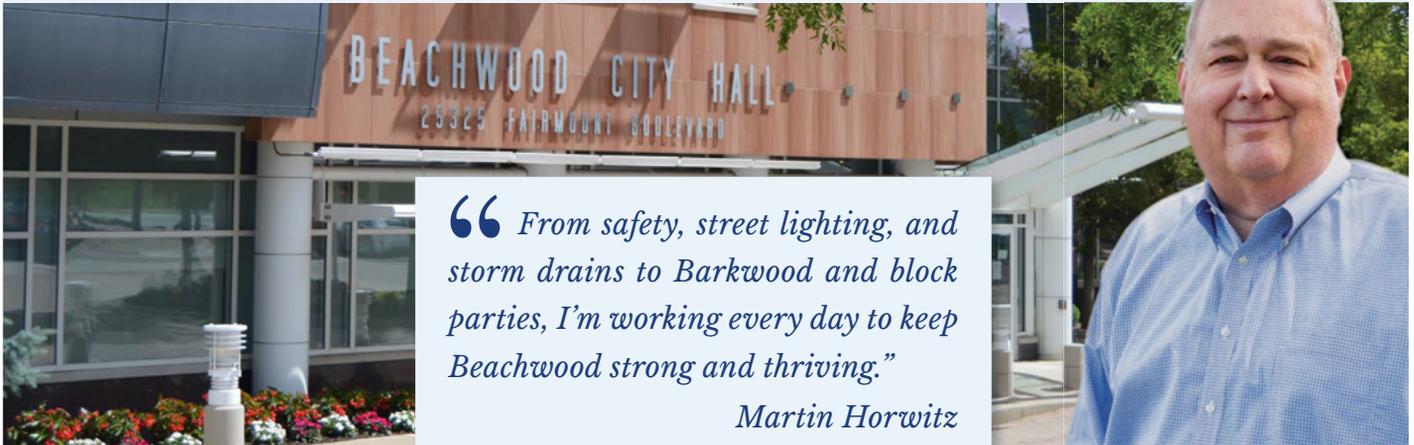
21-0001

– Charles Dickens

Beachwood Democrats invite you to join them the second Wednesday of each month at 7:00 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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- ★ PROMOTING ECONOMIC GROWTH TO MAINTAIN LOW TAXES
- ★ COLLABORATING WITH SCHOOLS, BUSINESSES & COMMUNITY GROUPS



For **Mayor Martin Horwitz**, serving with **integrity** and ensuring the **best city services** is just the start. From President of the Board of Education and City Council to serving as our Mayor, Martin Horwitz has kept Beachwood strong for over 26 years. His **innovative leadership** is making us a premier suburb today, tomorrow, and in the future.

RE-ELECT MAYOR
HORWITZ
KEEP BEACHWOOD STRONG

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Sammy Gross: An Inspiration For Us All

By Alan Kornspan

During challenging times, it is important to stay positive and inspired. Take a lesson from Sammy Gross, a former Beachwood High School State Championship wrestler who persisted in his sport, defied the odds, and succeeded.

Growing up in Beachwood, Sammy wrestled for the Bison Elite Youth Wrestling club and learned important life lessons that included commitment, dedication, perseverance, grit and mental toughness. One coach who was influential in Sammy's development was Ryan Peters, who is now director of athletics at Beachwood High School.

"Sammy worked very hard to master the sport," said Ryan. "Here's a kid who was just tenacious. He had a love for the sport and worked hard to excel."

In high school, Dugan Bentley was Sammy's coach.

"Coach was always about working hard," Sammy told us. "From age 12 to 18, I probably spent more time with him than I did with my dad. He had so much invested in us that we wanted to make him proud."

Sammy had great success as a high school wrestler. He won the state championship as a

sophomore, placed third as a junior, and won again as a senior.

In addition to being an elite wrestler, Sammy was a catcher and outfielder for the Beachwood Bison Baseball team. He was highly influenced by his parents to strive for academic success, never feeling pressure by his family to excel athletically. It was important for him to finish his homework, and he remembers bringing it to wrestling practice to make sure he got it done.

Training Mentally and Physically For Wrestling

Overcoming adversity is a crucial skill to learn when training for athletic competition. In fact, many mental performance coaches and sports psychology professionals believe that this particular mental skill often sets elite athletes apart from those who do not reach an elite status.

One way for athletes to learn to overcome adversity is to train their mental game, often with the help of a mental-performance coach or a sports-psychology consultant. Since Sammy was so intrinsically motivated, he consulted with a sports psychologist to learn the mental skills necessary for optimal wrestling performance. In particular, Sammy learned how to stay focused on the process and not worry about the results.

Additionally, he learned to use visualization and imagery as he prepared for his wrestling matches.

"I visualized my hand getting raised and what my celebration was going to look like," Sammy shared. "I also visualized the match, which was a huge part of training."

Focusing on the process rather than the results and concentrating on what you can control rather than what you cannot

were important concepts that attributed to his athletic success.

Focusing on the process rather than the results and concentrating on what you can control rather than what you cannot were important concepts that attributed to his athletic success.

The Recruiting Process

Because of Sammy's championship successes at BHS, top NCAA Division I Universities were interested in recruiting him.

"It was cool to have people who wanted me," said Sammy, "but it was also stressful. When I was 18 years old, I didn't know how to tell a coach that I was not interested in his school. I did not have the skills to tell them that I didn't want to go



Sammy makes his wrestling comeback at John Carroll University.

Photo credit: John Carroll Sports Information

there, so I would delay the inevitable and talk to them every single week."

Sammy enjoyed going on recruiting trips and ultimately chose Northwestern University as his college choice.

"It was special. It was really fun," said Sammy. "It was a very big transition. I loved the school, and I loved the team."

Retiring from Competitive Wrestling

Due to various physical injuries endured while wrestling, Sammy was told by medical professionals that he would never wrestle again.

"I left Northwestern and took a year off," said Sammy. "My doctor took an EKG of my heart and told me that I was never going to wrestle again because I couldn't do it in a safe way."

This prognosis led Sammy to stop working out for more than a year. "I wrote off wrestling completely," he said.

He then coached wrestling at St. Ignatius High School and enrolled at John Carroll University. Sammy knew Mark Hawald, JCU's head wrestling coach, and started to attend practices. Extremely impressed with the coach's pedagogical methods, Sammy chose to make a collegiate wrestling return after a three-year hiatus.

Sammy Makes His Collegiate Wrestling Comeback

When he returned, Sammy knew the importance of incorporating a positive mental attitude with a growth mindset in order to overcome the adversity he would be facing.

"I fell back on my former mental-skills training and learned how to push through that mental barrier, which helped me get back in shape and succeed at a high level," he told us. "One doctor told me I'd never wrestle again, and I defied the odds."

Sammy joined the wrestling team during the 2017-2018 school year and began wrestling during the 2018-2019 season. During his first season, Sammy achieved a 32-4 record and qualified for the national championships. In the 2019-2020 season, he was voted a National Collegiate Wrestling Association (NWCA) All-American. His comeback to collegiate wrestling was an amazing accomplishment and is a triumphant example of achieving success against all odds.

Recently, the physician who told Sammy he would never wrestle again invited him to share his story about overcoming adversity to her medical students.

"One doctor told me I'd never wrestle again, and I defied the odds."

Sammy Receives Prestigious Clyde Lamb Award

Sammy had great academic and athletic careers at JCU. He received his undergraduate degree in economics, graduated this past May with an MBA, and received the prestigious 2021 Clyde Lamb Award for his excellence both in the classroom and within athletics.

As Ryan noted, "Sammy had some bumps and hurdles along the way, and I am proud that he was able to overcome them. For him to get to where he was from where he had been was extraordinarily special. He had a very special career, and his legacy will live on."

Sammy is currently employed at TurnCap, a private commercial real estate investment platform. He has now retired from wrestling and intends to take at least a year or two completely away from the sport. He may then evaluate his interest in returning as a coach.

JOSHUA MINTZ

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- Served a decade on the Beachwood School Board
- Charity Involvement

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- I will prioritize safety and security of all our residents, religious institutions and the visiting community.

As a member of City Council, I will listen, continue to have an independent voice that represents your needs, and will apply a hands-on-approach to honor the Beachwood tradition.

On November 2, I respectfully ask for your vote.



Elect Joshua Mintz for Beachwood City Council

Paid for By Committee to Elect Joshua Mintz, Martin Gecovich, Treasurer, 25300 Twickenham Dr. Beachwood, OH 44122

BAKED by Abbie ~ Life's A Peach

Some desserts appear the same. These include cobblers, crisps, crumbles, Bettys, buckles, slumps, dumps and more. Let's examine one. According to the 2021 revised edition of The King Arthur Baking Company's *All-Purpose Baker's Companion*, "A cobbler ... is made of ... fruit baked under (or in) a blanket of crust or cake ... (and) its name is said to come from the phrase *to cobble*, meaning to patch something together roughly." Cobblers originated in the American colonies as settlers were unable to make traditional puddings due to lack of baking ingredients and equipment.



Any way you slice it, August is peak peach season in Ohio. While you may not go out to pick a bushel (50 pounds), or a peck (12-14 pounds), of peaches, I hope you find time to savor one of summer's sweetest delights.



Peach Cobbler • Adapted from Food Network Kitchen

Filling Ingredients

- 3-4 cups peaches (5-6 peaches peeled and sliced)
- ¾ cup sugar
- ½ teaspoon ground cinnamon
- pinch salt
- 1-2 teaspoons fresh lemon juice

Batter Ingredients

- 4 tablespoons unsalted butter/margarine
- ¾ cup all-purpose flour
- ¾ cup sugar
- 1 ½ teaspoons baking powder
- Pinch salt
- ½ teaspoon vanilla extract
- ¾ cup milk/almond milk, at room temperature

Directions

- **Filling:** Put peaches, sugar, cinnamon, salt and lemon juice in a medium saucepan. Place over medium heat and cook, stirring occasionally, until the sugar is dissolved and the peach juices begin to boil. Lower to simmer and cook for 5 minutes. Remove from heat.
- **Batter:** Put the butter in a 2-quart baking dish and place in the oven to melt while it preheats to 350 degrees F.

- If butter begins to brown, remove dish from oven.
- Whisk together the flour, sugar, baking powder and salt in a medium bowl.
- In a small bowl, stir the vanilla into the milk.
- Slowly pour wet ingredients into the dry ones. Whisk well.
- Remove baking dish from oven. Pour batter in an even layer over the butter. Spoon peaches with their juices evenly over the batter.
- Bake 35-45 minutes until golden brown on top and peaches bubble.
- Cool to room temperature before serving with whipped cream or vanilla ice cream.

Tips

- To peel, score an "x" on each peach and place in a large bowl of boiling water for about 10 minutes until the skin at the "x" pulls back.
- Freestone peaches will peel easier than clingstone peaches.



Abbie Nagler Sender is the owner of BAKED by abbie, a licensed, Beachwood-based, home-bakery offering customized baked goods with a Jewish twist. For more information, visit Abbie's website, BAKEDbyabbie.com, and like her Facebook business page, [BAKEDbyabbieCLE](https://www.facebook.com/BAKEDbyabbieCLE).

BACK²SCHOOL NIGHT

Sunday, August 15th
3:30pm - 5:30pm

Please be our guest at the
Beachwood City Community Center (City Hall)
for free hot dogs and ice cream, games and more!

Meet up with your friends as we get ready to
start the 2021-2022 school year
Visit our school support organization tables
Ice cream sponsored by the Beachwood PTO

At 5pm, the City shows their last outdoor movie of the summer, *Onward*.
Bring your own blankets and lawn chairs.




Beachwood Men's Softball - First Half Results

Alan Kornspan

The 2021 Beachwood Men's Softball season is off to a great start. This year's season started on Sunday, May 16, with all eight teams competing on opening day. Games are played on Sunday mornings and Wednesday evenings at Fairmont, Hilltop, and Beachwood Middle School, as well as Solon Community Park.



Pictured from left: Beachwood Men's Softball commissioners Ed Bernstein, Dick Cohen, Larry Adelman and Jim Heller.

This year's Beachwood Men's Softball teams include Adelman/Gross, Grover/Marcus, Baker/Bloom, Bernstein/Bryner, Bilsky/Meyer, Wolkoff/Tucker, Berris/Cross and Gottfried/DiRusso. The League is managed by four commissioners, including Larry Adelman, Ed Bernstein, Dick Cohen and Jim Heller. All of the current commissioners are Beachwood Men's Softball Hall of Fame Members.

At the end of the season's first half, Adelman/Gross and Grover/Marcus were tied for first place with 11-3 records, with Grover/Marcus winning in a tie breaker. Baker/Bloom finished in second place.

Hitting for high average can be quite difficult in the Beachwood Men's Softball League since each team is allowed 12 fielders. However, many players have achieved excellent offensive results. In fact, six players have over a

.700 batting average midway through the season. Jon Varble is leading the way with a .774 average, followed by Daniel Solomon (.732), Zachary Marcus (.719), Maurice Pennington (.714), Brett Bryner (.710) and Jeremy Rothstein (.704).

In addition to leading the league in batting average, Jon is leading the league with 10 home runs. Additional home run leaders include: Kevin Laux (9), Jeremy Rothstein (6), Nolan Shenkelman (6), Josh Arian (5), Brett Bryner (5) and Ryan Heksch (5).

Leading in RBIs is Kevin Laux with 39, followed by Jon (30), Ryan (25), David Sauber (23) and Leonardo Torres (22).

The second half of the season began on the week of July 18. At its conclusion, a championship series, "Round Robin" double-elimination tournament, "Legends" game, and All-Star game will complete the 2021 season.

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State Budget Update/ Townhall Meetings

by State Representative Kent Smith



The two-year state budget has been passed into law; let's cover some of the highlights. The best news is the Ohio General Assembly fixed the state's K-12 funding formula by enacting the Fair School Funding (FSF) plan,

a product of years of bipartisan work by policy makers and school finance experts that is based on the actual costs of providing a high-quality education. Importantly, charter school and voucher payments will be made directly by the state, eliminating the loss of local funds that occurred with the prior system.

Other positive developments include:

- A \$250 million dollar infrastructure investment in high-speed broadband
- H2O Ohio's program will continue to make Lake Erie water quality improvements
- Ohio libraries will get a funding increase of approximately \$11 million a year.

The old news is the GOP still found a way to provide tax breaks to those who need them the least. Republicans passed a 3% income tax cut, but they also eliminated the highest tax bracket altogether. Therefore, the wealthiest 5% of taxpayers, with income over \$228,000, will get nearly three-fifths of the tax cuts. If you are an Ohioan with an income in the top 1%, your taxes will be cut by \$5,400.

The bottom 80% of taxpayers, with incomes less than \$107,000 a year, will get just 23% of the tax cuts. This means that, on average, these taxpayers will get a tax cut of \$43 a year. For those in the middle fifth of the income spectrum, making

between \$42,000 and \$65,000, the average cut will be \$49.

To hear more about the state budget, redistricting, and Ohio's clean energy failures and opportunities, please join me during the week of August 16 for five Townhall meetings across the 8th House District.

- Monday, Aug. 16 • 3-5 p.m.
East Cleveland Public Library
- Monday, Aug. 16, 7-9 p.m.
Euclid Middle School
- Tuesday, Aug. 17, 6-8 p.m.
South Euclid/Lyndhurst Library
- Wednesday, Aug. 18, 6-8 p.m.
Beachwood Community Center
- Friday, Aug. 20, 6-8 p.m.
Richmond Heights High School.

Hope to see you in August!

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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Final Month to See RBG at The Maltz Museum

Don't miss the final month of dynamic programming inspired by the special exhibition Notorious RBG: The Life and Times of Ruth Bader Ginsburg, presented locally by PNC Bank, which was organized by the Skirball Cultural Center in Los Angeles.

The exhibit is on view at the Maltz Museum through August 29. Through archival photographs and documents, historical artifacts, contemporary art, media stations, and gallery interactives, the exhibition explores the American legal system and civil rights movements through the lens of RBG's personal experiences and public service. Like the book, it tells the parallel stories of her remarkable life and the efforts she joined to expand "We the People" to include those long left out of the Constitution's promises.

Visitors can tour the exhibit in-person, Wednesday through Sunday, 10:00 a.m. to 5:00 p.m., by purchasing timed tickets over the phone or online in advance. Masks are required for entry and social distancing is enforced.

Public virtual tours are also offered the first and third Tuesdays of the month at 2:00 p.m. As part of an ongoing outreach effort to connect visitors to the Maltz Museum during the pandemic, virtual visitors can explore Notorious RBG online. Approximately 60 minutes in length, the virtual tour will feature a webinar-style narrated exploration of key objects and artifacts followed by a docent-led Q&A.

Friday Aug. 6 • 12:00 p.m. **I Dissent: Discussion on Affirmative Action**

RBG's words, "I Dissent," have become part of mainstream pop-culture, imprinted on totebags and t-shirts. However,

the imprint she left on the fabric of our society matters far more. Her dissenting opinions were often of greater importance than if her voice had been part of the majority. Learn about the Supreme Court cases that led to RBG's most influential dissents, through discussions with legal experts and social justice advocates.

Wednesday, Aug. 11 • 4:00 p.m. **Virtual Gallery Talk: Jonathan Entin on RBG's Early Career**

Learn about RBG's earliest legal cases, which created her trailblazing legal push for gender equality.

Sunday, Aug. 15 • 4:00 p.m. **Virtual Documentary Talkback: Ruth: Justice Ginsburg in Her Own Words**

Watch the documentary at home and then join Ohio Supreme Court Justice Melody Stewart with guest panelists for an unforgettable discussion of the film and a celebration of the larger-than-life figure who inspired it, Justice RBG herself.

Wednesday Aug. 25 **12:00 p.m.** **Virtual Gallery Talk: The Women's Rights Project with the ACLU's Sabrina Harris**

As an early women's rights advocate, RBG founded the ACLU's Women's Rights Project. Join the ACLU of Ohio's Sabrina Harris for a timely talk on the history of the Women's Rights Project and how the ACLU of Ohio continues RBG's fight today.

Please note: All public programs are virtual and require advance registration for participation. For more information, please contact tours@mmjh.org, call 216-593-0575, or visit www.maltzmuseum.org.

LAST CHANCE TO SEE! CLOSES AUGUST 29



NOTORIOUS RBG

THE LIFE AND TIMES OF
RUTH BADER GINSBURG

presented locally by  PNC BANK

THIS MONTH'S FEATURED RBG INSPIRED PROGRAMS

FRIDAY AUGUST 6, 12:00 PM

I Dissent: Discussion on Affirmative Action

WEDNESDAY AUGUST 11, 4:00 PM

Virtual Gallery Talk: Jonathan Entin on Ruth Bader Ginsburg's Early Career

SUNDAY AUGUST 15, 4:00 PM

Documentary Talkback:
Ruth: Justice Ginsburg in Her Own Words

WEDNESDAY AUGUST 25, 12:00 PM

Virtual Gallery Talk: The Women's Rights Project with the ACLU's Sabrina Harris



216.593.0575 | WWW.MALTZMUSEUM.ORG

A Matchless Match

by Arlene Fine

Timing is everything. Just ask Alan Lipp, Tyler Greene and Karen Leeds.

Three years ago, Karen contacted Bellefaire JCB's Jewish Big Brothers Big Sisters Association (JBBBSA) for a "Big" for her nine-year-old son, Tyler. As a single mom, without Tyler's dad in the picture, she wanted a positive male role model in Tyler's life. A month later, Alan Lipp, the father of three and grandfather of two, made a pledge to himself to give back to the community, and through a lucky chain of events, connected with JBBBSA.

After interviews and a screening process, JBBBSA social workers determined that Alan and Tyler had the potential to be an ideal match.

From the moment Tyler met his "Big," it was clear that this dynamic duo was meant to be. "Alan and Tyler are one of our magic matches," said Jill Sadowsky, JBBBSA director. "Every child is just one caring adult away from being a success story, and we are overjoyed with the positive impact Alan has had on Tyler's life."

This year, to honor his "Big," Tyler nominated Alan for the prestigious JBBBSA's 2021 "Big of the Year Award," and was overjoyed when Alan accepted the honor at Bellefaire JCB's virtual annual meeting on May 24.

In his nomination letter, Tyler wrote, "Alan has meant the world to me, and helps me whenever and wherever he can. He has helped me grow. He will always be part of my life. Alan, thanks for inspiring me."

Karen, a teacher and the director of Fairmount Early Childhood Center, added to the nomination by writing, "What Alan has done for Tyler has been life transforming. I am so grateful for Alan and JBBBSA and urge other single parents to consider this program."

Alan, who said he has benefited from his relationship with Tyler as much or more than his "Little," is grateful to play a role in Tyler's life. "What I admire about Tyler is he leads with his heart, and that makes it even more rewarding to be there for him. At this point, Tyler feels like one of my own, which is really incredible when you think about it."

Alan and Tyler's relationship is even more powerful because of how the entire Lipp family has embraced Tyler and Karen, and how they include them in family gatherings, outings and celebrations. When Tyler, a student at the Mandel Jewish Day School, was asked to participate in a Fantasy Football league, Alan and his son-in-law helped him with his picks and were with him as he cheered on his players.

Sports have always been an integral part of Alan and Tyler's relationship. Along with playing basketball, baseball and football with Tyler, Alan took him to his first Browns game in 2019 and the two have gone to countless sporting events around town. During COVID-19, Alan and Tyler used Facetime to communicate and to play video games.

When Tyler enrolled in a youth baseball league this summer, Alan, who never missed one of Tyler's games, made sure Tyler had a batting coach to teach him the correct techniques to hit the ball out of the park.

"Tyler is such a thoughtful and considerate young man and I always look forward to seeing him," said Alan. "My hope is that I have led by example and when the time is right for my children,

they too will become part of JBBBSA. And that one day, when Tyler has grown up and has his own family, he will reflect back and say 'Hey, now it's my turn to step up and enrich a young person's life.' Then I'll know I have done my job."

To learn more about Bellefaire JCB Jewish Big Brothers Big Sisters Association, contact Jill Sadowsky at sadowskyj@bellefairejcb.org or 216.320.8483.

At this point, Tyler feels like one of my own, which is really incredible when you think about it.



Tyler Greene and his "Big," Alan Lipp, share a love of all sports.

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YOM KIPPUR: SEPT 15-16



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www.clevelandjewishlearning.com

Rosh Hashanah Eve
Monday, September 6

7:00 Evening Services
8:00 Community Holiday Dinner (reservations required)

Rosh Hashanah
Tuesday, September 7 & Wednesday, September 8

9:00 Morning Services
11:00 Children's Program
11:30 Shofar Sounding
1:30 Kiddush Lunch

Yom Kippur Eve
Wednesday, September 15

7:00 Kol Nidrei

Yom Kippur Day
Thursday, September 16

9:00 Morning Services
11:00 Children's Program
11:45 Yizkor Memorial Service
6:30 Mincha/Neila Closing
8:14 Yom Kippur Ends

Services Followed by Buffet Break-Fast

**Ask us
about
Hebrew
School!**

RE-ELECT
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PASSION. VISION. COMMITMENT.

ELECTION DAY IS TUESDAY, NOVEMBER 2, 2021

Paid for by Citizens to Elect Eric Synenberg, Alan Feuerman, Treasurer, 2429 Brian Drive, Beachwood, Ohio 44122

Rob Ross Finds Breath; Rebuilds Life

by Debby Zelman Rapoport

Most of us take breathing for granted because it's an automatic process that works without our consciously thinking about it. Rob Ross is an exception, and he is most grateful for breath. Almost thirty years ago, he turned tragedy and heartbreak into opportunity, growth and song. Today, he is full of life, energy and enthusiasm, and his words and actions motivate people around him to recognize that they are more capable than they may have ever thought.

As a child, Rob was surrounded by music and love of the arts. He started playing piano at age five, guitar at seven, and discovered theater in high school. He loved performing and entertaining, and recalls the performance of his life, which took place on May 2, 1992, just a day before an accident that would forever change his path.

Rob was born and raised in Oakland, California. While still on a high from his prior night's performance, he and three friends headed to the beach. Two then went to pick up food, and Rob and his buddy stayed by the pristine waters of the Pacific Ocean to go swimming. When they approached the water's edge, both dove in, but Rob misjudged the water's depth and hit his forehead on the ocean floor.

"I dove into the sand and was pretty sure I had taken my last breath," Rob told us. Although he never lost consciousness, he was floating face down, unable to move, and was later diagnosed with a broken fifth cervical vertebrae and severed spinal cord.

"My chest began to tighten from lack of breath. There was no bright light, no tunnel, no theatrical moment, and no angels singing," he told us. "I just thought, 'this is it: I'm going to die.'"

Rob's friend, the only one who had stayed behind to swim, had lifeguard training, saw him, turned him over, stabilized his neck, dragged him to the shore, and saved his life.

"At the time, I felt confusion, chaos, and misunderstanding," Rob recalled. "Now, I see it very clearly as a second chance at life – a moment to never take for granted. I then had a wake-up call, thinking,

as famously coined by John Allen Saunders, 'life is what happens to us while we're making other plans.'"

Rob had a long road to recovery. He was airlifted to the hospital, underwent surgeries, had months of rehab, and learned to adapt to living in a wheelchair. He had to relearn life in a foreign body. "It was a challenge to cope with pieces of myself I had lost," he said.

In spite of serious obstacles in those early months, Rob still thought that life would somehow be what it was before. Then, as summer faded and his girlfriend headed off to college, they broke up, and Rob had his first cathartic cry. "This was not going to be life as normal," he recalled. "I knew that I had to make a choice: to embrace my new reality or live in the past and give up."

Giving up was not an option. Rob awoke the next day and knew that he needed to refocus his mind on the future, not the past. "I went into the physical therapy director's office and told her that I wanted to sing again. That was how I would find my way back."

As a quadriplegic, Rob did not have voluntary muscle movement or feeling below his chest. Neither did he have the breath control necessary to sing a note, let alone an entire song. Singing was a stretch goal, yet he was determined to succeed. His therapists told him it would be a long road, yet one that they would help him on if he was willing to add additional therapy sessions to his current rehab program.

"And so I began. I had my full day's regimen of physical and occupational therapy. Then, during my 'rest periods,' we added several hours per day toward

my ultimate goal. Eventually, I found my breath and then, my voice," Rob told us. "Breathing is a blessing. It is at the core of who we are to be alive, and it is the most important element you need to sing. Finding myself all over again through my breath was a renewal. Breathing in and exhaling would first become a note, then a measure, and then a song."

Rob sang in his first concert a year after being released from the hospital.

"Although I acknowledged that my acting days might be over, I went back to my old high school, where the theater director, Dennis Kohles, my life mentor, taught me how to direct. That's where I found my voice as a speaker and director."

Rob gained confidence, built relationships, and created a life that he didn't think he'd have again. His love for theater never faded. He was accepted to the UCLA School of Theater, Film and Television.

Then, in 1999, after a year-long internship at a professional theater company, with encouragement from other directors, he enrolled in the liberal arts program at Oberlin College and moved to Cleveland.

"I moved away from everything comfortable, everyone and everything that I had ever known, to begin again: to study theater and dramatic literature. Oberlin became my new home," he said. "After graduation, I worked at Great Lakes Theatre Festival, just past September 11, 2001, and then took a year off to travel the country – driving to 48 states and flying to Hawaii – because I realized, yet again, that time was a precious commodity not to be wasted."

When Rob returned from his cross-country adventure, and after working in the private sector, he joined several volunteer committees at The Temple-Tifereth Israel, tasked with creating a new vision for congregational transformation through the arts.

"We can stagnate, or we can choose life. Choose breath. Choose to overcome. Although we all have different challenges, in many respects, we are the same. The most valuable lesson I carry through life is the meaning of gratitude – gratitude for life's challenges and gratitude for life's blessings."

"Whether in high school, rehab, or the synagogue, community and togetherness are truly special. In a synagogue environment, the combination is sacred, holy, and unique," he said. "This experience evolved into a project that would change my life again."

The committee's vision and initial program – an idea Rob proposed for a huge arts festival called FestAviv (Hebrew for SpringFest) – turned into a 3-year pilot program and eventually morphed into a position as Temple arts director, which lasted for 12 years.

"Along with FestAviv, the Temple Arts Program empowered and transformed the congregation by interconnecting

multigenerational programs focused in the arts, community, and creative expression," Rob explained. "The synagogue is where we celebrate our highest joys and deepest sorrows – events that provide sacred opportunities for something so much larger than ourselves."

Rob fell in love with the environment and found new ways to express himself as a cantorial soloist. He currently serves as a guest soloist at various synagogues, and is also the service leader at Cleveland Hillel, where he created a new approach to leading inclusive, welcoming, and participatory shabbat services, a model he hopes to introduce to other Hillel organizations around the country.

"I can't put into words the joy that I get through prayer and song," Rob said. "No matter how much I speak, I'm at my most expressive when I sing, when my spirit has an opportunity to let loose and reach something bigger than myself."

That's an understatement. It's very inspirational to hear Rob in his element. His voice, smile, demeanor, and spirit lift his audiences and leave them wanting to come back for more.

Rob worked at The Temple until the start of the pandemic, and is currently launching Rob Ross Arts, a

three-pronged business that creates opportunities for him to continue doing what he loves most:

- Custom consulting: working strategically with organizations, both spiritual and secular, to identify areas for greater cohesion; to help reimagine their broader community through innovation and creative expression.
- Utilize his singing and musical skills to uplift, inspire, and transform both religious and non-religious settings.
- Expand upon his keynote and motivational speaking opportunities to allow participants to connect his words and lessons to their own.

Rob invites you to visit his website, www.robrossarts.com, for more information on his new endeavor. (The site will be live soon, watch for more information next month). His energy and attitude are contagious, and he welcomes the opportunity to connect and collaborate with all.

Through his journey, Rob learned that he is not unique. "We each have something that may lift us up or push us to bury our head in the sand. I made a choice to embrace and make the most of my disability. We each have moments to make a similar choice. We can stagnate or we



Rob and Maggie singing "Going to the Temple," to the tune of "Going to the Chapel." Photo Credits: Thaddeus Badowski.

can choose life. Choose breath. Choose to overcome. Although we all have different challenges, in many respects, we are the same. The most valuable lesson I carry through life is the meaning of gratitude – gratitude for life's challenges and gratitude for life's blessings."

Rob is most grateful for his wife Maggie, daughter Olive, parents, sister, friends, and family who keep him going and lift him up.

"I celebrate who I am and what I have today because of the support of those surrounding me. They make me smile and bring me ultimate joy," Rob said. "I believe wholeheartedly that at the end of the day, we all look back on our experiences and find joy and pain. I have moments when I dwell in both, that's only natural. If you can grab onto those moments of joy, gratitude, luck, spirituality, humility, and love and make the most of them, then you have a chance to achieve a life that is truly special."

Rob is a joyful, gifted vocalist, a creative impresario, and a collaborative colleague. His baritone is warm, resonant, and evocative, and his courage and perseverance inspire; a soulful spirituality enhances everything he undertakes. Partnering with Rob is a rare privilege."

Rabbi Richard A. Block, past president of the Central Conference of American Rabbis; Senior Rabbi Emeritus, The Temple-Tifereth Israel

Combining humor, music, and amazing communication skills, Rob has the unique ability to bring people together to discuss complex issues in a safe manner. Rob is a teacher. His humble and caring demeanor creates an atmosphere that motivates people to hope, learn, create, and grow. It has been a personal and professional honor to work with him on multiple levels!"

Kathy Foley, executive director, Services For Independent Living, Cleveland (Retired)

Rob's role as a professional service leader is extraordinary, as his relaxed aura and spirit draw people in and make active participation so comfortable. He reaches well beyond that to connect with us on a personal basis, with warmth, concern and caring. If the community had 100 Rob Rosses, we would be a stronger, more loving, more gentle, peaceful community."

Joel Fox, former chief development officer, Menorah Park; former executive VP, Jewish Federation of Cleveland

"I can't put into words the joy that I get through prayer and song," Rob said. "No matter how much I speak, I'm at my most expressive when I sing, when my spirit has an opportunity to let loose and reach something bigger than myself!"

CITY OF *Beachwood* Insider

August 2021

Contact Info

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

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

EMERGENCY Dial 9-1-1

Departments

CLERK OF COUNCIL
216.595.5493

AUDITOR
216.595.3712

BUILDING & COMMUNITY
DEVELOPMENT
216.292.1914

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
216.464.1234

PUBLIC WORKS
216.292.1922

WE ARE OPEN TO THE PUBLIC

All municipal buildings of the City of Beachwood have reopened to the public as of Tuesday, July 6, 2021. We request that visitors who are not fully vaccinated wear masks while visiting City Hall, the Beachwood Community Center, the Public Works building, and our Police and Fire Departments. City Hall is open Monday through Friday between 8:00 AM and 4:30 PM. Masks are available at the front desks of each building.



NOISE/LANDSCAPE ORDINANCE

The City of Beachwood requests, as a courtesy to your neighbors, that all landscaping noise ceases by 5:00 PM. More families are spending time outdoors and loud noises are disruptive. Our City Ordinance states the any objectionable or unreasonable noise that may be a disturbance to neighbors or other residents should be limited between 7:00 PM and 7:00 AM, Monday through Friday, and 7:00 PM to 9:00 AM on Saturdays, Sundays and official holidays.

We Welcome Our
Biking Enthusiasts
But Request you Refrain
From Riding So Fast

SPEED LIMIT 10 M.P.H.

We remind you that the speed limit in Beachwood City Park East and West is 10 miles per hour. For your safety and the safety of others, please do not exceed that speed while bicycling in our parks!

Recycle Right in Beachwood



Questions? 216.292.1922

CITY OF
Beachwood
WWW.BEACHWOODOHIO.COM

Place these items
loose, not bagged,
in your recycling
cart.

CANS



Empty and Rinse

CARTONS



Empty and Rinse
Replace Cap

GLASS



Empty and Rinse

PAPER
& BOXES



Flatten Cardboard

PLASTIC BOTTLES
& JUGS



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Replace Cap

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MAYOR
MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

JAMES PASCH



COUNCIL PRESIDENT
216.630.9671

BARBARA
BELLIN JANOVITZ



COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509

ROOM RENTALS ARE BACK!



Beachwood residents, businesses and community groups can once again rent Beachwood Community Center rooms for meetings and functions. Each of the center's six rooms may be rented individually or combined to form a larger room. Rooms may be combined to comfortably seat 150 for a sit-down event and up to 250 for a chairs-only lecture.

Proof of residency is required at the time of booking. For additional information, contact Michelle Miller, rental coordinator, at 216.292.1970.

WATCH FOR SCHOOL BUSES

Drivers seeing a stopped school bus with the stop arm out and lights flashing are to stop at least 10 feet from the front or rear of the bus and not move until signaled to do so by the bus driver. When traveling on a road with four or more traffic lanes, a driver does not need to stop for a school bus when it is approaching from other direction.



RED CROSS BLOOD DRIVE

Blood donations are **by appointment only**. Please call the Red Cross at (800) 733.2767 or visit www.redcrossblood.org to schedule your appointment.

BEACHWOOD COMMUNITY CENTER
Friday, August 20
1:00 — 7:00 PM



SAVE A LIFE. GIVE BLOOD.

FAMILY AQUATIC CENTER HOURS



Thank you for making this year's Family Aquatic center season a success! Between August 18 — September 6, it will be open Thursdays and Fridays, 6:15 — 8:00 AM & 4:00 — 8:00 PM; and Saturdays and Sundays, 9:00 AM — 10:45 AM and 11:30 AM — 7:30 PM.

YOU ASKED, WE RESPONDED!

When Beachwood resident and Board of Education member Jillian DeLong suggested that we install water spigots inside Barkwood so residents could fill water bowls without leaving secured areas, we quickly delivered! Thanks to our Public Works Department employees, two spigots have been installed for visitors' convenience.

If you have other suggestions, please call the Mayor's Office at 216.292.1901.

Welcome Back!

All public meetings will be held in-person at Beachwood City Hall and are open to the public.

UPCOMING MEETINGS

CITY COUNCIL

Monday, August 2 at 7:00 PM
Monday, August 16 at 7:00 PM
Monday, August 30 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, August 26 at 6:30 PM
Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, August 2 at 4:30 PM
Monday, August 16 at 4:30 PM
Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640



The City of
Beachwood
Police Department
Presents



Tuesday, August 3
5:00 - 7:00 PM
Beachwood
City Hall
Parking Lot

- See Police & Fire Vehicles
- Meet Our K-9 Officers
- Bring Your Bike & Helmet, Ride Our Agility Course
- Buy Dinner from a Food Truck
- Purchase Ice Cream Novelties
- Play Games & Get Airbrush Tattoos
- Touch Outback Ray's Animals

OPEN TO PUBLIC



FAMILY FUN

GIVE-AWAYS

PARTIES THAT ROCK THE BLOCK: CALL US TODAY!



Block parties are a great way to get to know your neighbors and help improve the safety of your neighborhood. A completed application and \$150 deposit allow you to reserve our block-party trailer, full of supplies including tables, chairs, cornhole, street-closure supplies and more. The Mayor's Office coordinates your trailer drop-off/pick-up, your street-closure consultation, and schedules an appearance by Beachwood Fire Department. We have added a second trailer this year for increased availability.

Couldn't be easier! Learn more and download the application at: www.beachwoodohio.com/605/Block-Parties. Questions? Call the Mayor's Office at 216.292.1901.

AUGUST 26: NATIONAL DOG DAY

National Dog Day on August 26 celebrates all breeds, pure and mixed, and helps galvanize us to recognize the number of dogs that need to be rescued each year. National Dog Day honors family dogs and dogs that work selflessly to save lives, keep us safe and bring comfort. In recognition of this day, we share that Barkwood now has 294 members, with 344 dogs: a reason to celebrate!



GAMES ARE BACK!

BEGINNING WEEK OF AUGUST 23

Every Monday & Wednesday Mahj & Canasta
Every Tuesday Duplicate Bridge
Every Wednesday Party Bridge

BEACHWOOD COMMUNITY CENTER

12:30 — 3:30 PM

BEACHWOOD VAN SERVICE

The Beachwood Community Services Department continues to provide van service to resident seniors and residents with disabilities to get to medical appointments or to pick up pre-paid grocery and pharmacy orders. For more information, please call 216.292.1971.



COYOTE AWARENESS FOR BEACHWOOD RESIDENTS

If a coyote is in your backyard, what should you do? Coyotes are common throughout Ohio in both rural and urban settings. They are most active at dawn and dusk, but may be seen frequently throughout the day. Coyotes eat a variety of foods, including small mammals, insects, fruits and berries, and items meant for pets and humans.

If a coyote is in your yard:

- Identify that the canine is truly a coyote and not a stray dog. If the animal is a stray dog, contact Beachwood Police.
- Remove all attractants, including rubbish and pet food, to possibly deter the coyote from returning. Also be sure to clean up around grills.
- Keep small dogs and cats inside or supervise them at night when coyotes are most active.
- Coyotes are curious, but generally fearful of humans. Clap your hands and shout to scare them off.

If the coyote seems to lack a fear of humans or is presenting a conflict, call the Division of Wildlife at 1-800-WILDLIFE (1.800.945.3543) or visit www.wildohio.com.



NEW ART EXHIBITS

BEACHWOOD COMMUNITY CENTER



**HAF CONNECTS:
THE SUSTAINABLE
ART OF PLASTICS**

July 6 – August 26

View exhibit:
Monday — Friday,
9:00 AM — 4:00 PM

This exhibit, curated by Ron Shelton, includes art from around the world that educates people about negative effects of plastic.

Workshop with Ron Shelton

Saturday, August 7 • 10:00 AM - Noon

This hands-on experience will enable participants to make their own hat from plastics brought in from home. The cost is \$10 for the hat form. You must pre-register and pay prior to the workshop. Registration and payment are needed prior to the event. To register, call 216.292.1970.

EMOTION • ENERGY • COLOR

September 2 – October 4

Artists' Reception

Friday, September 10

6:00 - 8:00 PM

FEATURED ARTISTS

Vera Bonacci

Clare Katz

Taylor Woolwine

Mikel Mahoney

MARK YOUR CALENDAR!



Dog Paddle

Thursday, September 9

4:00 — 7:00 PM

Beachwood Family Aquatic Center

Pool is closed to humans, but open to resident dogs!

Pre-registration is required at City Hall or online for a 1 hour time slot. Spaces are limited. The cost will be \$5 per dog and all proceeds benefit the Barkwood Park Fund. **NO HUMANS WILL BE PERMITTED TO SWIM!**

Beachwood Outdoor Movie Night ~ Onward

Sunday, August 15

5:00 PM

Beachwood Community Center Parking Lot

Bring blankets and lawn chairs, and enjoy the movie

Onward with family and friends! Dozens of popcorn flavors will be available for purchase from the Amaize Gourmet Popcorn Truck.

Honkin' Haulin' Hands-on Trucks

Sunday, September 12

Noon – 3:00 PM

Public Works Department

Climb on some of the city's biggest work vehicles such as a garbage truck, front loader, salt truck, fire truck, police cruiser and so much more. Enjoy crafts, games and snacks as well!

Beachwood Family Fall Festival

Sunday, October 3

Noon – 5:00 PM

Beachwood Community Center Parking Lot

Free community event featuring inflatables, climbing wall, zip line, food trucks, live music, local businesses, entertainment and so much more!

Build a Scarecrow

Sunday, October 17

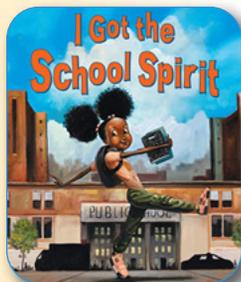
City Park East

Time to be determined

Register to build a family scarecrow for display at the park through October 31!



STORYWALK IN THE PARK



The August book featured on the StoryWalk® in Beachwood City Park East is *I Got the School Spirit*, written by Connie Schofield-Morrison, illustrated by Frank Morrison.

This exuberant celebration of the first day of school illustrated by award-winning illustrator Frank Morrison will have every

kid cheering for school to begin! Summer is over, and this little girl has got the school spirit!

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

THE CITY OF BEACHWOOD & MANDEL JEWISH COMMUNITY CENTER PRESENT

Sounds of Magic:

DISNEY® AND BEYOND



City of Beachwood residents and Mandel JCC members are invited to "Be our Guest" at a family-friendly outdoor concert on the park-like grounds of the Mandel JCC. Enjoy the magical sounds of Disney through musical selections and favorites from the big screen performed by Cleveland Pops Orchestra and conductor Carl Topilow. Featuring vocalists Lauren Berry and Connor Bogart. **Limited tickets available. Rain or shine.**

- Bring a blanket, chairs and picnic lunch.
- Kosher drinks and snacks available for purchase.
- Park at The Temple-Tifereth Israel, Mandel Jewish Day School, Fuchs Mizrahi and Maltz Museum. Limited parking is available for those with accessible parking permits in the Mandel JCC Stonehill parking lot.

JOIN US FOR AN AFTERNOON CONCERT IN THE PARK

Sunday, August 15, 2021 • 2 pm
(Grounds open at 12:30 pm)

**Mandel Jewish Community Center,
Safran Park**

26001 S. Woodland Road, Beachwood

Adults:	\$10
Seniors 60+:	\$5
Children 2-12:	\$5
Ages 2 & under	Free

Presented by:



Tickets on sale July 19 at Mandel JCC Membership Desk,
Beachwood City Hall or via beachwoodohio.com or mandeljcc.org/concert

FOR MORE INFORMATION, CALL
216-292-1970



SAVE THE DATE!

Beachwood Shred Day Sunday, September 26

Bring all your personal documents, mail, files and have them shredded on-site for FREE!

Service is available to all Beachwood residents (proof of residency required).

Shred up to 6 bankers boxes OR 12 blue grocery bags of paper at no charge.

Staples, paper clips, metal and plastic binders accepted.

**ALL ITEMS MUST BE
PLACED IN TRUNKS, NOT BACK SEATS.
BOXES WILL NOT BE RETURNED. WHAT
WE TAKE OUT GETS SHREDDED.
STAY IN YOUR VEHICLE
AT ALL TIMES.**

USE CAUTION & BE SEEN



Use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing.

When and if it is necessary to walk in the street, please walk facing traffic and if in a group, single file.

RX DRUG DROP BOX

A prescription drug drop-off box is located in the Police Department lobby. Residents can deposit unused, unwanted or expired prescription pills at the Drug Drop Box at the Police Department, Monday — Friday between 8:00 AM and 4:30 PM. No liquids or needles are allowed.



Power of the Pen State Accolades



Shreya Chellu



Dotan Dana



Anah Khan



Sasha Kheyfets



Karina Krishnan



Lyndia Zheng

Six Beachwood Middle School students competed last spring in the Power of the Pen state competition led by their advisor, BMS teacher **Michele Toomey**. The 7th Grade team composed of **Dotan Dana**, **Sasha Kheyfets**, **Karina Krishnan**, and **Lyndia Zheng** placed 14th out of 229 teams and Dotan scored in the top 20% of 7th Grade writers in the state. The 8th Grade team consisted of **Shreya Chellu** and **Anah Khan**. Anah won first place in the 2021 Your Voice, Your Verse state poetry contest hosted by Power of the Pen for her poem, "my brother's eyes."

National Cyber Scholarships



Two Beachwood High School rising Seniors have earned National Cyber Scholarships: **Evelyn Zhang** and **Michael Karpov**. Each has received a \$2,500 scholarship to the college or university of their choice. Just 540 students earned this honor nationally.

Evelyn and Michael were honored for outstanding performance in the National Cyber Scholarship Competition, a "Capture the Flag" (CTF) cybersecurity competition [that] involves a set of computer security puzzles and challenges that test your skills in areas such as password cracking, reverse-engineering, memory corruption and cryptography."

Kai Zheng was also recognized as a finalist for this contest but was ineligible for a scholarship as he is only a sophomore.

Opening School Year 2021 - 2022

On August 18, 2021, Beachwood City Schools will reopen for the 2021-2022 school year. We are excited to return all students to in-person learning. We know there is no replacement for the dynamism, engagement, and connections forged when students and staff are gathered together at school. We will return with continued focus on practical, science-based precautions related to ongoing COVID-19 concerns. The district will continue to support vaccinations for all members of the school community who desire to receive it.

Heading into the school year, we remain focused in three interrelated areas: student achievement, intercultural awareness, and mental health. Over the summer, the district used grant dollars provided by the federal government to assist students who struggled during the pandemic with their academics as well as their social-emotional wellness. During the upcoming year, programming for our staff and students will keep attention on these three priorities. New students and those students whose families chose the online option last year will be offered orientation opportunities in the coming few weeks where they will connect with other students as well as their teachers, school counselors, administrators, coaches, and advisors.

A host of new faces will be working for the district starting in August. Please join us in welcoming these new staff:

Breshea Anglen, MS English Teacher

Deborah Brockman, Bus Driver

Sarah Dean, Occupational Therapist

Aubrei Erkins, HS Assistant Principal

Linda Evans, Bus Driver

Heather Farkas, Transportation Coordinator - Personnel (previously a Beachwood bus driver)

Jodi Fish, Hilltop Teacher (Beachwood Class of 2012)

Samantha Golovan, Bryden Teacher (Beachwood Class of 2009)

Christopher Helm, HS Spanish Teacher

Nicole Iselin, Hilltop Teacher

Julie Jameson, School Psychologist

Kristian Moore, Grounds/Maintenance Worker (former Beachwood student)

Kirstyn Russell, MS PE Teacher

Acquella Spencer-Bey, Bus Driver

Brian Worthing, Bryden Custodian

Tyler Wright, Bryden Teacher

To be named soon, HS Intervention Specialist

To be named soon, HS VOSE Coordinator

ADMINISTRATION

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



Summer Construction Project Update

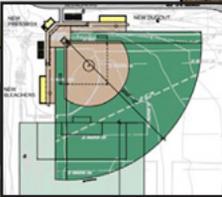


The district's summer construction projects are proceeding on time and under budget. The natatorium has undergone a complete overhaul -- new building envelope (roofing and siding), HVAC, pool deck, lighting, locker rooms and bathrooms. The unique beauty of this barrel-shaped facility opened in 1981, with its rich cedar ceiling and beams, will once again "wow" swimmers and visitors alike.

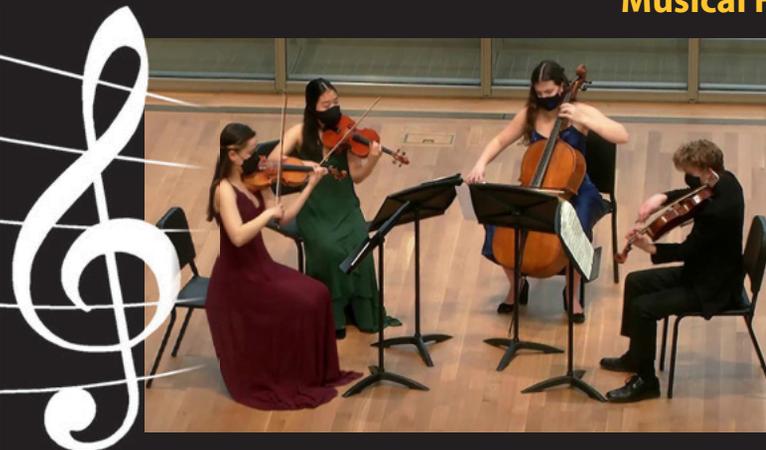
If Mother Nature provides us the right amount of grass-growing sunshine and rain between now and next April, our softball team will enjoy the 2022 opening day game in a new softball stadium! Within a few weeks, the stands, scoreboard, dugouts, and press box will be built atop their foundations, the infield mixed and prepped, and the outfield graded, seeded, and left to grow protected through the fall and early spring. Fingers crossed for good weather...

The high school parking lot will open for the school year redesigned for safety and efficiency. It will feature two distinct traffic loops for school days with a bus loop completely separate from the student drop-off loop. The staff and visitor parking will now be separated from the student parking area. Another enhancement is the addition of a third lane at the Fairmount exit, a dedicated left turn only lane.

The other two projects headed for completion are the replacement of our maintenance building at the northeast corner of the main stadium. The new masonry building, which replaces a dilapidated enclosure, will be far more functional for our maintenance and grounds workers. It also includes two unisex restrooms that will serve the visitors' side of the stadium. Last, the large retaining wall along the walk between the high school gym and stadium is being replaced with cast-in-place concrete. This addresses the significant drainage issues and deterioration of the current block wall and widens the walkway at the top.



Musical Honors



Congratulations to BHS rising Senior **Moonhee Kim** (wearing green dress) for earning the Silver Medal with her quartet, *Lumiere*, at the 2021 Fischhoff National Chamber Music Competition! The Fischhoff Competition "is the largest and longest running chamber music competition in the nation. Since its founding in 1973, more than 7,400 musicians have competed, many of whom have gone on to distinguished careers in music performance and education." Moonhee's quartet also won first place in the Rembrandt Chamber Musicians 26th Annual High School Chamber Music Competition and the 2021 Chicago National Chamber Music Competition.



Spring Sports Highlights

Congratulations to the many spring student-athletes and their coaches on a record-breaking, award-winning season!



NIA BROWN

Baseball:

- Division II - Sectional Champions/District Runner Up
- **Jordan Levin** (Grade 12) - Hon. Mention All Ohio, 1st Team All District and 1st Team CVC
- **Austin Muttillo** (Grade 12) - 1st Team CVC

Softball:

- Best record in more than 10 years
- **Nia Brown** - CVC 1st Team and CVC Player of the Week

Track & Field:

- **Sarah Brown, Amelie Cotta, Dakota Houston, Lauren Luxenburg** - STATE CHAMPIONS 4x100 Relay
- **Caleb Berns, Braylen Eaton, Jack McPhillips, Gregory Perryman, Noah Saidel, Kylie Walters** - State Qualifiers
- **Elizabeth Metz** - State Qualifier - 2nd Place Discus, 3rd Place Shotput
- **Andrew Hill, Elizabeth Metz** - CVC Field Events MVP
- **Caleb Berns, Sarah Brown, Amelie Cotta, Braylen Eaton, Aayliah Edwards, Andrew Hill, Dakota Houston, Lauren Luxenburg, Jack McPhillips, Elizabeth Metz, Greg Perryman, Noah Saidel, Kylie Walters** - CVC 1st Team Honors



Volunteers Needed

Want to brighten someone's day? Volunteer with JFSA!

JFSA is recruiting new volunteers because of a significant increase in the number of elderly and disabled individuals who need nutritious meals delivered to their homes. Deliveries are on Tuesday and/or Thursday mornings. Volunteers pick up boxed meals at the Myers Apartment kitchen (on Cedar Road in Beachwood) between 8:00 and 9:30 am, and will spend about two hours making deliveries.

If you are available and willing to help deliver kosher meals along with a friendly greeting and warm smile, contact Laura Kestin at 216.378.3475 or lkestin@jfsa-cleveland.org. Please help JFSA spread the word by sharing this with family and friends.

Please note: we are seeking volunteers who are able to make a weekly commitment to this program.

Please note:
we are seeking
volunteers who are
able to make a weekly
commitment to
this program.

Please note: We continue to make deliveries as contactless as possible. However, there may be a disabled or frail client who needs assistance getting the meals inside their home. JFSA provides gloves and a mask for you to wear for all deliveries.



Have Confidence with Your Home Care.

When you choose JFSA as your home care provider, you not only receive the highest quality care and plenty of services to choose from, you get something extra: **Confidence.**

Our nurses and home health aides want you to be as independent as possible and enjoy the confidence you gain when working with our supportive and caring staff.

- Skilled Nursing
- Medical Social Worker
- Physical, Occupational & Speech Therapy
- Home Health Aides
- Medication Management
- Lifeline Medical Alert
- Home Cleaning
- Kosher Home Delivered Meals
- Holocaust Survivor Support Services
- JFSA Shuttle On-The-Go! Free Transportation

Call 216.378.8660

Interested in becoming
a **KNOW Abuse™**
PEER LEADER?

A GREAT WAY TO COMPLETE COMMUNITY SERVICE HOURS OR INTERNSHIP!

Join our growing group of college and high school students who serve as Peer Leaders and work with local high school and middle school students to understand the nature of teen dating violence and learn how to build healthy relationships.

Peer Leaders receive free training from JFSA Cleveland and flexible scheduling is available. Summer training available. Sign up at jfsa-cleveland.org

Contact [Claudia Francis-Berke](mailto:Claudia.Francis-Berke@jfsa-cleveland.org) or 216.378.3431 for details or visit jfsa-cleveland.org

KNOW Abuse™ is a program of Jewish Family Service Association of Cleveland. jfsa-cleveland.org 6/9/21

JEWISH FAMILY SERVICE ASSOCIATION
of Cleveland



jfsa-cleveland.org

Medicare, Medicaid and most insurance accepted.

BCC Celebrates 30 Years



This year, the Beachwood Chamber of Commerce (BCoC) marks 30 years of giving businesses the opportunity to connect, engage and get involved. To celebrate, the organization's staff and members invite the community to participate in upcoming programs, including its Annual Golf Outing, Friday, September 10, at The Tanglewood Club. For details, see opposite page.

Additional programs:

Business Bites – Food Truck Fridays

August 13
11:30 am – 1 pm
Buy Rite, 23715 Mercantile Road
Bring a chair and business cards, and get back to networking at this outdoor, in-person networking event!

Taste of Beachwood

November 5-14
Taste of Beachwood is back this year, with a new, exciting format to sample food from area restaurants. Watch for details in next month's *Beachwood Buzz*.

Annual Holiday Auction

December
If you have something you'd like to donate, please call 216.831.0003. More details to follow!

For more information or to sign up for the BCoC e-newsletter, visit www.beachwood.org. Also, be sure to follow BCoC on social media!

The Cancer Liberation Project

A New Podcast by Hayley Dubin

Beachwood resident Hayley Dubin, a certified health coach through the Institute for Integrative Nutrition and founder of reVIVE wellness, has been a health coach since 2012. She works with individuals who have completed treatment for cancer, teaching them how to nourish their mind, body and spirit so they will feel confident in their ability to remain healthy and cancer free.



This is Hayley's mission. She has been following her passion ever since her diagnosis of ovarian cancer in the spring of 1998. Her research to obtain optimal health provided an education on cancer recovery and disease prevention, which led to her health coaching career.

To touch more people with optimism after a cancer diagnosis, Hayley recently launched her podcast, *The Cancer Liberation Project*. She created it as a platform to share stories about blessings and opportunities that can come out of the cancer experience.

"Possibilities are endless when we expand our minds to what's possible when we take our power back when it comes to our health," Hayley explained. "Podcast episodes will include conversations with health experts, thought leaders, authors and survivors who have made helping others their life's work.

"Since I first heard the words 'you have cancer,' I have been on a mission to learn ways to get healthy in mind, body and spirit," she added. "The Cancer Liberation Project came out of my desire to show others that cancer can be a bridge to freedom. Freedom to really get to know yourself and to live life on your own terms."

Through the podcast, Hayley will share up-to-date research, tips

and tools for healing, and stories of hope, triumph and resilience. She will interview healthcare experts to explore ideas, stories, experiences, research, books and more. She will also interview inspiring survivors who have done some pretty incredible things after their cancer experiences.

"We will talk about complimentary and holistic approaches for healing, how to prevent cancer, resilience after cancer, the ways to help with the uncertainty and fear that the cancer journey can bring, and more," Hayley said. "I invite anyone on the cancer journey to tune in. You will walk away feeling inspired and hopeful about living a full, vibrant life after cancer, with concrete tips and tools to get you there."

Hayley's goal is to provide information about integrative approaches for healing, such as reiki, massage, acupuncture and emotional healing, and how they can be incorporated with traditional treatment programs. "When we view people as a whole, through mind, body and spirit, we open the door to more possibilities for healing."

Podcast episodes drop each Thursday. You can listen to them on Spotify, Apple, or wherever you normally listen to podcasts. Hayley's goals are to help you prevent and heal from cancer, and to empower you to live your best, most vibrant life.

"I'm thrilled to launch this series because I always feel that when I get out of my comfort zone, something good happens," she told us. "It's scary, and it's good! I look forward to sharing conversations that will help all of us expand our minds to what is possible when it comes to the human spirit. Cancer is prevalent and there's something we can do about it."

"The Cancer Liberation Project came out of my desire to show others that cancer can be a bridge to freedom. Freedom to really get to know yourself and to live life on your own terms."

For more information, contact Hayley at 216.978.9252 or www.revivewellness.com. When you visit her website, she offers "Your FREE 7 Top Tips to Keep Cancer Away and Feel Confident in Your Body Again," which includes proven, simple strategies for keeping you in tip-top cancer-fighting shape so that you can begin living your best, healthiest life now. She also offers a complimentary subscription to her ezine, which is loaded with inspiration, tips and recipes for a more confident, cancer-free you.



ANNUAL Golf Outing

**FRIDAY
SEPTEMBER
10th**

7:30am Registration
Bloody Mary Bar Open

8:30am Shotgun Start

- Ticket includes continental breakfast and lunch.
- Tournament will be followed by cocktail hour and awards presentation.

TANGLEWOOD CLUB

8745 Tanglewood Trail, Chagrin Falls, OH 44023

- Beautiful course • Games or challenges at every hole
- Mimosas • Massages • 50/50 Raffle • Silent auction

Register:

Text **BCoCGolf21** to **76278** and follow directions
or

Go to **BCoCGolf21.givesmart.com**

Questions? Email **Lilia Lipps** at **llipps@beachwood.org**

Presenting
Sponsor



Fun & Games

Just a sampling of the unique hole challenges on the course:

- "Dress Up" to Advance Your Tee
- Wheel of Fortune
- Marshmallow Drive
- Golf Ball Launcher

Cost:

Individual
\$125

Foursome
\$400

Skins
\$50

Mulligans
\$10

Drink • Raffle • Silent Auction
\$5 per ticket

for more info:

beachwood.org | (216) 831-0003 | chamber@beachwood.org | [f](#) [in](#) [@](#)

The Menorah Park Foundation Names New Leader

Brian Sokol brings decades of business development and fundraising experience to his new role as chief development officer

The Menorah Park Foundation recently hired Brian Sokol as its new chief development officer to oversee all development and fundraising efforts for the nonprofit organization, one of Ohio's largest providers of residential and health care services for adults as they age.

Brian, a Beachwood resident, brings decades of business development and fundraising experience to his new role, and possesses key attributes that will make him a valuable member of the executive team. He is a passionate, engaged leader in both the Jewish and general community.

"Philanthropic support is integral toward achieving our mission as a leading nonprofit, and we are pleased to have Brian's creative thinking, energy, and experience to help Menorah Park achieve its mission of supporting those who need our specialized care," said James

Newbrough, Menorah Park president and CEO.

"As we continue on a path that supports growth and innovation, Brian's nature as an inspiring advocate and strong skills as a fundraising expert will be critical toward developing the Menorah Park Foundation's future fundraising initiatives. I know that with Brian and his team, the Menorah Park Foundation is positioned to have a great impact," stated Rick Rivitz, Foundation Board chair.

Brian was most recently senior development officer at Case Western Reserve

University (CWRU), known for leading multi-million dollar campaigns that included raising \$80 million for the CWRU Maltz Performing Arts Center. He has also held leadership roles at AIPAC (The American Israel Public Affairs Committee) and GOJO Industries, and is a graduate of The Ohio State University.



"I am honored to join the Menorah Park family and continue the good work of Joel Fox upon his retirement. I look forward to our years together as I engage with the community in my new role."

– Brian Sokol, Chief Development Officer, Menorah Park Foundation

Happy Anniversary Charlene Factor!

When Missy Bystrom, Beachwood Family Aquatic Center manager, greeted Charlene Factor at the pool entrance on July 9, her smile beamed and Dr. Seuss came to mind: "You're off to Great Places! Today is your day! Your mountain is waiting, So ... get on your way!"

The saying is from *Oh, The Places You'll Go!* by Dr. Seuss. July 9 WAS Charlene's day. It was her 30-year anniversary as a city of Beachwood employee, and a surprise party had been planned in her honor.

Anthony DeVito, front desk coordinator, seamlessly organized the event. Since Charlene is a huge Dr. Seuss fan, that was the party's theme. Lucas Bonilha-Van't Hof, BFAC lifeguard, created the logo for "Thing 1" through "Thing 50" t-shirts for the staff, reflective of Dr. Seuss's *The Cat In the Hat*, and Anthony created a personalized Dr. Seuss-themed book that included messages from staff.

"This was a huge celebration," Missy told us. "Charlene is so valuable at the front desk. She's an ambassador for Beachwood, is

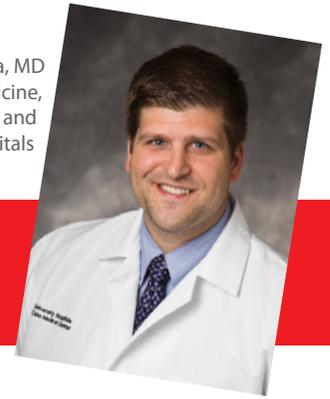
always supportive, and is a mentor who touches so many lives. We appreciate her always and enjoyed celebrating her on this special day!"

"(Charlene) is an ambassador for Beachwood, is always supportive, and is a mentor who touches so many lives."

– Missy Bystrom, BFAC manager

Pictured: Missy escorts Charlene to her surprise party, Anthony poses with Charlene after presenting her personalized Dr. Seuss book, and lifeguards shower Charlene with love.





Reclaim Your Active Lifestyle

University Hospitals Orthopedic and Sports Medicine Specialists
Create Personalized Treatment Plans for Patients

As the community continues to enjoy the sunshine, gears up for the fall season, and school begins, injuries may come up while adults, children and athletes are on-the-go and on the field.

University Hospitals' team of orthopedic and sports medicine specialists combine personalized attention with first-rate medical and surgical expertise to create treatment plans for each patient. Individualized care plans may include a variety of treatments such as physical therapy, medications and/or surgery.

"At University Hospitals, our team of sports medicine physicians and orthopedic surgeons are able to treat a variety of injuries on a broad scale," says Michael Salata, MD, Division Chief, Sports Medicine, and Director, Joint Preservation and Cartilage Restoration Center at University Hospitals. "Because we provide care for professional athletes, we routinely take care of severe injuries under high pressure and utilize cutting edge technologies. This helps us stay ahead of the game and provide the best care for patients who come to our medical centers, whether they have an athletic injury or an orthopedic injury."

Because we provide care for professional athletes, we routinely take care of severe injuries under high pressure and utilize cutting edge technologies.

Orthopedics and sports injuries UH treats for adults and children include:

- ACL tears/knee pain
- Broken bones
- Dislocations
- Joint injuries
- Muscle injuries
- Sports/Overuse Injuries
- Sprains and strains
- Soft tissue injuries
- Tendon and ligament injuries
- Concussions

"Our UH sports medicine team works very collaboratively to ensure patient care is streamlined," adds Dr. Salata, who is also Associate Orthopaedist Team Physician for The Cleveland Browns. "Our primary care sports medicine physicians, athletic trainers, physical therapists, nutritional consultants and concussion experts all work together with our orthopedic sports medicine specialists. This way, our patients come to a one-stop-shop in terms of health care and have access to multiple specialists to help them transition easily after an injury."

In addition, if you have a broken bone or an injury that needs immediate attention, UH has four walk-in orthopedic injury clinics located in Northeast Ohio that fast-track your care with one hassle-free visit – and without multiple appointments or a pricey trip to the ER.

UH Orthopedic Injury Clinic offers several features and benefits, including:

- Urgent orthopedic care for children and adults
- Walk-in appointments
- Care delivered by trained orthopedic specialists
- Next-day surgery, if necessary
- Significant cost savings when compared to an ER visit

Walk-in clinics are available at UH Ahuja and UH Geauga Medical Centers, Monday through Friday, from 8:30 a.m. to 4 p.m.

UH Ahuja Medical Center
Kathy Risman Pavilion
3999 Richmond Road
2nd Floor, Suite 210
216-285-1068

UH Geauga Medical Center
13207 Ravenna Road
Chardon, OH 44024
440-876-8050

To schedule an appointment with a UH orthopedic specialist, call 216.342.2385. For more information about UH Orthopedics and Sports Medicine, visit UHSports.org.



UH Ahuja Phase 2 will officially open in 2023. The \$236.1 million expansion project is expected to bring hundreds of new jobs to the community and expand the medical center by more than 68 percent. The expansion will include the addition of the Drusinsky Family Sports Medicine Complex. The new, world-class complex will feature a sports performance center, outpatient rehabilitation space, a sports walk-in clinic and dedicated high-tech imaging.

For more information, and to see a virtual tour of the project, visit www.tinyurl.com/UHAhujaVirtualTour.

Something's Brewing

By Arlene Fine

Beachwood entrepreneur Anahita Mahajan likes being in hot water. Five years ago, she opened Woop Bubble Tea in a 15' x 10' kiosk at Beachwood Place and instantly found her "special-tea."

Widely popular on the West Coast and in Toronto, bubble tea, also called boba tea, is rapidly attracting devotees in the Midwest. The recipe was created in the late '80s in Taiwan, and in its basic form consists of black tea, milk, ice and chewy tapioca pearls all shaken together and served with a fat straw to accommodate the thick tapioca balls that cluster at the bottom of the cup.

Over time, bubble tea recipes evolved to meet diverse regional tastes and now can consist of chilled fruit juices, fruit teas, and a variety of sweeteners.

"Younger people, especially teenagers, like the sweeter version of the tea with popping pearls, while health conscious customers order bubble tea that has an aloe

vera gel infusion," said Anahita.

"Many of our Indian customers prefer vanilla chai bubble tea."

The opening of Woop Bubble Tea sprang from necessity, said Anahita, 28, who graduated from The Ohio State University with a degree in business finance and marketing. While a student at OSU, she became obsessed with bubble tea and was dismayed when she moved to Cleveland, to work as a credit analyst, that there were few bubble tea shops in the area.

Rather than having to make the drive to Columbus for a bubble tea fix, Anahita decided to open her own shop. "I had savings from my position at Key Bank, and after doing extensive market research, I opened my Beachwood Place kiosk in 2016."

"If you are passionate about what you are doing and trying your best, you will be successful."

— Anahita Mahajan



Business has been very brisk and is growing every year. "I have eight employees working for me, and I'm constantly in touch," said Anahita. "The only problems we have is that our space is small and we often have long lines of people waiting for their bubble tea. Fortunately, our customers have been patient."

As she looks to the future, Anahita, who has been promoted by Key Bank to a portfolio-monitoring vendor lead, is making plans to open more bubble tea shops and even expand her business to her native India. She is also offering full-service bubble tea catering for weddings and corporate events

and developing a line of tea-flavored cupcakes and frostings.

Based on her success, Anahita's advice for other young entrepreneurs is to rise above challenges and to learn from inevitable mistakes. "If you are passionate and persistent about what you are doing and trying your best, you will be successful," she said.

Clearly, Anahita has found a business that has proven to be just her cup of tea.

Woop Bubble Tea is located at Beachwood Place on the second floor. For more information, visit www.woopbubbletea.com or call 1.844.GET.WOOP (1.844.438.9667).



First Catholic Slovak Ladies Association has become FCSLA Life!

FCSLA Life is proud to be part of the Beachwood community! You've probably driven by our building on Chagrin Boulevard many times—but did you know we are a life insurance and annuities company? Our name has changed, but our mission to provide financial security to our members while embracing our Catholic values and Slavic traditions remains the same.

FCSLA Life is here for you!

Insurance you can trust since 1892.



First Catholic Slovak Ladies Association
of the United States of America
a Fraternal Benefit Society domiciled in Beachwood, OH

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800.464.4642 | www.fcsla.com



Woop Bubble Tea owner Anahita Mahajan enjoys a refreshing glass of bubble tea.

Senior Networking with a Heart

The CLE-East Senior Network is a group of professionals and caring individuals who have created an active network *with a heart*. If you love volunteering to support local seniors, or if you work in senior services and want to build your professional network, this may be for you. The group meets weekly to share industry news, make contacts, raise funds, and entertain seniors by leading line dancing and sing-alongs at local nursing homes. CLE-EastSeniorNetwork.com has updated information about what they're doing and where they're heading next.

The network's members recently raised \$750 for the Kosher Food Pantry. "When leveraged, the funds allowed the pantry to purchase the equivalent of \$8,350 worth of fresh produce from The Greater Cleveland Food Bank

and Second Harvest," said Shalom Plotkin, owner of Right at Home (in-home care and assistance) and founder of this group. "We toured the facility and then returned the following week to help pack 20-pound boxes of veggies for food-insecure seniors."

The Kosher Food Pantry always welcomes volunteers to help raise funds, pack bags or deliver groceries. The CLE-East Senior Network will hold another fundraising happy hour on September 9. If you'd like to learn how to get involved or become a co-sponsor (\$100), please contact Shalom at shalom@ohioseniorcare.net or 216.357.1547.

From top: Katherine Komer of Assurance Health System, Shalom Plotkin of Right at Home, and Rebecca Moore of Foundations Health Solutions, representing Beachwood Pointe.



Local Honey for the Holidays

Enjoy raw, unfiltered honey, just in time for the Jewish fall holidays, produced from the apiary of a B'nai Jeshurun congregant. The bees are not subjected to toxic chemicals; they forage on herbs, native flowers, and tree blossoms. The apiary is inspected by the Ohio Department of Agriculture and the honey is approved for kosher homes by Rabbi Weiss. All of the proceeds benefit the B'nai Jeshurun Congregation Sisterhood. Each 8-ounce, bear-shaped jar costs \$10 and pick up will be at the synagogue. It is perfect for your table or a gift!

There is a limited supply. For more information or to order, contact Harriet Rosenberg Mann at harrietmann@gmail.com.



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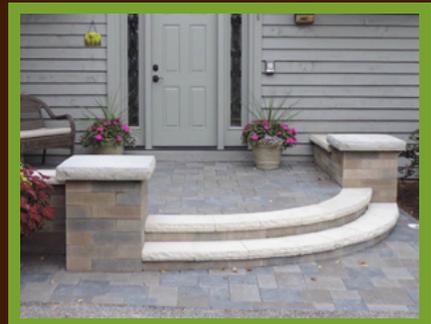
CUSTOM PATIOS
& RETAINING WALLS

OUTDOOR KITCHENS
& FIREPLACES

CREATIVE PLANTINGS

YARD MAINTENANCE

COMPUTER IMAGING DESIGNS



See our portfolio at www.eastside-landscaping.com

Pinecrest Play Day – Water Fun

August 10
11:00 a.m. - 1:00 p.m.

Presented by Hawken School and *Northeast Ohio Parent Magazine*, Water Fun is a free event ideal for parents, caregivers and kids. Wear your suit and bring a towel because your kids are going to get wet! Invite their friends and enjoy a wet and wild good time!

The event will be held in Central Park at Pinecrest, between Silverspot Cinema and Pinstripes. Parking is available throughout Pinecrest's shopping venue, as well as in the parking garage within short walking distance.

For more information, contact Lilia@NortheastOhioParent.com.

Beachwood Athletic Boosters Updates



Boosters Extravaganza

The Boosters Extravaganza, originally scheduled for Saturday, August 7, has been postponed. A new date will be scheduled this spring.

POSTPONED

Booster Bash

October 9
Beachwood High School
Community Room

The Beachwood Athletic Boosters will be hosting a Booster Bash for parents and community members in an effort to raise funds for Bison athletics. More information will be forthcoming regarding tickets, and individual and corporate sponsorship opportunities. Please save the date.

Athletic Boosters – Join Today!

The Beachwood Athletic Boosters are integral to the success of Bison athletics. The Boosters is a parent volunteer

organization that is dedicated to supporting the Beachwood athletic programs in grades K-12. With 23 high school teams, 19 middle school teams, and a planned expansion into youth programming, student athletes are as active on the field as they are in the classroom.

Beachwood Boosters supports:

- Community wide spirit engagement
- Promotional giveaways at big games
- Senior athlete banners that hang outside or in the gym
- Seasonal sports posters
- Athlete of the Week recognition

- Athletic achievements
- Scholarships to outstanding senior athletes
- Special funding requests submitted by coaches and teams
- Co-sponsorship of Family Fun Night
- Send-off receptions and gear for state qualifiers

The 2021-2022 membership drive is now underway. The Boosters are only as vibrant and strong as its members, so join now and make a difference to Beachwood's student athletes!

For details, visit www.tinyurl.com/BeachwoodBoosters.



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MB can find the right account for you, whether you are a student getting started, want to earn cash rewards, or need an account to get you back into a banking relationship. MB can help.

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Designer Dress Days

Designer Dress Days is back – and better than ever!

National Council of Jewish Women/ Cleveland's Designer Dress Days, Cleveland's premier, annual four-day sale, is back – and it's better than ever!

Save the dates: October 8, 10, 11, and 12 at Mandel Jewish Community Center.

At this event, fashionistas shop for designer labels at better-than-bargain prices.

DDD combines the fun of bargain shopping with fashionista finds. Volunteers make DDD an easy-to-navigate shopping experience, and proceeds support NCJW/CLE's many programs that impact the lives of women, children and families, including the organization's volunteer activities in the community, its social justice work and educational programs. The organization is constantly assessing the community to meet current needs.

Donations are now being accepted!

Drop off donations at the NCJW/CLE Warehouse, 26055 Emery Road, Mondays, Wednesdays and Thursdays, 9:30 a.m. – 3:30 p.m.

For more information, follow @ dddcleve on Facebook and Instagram, call 216.378.2204 or visit ncjwcleveland.org.



From left: Designer Dress Days 2021 co-chairs Beth Milstein and Kelly Markowitz preparing for the annual sale.

Photo by Mariana Edelman Photography & Design

BAC Presents The PopTarts

Sunday, September 26

Beachwood Arts Council presents an encore presentation of The PopTarts, a sensational blast from the past, on Sunday, September 26, 2:00-3:00 p.m., at the Beachwood Community Center.

The PopTarts are ultra cool and loads of fun! In retro 60s fashion, movement, and perfect harmony, they perform a decade of top hit favorites from the best of the 60s girl groups and female pop singers.

This performance, free and open to the community, is made possible by grants from Ohio Arts Council and Cuyahoga Arts & Culture. Refreshments will follow the performance.



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Anshe Chesed Fairmount Temple is Ready to Welcome You!



We invite you to learn more about Fairmount Temple and...

- **BE INSPIRED** by our amazing clergy team of Rabbi Robert Nosanchuk, Rabbi Joshua Caruso, Cantor Vladimir Lapin, Associate Rabbi Elle Muhlbaum, and Cantor Laureate Sarah Sager as they exemplify Anshe Chesed, people of loving kindness.
- **LEARN AND GROW** with learning for those 18 months to 18 years with our 5-Star Early Childhood Center (open now) and Religious School (registration underway) and youth groups.
- **CELEBRATE** Shabbat with us on Fridays, 6:15 pm, at www.fairmounttemple.org and click on live-stream. In-person services begin Aug. 13 (masks required) and those will also be streamed. In-person and virtual High Holy Day services/programs begin with a Selichot outdoor concert on August 28.



If you are looking for an inclusive, compassionate synagogue community with an engaging clergy, a commitment to social action, and outstanding Jewish learning programs, join us at Fairmount Temple!

To learn more about Fairmount Temple, our virtual and in-person worship/learning, and our **FIRST YEAR VOLUNTARY DUES** for new and returning members, contact Executive Director Steve Borstein at Sborstein@fairmounttemple.org or 216-464-1330.



23737 Fairmount Blvd,
Beachwood, OH 44122
www.fairmounttemple.org

Fairmount Temple Childhood Center

Anshe Chesed Fairmount Temple's commitment to lifelong learning begins with its 5-Star Early Childhood Center (ECC), which provides a warm, nurturing and inviting atmosphere for preschoolers (18 months through Pre-K) to grow and to flourish. The ECC also offers optional before- and after-school childcare.

Fairmount Temple's Religious School paves the way for future generations of Jewish children to become engaged and involved Jews through a variety of avenues: classroom and family programming, innovative Hebrew education, dynamic youth group programming, and social action opportunities to build community between students and families.

In addition, Fairmount Temple offers a popular Pre-K Sunday morning class through the Sunday

Religious School program. This interactive and joyful Jewish learning opportunity is completely FREE and open to all, regardless of membership in Fairmount Temple.

The dedicated and inspirational teachers in both the ECC and Religious School help to create a loving and challenging environment for our learners from preschool through high school.

To learn more about Fairmount Temple's Religious School, reach out to Rabbi Elle Muhlbaum at Emuhlbaum@fairmounttemple.org; for the Early Childhood Center, reach out to Jane Mayers at Jmayers@fairmounttemple.org or 216.464.1752.



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Pals In Motion 2021 5K Run/Walk

On Sunday, September 19, InMotion will host its Fifth Annual Pals In Motion 5K Run/Walk at Beachwood High School. Presented this year by the Levine family in memory of Les Levine, the event will include a 5K run/walk, a 1-mile family walk, yoga, tai chi, an obstacle course, and a 100-yard-dash relay. Check in begins at 7:30 a.m. and the race starts at 9:00 a.m.

Participants may run, walk, join a team, donate, become a sponsor or fundraise for InMotion. Dollars raised from this event fund life-changing physical wellness, creative movement, arts, education, support, and research programs for the Parkinson's community.

Since opening in 2015, InMotion has grown to serve more than 1,200 clients in Northeast Ohio and is at the forefront of community-based programming for people with Parkinson's disease. To eliminate barriers to exercise for people with Parkinson's disease and their families, all classes offered at InMotion are free of charge.

InMotion is fully supported by donations from individuals, foundations, corporations, and from events like Pals In Motion. InMotion programs are comprehensive and evidence-based, designed to complement each other and provide clients with the best possible outcomes.

InMotion offers physical wellness classes, including: Better Every Day™, boxing, spinning, yoga (Mindful Movement), and tai chi; healing arts, including art, drumming and singing; as well as support and education. InMotion's approach is designed

thoughtfully and deliberately around giving clients the tools and resources that they need to cope positively and constructively with the changes that their disease brings.

In addition to its wellness programs, InMotion has a rigorous data collection and analysis program, using validated measures. To date, results show that motor performance and quality of life is stable or improved over a 12-month period, illustrating the power of a holistic approach to wellness for people with Parkinson's disease and their families.



InMotion is a 501 (c)(3) nonprofit organization located in Beachwood at The Allan Goldberg Center for Parkinson's Wellness, 23905 Mercantile Road. To arrange a tour and/or get more information, call 216.342.4417 or visit www.beinmotion.org. For more information about Pals In Motion, to register, join a team, sponsor or donate, visit www.palsinmotion.org.

WELCOME BACK

Friday, August 20th at 5:15 pm

B'nai Jeshurun Congregation

27501 FAIRMOUNT BLVD., PEPPER PIKE, OHIO 44124

BBQ

Before our final Shabbat Rocks! of the season

Free and open to B'nai Jeshurun members and prospective members!

Register online by: August 15: <https://cutt.ly/BJC-BBQ2021>

Contact: Shani Kadis, Membership & Programming Director
(216)831-6555 ext. 131 or shanikadis@bnaijeshurun.org

Sponsored by the Sisterhood & Men's Club

- Enjoy a free BBQ meal
- Say "Hi" to our clergy and staff
- Meet the leaders of our affiliate groups
- Get energized with music from Shabbat Rocks!
- Children's activities will be provided



We will follow ALL CDC guidelines required at the time

Legacy Live

The Lawn at Legacy Village comes alive on Saturdays with Legacy Live. Concertgoers will enjoy a mix of their favorite live music, from Pop, Rock and Motown to Blues, Swing and everything in between, every Saturday through September 11, 5:00 – 8:00 p.m.

All concerts take place on the stage, located between Bar Louie and California Pizza Kitchen, and are subject to cancellation in cases of inclement weather.

“We’ve all missed the energy that live music brings and we’re thrilled to bring back the Legacy Live experience,” said Legacy Village general manager Susan Windle. “There’s a great sense of community as The Lawn at Legacy Village comes alive with concertgoers who often include dining at one of the center’s restaurants as part of their Legacy Live experience.”

For more information, visit www.Legacy-Village.com.

Schedule:

- August 7
Discovery Band (Dance)
- August 14
Swamp Boogie Band (Classic Rock)
- August 21
Light of Two Moons (Acoustic Rock)
- August 28
Saborit (Latin Soul)
- September 4
Ricky & The Rockets (Classic Rock)
- September 11
Revolution Pie (Beatles Tribute)

Temple Israel Ner Tamid

Temple Israel Ner Tamid invites the public to a Community Open House and Grand Reveal on Sunday, August 22, from 10:00 a.m. to 1:00 p.m. This event will introduce the community to the temple’s expanded facility, which features updated technology for students to learn and grow in each classroom, a beautiful atrium for congregants and visitors to meet and mingle, and

a warm and friendly sanctuary that features new streaming services, lighting, and a fully updated sound system designed for the hearing impaired.

Temple Israel Ner Tamid believes what the Bible says: “You Shall Teach Them Diligently Unto Thy Children.”

They invite you to join them on Sunday, August 22, at 1732 Lander Road, Mayfield Heights.

Yarn Over Beachwood

Yarn Over Beachwood meets the first Friday of each month at 10:00 a.m. at the Beachwood Library. Upcoming meetings take place on September 3 and October 1. Stop in to knit, mingle, and make a difference by creating blankets and more to be donated.

To be added to the email list or for more information, please contact Iris November at lbtrtyclub@gmail.com or 216.831.2646.





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Director of Education
The Park Synagogue

Park Synagogue’s Jewish Learning Adventure 2021/22

Welcome to Park Synagogue’s Jewish Learning Adventure 2021/22, which includes family holiday experiences PLUS the following grade level programs:

- The Littles – 1&2 Year Olds with a VIP
- PreK – Kindergarten
- Grades 1–6
- Grades 7–9
- Confirmation
- 11th & 12th Grade Scholars
- Madrich Program
- Community Unity – Open to the community of adults with special needs.



For more information, contact Teri Rube Hochberg at Teri@parksyn.org.

Photo by New Image Photography

Shining Star CLE 2021 Virtual Finals Performance & Competition



SAVE THE DATE!
Sunday, August 29 • 7:00 pm
Live-Stream
shiningstarcle.org/YouTube
Free and Open to the Public

Be part of this extraordinary event! Shining Star CLE, in its fifth year, is a unique high school solo-singing competition where the most talented students in Northeast Ohio put on the performance of their lifetimes and compete for college scholarships. After competing in a series of online and Zoom auditions with local professional judges, each of the Top 10 Finalists will receive the opportunity to be recorded in a professional studio for their Finals Performance.

The talented Monica Robins of WKYC-TV3, back for her fifth season, will once again virtually emcee the event. Last year's event drew 50-70,000 viewers from around the globe! Once again, everyone can watch in the comfort of their own home, vote for the order of the top four and support this unique fundraising event.

Expect a high-energy, 90-minute show of amazing talent and excitement. You will view a spectacular show that combines pre-recorded and live components, sponsor messages and thank-yous, plus group and individual performances – all while enjoying the musical gifts of ten extraordinary high school students.

Everyone who is watching this virtual show will have the opportunity to vote via text for their favorite performer from the top four finalists who will be selected by celebrity judges. We are thrilled to welcome back all

our judges: Jim Brickman, award-winning songwriter and pianist; Rashad V. Chambers, Tony award nominated Broadway producer of *Ain't Too Proud – The Life and Times of The Temptations*; Telly Leung, actor and singer, and best known for his lead role in Disney's *Aladdin* on Broadway; Trisha O'Brien, well-known jazz singer and entertainer; Carl Topilow, artistic director and conductor of the Cleveland Pops Orchestra; and Gina Vernaci, president and CEO of Playhouse Square.

Shining Star CLE is a benefit for memory care services and programs across the Menorah Park campuses and throughout the community.

For more information about the event, sponsorships, playbill advertising, or donor opportunities, contact Renee Greller, director of special events, Menorah Park Foundation, at rgreller@menorahpark.org or 216.839.6623, or visit www.shiningstarcle.org.

Honorary Co-Chairs: Judy and Morry Weiss
 Event Co-Chairs: Meredith and Jason Hillman
 Audrey and Kenny Koblitz • Susi and Peter Meisel
 Carmie and Todd Stein • Beverley and Richard Uria

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Beachwood Historical Society Contest

The Beachwood Historical Society is committed to preserving the dynamic history of Beachwood, educating people of all ages, and sharing historic collections. It preserves and promotes artifacts, documents and photographs; educates people about the history of Beachwood, from “Beechwood” to Beachwood; sponsors events; and researches and archives information.

New challenge:

Where was the landing strip for the radio-controlled airplane tournaments? People would come to Beachwood from all over Ohio to participate!

Please email answers to beachwoodbuzz@gmail.com with the words “Beachwood Historical Society Challenge” on the subject line.



All correct answers received by August 15 will be entered in a raffle for a \$50 gift card.

Last month's challenge:

Flash back to 1969. There are many people who contributed to the idea of building a swimming pool and recreational center in our city, Alvin Krenzler and Paul Lipman, to name a few. One former City Council person was considered to be the “Father of the Pool,” because he visited the construction site daily and oversaw the building of the very first stainless steel pool in NE Ohio. Who was he?

Answer:

Larry Small
Congratulations to George Vourlojianis, last month’s winner!



All correct answers received by August 15 will be entered in a raffle for a \$50 gift card.

BHS Class Reunions

BHS Class of 1971
50th Reunion
Weekend of
September 24-26, 2021
Evites will be sent to classmates.

Questions or comments?

Please contact Paula Zavell Rollins at phonepr@aol.com or 216.789.3995.



BHS Class of 1990
Rescheduled 30th Reunion
Saturday,
September 11, 2021
More details to follow!

Attention Classmates:

Follow us on Facebook: Beachwood High School Class of 1990

Questions?

Contact Ben Light at 216.513.9203 or benjaminlight@ameritech.net

Real Estate Tech: An event for Jewish Federation of Cleveland’s Real Estate Affinity Group

Monday, August 9

Both virtual and in-person options available

In Person Event: 5:30–7:00 p.m. at the Jewish Federation of Cleveland

Virtual Event: 5:45–6:45 p.m.

Discover how the acceleration of technology during the COVID-19 pandemic has impacted the real estate industry. Plus, meet and network with other real estate professionals.

Panelists include:

- Adam Baratz, vice president of business operations, Qualia, leading digital real estate closing platform
- Mark Holz, president, Frontier Land Group, multi-family property acquisition and

management and residential land development

- Roman Telerman, chief financial officer, MRI Real Estate Software, leading management software for owners, operators, and investors
- Steven Soclof, chair, Jewish Federation of Cleveland Real Estate Affinity Group (moderator)

For more information or to register, visit www.jewishcleveland.org.



Fairmount Center for the Arts 45th Annual Arts Exhibition

Fairmount Center for the Arts, a non-profit community center for the arts,



is pleased to announce its 45th annual juried art exhibition. The arts exhibition will be held August 9-26, with a closing reception on August 26, 6:30 - 9:00 p.m., free and open to the general public.

Fairmount has been serving the residents of northeast Ohio through arts enrichment and programming for 50 years. In an effort to preserve the past and reimagine the future, the Fairmount Art Exhibition serves as one of the many celebrations throughout the year honoring Fairmount's rich history and exciting path forward. The exhibit showcases the incredible talent of our region's most prominent, professional artists.

The family-friendly exhibition will showcase a variety of 150 art pieces from artists

around Ohio. The event will also include an interactive scavenger hunt with prizes, discount incentives to register for fall programs, and the Fairmount 500 Raffle, with a chance to win \$15,000! Only 500 tickets are available, \$100 each, and sales will end August 25 at midnight or when all 500 tickets have been sold. The drawing, which will be live streamed, will be held during the event's closing reception. Tickets are available by calling 440.338.3171 or visiting www.fairmountcenter.org.

For more information, visit www.fairmountcenter.org/exhibitions/.

Fairmount Center for the Arts is located at 8400 Fairmount Road, in Novelty.

Celebrating Jewish Life



Join Rabbi Rosie Haim for the fourth year of Celebrating Jewish Life, a subscription series of six festive holiday experiences that offer participants the opportunity to enjoy

meaningful rituals of the Jewish tradition and share a delicious meal together at various area venues. Visit www.celebratingjewishlife.com for details and to subscribe.

2021-2022 Celebrating Jewish Life Subscription Series

- Erev Rosh Hashanah
Monday, Sept. 6 • 6:00 p.m.
Cleveland Marriott East
- Erev Yom Kippur
Wednesday, Sept. 15 • 6:00 p.m.
Cleveland Marriott East
- Hanukkah Shabbat
Friday, Dec. 3 • 6:00 p.m.
Acacia Reservation
- Purim
Sunday, March 13 • 4:30 p.m.
Topgolf Cleveland
- Passover Second Night Seder
Saturday, April 16 • 6:00 p.m.
Embassy Suites
- Shavuot Shabbat
Friday, June 3 • 6:00 p.m.
Mayfield Sand Ridge Club



For questions, email RabbiRosie@CelebratingJewishLife.com or call 216.223.8736.

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Tri-C JazzFest Accepting Vendor Applications for Festival Weekend

The 42nd annual Tri-C JazzFest Cleveland, presented by KeyBank, is accepting applications from artists, restaurants and food purveyors, local businesses, churches, civic and service groups and other nonprofits to participate as vendors in the popular festival.

Applications will be accepted online at tri-c.edu/jazzfestvendorregistration through Monday, August 16. Vendor quantity is limited this year due to space restrictions.

All beverage sales are handled exclusively by the venue's concession company. Additional menu restrictions may also apply.

All vendors – new and returning – must complete

the application. Fees will be discussed upon completion.

Tri-C JazzFest will take place September 11 and 12 at Cain Park. The two-day festival will include 10 concerts under the covered Evans Amphitheater.

The 2021 lineup includes Banda Magda, Christian Sands, Emmet Cohen, Samara Joy, Catherine Russell, Spanish Harlem Orchestra and many

others. Visit tri-cjazzfest.com for the full lineup and schedule.

Passes, sold by day, are available through ticketmaster.com or by calling 216.371.3000. Reserved passes are tiered, available for \$50, \$65, \$75 and \$100. Lawn seating is \$35.

Other outdoor activities at the festival include the U.S. Bank Kids Club, Talk Tent with artist interviews, and various strolling

musicians and street performers.

Tri-C JazzFest Cleveland is made possible by Cuyahoga Community College, KeyBank, the National Endowment for the Arts, the Ohio Arts Council, The George Gund Foundation, Strassman Insurance Services Inc., and a growing list of donors and vendors. Cain Park is owned and operated by the City of Cleveland Heights.

You are never too old to set another goal or to dream a new dream. – C.S. Lewis

Join Park Synagogue's Bereavement Support Group

Park Synagogue is sponsoring a Bereavement Support Group for individuals who have lost a loved one, whether a spouse, parents, sibling, child or friend. The 5-session group, free and open to the community, will be held via Zoom on Fridays, August 27 through September 24, 11:00 a.m. to 12:00 noon.

Jennifer Stern, licensed independent social worker/bereavement counselor, will be the facilitator. This group will offer support and validation

while recognizing that everyone's individual grief is unique and personal. Please visit Jennifer's website at www.transformativegrief.com.

Space is limited and pre-registration is required. To register, please contact Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

Please note: It is advised that one wait for at least three months after the death of a loved one before joining a bereavement support group.

Reasons to join Park's Bereavement Support group:

- It reminds you that you are not alone, that grief is part of life and it is an inevitable part of loving others.
- It teaches you that grief is normal, how to recognize signs of grieving, and some of the natural responses to loss.
- The group gives actionable steps for coping with your loss.
- Hearing others share their stories can be helpful.
- It can be comforting to be with people who are going through similar life experiences.
- Group members receive support, strength, friendship and hope from each other.
- Our group leader is experienced, compassionate and trained in bereavement counseling and support.

Beyond the Braid: Taking Challah Baking to the Next Level

Wednesday, August 25 • 7:30 p.m. on Zoom

Get ready for the High Holidays by participating in "Beyond the Braid: Taking Challah Baking to the Next Level," on Wednesday, August 25, 7:30 p.m. on Zoom.

Join avid challah baker Jessica Grosman for an online demo class and Q & A session. Jessica will share the secrets for easily making individual challah roses, a seasonal apple-stuffed challah, and a show-stopping crown challah studded with

dried fruit, all perfect for the approaching High Holidays.

For those new to challah baking, Jessica will share an instructional video prior to the event that includes a recommended recipe, instructions for making basic challah dough, and instructions for braiding.

Participants are asked to make a \$10 per person donation. All proceeds will be donated to the Hebrew Shelter Home. Prepaid registration is required by August 23 to receive the Zoom link and recipes. Please register at www.parksynagogue.org.

For more information, contact Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

The program is co-sponsored by Park's Women's Rosh Chodesh and Neshama Groups.



Programs at the Beachwood Library

Readers of all ages can still participate in the Summer Reading Program, Tales and Tails, at cuyahogalibrary.org/Branches/Beachwood.aspx or at the Beachwood branch. The program ends August 15. Keep reading, and earn prizes from the library! The following virtual programs will be held on Zoom. Register at the library, online, or by calling 216.831.6868.

Virtual Storytime

(Family)

Mondays, Aug. 9 – Sept. 6
3:30 – 4:00 p.m.

Join us for rhymes, songs, fingerplays, and stories. Registration is required.

Virtual Pajama Storytime

(Family)

Thursdays, Aug. 12 – Sept. 9
6:30 – 7:00 p.m.

Put on your pajamas and join us for rhymes, songs, fingerplays, and stories. Registration is required.

STEAM Tuesday:

Create a Mini-Comic

Virtual
Tuesday, Aug. 10
4:00 – 4:45pm

Learn about density and make your own scuba diver in a bottle. Registration is required.

Family/Adult Programming

Harp Recital

Virtual
Saturday, Aug. 28
2:30 – 4:00 p.m.

Join us for a music recital by the harp students of Jody Guinn.

Tuesday Book Chat

Virtual
Tuesday, Aug. 10
7:00 – 8:00 p.m.

Join us for a discussion of *Send for Me*, by Lauren Fox.

Third Thursday Book Discussion

Virtual
Thursday, Aug. 19
2:00 – 3:00 p.m.

Join us for a Zoom discussion of *The Vanishing Half*, by Brit Bennett.

For our virtual Zoom events, a meeting link will be emailed to registered participants approximately one hour prior to the start of the program. Staff will be available for help with connecting to Zoom and technical issues beginning 15 minutes prior to the program. Participants will need a device with audio and/or video and an internet connection to join, and they can call 216.831.6868 for assistance.



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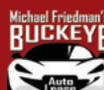
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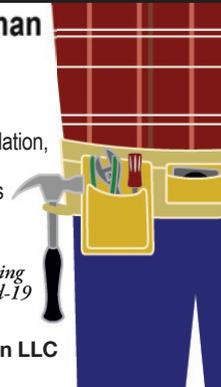
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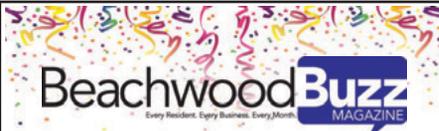
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Girls on the Run

Youth Development Program Addresses Social-Emotional Health in Time of Need

This fall, Girls on the Run Northeast Ohio (GOTRNEO) will host a self-confidence-building program for third- and fourth-grade girls, at the pavilion at Beachwood City Park West. Practice will run from 4:00-5:15 p.m. on Mondays and Wednesdays.

GOTRNEO knows that social-emotional health is paramount for young girls and is looking to address this need in a way that is adaptable to the ever-changing landscape in the months ahead. As we approach the start of the 2021/22 academic year, the social-emotional health of students will need to be a top priority for educators.

During the spring season, countless volunteer coaches commented on the positive impact of GOTRNEO during these challenging times. "Being able to participate on a team and be a part of a community [was the greatest need met through the program during this time]. So many kids are feeling isolated right now."

Parents and guardians echoed this feeling. "[My daughter has] made new friends, feels better about herself, and seems more positive and cheery. COVID and staying at home was taking an emotional toll on my daughter. I feel that Girls on the Run has helped her find herself again! She's making healthier food choices and has more interest in being active."

Girls on the Run empowers girls in third through eighth grades to make healthy decisions, build positive relationships and cope with difficult feelings and situations.

The eight-week program emphasizes competence, confidence, connection, character, caring, and contribution in young girls through lessons that incorporate physical activity and goal setting. The combination of the research-based curriculum, trained coaches, and a commitment to serve all girls is what sets Girls on the Run apart from other after-school activities. "The Girls on the Run program builds the foundation for confident women in the future," said Robyn Cutler, executive director.

Registration opens August 17. For more information or to register, please visit gotrNEO.org or call 234.206.0786.

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Girls on the Run Northeast Ohio (GOTRNEO) is an affiliated council of Girls on the Run International and is supported by several benefactors. It serves girls in third through eighth grades in Cuyahoga, Summit, Lorain, Portage, Medina and Lake counties. Inspiring girls to be joyful, healthy and confident, the program uses a fun, experience-based curriculum that creatively integrates running.

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