

Beachwood Buzz

March 2020

Every Resident. Every Business. Every Month.

MAGAZINE

MOVING BEACHWOOD **FORWARD**

COVER STORY:

This is an exciting time for Beachwood, with large and small projects on the horizon that will significantly impact the lives of people who live, work, and visit our city. Mayor Martin S. Horwitz and City Council President James Pasch discuss their goals.

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Letter from THE EDITOR

By Debby Zelman Rapoport

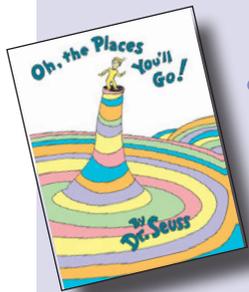


When I sat down to write this column, my overall frame of mind was in need of a lift. I did an online search to find a topic that spoke to me and would be relevant for March, stumbled across a listing that included Dr. Seuss's birthday on March 2, and went with it. I love Dr. Seuss! Who doesn't?

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

"You're off to Great Places!
Today is your day!
Your mountain is waiting,
So... get on your way!"

"You're on your own.
And you know what you know.
And YOU are the one who'll decide
where to go!"



– Dr. Seuss
quotes from
*Oh, the
Places You'll
Go!*



I started by reading his quotes, some of which I included on this page and throughout the magazine. I'm always inspired by his creativity, logic, and talent; as well as how he became an icon for people of all ages, all over the world.

Much of the following information was found at seussville.com. Check out the site! The content and graphics will take you back in time, when Dr. Seuss's books were front and center on your bookshelves. Also, check out the timeline at seussville.com/dr-seuss/timeline/, which spans from 1904 to the present. Although Dr. Seuss died in 1991, his legacy lives on, with new projects surfacing regularly.

Theodor Seuss Geisel was born on March 2, 1904 in Springfield, Massachusetts. Seuss was his mother's maiden name. Since childhood, Ted was creative. When he walked through the Zoo in Forest Park with his father, he brought a pencil and sketch pad to draw animals.

Ted started using the pseudonym, "Seuss," when he was writing for *Jack-O-Lantern*, the humor magazine at Dartmouth. He added "Dr." in 1927 and used the pseudonym Dr. Seuss thereafter. After Dartmouth, Ted traveled to Oxford, where he attended Lincoln College and met his future wife, Helen Palmer. The couple then moved to New York.

Dr. Seuss's first children's book, *And To Think That I Saw It On Mulberry Street*, was published in 1937 after its rejection by publishers 27 times. Ted was

walking down Madison Avenue, about to throw the book away, when he ran into former classmate Mike McClintock, who had just been appointed juvenile editor of Vanguard Press. McClintock promptly took him up to his office where they signed a contract. Geisel once said, "That's one of the reasons I believe in luck. If I'd been going down the other side of Madison Avenue, I would be in the dry-cleaning business today!"

Ted and Helen moved to La Jolla, California, in 1948 and traveled the world. The people and places they encountered sometimes became the inspiration for his books.

In 1957, Dr. Seuss was challenged to write a book that first-graders couldn't put down, while using only 225 words chosen from a list of 348. He used 236 words, and *The Cat in the Hat* was born. The book's runaway success inspired the dawn of Beginner Books, a division of Random House. In 1958, *The Cat in the Hat Comes Back* and four other titles launched the Beginner Books series.

Another success, *Green Eggs and Ham*, was published after Dr. Seuss's publisher, Bennett Cerf, bet him that he could not write a book using fifty or fewer different words. This book, his best-selling title, has the fewest words of all his books.

After Helen died, Geisel married Audrey (Stone) Dimond in 1968. Audrey infused Ted with new vigor; they traveled together, and were very philanthropic. After Ted's death, Audrey donated his original manuscripts and

illustrations to the University of California San Diego and, in 1995, the university library was renamed Geisel Library.

Dr. Seuss was a talented author, illustrator, and artist whose imaginative characters and clever stories have given rise to everything from licensed products and movies, to museums and theme parks. He won many awards for his various literary and entertainment projects, including a Pulitzer Prize in 1984 for his special contribution to the education and enjoyment of America's children and their parents. Three of his books received Caldecott Honors, he was the recipient of seven honorary doctorate degrees (including one from his alma mater), and he was even posthumously awarded a star on the Hollywood Walk of Fame in 2004.

Dr. Seuss died on September 24, 1991. He left behind a gigantic legacy of genius and imagination, and every year on his birthday, March 2, he is remembered around the globe.

Happy birthday to Dr. Seuss! Through this column, I share his legacy. One of my favorite Dr. Seuss books is *Oh, The Places You'll Go*. I've gifted this book many times, and will share the love with the first ten people who email me at beachwoodbuzz@gmail.com with the words "Dr. Seuss" on the subject line. Include your name and address and this special gift will come your way!

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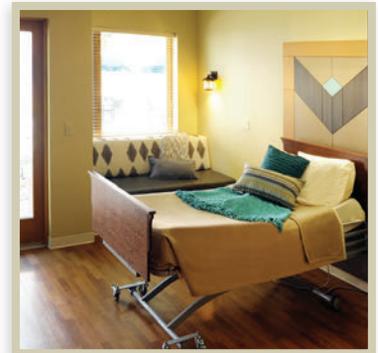
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Moving Beachwood *Forward*



This is an exciting time for Beachwood, with large and small projects on the horizon that will significantly impact the lives of people who live, work, and visit our city. Mayor Martin S. Horwitz and City Council recently held a meeting to discuss 2020 goals and their two-year plan. I sat down with Mayor Horwitz and Council President James Pasch to discuss these goals.

Story starts on page 7

Written by Debby Zelman Rapoport
Photos by Scott Morrison, Discovery Photo

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Mayor Martin S. Horwitz and City Council President James Pasch review blueprints in their efforts to move Beachwood forward.

by Debby Zelman Rapoport • Photos by Scott Morrison, Discovery Photo

This is an exciting time for Beachwood, with large and small projects on the horizon that will significantly impact the lives of people who live, work, and visit our city. Mayor Martin S. Horwitz and City Council recently held a meeting to discuss 2020 goals and their two-year plan. I sat down with Mayor Horwitz and Council President James Pasch to discuss these goals.

This Council's philosophy is to learn about what the mayor and administration wish to accomplish, and to "discuss, prioritize, vote, and implement prioritized items," indicated Pasch. In addition to some of the mayor's goals, council brings with them a wealth of individual professional experiences across a multitude of platforms, and as Council President Pasch said, "we plan on thinking big about what we can accomplish for this community and this region."

"We plan to move things forward and get them done," he continued. "Many items fall into one of three categories – livability, workability, or sustainability – all of which will continue to improve the quality of life for residents and those who spend time in Beachwood."

As a top suburb in our region, state, and nation, Beachwood is consistently recognized for excellence. In the past year, Beachwood was named #8 by the national Chamber of Commerce on its "Best Cities to Live in Ohio" list; #32 by 24/7 Wall St. on its "America's 50 Best Cities to Live" list; and received the #1 rating by *Midwest Meetings* in its first-ever "Customized Meeting Experience Award" (up to 1,000 total guest rooms). Plus, Four Seasons Apartments was named "Property of the Year" by Northern Ohio Apartment Association.

"We are proud of these accolades and continue to work toward tomorrow's successes," Mayor Horwitz said.

Over the past few years and for the first time in decades, the City's Charter and Zoning Code were revised. These two documents govern the administration of our city and provide a foundation for future economic growth.

"We listen to what residents say and plan to implement changes that will benefit current residents, attract new ones, and increase the quality of life in our community," said Pasch.

A frequent request Mayor Horwitz hears from residents is for better street lighting. Options to convert existing streetlights to LED and adding new sidewalk lights are both under consideration.

Other capital-improvement projects under review include:

- A road that connects Harvard to Commerce Park
- An ODOT road project to improve traffic flow at Chagrin Blvd./Richmond Rd./I-271
- A new or renovated Police Department

The new projects above are driven by a continued economic growth. Economic development initiatives are also vital because businesses provide the foundation on which our city grows. It is important to bring in new businesses, and even more important to focus on business retention so that businesses may grow and stay in our community.

“Businesses provide the tax base that supports our City and the Beachwood City Schools. We want to increase Beachwood’s reputation as a hub of economic activity and innovation so that businesses start, move, grow, and stay here,” said Mayor Horwitz. “Our goals toward that end include increasing efforts to bring new and expanding businesses to Commerce Park, Beachwood Place, Chagrin Blvd. and the Chagrin Highlands. Additionally, my personal goal is to visit one to two businesses per week in order to promote business retention.”

Council President Pasch added, “in many ways Beachwood is a microcosm of our state, and small businesses are our backbone. We want to work closely with our business owners so that they will choose to grow their businesses right here.”

In addition to some of the large projects noted above, the mayor and council plan on prioritizing some other projects that may seem small, but have a large impact on the community and its residents. Some of those projects under consideration are:

- **A community garden** – Public space for residents to sign up for a plot of land on which to grow their own fruits and vegetables
- **Outdoor exercise equipment** – A designated area to enhance the walking trails at Beachwood City Park
- **Emergency sirens** – City-wide sirens that will be used to alert businesses and residents of possible emergencies
- **Updated signage** to define Beachwood’s boundaries

As we talked about all this building, the mayor and council president stressed that everything will be done with an eye on sustainability. Sustainable solutions are crucial as we move into the new decade. Hybrid or electric cars, charging stations, LED lights, and solar panels are just a few possibilities to reduce our carbon footprint.

“Last August, I proposed that we incorporate elements of sustainability into our City operations; our recent purchases and practices reflect this. This year, I would like to create a Citizens’ Committee on Sustainability to develop a more comprehensive plan that will lead us into the future in an environmentally friendly way,” Mayor Horwitz said. “For example, residents have voiced an interest in rain barrels and solar energy, and it’s our job to look into these opportunities.”

“We want to create legislation today that will benefit us now and in the future. Residents and business owners are rightfully demanding that cities meet the environmental challenges of the times, and it is up to us to shepherd in an era of environmental responsibility,” Pasch added.

Other topics discussed in the meeting were regularly scheduled town hall meetings, converting grass ovals into parks, creating clear bike paths, and implementing Smart-City technology.

Welcome to Beachwood

- Named the #1 Place to Live in Cuyahoga County (*Cleveland Magazine*, 2017)
- Featuring world-class healthcare, retail, and dining that attracts more than 100,000 visitors daily
- Home to 5,000 households and nearly 2,500 companies comprised of 25,000 employees
- High property values
- Low tax rates
- Superior city services
- Diverse and well-educated residents who understand that growth and development are vital for the health of every part of our community

Business Incentives

Tax Increment Financing (TIF):

Helps finance public infrastructure improvements by directing payments toward a separate fund to finance the construction

The Community Reinvestment Area (CRA) Program for Commerce Park:

Direct-incentive, tax-exemption program that benefits property owners who renovate or construct new buildings in Commerce Park

City Job Creation Incentive Grant:

An annual grant payment for eligible businesses that create new full-time or full-time equivalent jobs

Free Security Consults:

Active threat instruction and drills for Beachwood businesses and community groups

Responsive Municipal Administration:

Famous in the area for efficient snow removal, top-notch city facilities, and more



Mayor Martin Horwitz and Beachwood City Council members work collaboratively to move things forward in Beachwood. *From left:* Mike Burkons, Alec Isaacson, Barbara Bellin Janovitz, James Pasch, Mayor Horwitz, Justin Berns, Eric Synenberg, and June Taylor.

The mayor and council president both expressed the desire to expand the City's working relationship with the Beachwood Board of Education. "There are mutually beneficial opportunities that exist for our city and schools to work collaboratively," Pasch said.

Recent projects in which the two organizations partnered include legislation for seat belts on school buses and police officers providing security in the schools (*see page 28*).

Technology and communications opportunities continue to evolve. From digital platforms to social media, tracking analytics to promoting programs online, requesting services to submitting plans, the possibilities are limitless and continue to grow. The city of the future will have an interactive residential reporting system and more efficient

ways to obtain information and communicate.

"We have begun implementing digital technologies and continue to investigate opportunities," Mayor Horwitz said.

"As a council, we are determined to work with the mayor and the administration so that many of these ideas become a reality." Council President Pasch reiterated. "We listen to residents, research opportunities, and make decisions that align our beliefs with what we feel will best benefit the people who live, work, and play in Beachwood."

"Each one of us in the administration is dedicated to researching trends and best practices of top-rated cities in the country," Mayor Horwitz added.

"Our goal is to think big and color outside the lines. We are determined to implement

programs that will set us apart and grow Beachwood as a leader in our region and beyond," Pasch said.

"Government and lives aren't static, and neither is this list," added Mayor Horwitz. "There are many creative people with good ideas in this administration and on City Council. Add input from residents, businesses, local organizations, and visitors, as well as ideas from the Beachwood Board of Education, and the possibilities are limitless. This is an exciting time in government. If something innovative is presented to us, we will consider it."

"When we were sworn in as

City Council members, we each took on an oath to represent our community to the best of our ability," Council President Pasch said. "In doing so, we are working today to align Beachwood as a leader of tomorrow."

Beachwood's future is bright. Zoning changes provide expanded opportunities for creative opportunities that may include living/work/play spaces, hotels, restaurants, residential, or business development. Since 2009, businesses have invested more than \$900 million in commercial projects and with new projects on the horizon, that number is expected to grow.

If you have questions or comments, Mayor Horwitz may be reached at mayor@beachwoodohio.com or 216.292.1901. Council President James Pasch may be reached at James.Pasch@beachwoodohio.com or 216.630.9671. For additional information or to view live recordings from City Council meetings, visit www.beachwoodohio.com.



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U.S. Census *Buzz* from State Representative Kent Smith

Spring is coming, and so is the U.S. Census! We may not be able to stop spring, but all of us can help make sure everyone gets counted in the Census.

The designated Census Day is April 1, 2020, during which the snapshot of America will take place when everyone needs to “count” themselves and where they are online, by phone, or by mail.

The first Census of the nation was taken in 1790 and it is the largest peacetime federal activity every ten years. The U.S. Census provides the basis for the number of Electoral College votes each state has, the apportionment of the 435 U.S. Congress seats, the 33 Ohio State Senate districts, and the 99 Ohio House of Representative boundaries. But beyond that, the Census determines where the \$1.5+ trillion of federal funds on 300+

federal programs gets spent every year for the next ten years.

Starting in mid-March, information on completing the Census will be mailed out to every address in Ohio’s 8th House District (and across the U.S.). Ninety-five percent of households will receive their Census info in the mail and the remaining 5% of households will have the form dropped off by a Census taker. The 2020 U.S. Census is only ten questions long. To help non-English speaking residents, the Census Bureau has guides in 59 languages, American Sign Language, and braille.

A couple of other important Census details:

- The Census is 100% confidential.
- The U.S. Census Bureau will NEVER ask for your Social Security number, bank information, money, or a payment.
- Public libraries will be prepared to assist online Census takers.

So do your part and spread the word about how important and easy the Census is and remember to send in your form!

Speaking of things to remember – PLEASE remember that the 2020 Primary Election is on March 17 – that’s right, on St. Patrick’s Day. People are going to miss it unless we remind them!

So do your part and spread the word about how important and easy the Census is and remember to send in your form!

If you want to check your voter registration, the phone number at the County Board of Elections is 216.443.VOTE (8683). You can always contact my office at 614.466.5441 or at Rep08@OhioHouse.Gov with questions about the Census, voting or other topics.

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.

PURIM

UNDER THE BIG TOP

AT B'NAI JESHURUN

- **MISHLOACH MANOT DELIVERIES**
Sunday, March 1 | 10:00 am
- **BILLY JOEL: THE MEGILLAH MAN MEAL* & SPIEL**
*Sunday, March 1
6:00 pm Dinner* | 7:00 pm Spiel*
- **PURIM KINDER SHABBAT**
Friday, March 6 | 10:30 am
- **FROZEN KIDS' SPIEL**
Sunday, March 8 | 11:00 am
- **PURIM CARNIVAL***
Sunday, March 8 | 11:30 am – 1:30 pm

*There is a fee associated with these events.



- **MEGILLAH READING CELEBRATIONS**
Monday, March 9
- **PURIMPALOOZA: PRE-PARTY FOR YOUNG FAMILIES** | *6:00 pm (registration required)*
- **FAMILY MEGILLAH READING**
7:00 pm
- **TRADITIONAL MEGILLAH READING**
7:15 pm
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8:00 pm
- **MORNING MINYAN MEGILLAH READING AND BREAKFAST**
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HEY NEIGHBOR!

by Arlene Fine

Dishing Out Great Food in Beachwood

Each day when legendary restaurateur Brad Friedlander opens the doors to his two newest Beachwood restaurants, Blu, The Restaurant and Rosso Italia, he says it feels like opening night.

"Everything has to be perfectly in place, and everyone has to be on, from our chefs to our kitchen staff to our servers," Brad says. "We can't have a bad performance."

Brad debuted on the Cleveland food scene 41 years ago, when he opened Lopez and Gonzales on Lee Road. The native Clevelander comes by his passion for good food naturally. His mother was an outstanding cook and his dad, Alvin Friedlander, had a concession stand at the old Cleveland stadium where he was known as the Wiener Tzar of Cleveland.

"I've always loved good food," says Brad. "And I still make the best salami and eggs in town."

But salami and eggs can only carry a foodie so far. During the course of his career, Brad has opened restaurants and designed menus that reflect his loyal clientele's changing tastes and dining styles.

"Today, food is much trendier and more international," he says. "When I opened Lopez, there were maybe three Mexican restaurants in the whole city; now they are all over town. There is also an emphasis on healthier eating, which is a good thing,"

The closing of Moxie, which had a 22-year run, and the opening of Blu in the same Richmond Road location came about naturally. More than 65% of Moxie diners were ordering fish and seafood, so Brad and his team decided to open Blu in response. And Rosso Italia, which opened in the former Red location, next door to Moxie, was designed to offer Cleveland

diners authentic, made-from-scratch, Southern-Italian fare.

Helping Brad out with his newest restaurant ventures are his daughter Sasha Friedlander, stepson Julian Kuczma, and grandson Cameron Brooks. "It's wonderful to work side-by-side with family members and to get some great ideas from this younger generation," says Brad.

As one of the founders of Cleveland's Independent Restaurant Week, Brad has a strong commitment to local

dining establishments. "When you eat at a chain, the money leaves town, but when you support a local restaurant, the profits stay in our community," he says.

After being in the restaurant business for so many years, Brad understands the dynamics that can either make or break a dining spot. "There are restaurants that are good businesses and restaurants that are good restaurants," he says. "The most difficult thing is to have both of these factors in your favor."

"When you eat at a chain the money leaves town, but when you support a local restaurant, the profits stay in our community!"

Choosing Beachwood as the location of both Blu and Rosso was intentional. "The diners in this area are sophisticated and appreciate good food," Brad says. "We have accessible parking and you can't beat Beachwood in terms of location and a great place to do business."



Restaurateur Brad Friedlander and his family (from left) grandson Cameron Brooks, daughter Sasha Friedlander, and step-son Julian Kuczma welcome you to dine at Blu, the Restaurant and Rosso Italia, his two new Beachwood restaurants.

Blu, The Restaurant
3355 Richmond Road
Beachwood
216.831.5599



Rosso Italia
3355 Richmond Road
Beachwood
216.831.1004



BHS Climate Action Team Takes Action

The Beachwood High School Climate Action Team thanks the community for supporting its first-ever Blue Jeans GO GREEN Campaign that took place in January to recognize Climate Action Week.

With collection boxes in the Beachwood School buildings, Beachwood Community Center, and Beachwood Municipal Center, the team collected twenty boxes of jeans – with a guesstimate of about 450 pairs. These jeans will be up-cycled into denim insulation that will be used by more than 30 Habitat of Humanity affiliates around the country. The project also satisfied grant opportunities that are offered.

Cotton's Blue Jeans Go Green™ program strives to make the world a little greener by eliminating tons of denim in landfills. A ton of denim is equal to 1,677 pieces.

During Climate Action Week, students also focused on education and awareness. They made daily announcements to educate students and staff about important climate-action-related issues, facts, and figures; and sent a daily e-blast to inform students and staff how to get involved. Topics included rebate issues, inspirational thoughts, and differences between global warming and climate change.

The team also set up an area in the cafeteria, with the help of Social Studies teacher Pam Ogilvy, where students participated in a letter-writing campaign to senators and

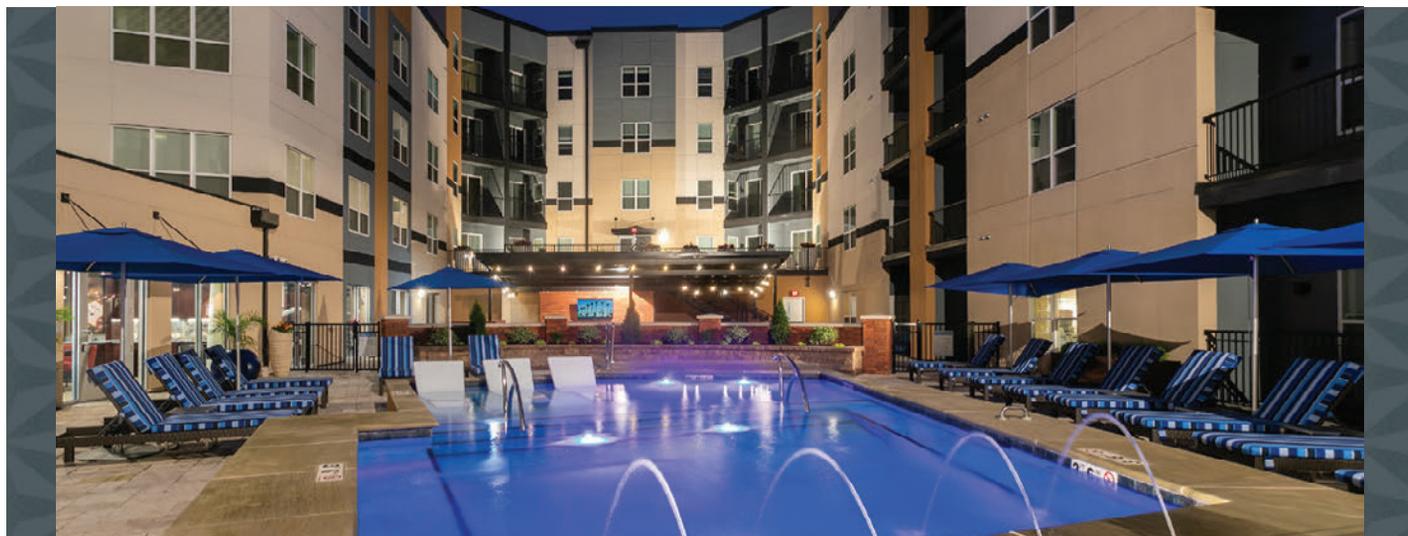
congressmen. Additionally, Climate Action member Greg Perryman worked with English teacher Todd Butler to develop a lesson for students to draw comparisons between the book *Cry Of The Beloved Country*, the South African Divestment Movement, and The Fossil Fuel Divestment Movement. Students were challenged to

consider how literature is a form of activism. They also created book covers that told a story of climate change.

The Climate Action Team consists of Sophia Muliolis, Greg Perryman, Carrington Peavy, Paisley Truitt, and Priyanka Shrestha. Lori Joyner, secretary to BHS high school principal Paul Chase, is the group's advisor.



From left: Priyanka Shrestha, Paisley Truitt, Sophia Muliolis, Carrington Peavy, and Greg Perryman.



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Beachwood Arts Council Programs and Exhibit

Beachwood Arts Council invites the community to attend the following programs and exhibit:



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with
Sinatra Selects

Dianne Palmer and Lou Armagno with Sinatra Selects
Sunday, March 22
2 - 3 pm
Beachwood Community Center

The talented singing team of Dianne Palmer and Lou Armagno, along with their wonderful quartet, Sinatra Selects, will delight their audience with some of Frank Sinatra's

best-loved songs, sure to make everyone smile. This concert, free and open to the community, is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council. Advance registration is not necessary.



The Morgan Conservatory Tour
Saturday, March 28
10am - 12pm
1754 East 47th Street, Cleveland

Join BAC and explore this fabulous art center that is dedicated to every facet of paper making, book art, and letterpress printing. Enjoy making marbled

paper and creating a small project to take home. The fee is \$15 for BAC members and \$20 for non-members. To register, please call 216.595.3400 by Saturday, March 21.

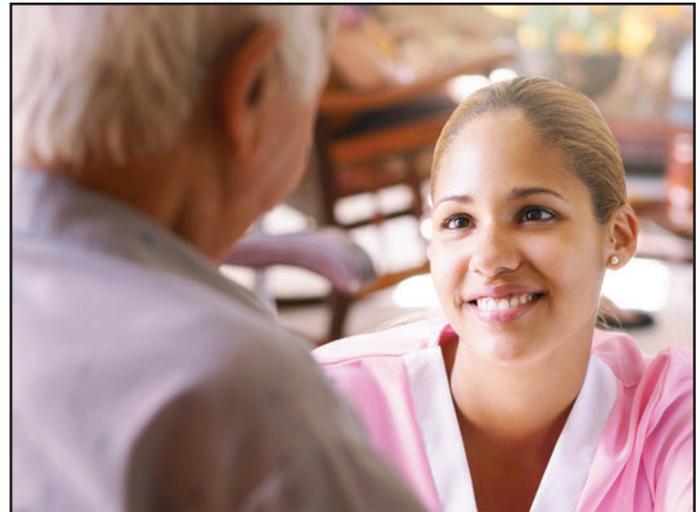
Beachwood Schools K-12 Art Show and Music Program
Wednesday, April 1 - Wednesday, April 29
Beachwood Community Center
Gallery Hours:

Mon. - Fri. 9 am - 4 pm • Sat. 10 am - 3 pm • Sun. 10 am - 1 pm
OPENING RECEPTION: WEDNESDAY, APRIL 1 • 5 - 7 pm

Beachwood K-12 students will display their creative artwork, including collages, drawings, paintings, and sculptures. Entertainment at the Opening Reception, free and open to the community, will be provided by talented student musicians.

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Marvelous Ms. Mabel to the Rescue of Broken China

By June Scharf

You can bring your broken china plate to Mabel Snider's house on Bryden Road for repair and she'll be delighted. But what she adores is a real challenge, like a vase broken into many pieces with missing shards, and in need of detail work on the surface. The 96-year-old's china repair business has been active for 35 years, but the workflow has been slowing down. Mabel, however, is not.

The feisty, petite widow and great grandmother can barely contain her excitement over her work.

"My clients hug and kiss and cry and pay me," she exclaims.

It all started in the late 1940s, when she was 25 years old and living with her husband on the second floor of the two-family house owned and occupied by her parents since her birth, on Earle Avenue, in Cleveland's Glenville neighborhood. Every week, she'd help her mother take out the trash, and on one occasion, she discovered a Benjamin Franklin figurine with a missing leg.

"I thought to myself, this can't be thrown away, I must fix it."

She didn't need to go far to find supplies. She had three much older brothers (which was like having three additional fathers, she quips), and one was an engineer who liked to fix things, too. He had tools and repair materials in the attic, which she sorted through, and then spent a week fabricating a new leg.

Out of what?

"That's a secret, and I share the formula with no one except my two sons," Mabel said.

Her sons are Les, 74, also a Beachwood resident, and Randy, 69, of South Euclid.

When Mabel showed her mother Benjamin's successful outcome, her mother said, "Mabel, you found the other leg!"

"No ma, I made it," Mabel replied.

"You did?" her mother exclaimed. "Mabel, you should go into business!"

And that's precisely what she did.

Today's problem is that people don't collect figurines – and break them – like they once did. Shoppers stopped buying them and stores stopped selling them.

"No one is interested anymore," she explained. "As a customer once said, 'All you do is look at them.'" She also notes that in the age of cellphones and computers, of which she owns neither, people are just otherwise engaged.

At the peak of her business, Mabel had 25-30 items in her "shop," also known as the third bedroom in her ranch home.

Despite the age and accidents befalling each damaged item, her clients are all emotionally attached to them. "Often, the objects have been inherited

and they have stories or history attached to them, so it's aggravating when they break."

When clients conduct business with Mabel, they will often cry when they drop off their treasures, many Lladros among them, then they will cry again when they pick them up. They don't entirely believe that Mabel can bring the items flawlessly back to life for further appreciation. But she has never failed to do so.

Mabel couldn't wait to get started on her latest repair – a vase that was broken into 12 sections with shards. "When my client was talking to me, I was thinking... this piece goes there, and that piece goes over here...."

Quite a big job, right?

"I don't like the words *big job*. It's an *exciting* job! It's my idea of fun!"

"The harder the job, the more I like it."

~ Mabel Snider, 43-year Beachwood resident

But has she ever had a job that was too hard?

"No such thing. The harder the job, the more I like it."

Mabel notes that ceramic items demand complete repair by hand. "Ceramics can't be returned to the kiln. That's like taking a baked cake and putting it back in the oven."

Lest anyone think this work is slight, the labor-intensive aspects involve sanding the materials composed of porcelain, ceramic, or china; making the filler paste, and mixing paints to match the surface artwork. It's all a messy process, but the shop is spotless. Mabel attends to the cleanliness with equal care.

Her preferred schedule is to work until 2 or 3 am, then awoken at 10 or 11 am.



Mabel loves to talk about her extended family, and her stories trace back to a direct connection with the family that owns Weiss Furs. It's a true immigrant tale. Her parents were brought to the United States around 1900 by a cousin in the Weiss family to escape the antisemitism in Poland. Her father, Sam Fenster, was told by one of his Weiss cousins that he needed to learn a trade. The options: a butcher, a baker, or a furrier, all businesses with which the three Weiss cousins were involved.

"My dad didn't want to mess with meat. And he didn't want to work all night and sleep during the day, as bakers do. So, he became a furrier. After living in New York for some years, he moved to Cleveland and opened Fenster Furs downtown, located near 9th and Euclid."

He also managed several Yiddish theaters around town and produced many plays. Through this work in Cleveland and earlier in New York, he befriended many actors, some of whom had their sights on Hollywood, and were experiencing some antisemitism at the time. He helped several actors deal with the issue by changing their names. One example was the very famous leading actor Paul Muni, born Frederick Meier Weisenfreund, from Austro-Hungary.

"My dad said that since the meaning of his last name is 'pal', his first name should be Paul, and his last name should sound like Moony which was his nickname. He suggested a spelling that seemed Italian – Muni – a name that helped launch Paul's career."

So what is Mabel's secret to surviving and thriving?

"Medication! My

prescriptions are my staying-alive pills!"

She dealt with her high blood pressure and diabetes most of her life. Her father and brothers all died at age 80 or younger; her mother lived to be 90.

With her line of work, one might assume she loves completing jigsaw puzzles. Wrong.

"Everyone asks me about that. No. The pieces are all the same shape, so that's boring. And there are no missing shards."

Mabel continues to live independently after losing her husband Mike eight years ago, and she still drives. How does she do it?

She gets up every morning and takes two Tylenol for pain in her neck and back.

"I just get out of bed and I don't let it bother me."

Her only complaint: "I can't remember names lately."

But her memories of her childhood are vivid and accessible. She proudly details how she boxed in the backyard with her brothers, then she throws a few jabs in the air. She also recalls frequently playing backyard baseball with her brothers and assuming the pitcher position. She hasn't lost her touch, as proven when she bobbled a figurine accidentally, then caught it.

"Hey, if you had broken it, you could fix it," notes an interested reporter. "No need – I can still catch!" she replies. And she can throw, something she proves by demonstrating her underhand sidearm curve pitch.

She loves to record game shows like Jeopardy and Wheel of Fortune so she can watch them later in the day. She also enjoys cooking, regarding the kitchen as another place

to experiment with formulas. In other words, she never uses recipes. Aside from her sons, other occasional guests at her table include her grandchildren, Matthew Snider, and Stacey and Craig Cohen; and great grandchildren, Dylan and Kaylie Cohen.

Putting the pieces together, whether in life or in her shop, is a lifelong practice for Mabel, and nothing is slowing her down or diminishing her perky and positive spirit.

To reach Mabel's China Repair Shoppe, call 216.464.5821.



Putting the pieces together, whether in life or in her shop, is a lifelong practice for Mabel, and nothing is slowing her down or diminishing her perky and positive spirit.

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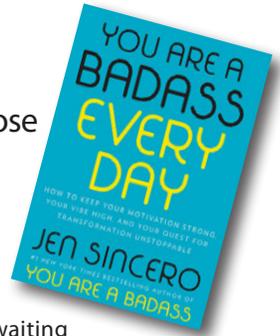
New for Summer 2020 - Tiered Tuition when Registered by March 15th!



No More Excuses

by Jennifer Stern

I recently read *You Are A Badass Every Day*, by Jen Sincero, and was reminded of a fundamental truth. In every moment and in any situation **we have the power of choice**. We have the power to choose self-pity or gratitude, true grit or giving up, accountability or excuses, judgement or compassion, a growth mindset or a set mindset.



Sincero suggests studying self-help books, meditating, listening to powerful and inspiring speakers, journaling, creating daily gratitude lists, exercising, reading biographies of people who inspire, listening to upbeat and motivating music, practicing affirmations until they become your truth, or visualizing your best self as a way to bring positive, high-vibe energy, and people into your life.

"Success is a way of being and adapting and growing that gets easier the more you practice."

Feeling confident in yourself is a life's practice. It is ongoing and fluid. We have a lifetime of recycled (defeating) narratives that often challenge our ability to connect to personal strengths, resilience, ability for growth, healing, healthy relationships, and personal success.

"An excuse is simply a challenge that you've decided has power over you."

Excuses are our way of avoiding accountability, of turning away from our vulnerabilities, or of hindering our innate ability to create healthy change. Our excuses become a subconscious

soundtrack replaying negative beliefs, limiting thoughts, and disappointments on a constant loop. They become barriers to growth, healing, and change. We must learn to interrupt this soundtrack and practice replacing it with messages of strength, awareness, courage, resilience, personal power, and personal pride in an effort to create change and to live differently.

Sincero writes in a direct, humorous, accessible way. She cuts through the crap and gives readers clarity. You have the choice to live better, happier, healthier, and stronger. **YOU** have the ability to remove what (and who) brings you down by focusing on who you are and want to be in strength. It is a quick read that serves as a powerful reset. **No more excuses.**

Sincero writes, "If you keep waiting for the right time, You'll keep living the wrong life."

Sincero writes in a direct, humorous, accessible way. She cuts through the crap and gives readers clarity.

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

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Fairmount Temple Cultural Arts Series

The Fairmount Temple Cultural Art Series is proud to present "A Night of Music and Memories," with Treva Offutt, vocalist; Joe Hunter, pianist; and Bryan Thomas on bass.

The event, which will include hors d'oeuvres, drinks, entertainment, dinner, and dessert, will take place Sunday, March 29, 4:15 pm, at Fairmount Temple, 23737 Fairmount Blvd. The cost is \$29 per person for Fairmount Temple members and \$33 for non-members.

To register, please contact Lenora Riemer at 216.464.2857 or l.riemer28@gmail.com by Thursday, March 19.



Questions? Contact Susan Namen at 216.464.0607. Cultural Arts Series co-chairs are Ruth and Jerry Dombcik, Lenora and Elton Riemer, and Loramae and Ronald Simkoff.

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TGP Presents Butterflies of Hope



Robert Melchioris, a participant at The Gathering Place (TGP), chose to give back to the organization after benefitting from the services he used while going through his cancer journey.

Robert, a first responder at 911, was later diagnosed with cancer. He learned that his diagnosis was a direct result of his exposure to the toxins at the 911 site. Robert went back to the 911 site this past fall for a remembrance ceremony, where he received a "Star of Hope" made by school-age children in the community to express their gratitude and appreciation for his support. Stars of Hope is a national community arts program that empowers people to transform communities in need of hope through art and messages of healing.



Robert cherishes his Star of Hope and wanted to create a similar program for cancer survivors with the use of butterflies, which are fitting for TGP as they represent transformation. When you enter TGP, a quote on the wall states, "Just when the caterpillar thought the world was over it became a butterfly."

Robert pitched his idea to TGP and offered to purchase the butterflies, paint, and supplies through compensation he received because of his cancer diagnosis. TGP embraced the idea and "Butterflies of Hope" was born.



Throughout the spring, participants, volunteers, and staff at TGP will be painting butterflies with inspirational messages. TGP invites the community to an open-studio event on Saturday, March 14, 9:30 am - 12:30 pm, to paint butterflies. All supplies will be provided. The goal is to create hundreds and hundreds of the butterflies to hand out to cancer survivors at Race for the Place on Sunday, June 7. Race for the

Place is a 5k and 1 mile event to support the free programs and services at The Gathering Place for those coping with cancer. It is also a celebration of National Cancer Survivors Day.

The Gathering Place is very grateful to Robert for his generosity and willingness to pay it forward.



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What Does the Chamber Have to Offer?

The Beachwood Chamber of Commerce promotes business opportunities and community partnerships to stimulate economic vitality. We offer many options and benefits to residents and businesses, with opportunities to be as engaged as **YOU** want to be!

Networking: The Beachwood Chamber hosts monthly luncheon and Networking After Five events that offer opportunities to make new business contacts, reconnect with existing connections, and promote your company.

E-blast Newsletter: This weekly newsletter is delivered to more than 2,000 people. You do not have to be a member to receive it. Visit www.beachwood.org for details.

Events: The Chamber hosts annual events that include a golf outing and Taste of Beachwood. We also collaborate with the City of Beachwood and the Beachwood Schools on initiatives that bring our business community and residents together. To provide more networking opportunities, several chambers have created ECCA (Eastern Cuyahoga Chamber Alliance). Participating chambers include Beachwood, Heights-Hillcrest, Warrensville Heights, Solon, Euclid, and Mayfield. The next networking event is scheduled for April 23. For details, please visit www.beachwood.org.

Employment Opportunities: Whether you are a company looking for new talent or an individual looking for a new career opportunity, contact the Chamber. We have a great referral program.

Sponsorship Opportunities: Sponsorship opportunities are available for each Chamber event. They provide a great way to promote your business and boost community involvement.

Volunteer Opportunities: Chamber events are driven by committees, all of which welcome new members at any time. Meetings are held for an hour each month.

Affordable Rates: Joining the Chamber is simple and affordable. Discounted rates are available for non-profit and some service organizations. For more information about the Beachwood Chamber of Commerce, call 216.831.0003 or visit www.beachwood.org.

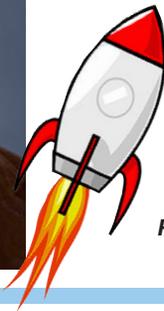
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Presented by Bryan Palaszewski, Leader of Advanced Fuels for NASA Glenn Research Center

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Bryan has worked at the NASA Glenn Research Center at Lewis Field since 1989 and is currently directing research on high-performance propellants and atmospheric entry. He has conducted investigations on fuel additives for space missions, works with technology to be used in the planned Mars landing, and investigates the mining of outer-planet atmospheres for future space vehicles. He was also involved with the Ocean Topography Experiment (TOPEX), the Galileo Mission to Jupiter, and the Cassini Mission to Saturn.

Register today at www.beachwood.org!

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The Beachwood Chamber of Commerce is a member of the Northern Ohio Area Chambers of Commerce (NOACC). Through this partnership, NOACC offers several business benefits and discounts to our members. Examples include:

Health, Life & Disability Insurance. Anthem offers savings on health insurance for any size business. Free quotes.

Workers Compensation Premium Reduction Program. Paramount Preferred Solutions offers an array of services to reduce your workers' compensation premium through impeccable claims administration, risk assessments, financial management and oversight, and successful return-to-work strategies.

Payment Services. Heartland Payment Systems offers credit and debit card processing, e-commerce (virtual terminals) and much more. Free quotes are available.

Office Supplies & Services. Buy Rite Office Products provides outstanding pricing with price match, no contract, large inventory, free shredding and much more.

Shipping/Freight Discounts. FedEx offers savings up to 27% on select services and up to 70% on LTL freight services.



Council Gardens

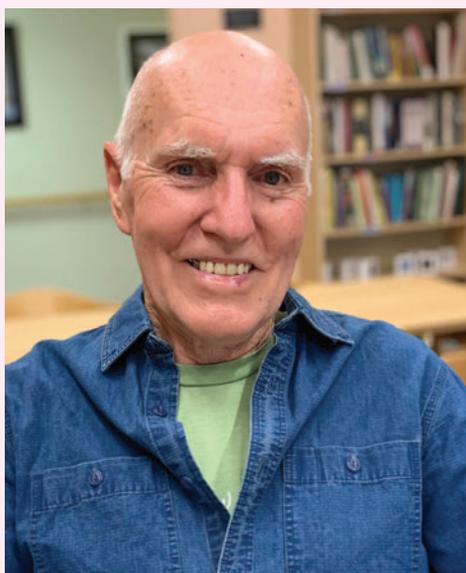
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Anne Teeter

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Larry Miller

"As a past triathlon participant, I love all the athletic opportunities at my new residence. Often I ride my bike to my son's house to take care of my grandson. The outdoor fitness trail is on our campus and the Heights indoor pool is only a few minutes away. I am living my life the way I want to."



Phyllis Ohkittikoon

"It's great to be surrounded by friends and neighbors who have a wealth of interesting experiences to share. Having lived in some of the most beautiful cities in the world, I value the things that make us different as much as those that make us the same. Today, happiness is at my front door."

**To learn more about Council Gardens,
contact Jackie Feldman at 216-382-8625 ext. 103**



Music Students Excel

The Beachwood High School Music Department had a very successful day at the 2020 Ohio Music Education Association (OMEA) Solo and Ensemble Contest, which took place on Saturday, January 25, at Madison High School.

Each of the sixty participants in the orchestra, band, and choir received either a superior (highest) or excellent (second highest) rating. Congratulations to all musicians on their successes!

Orchestra members included: Abby Adams, Leana Adunts, Alice Anastos, Neha Chellu, Abby Cherian, Lauren Clar, Gabe Connor, Lily DeYoung, Kabir Dhillon, Sabrina Fadel, Emily Fan, Bridgitte Feldman, Audrey Hardis, Nick Harmer, Zachary Harmer, Layla Hahnemann-Gilbert, Rebecca Gips, Vidula Jam-bunath, Emma Joo, Somin Jung, Matthew Keyerleber, Ben Law-

rence, Ilya Nikitin, James O'Neill, Yoav Pinhasi, Laila Ramadan, Zachary Sapell, John Shi, Owen Shook, Zoe Shook, Alonzo Tovanche, Lorenzo Tovanche, Sunny Wang, Paige Wong, Christian Wu, Jesse Wu, Grace Yan, Tory Yang, Tal Yankevich, Evelyn Zhang, and Kai Zheng.

Band members included: Benjamin Bosler, Zach Cohen, Kanrry Kang, David Kuang, Ehima Ogor, Adam Ritzenberg, Zach Ritzenberg, Ryan Rovner, Benjamin Saul, David Steckner, Eric Steckner, and Alex Thiam.

Choir members included: Molly Markowitz, Shivani Rajgopal, and Alyssa Strong.



BHS's String Ensemble did a fantastic job! Ben Bosler shows his "Superior Rating" certificate
Neha Chellu smiles after her "Superior" performance
Tal Yankevich enjoying time with his accompanist, Adam Whiting
Choir members Alyssa Strong and Molly Markowitz



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BHS Student Strings Together Many Musical Achievements

By June Scharf

There comes a point in every musician's career when a choice must be made. You either treat your instrument as a hobby or you let your passion take you wherever it may lead. In other words, you start taking it super seriously.

Moonhee Kim chose the latter. She made the determination to put her violin playing ahead of all else while she was in middle school. Now a sophomore, her immersion in the art form catapulted her onto numerous stages, as well as toward high praise and numerous awards. Her standout performances include a debut at Severance Hall earlier this year with the Cleveland Orchestra Youth Orchestra, and a 2018 appearance at Carnegie Hall for the American Protégé International Concerto Competition.

The journey so far has been extremely rewarding.

"Looking back, it makes me happy to see how far I've come, how many friends I've made, and how much I've developed, not just as a musician, but as a person," she says. "But I couldn't have followed this path without the help of many people."

She first picked up the violin at age four, following in the footsteps her brother, Jaeho, BHS Class of 2018. For him, however, the violin remained a hobby. Just weeks after Moonhee's birth in South Korea, the family of four moved to Logan, Utah, so that her father, Ungtae Kim, could assume a teaching position in civil engineering. From there, they moved to Knoxville, Tennessee, then to Beachwood about six years ago, where Moonhee started 5th grade.

Neither Moonhee's mom, Kyoung-hwa, nor her dad are musically inclined, but they are very dedicated to supporting their daughter's interest in the violin. Moonhee admits that pursuing musical performance requires a large community to propel a musician's career, and it definitely starts at home. But the support she received soon branched out beyond those

borders and came to include influential teachers whose studios became second homes.

Moonhee recalls her first violin with great affection. It came from a shop in Chicago, Carl Becker and Son, where violins have been crafted for multiple generations.

"The violin I currently have is the first instrument ever created by Tom Moyer, from Carl Becker, which makes it super special for both of us."

The instrument has taught her quite a few lessons, including how it demands great physical effort and time sacrifices.

"It can be hard and stressful, but the end result is worth it," she notes. "The feeling of being successful pushes me forward."

Her focus shifted to being set exclusively on the violin when she received encouragement from teachers at the Oberlin Conservatory and the Cleveland Institute of Music.

"You can't take a break with music. It requires steady hours.

I figure that if I'm putting my all into something, I could get really good at it."

Before these experiences, Moonhee also dabbled briefly with the piano while in elementary school.

At this point in her life, she devotes most of her time to music.

"Music is my first priority, so when I come home from school, I travel for lessons and I have rehearsals. I also practice a lot on weekends."

To quantify the time commitment, she estimates that she practices two to three hours daily, plus four hours spent in orchestra rehearsals weekly, and about seven to nine hours at chamber rehearsals each week in the Young Artists Program at the Cleveland Institute of Music and the same at the Oberlin Conservatory.

When it comes to understanding this level of commitment, she has found a great advocate in Lisa Goldman, BHS instrumental music teacher.



Left: Moonhee Kim, BHS Sophomore, was the featured soloist at Severance Hall with the Cleveland Orchestra Youth Orchestra on MLK day.

Above: Lisa Goldman, Moonhee's BHS instrumental music teacher, and friends from the BHS orchestra congratulate her on her performance at Severance Hall.

"Mrs. Goldman has been with me every step of the way," Moonhee says, adding, "She also has offered me exposure to others in the profession."

Goldman says, "Moonhee represents a special and very tiny slice of musical achievement that is only attained through hours of hard work with a dedicated and highly focused attitude."

"Students working at this level typically put in between two and four hours DAILY of individualized, repetitious skill development before and/or after school, much like an athlete training for a national competition," she adds. "They are also expected to seek out performance opportunities that operate above and beyond the most accomplished youth orchestra expectations and commitments. These highly selective opportunities include soloing with orchestras, studying with renowned instructors, and participating in master classes at top conservatories throughout the country."

"How do you get to Carnegie Hall?" Goldman continued. "The answer is to practice, which Moonhee clearly did. I enjoyed watching her recent solo performance in Carnegie Hall as a winner in the National Protégé contest. I have also enjoyed supporting Moonhee at every possible opportunity and look forward to seeing what the future will bring her!"

When Moonhee thinks about the future, she has big dreams and every intention to deliver on them. She distinguishes between an orchestra career and that of a soloist, and she'd like to seek out the guest performer space. She understands that to be "the best of the best, you need to give it everything and a lot of factors go into that." She counts money and luck among them. "A lot of things need to align to be at the top."

More immediately, she is

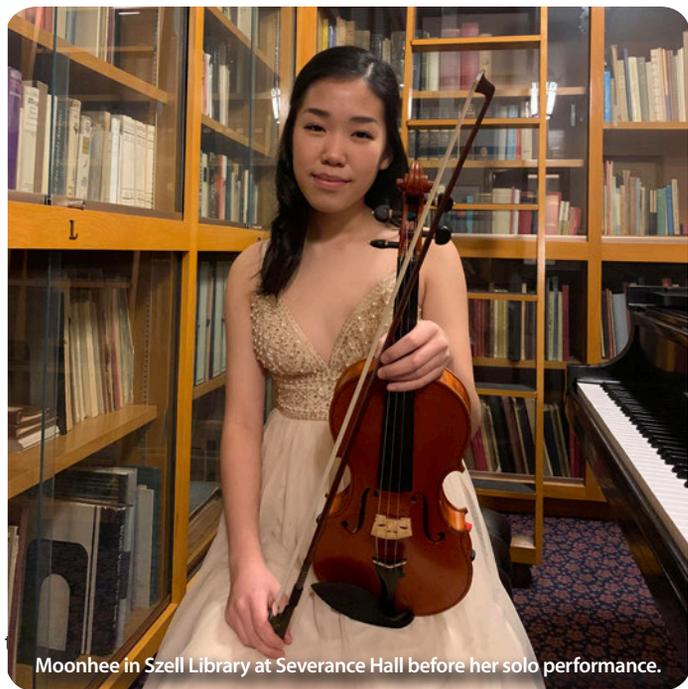
thinking about college and hopes to gain acceptance to one of the top music schools, such as Julliard or the New England Conservatory. To achieve this goal, it will necessitate continued sacrifice. Of what? One top element of a high school career: extracurricular activities.

"You can't take a break with music. It requires steady hours. I figure that if I'm putting my all into something, I could get really good at it," as opposed to splintering her time between music and a few extracurriculars. She also emphasizes the sacrifices her parents have made for her. Driving her to all her destinations takes a great deal of their time, too.

"How do you get to Carnegie Hall?" Goldman continued. "The answer is to practice, which Moonhee clearly did. I enjoyed watching her recent solo performance in Carnegie Hall as a winner in the National Protégé contest."

What hasn't been sacrificed along the way is her social life. She believes that her friendships have expanded through the connections she's made with the orchestra and chamber involvement. She also considers some upper classmen and adults as some of her mentors.

In addition to meeting new people, Moonhee says she's learned a lot about herself. She understands how much the violin leads to her happiness and how it "sparks" something inside her. She also likes how it feeds her craving to learn more. "I'm constantly trying



Moonhee in Szell Library at Severance Hall before her solo performance.

the violin," she explains. She has gained rigorous time-management skills too.

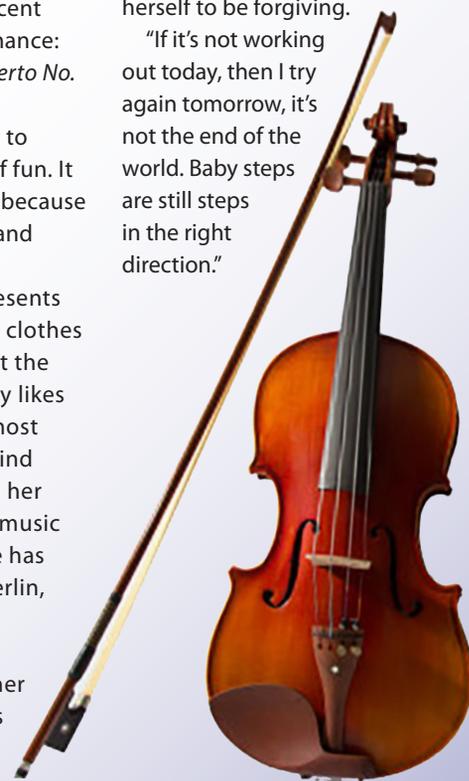
At this point, she doesn't have a favorite composer. She says she is in the process of building her technique and repertoire, which means she's not choosing her own music at the moment. She will allow, however, that she played her "dream piece" at the recent Severance Hall performance: *Max Bruch's Violin Concerto No. 1 in G minor, Op. 26*.

"It was a huge honor to perform it. I had a lot of fun. It was very special to me because it has lots of technical and lyrical components."

When spare time presents itself, Moonhee enjoys clothes shopping online and at the mall, and she especially likes cooking or baking "almost anything. It gets my mind off everything." During her summers, she attends music camps. In the past, she has attended Credo in Oberlin, ENCORE at Gilmour Academy and Harpa quartet seminar with her teacher in Iceland. This summer, she hopes to attend larger camps.

Her thoughts for others who might be at a pivot point with their own musical pursuits: "Music is a complete investment. You need to be attached to every component of it. It's super important to pay attention to the details and it can be frustrating." To deal with the challenges along the way, she says she has trained herself to be forgiving.

"If it's not working out today, then I try again tomorrow, it's not the end of the world. Baby steps are still steps in the right direction."



My Parents Found Their Home

What a Sigh of Relief!

The moment we walked in they were sold. Mom said she felt it was the right place, friendly, active, safe with great transportation services, 24/7 nursing care and month-to-month leases!

Large two-bedroom suites are available – reserve yours now!

Call **440.543.4221** to schedule a tour or visit us at **theweils.org**.



ASSISTED LIVING | MEMORY CARE
REHABILITATION THERAPY

Help Hit a Grand Slam!

Join the Montefiore Foundation's 6th Annual Home Run 5K Run/Walk & 1 Mile Walk on Sunday, May 3, at Ursuline College Campus. Registration starts at 7:30 am, followed by the walks at 8:30 am.

Baseball-themed event sponsorships are available at the grand slam (\$5,000); home run (\$2,500); triple (\$1250); double (\$750); and single (\$500) levels. Pre-registration is \$25 by Friday, May 1 or \$30 race day. Early packet pick up is on Friday, May 1, from 10 am -5 pm at

Montefiore. The event is held rain or shine. Chip timing will be used and dri-fit shirts will be provided for every participant. Children 12 and under are free! Enjoy food, fun, awards and activities for all ages! Strollers are welcome!

For more information about sponsorships and event registration, visit montefiorecare.org/homerun. For questions or more information, contact Denise Pease at 216.910.2350 or dpease@montefiorecare.org. Proceeds benefit Montefiore and The Weils senior living communities.

Journey Through Grief

**Six-week Adult Bereavement Support Group
March 17 – April 28 • 3:30 – 5 pm • Montefiore**

Miriam Katz, MSSA, LISW-S, will facilitate this support group. She will provide materials and discuss a variety of topics to assist

participants in the grieving process. To register or for more information, contact Miriam at mkatz@montefiorecare.org or 216.910.2796.

Caregiver Education and Support Group

Tuesday, April 14 from 5-6 pm at Montefiore

Feeling burnt out from caregiver stress or alone in your journey with no one to lean on? Do you have questions about what is coming next and how to deal with it? Montefiore is here for you. Come to their monthly

Caregiver Education and Support Group to receive tips on how to cope and how to receive support as a caregiver. To RSVP or for more information, contact Kristen Morelli at 216.910.2323 or kmorelli@montefiorecare.org.

Volunteer at Montefiore

Join Montefiore's active volunteer group of devoted men, women, and teens who are committed to using their time and talents to enhance the quality of life for Montefiore residents. Each volunteer works with staff in special programs, activities, events, and projects.

Whether you give an hour a week or an hour a month,

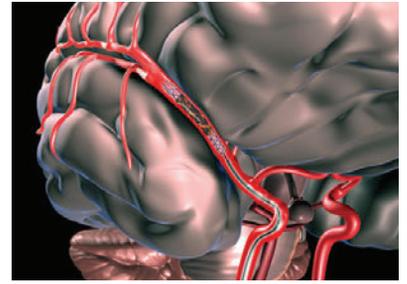
you will be rewarded in many ways through your relationship with residents, staff, and other volunteers.

You can volunteer by yourself, with a friend or in a group.

Make someone happy – put a smile on your face and theirs by volunteering at Montefiore.

For more information, contact Diane Weiner at 216.910.2741 or dweiner@montefiorecare.org.

Cleveland Clinic hospitals earn national recognition for stroke care.



Cleveland Clinic Fairview, Hillcrest and Akron General hospitals have each been designated a Thrombectomy-Capable Stroke Center by The Joint Commission. Obtaining this certification signifies that these Cleveland Clinic hospitals have undergone extensive onsite evaluation and meet strict national stroke care standards as required by The Joint Commission.

Earning this recognition demonstrates that the stroke programs at Fairview, Hillcrest and Akron General hospitals follow national guidelines regarding quality and patient safety, which can significantly improve outcomes for stroke patients.

Utilizing advanced technology and innovative treatment options, the specially-trained stroke team at each hospital provides an expert level of comprehensive care, diagnosing and treating patients quickly and significantly improving health and recovery time.

These Cleveland Clinic hospitals represent three of only five hospitals in the state of Ohio to achieve this important designation.

Fairview Hospital has been designated a Thrombectomy-Capable Stroke Center by The Joint Commission. Obtaining this certification signifies that Fairview Hospital has undergone extensive onsite evaluation and meets strict

national stroke care standards as required by The Joint Commission.

Earning this recognition demonstrates that Fairview Hospital's stroke program follows national guidelines regarding quality and patient safety, which can significantly improve outcomes for stroke patients.

Utilizing advanced technology and innovative treatment options, Fairview Hospital's specially-trained stroke team provides an expert level of comprehensive care, diagnosing and treating patients quickly and significantly improving health and recovery time.

STOP

colorectal cancer before it starts!

50 Start colorectal cancer screening with colonoscopy at age 50 (age 45 if you are African American).

Talk to your doctor about earlier screening if you have a family history of colorectal cancer or polyps or if you are experiencing any symptoms, such as bleeding or changes in bowel habits.



Call today to schedule your colonoscopy close to home at:

- Hillcrest Hospital
- South Pointe Hospital
- Beachwood Family Health and Surgery Center



216.444.7000
ClevelandClinic.org/Colonoscopy

18th Annual Minority Men's Health Fair

Thursday, April 23, 2020 | 5:30 to 8:30 p.m.

FREE screenings and health information for all members of the public.

Locations and Screenings

Cleveland Clinic Main Campus 9500 Euclid Ave. Cleveland	Cleveland Clinic Akron General 1 Akron General Ave. Akron
Cleveland Clinic Lutheran Hospital 1730 West 25th St. Cleveland	Cleveland Clinic Lorain Family Health Center 5700 Cooper Foster Park Rd. Lorain

Screenings: blood pressure, cholesterol, diabetes, heart disease, kidney function, prostate cancer and more.

Visit ClevelandClinic.org/mmhf to register. Registration is also available in person at the event.

Screenings offered vary by location and may be subject to change.



"It hurts when I do this."

No matter what life throws at you, we've got the care you need, where you need it.

We're here for you at Cleveland Clinic Hillcrest and South Pointe hospitals.

Visit ClevelandClinic.org/Access



IN THE CITY SPOTLIGHT

Meet Beachwood Police Officer CJ Piro and the Police Officers who Protect our Schools

Five and a half years ago, the Beachwood Board of Education and City of Beachwood initiated a program to increase security in all of the Beachwood Schools' buildings. When Police Officer CJ Piro was offered the position of Director of Safety and Security for Beachwood City Schools, he was up for the challenge.

Officer Piro, a 23-year veteran of the Beachwood Police Department, told us that he felt this job would be easier than being on the road. He found this to be a myth, yet more fulfilling.

"Beachwood is always known for excellence and is a leader in securing its schools," Officer Piro explained. "We are the only district around that has officers in every building throughout the school day, during all high school sporting events, and extracurricular activities that attract large crowds."

The security team is prepared and proactive. If an emergency were to arise, a plan is in place. Training, lessons, drills, and lockdown procedures are practiced regularly so faculty and students know what to do – without panicking.

"Teachers have great input and ask thoughtful questions," Officer Piro said. "We come up with hypothetical questions for teachers to answer, and then discuss responses based on what they may do. Our main objective is to be prepared so nobody panics in a real situation."

Topics for discussion may include: The best primary and secondary exit strategies, the designated meeting or reconnection points, what to do if someone is lingering in the hallways, and what to do if a fight breaks out.

For added security, the Police Department's K-9 Officers (Jorik and Kai) visit the schools to sniff out explosives or drugs. Extra precautions are in place prior to their visits.

"We empower students and staff with education. The more we discuss safety, the more everyone thinks about it," Officer Piro said. "Faculty and staff are like sponges. They ask great questions, work hard, and take steps to provide a safe environment for all."

Officer Piro shared that the schools' communication systems are up to date; staff and students know the differences between shelter in place, lock down, and rapid evacuation; and the community can rest assured that police dispatchers know how to effectively oversee any possible emergency. He stresses that, in any situation, if something doesn't seem right, say something. Plus, if a

student texts to say the school is in lockdown, please do not panic. This is most likely a drill. If a real situation is underway, please wait to hear from the schools before reacting.

In addition to teaching safety, Officer Piro and his team empower students through reinforcement of everything from kindness to social media etiquette, and bullying to sexual harassment.

"Working in the schools is rewarding," Officer Piro said. "My favorite part of this job is building relationships. As officers, our jobs are often black and white – we use cop talk and enforce laws. In the schools, we have gray areas. We take security issues seriously, soften our language, build relationships, encourage students, train staff, and support everyone's efforts to promote a safe environment."

"Before I accepted this job, I was concerned about the safety of my two children. Now I'm concerned about the safety of more than 1,500."



Police Officer CJ Piro

Meet BPD Officers Who Protect Our Schools

Seven part-time officers, in addition to CJ, are employed to secure our school buildings. They are:



Emory Clark

Emory has been a Beachwood officer for five years. Previously, he worked for the City of Shaker Heights. Law enforcement is a family tradition. His father was also a police officer. Emory enjoys camaraderie with the school staff and students and is proud to be part of a team that uses specialized skills and has more than 100 years of combined experience. Emory

was a SWAT officer who had specialized training specific to active shooter situations. In his free time, Emory's family is his priority. He likes baseball, cooking on the grill, and spending time with his horse. His message to the community focuses on social media. "It is important to be aware of your child's social media footprint. What are they posting? What messages are they receiving? If you see something or know of something that is out of character, address it. And if you feel the matter should be brought to the attention of the school, follow through."



Tim Gerding

Tim has been a Beachwood police officer for five years. Before then, he was a Berea police officer

for 33 years, where he served on SWAT, in the Detective Bureau, and as a field training officer. He retired as sergeant in 2015. When Tim was 12, he delivered newspapers in the early morning with his loyal dog, Snarls, who was tragically run over and died in front of him. A local police officer took him and Snarls home. This small act of kindness and service from the officer had a large impact on Tim's view of police officers and has helped shape the type of officer he would strive to become. Tim is motivated by his positive interactions with students and the community. As written in On Combat, by Lt. David Grossman, "I've always considered myself a sheepdog protecting my flock." His free time consists of taking care of his family, travel, motorcycles, and staying physically fit. He is also on the board of directors of his community credit union. Tim's message to the community is, "Slow down in school parking lots!"



Jerome Hall

Jerome has been a Beachwood police officer for five years. He began his career in law enforcement in

December 1982 with the Summit County Sheriff's Office. He retired from full-time status as an administrative sergeant and went into reserve status in October 2008. Jerome became motivated to go into law enforcement at 9 or 10 years of age, when a motorcycle officer stopped to talk with him when he was riding his bicycle. The officer made a significant impression and at that moment, Jerome knew that law enforcement was a path he wished to follow. He enjoys his livelihood and position at the schools, and finds joy in being a role model for the students. During his free time, Jerome likes to spend time with his four children. He also plays baseball in the Roy Hobb League's 53rd and 60th divisions, and referees high school basketball games, something he's been doing for 30 years. He says, "It's a GREAT day as long as my students and staff are SAFE during my watch."



Brian Steele

Brian has been part of the team since its inception. He started his law enforcement career at Kent State University

in 1982, and moved to City of Twinsburg in 1984, from where he retired in 2015. Brian chose law enforcement because he didn't see his future in an office or factory environment. He says, "I made the right choice. It has been an interesting experience for me since Day One." Brian loves working in the Beachwood Schools and says it's wonderful to feel appreciated by the staff, parents, and especially the students. In his spare time, he loves to travel with his wife, Cindy, and play golf. His message to the community is, "No matter where you are – in your house, hometown, or on vacation – always pay attention to your surroundings. You are the best person to keep yourself safe."



Tony Longino-Thomas

This is Tony's fourth year with the schools. His history includes working 10 years as a U.S. Air Force police officer (Gulf

War Vet). He was then hired as Solon's first African-American police officer and was employed by that city for 20 years. Tony grew up in Cleveland's inner city and, in his words, "without sounding too cliché, I wanted to be part of the solution." He is fulfilled by his Beachwood job because of the kids. "I am motivated every time a parent, staff member, or student thanks me." He and his wife, Bridgette, are both Master Level USA Track and Field officials, and travel the city, state, and country working at meets. Tony also enjoys spending time in his indoor/outdoor man cave, watching a game or listening to jazz music. In his message to the community, Tony repeats Tim Gerding's message: "Parents, relax. When you drop your kids off, we are the sheep dogs watching over the flock. *We got your six**."

* *We got your six* is a military expression that means we have your back.



Pete Messina

Pete has been with the program since its inception. He has worked at all Beachwood schools, but

is generally stationed at Hilltop. His law-enforcement career includes 3 years with East Cleveland Police Department and 27 years in Lyndhurst. He enjoyed just 2 months' retirement before accepting the position in Beachwood! After graduating from high school, Pete served our country in the U.S. Navy and traveled the world. He chose a law-enforcement career because he felt it would be fun, exciting, and a good way to serve his community. "I enjoyed my time in the Navy and hoped that lessons learned would carry over into police work," he said. "Working as a part-time officer in the schools is a great post-retirement job because I really enjoy interacting with the kids, having fun with them, and showing them that police officers are kind, approachable, and ready to help. It's also a good feeling to know that we are providing the schools with security as sworn police officers in the buildings on a daily basis." In his free time, Pete likes to hunt, fish, and spend time with his family – especially Sunday dinners and holidays. His message to the community is, "Let's keep doing what we're are doing. Beachwood schools are among the best in the state, with kind, caring residents, successful business districts, and wonderful city services."



Tom Powers

Tom has also been with the program since its inception. He retired from the Mentor Police Department

as a lieutenant with 35 years of service, having also served in the Patrol Division and Detective Bureau. Tom followed his father, who was a police officer with the Painesville Police Department. Tom accepted this position because of his love for kids and working with the public. In his free time, Tom listens to music and enjoys attending shows. He also plays golf and loves sports, mainly baseball and hockey. He played softball for many years, a game that his youngest daughter now plays in college. He and his wife, Susan, travel to most of her games. Tom's best safety advice is, "Always be aware of your surroundings and report anything suspicious. Also, surround yourself with people who have your best interests in mind."

CITY OF *Beachwood* Insider

March 2020

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
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

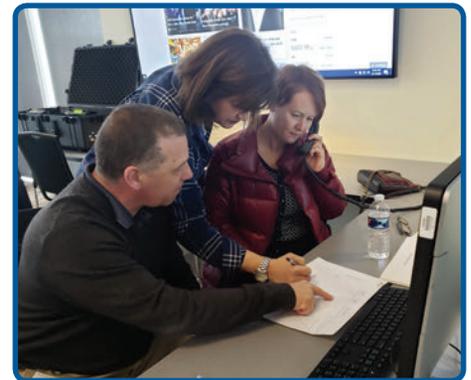
PUBLIC WORKS
216.292.1922

SAFETY DRILL AT THE PUBLIC SAFETY CENTER

City directors thought they were attending a regular staff meeting on February 11: instead, Fire Chief Steven Holtzman announced a safety drill regarding a fictional public-health crisis in the City of Beachwood. Everyone traveled from City Hall to the Public Safety Center, where a full-scale Emergency Operations Center (EOC) had been activated. Assistant Fire Chief Shaun Lutz explained the scenario and then led Situation Reports. This was a valuable opportunity for the administration to practice responding to an unfolding crisis in real time.



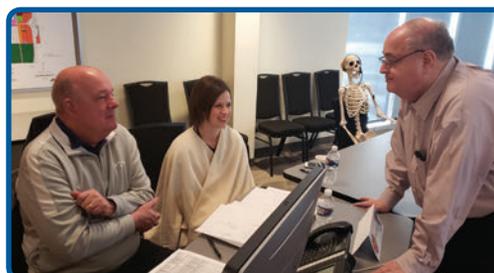
Assistant Fire Chief Lutz shares the scenario with the assembled team



Community Services and HR administrators Pete Conces, Karen Carmen, and Dana Canzone evaluate the plan and make the necessary phone calls to city employees acting as staff members of local outside organizations.



Communications Coordinator Lynn B. Johnson writes a media statement that she later presented to firefighters acting as local reporters.



Building Commissioner William Griswold and Business Retention Specialist Keri Zipay enjoy a post-drill discussion with Mayor Horwitz. The background skeleton was a nod to the Cuyahoga County Board of Health representative who had hoped to attend but had another briefing.



Fire Chief Steven Holtzman discussed next steps with the group once the drill concluded.

Missed a Council Meeting?

Listen to audio recordings or view live & archived videos by visiting www.BeachwoodOhio.com



LIKE US ON FACEBOOK
[Facebook.com/BeachwoodOH](https://www.facebook.com/BeachwoodOH)
[Facebook.com/BeachwoodPolice](https://www.facebook.com/BeachwoodPolice)



FOLLOW US ON TWITTER
[Twitter.com/BeachwoodOH](https://twitter.com/BeachwoodOH)
[Twitter.com/BeachwoodPolice](https://twitter.com/BeachwoodPolice)

EMAIL YOUR COUNCIL MEMBER
firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

MAYOR
MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

JAMES PASCH



COUNCIL PRESIDENT
216.630.9671

BARBARA BELLIN JANOVITZ

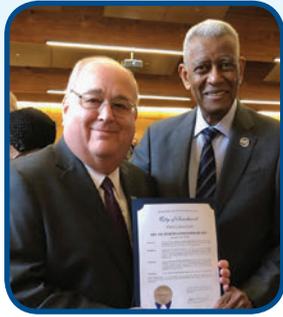


COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509



MARTIN LUTHER KING, JR. DAY

In honor of Dr. Martin Luther King, Jr. Day, Mayor Martin Horwitz had the honor of presenting Rev. Dr. Otis Moss, Jr. with a City of Beachwood proclamation. Dr. Moss shared Dr. King's inspirational messages of love.

JANUARY PERFECT PLEDGERS

City Council thanks first-grade Girl Scouts, Troop #71962 from Bryden, for leading in the Pledge.

Each scout received her "Good Neighbor Badge" for speaking during Citizen's Comments. They each introduced at least one Girl Scout Cookie, along with its description.



Pictured from left: Sydney Howard, Emma Perez, Madison Ferns, Ellie Small, Norah Gerken, Charlotte White and Julianna Chan.

TREE STEWARD OF THE YEAR

Congratulations to Chris Vild, City of Beachwood Environmental Manager, on being named a Tree Steward of the Year by The Sherwick Tree Steward Program, which trains local volunteers how to plant, care for, and maintain trees. The program is run collaboratively by Holden Forests & Gardens and the Western Reserve Land Conservancy.

Chris Vild, pictured with Laura Marks, who also received the award



PARENT COACHES NEEDED

Beachwood Recreation programs cannot be offered without parental involvement. Interested in coaching? Contact Frank Vicchiarrelli at 216.292.1970. The City requires Youth Sport Volunteer Adult Coaches to submit to a background check.

BUYING/SELLING ONLINE?



Are you buying or selling goods online? If you are meeting someone in person to transfer goods, The Beachwood Police Department has a space in its parking lot where you can safely meet the other party in person. This space is designated with a sign and has a camera recording the area.

SENIOR TRASH ASSISTANCE

Are you 80+ years or disabled and have no one in your single-family home to assist you with your trash and recycling cans? The City of Beachwood can help. Call 216-292-1922 to register.

CITY OF BEACHWOOD SUPPORTS GREATER CLEVELAND FOOD BANK

The City of Beachwood is happy to support the Greater Cleveland Food Bank through candy sales, casual Fridays, and other initiatives. City employees exceeded the annual \$5,000 fundraising goal by more than 10%!



UPCOMING MEETINGS

CITY COUNCIL

Monday, March 2 at 7:00 PM
Thursday, March 16 at 7:00 PM
Monday, April 6 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

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

ARCHITECTURAL BOARD OF REVIEW

Monday, March 2 at 5:30 PM
Monday, March 6 at 5:30 PM
Monday, April 6 at 5:30 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

CITY PARK WEST SLEDDING HILL

The Beachwood City Park West sled hill is located on the south end of the park. Bring your friends and family out for a great winter activity. Please observe the following rules and be courteous of other users.

- All sledding is done at your own risk
- No building of ramps, jumps, or moguls
- No supervision provided
- Parents are responsible for children
- Return to top of hill along outside edge of sledding area
- Sledding is a hazardous activity and presents substantial risks
- Use caution when sledding and be considerate to others
- Users assume full responsibility for determining if conditions are safe for sledding

HYDRANT FLUSHING

The Fire Department will be conducting hydrant flushing from Saturday, April 25 – Saturday, May 2. Signs will be posted. Hydrant flushing may occur on your street on any day during that week. Should you encounter discolored water, please run the COLD water until it runs clear. For more information, call 216.292.1965.

ENERGY-SAVING TIPS

- Make sure your home is properly insulated to help reduce heat loss: inspect doors and windows and apply caulk or weather stripping where necessary to keep out cold air
- Keep your thermostat at a comfortable temperature: each degree lower has the potential to save about 2-percent on your heating bill
- Schedule an annual furnace inspection and tune-up by a qualified HVAC professional
- Clean or replace the furnace filter
- Keep furniture and drapes from blocking heat registers and return vents to ensure heat can flow into the room
- Close unused vents
- Avoid frozen pipes by opening faucets and maintaining a constant drip, or wrap pipes in insulation

MARK YOUR CALENDAR!

FREE PERSONAL SHRED DAY FOR RESIDENTS

COMMUNITY CENTER PARKING LOT

Sunday, May 10 • 9 AM – noon

Bring personal documents, mail and files to be shredded for FREE! Proof of residency required. Rain or shine. Limit: 12 blue bags or 6 banker boxes.

OVERNIGHT SENIOR TRIPS

The City of Beachwood announces four overnight trips in 2020:

- **Atlanta, Georgia**
April 26-30
- **Los Angeles, California**
May 17-21
- **Montreal-Quebec City**
August 9-13
- **The Greenbrier Resort, West Virginia**
October 20-22



A \$200 deposit per trip will reserve your space. Travel insurance is recommended. Questions? Call 216.595.3733.

GENERAL SAFETY TIPS

- Be aware of your surroundings
- Lock your vehicles at ALL times
- Secure your home and garage at ALL times and do not leave valuables outside
- Do not leave keys in unattended vehicles while warming them up or otherwise
- Be on the lookout for, and REPORT ANY SUSPICIOUS PERSONS OR ACTIVITIES IMMEDIATELY

Criminal or suspicious activity can be reported by dialing 9-1-1 or our dispatch at 216-464-1234.

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.

ART EXHIBITS

BEACHWOOD COMMUNITY CENTER

WOMEN TO WOMEN

Wednesday, March 6 - Wednesday, March 27

Featuring works by Kourtney Lynum, Katie Hofacker and Kate Morgan.

Opening Reception: Sunday, March 8 • 1:00 - 2:30 PM

*BEACHWOOD SCHOOLS
K-12 ART SHOW AND
MUSIC PROGRAM*



Wednesday, April 1 - Wednesday, April 29

Beachwood K-12 students will display their creative artwork, including collages, drawings, paintings, and sculptures. At the Opening Reception, entertainment will be provided by talented student musicians. The show and reception are free and open to the community. Presented by Beachwood Arts Council.

Opening Reception: Wednesday, April 1 • 5:00 - 7:00 PM

Art Gallery Hours

MON - FRI • 9 AM - 4 PM

SAT • 10 AM - 3 PM, SUN • 10 AM - 1 PM

BEACHWOOD NAMED #32 OF 50 BEST CITIES TO LIVE

The City of Beachwood was named #32 in America's 50 Best Cities to Live by 24/7 Wall St. We are proud to be listed in the top 50 of this nationwide recognition!

INTERMATCH

Beachwood's InternMatch 2020 online opportunity center is now live! Internship opportunities with Beachwood companies are posted for students looking for Summer 2020 placement. Whether you are a local business seeking an intern or a student seeking a summer internship, we are here to help.

Beachwood businesses: prepare your job descriptions. Register online now for excellent summer interns! Search InternMatch at www.beachwoodohio.com

BE IN THE KNOW!

SIGN UP FOR BEACHWOOD INSIDER
E-NEWSLETTER FOR COMMUNITY UPDATES

SIGN UP FOR CODE RED
FOR EMERGENCY UPDATES AND ALERTS

Code RED

WATCH RECORDED CITY MEETINGS
LIVE STREAM ON WEB
BROADCASTED ON TV
PLAYBACK ON WEB

VISIT WWW.BEACHWOODOHIO.COM TO STAY INFORMED

BARKWOOD'S EXTENDED HOURS

Barkwood now has a night light and extended hours. Visit daily from 7:00 AM - 8:00 PM

We welcome our 300 members representing 366 dogs! Dogs must be registered to utilize Barkwood. Separate small and large dog areas are available. Open to Beachwood residents only.

The following must be presented to register:

- Proof of residency (current utility bill and driver's license)
- Verification of vaccinations from the veterinarian
- \$25 annual fee

Forms and additional information available at www.beachwoodohio.com.

For more information, call 216.292.1970.

Barkwood also has its own Facebook page! Give it a "Like," post your pictures, and learn about the new Barkwood livestream.

Visit www.facebook.com/BarkwoodDogPark

CITY OF BEACHWOOD

BASEBALL AND SOFTBALL LEAGUES

Beachwood Recreation is pleased to offer our Youth Baseball/Softball leagues for the Spring/Summer of 2020. Please be sure to note that you must place your child in the league based on the age they will be up through August 31, 2020. Plus, some of our Girls Softball and Boys Baseball programs will be operated in conjunction with O.C.E.R. (Orange Community Education & Recreation) and other communities.

BASEBALL PROGRAM

Novice Coed-TBall	5-6 Years
Rookie Boys Coach Pitch	7-8 Years
Minor Boys Player Pitch	9-10 Years
Major Boys	11-12 Years
Pony Boys (Part of the Lyndhurst Dads' Club)	13-14 Years

SOFTBALL PROGRAM

Rookie Girls Coach Pitch	7-8 Years
Minor Girls Player Pitch	9-12 Years

Detailed descriptions, ages, locations and fees for all leagues can be found in the Winter Recreation Guide or online at www.beachwoodohio.com. Questions? Call 216.292.1970 or email frank.vicchiarelli@beachwoodohio.com.

PUBLIC WORKS DEPT. 2019 YEAR END TOTALS

- Tons of rubbish picked up: **3,429.41**
- Total tons of recycling materials generated (including tons of construction materials): **704.55**
- Tons of leaves collected for recycling: **602.77**
- Tons of brush collected for recycling: **450.14**
- Tree lawns repaired: **93**
- Appliances picked up: **74**
- Resident requests completed: **10,200**
- Sewer laterals televised: **300**
- Tons of concrete poured and finished: **404.75**
- Trees planted: **221**
- Total tree work completed: **4,208**

CUYAHOGA COUNTY'S PLASTIC BAG BAN NOW IN EFFECT



Though now in effect, enforcement is being delayed until July 1 to make the transition easier for everyone. Plastic bags harm our health and quality of life. The ban is being put into effect to protect Lake Erie, rivers, parks, and natural resources. Each year, more than 300 million bags are discarded in Cuyahoga County alone, and drinking water treatment plants cannot filter them out of the system. Also, water and sewer systems run more smoothly without plastic bags clogging storm drains and discharging into our lakes, streams and creeks.

Bag bans work. They have been in effect in China for more than a decade, and Ireland for 17 years. In Chicago, bag usage dropped by more than 50 percent in the first month of its program. Currently, 127 countries and 349 jurisdictions have regulations on plastic bags.

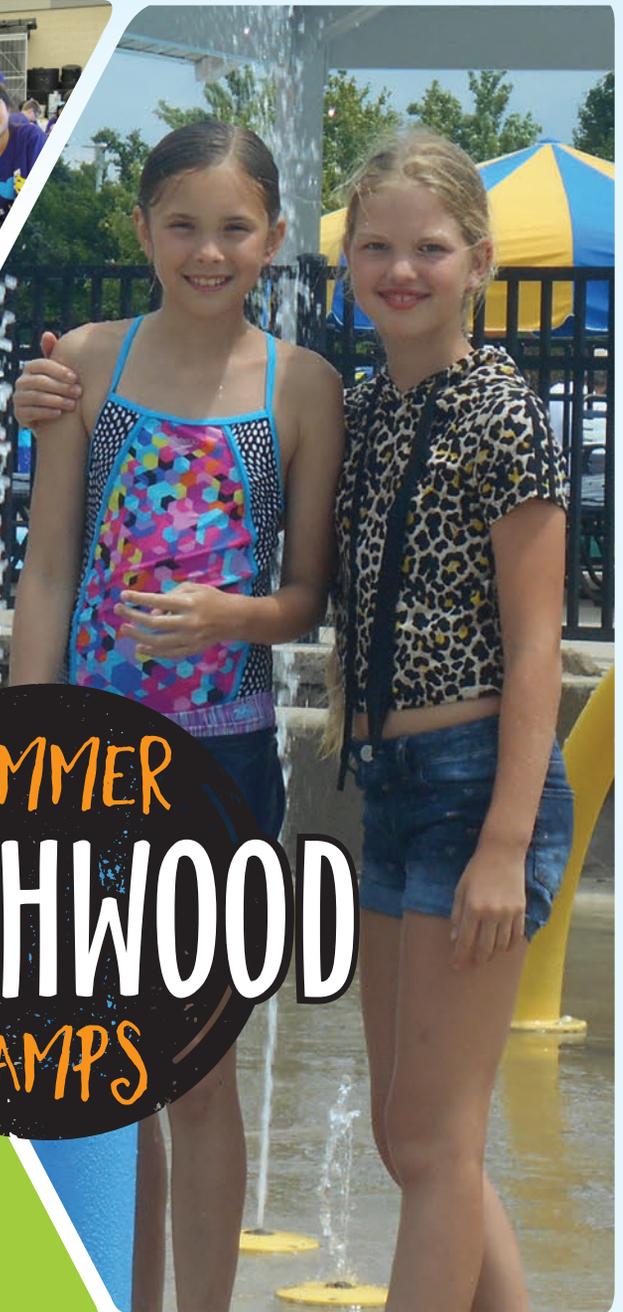


According to the EPA, 102 billion plastic bags are used and discarded in the U.S. every year. We can help reduce this tremendous pollution waste.



**NON-RESIDENTS REGISTER
SUN. MARCH 8**

**BEACHWOOD
COMMUNITY
CENTER**



**RESIDENTS
MAY
REGISTER
IN PERSON
DEC. 2**



SUMMER BEACHWOOD CAMPS

KIDZ CAMP • GRADES K - 2

BISON CAMP • GRADES 3 - 6

SPORTS CAMP • GRADES 4 - 8

TEEN TRAVEL CAMP • GRADES 6 - 8

THEATER CAMP • GRADES 2 - 8



CITY OF
Beachwood

**Resident
Registration
December 2**

**Resident
Early Bird
Registration
Ends March 6**

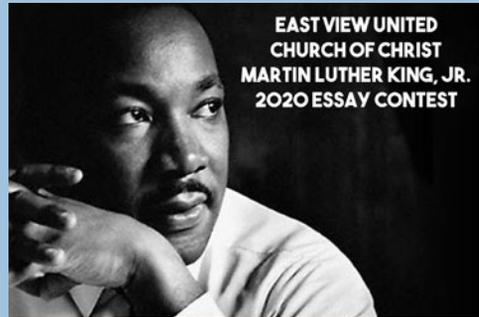
WWW.BEACHWOODOHIO.COM

African American History Month

Among the recognitions and lessons that took place around the district for **African American History Month**, Bryden students were asked to consider the values of racial harmony and social justice, and to focus on appreciating the unique characteristics that distinguish all of us. Bryden's social-skills curriculum presented that:

- All of us have universal needs – for companionship, food, shelter, etc. – and that these needs connect us.
- Even if people are different from us in their appearances, preferences, etc., they are still unified by basic human needs and experiences; and are deserving of respect, civility, and kindness.

Thanks to **Bryden counselors Katy Crismon** and **Topher Starzyk**, who lead this important curriculum.



Beachwood students won seven of the nine awards in the 30th Annual Martin Luther King, Jr. Essay Contest, which was sponsored by East View United Church of Christ (Shaker Heights). The essay topic this year was, "Given Martin Luther King, Jr.'s calls for racial justice, what guidance would he offer for the current immigration crisis?" Congratulations to **Tolga Cavusoglu** (BMS), **Ethan Chan** (Hilltop), **Lauren Clar** (BHS), **Asher Hardis** (Hilltop), **Annaya Jain** (Hilltop), **Eva Ptahia** (BMS), and **Luc Vega** (BMS). Many thanks to the church for sponsoring this meaningful experience and for the congregation's generosity in awarding more than \$1,575 in scholarships.

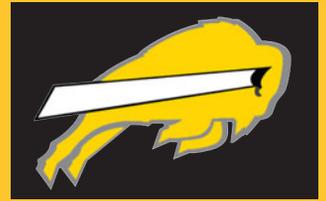
Workshops with Dr. Jennifer Eberhardt

Dr. Jennifer Eberhardt (BHS '83), Gallery of Success inductee and Stanford University professor world-renowned for her research on implicit bias, returned in February for her second of three visits this year. Dr. Eberhardt led instructional workshops for teachers aimed at building trust and self-efficacy in our students. She also facilitated discussions regarding cultural diversity with teams of parents and students from each school building. The school board, city council, and mayor met with Dr. Eberhardt to explore ways our institutions can work together to initiate change at a structural level to ensure Beachwood's future as a welcoming, inclusive community.



ADMINISTRATION

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Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



Color My World Art Project

Thank you Beachwood Place for hosting the third annual "Color My World" art display of Beachwood Schools' second grade, fifth grade, middle school, and high school students' self-portraits. Our art teachers **Chuhny Hahn**, **Rachel Hartwig**, **Heather Grano**, and **Tucker White** inspired our students' artistic expression through the creation of monochromatic self-portraits to remind us that we celebrate what makes each of us unique, and the unity and connectedness within our community. Beachwood's incredibly diverse community is our district's greatest strength.



Beachwood Hosts ESOL and Citizenship Classes



Every Tuesday and Thursday since the beginning of the school year, Beachwood City Schools has hosted English for Speakers of Other Languages and United States Citizenship classes in partnership with the Cuyahoga County Public Library system. We are proud to share space with more than 30 community members from all over the globe who are learning English and studying to become citizens of our nation!



Board of Education NEWS

Recent Resolutions:

- Presentation: Stakeholder Feedback Update
- Presentation: Recognition of students for Noetic Math Contest Awards
- Demo by Elementary Students competing in National Cup Stacking Competition
- Final Reading of Policy Revision allowing PE Waiver for Marching Band and Drill Team participation
- Pool Roof Replacement Request for Qualifications
- Fall Varsity Sports Head Coach hiring

Future Resolutions:

- Final reading of public records access policy

Board Meeting Calendar:

- March 9, 2020 @ 7:00 pm
- March 30, 2020 @ 7:00 pm

Bison ACT Roadmap

More than 90 students have enrolled in the **Bison ACT Roadmap**, Beachwood's initiative providing high quality, affordable preparation for the ACT college entrance exam. *Roadmap programs are open to any Beachwood resident, whether they attend public or private school.* For more information about the Roadmap and its June/July program, please visit beachwoodschoools.org/ACTRoadmap.aspx



Open to all Beachwood residents -- public and private school students.



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



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

SHOP AND SUPPORT STUDENT BUSINESSES

YOUNG ENTREPRENEUR MARKET & STUDENT BUSINESS COMPETITION

SATURDAY, APRIL 18
25100 Fairmount Blvd, Beachwood, OH

1-4pm
Young Entrepreneur
Market

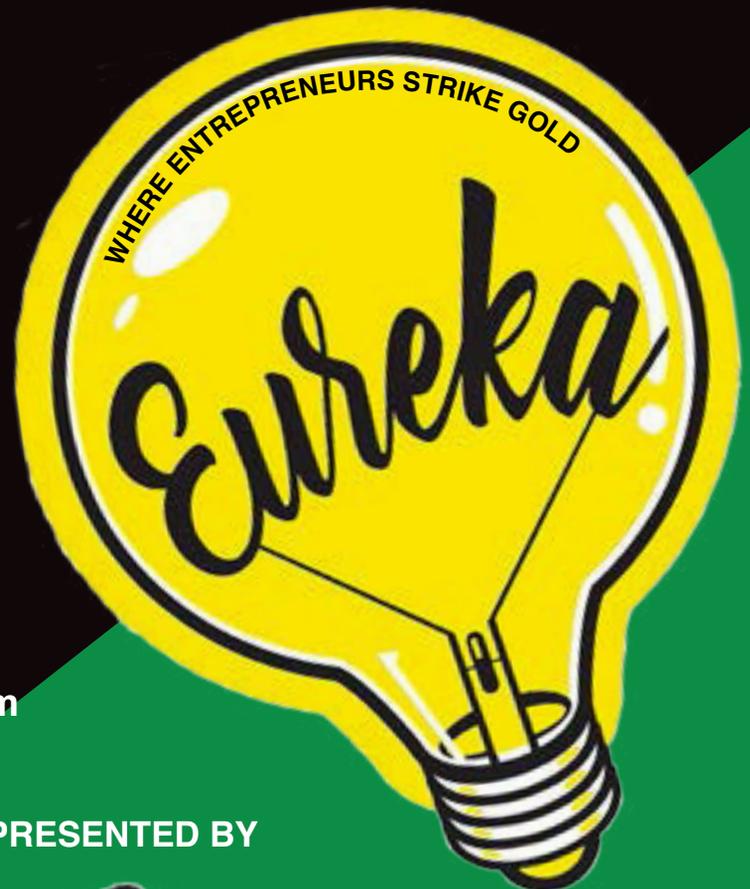
4-5pm
Pitch Competition
\$5,000 in Prize Awards

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PRESENTED BY



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Eureka! Expo Showcases Young Entrepreneurs

Encouraging youth entrepreneurship is the inspiration for the **Eureka! Micro-Business Competition and Expo** on Saturday, April 18, from 1-5 pm at Beachwood High School. Up to 100 free booths are available for students from middle school through college to sell and promote their products and services. \$5,000 in prize monies is available to young entrepreneurs for their micro-businesses.

Watch for micro-business features in next month's issue of *Beachwood Buzz!*

Eureka! was developed by the marketing students at Beachwood High School for their Junior Achievement Company. In addition to inviting other young entrepreneurs from across Northeast Ohio to participate in the expo on April 18, the marketing students have been working throughout the year on developing micro-businesses that they can operate now and going forward in their lives.

Business has evolved rapidly in their lifetime. These students are witnessing the rapid decline of malls and big box stores. Shopping on their phones is their new normal. They value the small, independent

entrepreneurs and support micro-businesses that exist on a multitude of online shopping platforms. They actively seek out a "side-hustle" to support their livelihoods and interests. Social media is the primary tool used to launch and promote these micro-businesses.

Student entrepreneurs are encouraged to promote their businesses, while selling their goods and services during this free event that is open to the public.

During the Eureka! Micro-Business Competition and Expo, mystery judges will select ten micro-businesses that exhibit creativity, savviness, professionalism, and meaningfulness. Each of the ten winners will receive \$100 for their micro-business.

Eight marketing finalists will then be selected to pitch their businesses at the Eureka! Young Entrepreneur Market from 4-5 pm, competing for \$4,000 in prize monies.



Students with their own businesses may register now for a free booth at EurekaBeachwood.com. Eligible young entrepreneurs need to be enrolled in middle school, high school, or college. Student entrepreneurs are encouraged to promote their businesses, while selling their goods and services during this free event that is open to the public. The Young Entrepreneur Market is generously sponsored by the Burton D. Morgan Foundation. For more information, contact Greg Perry at gwp@beachwoodschoools.org.

Whatever the Reason, Whatever the Season... Beachwood Can Count On Smylie One!



Steven Smylie



IT TAKES

The Right Financing to Keep You Warm This Fall. We Can Find A Plan That Fits Your Budget.

With flexible financing options, it's easy to invest in a new heating or cooling comfort system or an unexpected repair, without breaking your budget. For a limited time, take advantage of our special financing for 36 months* on select Bryant® high efficiency equipment. We make it easy for your family to stay comfortable all year long.

*Subject to credit approval. See Smylie One for details.



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SEE BEYOND

The 44th Cleveland International Film Festival (CIFF) unveiled its marketing campaign: SEE BEYOND. The theme is a nod to exploring new and different places, ideas, and conventions. The Festival enthusiastically challenges its audience to do this through the remarkable on-screen stories brought to Cleveland each year by exceptionally talented filmmakers from around the world.

The theme, designed by the team at Type Twenty Seven, is also a celebration of the Festival's home in Tower City Cinemas for the last 30 years. During that time, the Festival's growth exceeded all expectations by screening more than 7,000 films and welcoming more than 1.6 million film fans.

"See Beyond resonated with our design team as a way to showcase elements of Tower City Center that are not normally recognized," said Brittyn DeWerth, creative director and owner of Type Twenty Seven. "By looking beyond the basics, our goal was to illustrate the exquisite architectural details – revealing the beauty it holds. In addition, the choice of color allows for a visual pop of information, and subtle tone-on-tone in the background begs to be explored."

The Festival is once again working with Fusion Filmworks to produce the CIFF trailer, which will be released on Opening Night at Playhouse Square on Wednesday, March 25.

Save \$1 on each ticket when you use the code BBUZZ!

Cleveland International Film Festival Off-Site Films

Support from PNC Bank Will Enhance Festival Hubs at Gordon Square and Cedar Lee Theatre

The Cleveland International Film Festival (CIFF) is once again including two additional screening locations in two of Cleveland's most popular arts districts. With generous support from PNC Bank, Festival programming will expand to CIFF West in the Gordon Square Arts District on the west side and CIFF East in the Cedar Lee District on the east side. The Festival will continue to present more than 600 screenings at its home base at Tower City Cinemas from March 25, through April 5.

"Bringing acclaimed films to the Gordon Square Arts District and the Cedar Lee District will complement economic development in these classic neighborhoods as Festival attendees also visit nearby shops and restaurants," said Pat Pastore, PNC regional president for Cleveland. "Many people likely will return time and again to explore these areas after the Festival, further contributing to their vitality and continued success."

CIFF West begins the first weekend of CIFF44 on the evening of Friday, March 27, followed by two full days of programming Saturday, March

28 and Sunday, March 29. Screenings will take place at Near West Theatre and the Capitol Theatre, both in the heart of Gordon Square.

"The Gordon Square Arts District and Detroit Shoreway Community Development Organization are proud to collaborate on CIFF West. Gordon Square is fortunate to be home to amazing arts and theater venues, and we love to highlight the art of film, giving visitors the opportunity to experience our neighborhood and providing residents with up-close access to the festival," said Jenny Spencer, managing director of Detroit Shoreway Community Development Organization.

CIFF East takes place the second weekend of the Festival on the evening of Friday, April 3, followed by two full days of programming Saturday, April 4, and Sunday, April 5. Screenings will take place at the beloved Cedar Lee Theatre in Cleveland Heights.

"FutureHeights is incredibly excited that Cleveland Heights' Cedar Lee District – home to the Cedar Lee Theatre, where it all began – will host the CIFF East

this year," said Deanna Bremer Fisher, executive director of FutureHeights.

CIFF executive director Marcie Goodman noted, "We are proud and excited to establish residencies in two premier arts districts. Complementing our presence in Downtown Cleveland with these additional locations will result in a very robust CIFF44."

PNC Bank, National Association, is a member of The PNC Financial Services Group, Inc. (NYSE: PNC). PNC is one of the largest diversified financial services institutions in the United States, organized around its customers and communities for strong relationships and local delivery of retail and business banking including a full range of lending products; specialized services for corporations and government entities, including corporate banking, real estate finance and asset-based lending; wealth management and asset management. For information about PNC, visit www.pnc.com.

The Cleveland International Film Festival is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture.

The 44th Cleveland International Film Festival • March 25 – April 5, 2020

More than 600 screenings will take place during the 12 days of the Festival, with more than 400 guest filmmakers from around the world who will be visiting our city for the Festival. CIFF44 program details will be available at clevelandfilm.org on Friday, Feb. 28, with Program Guides hitting the streets the week of March 2. Tickets will go on sale to CIFF Members on Friday, March 6, and to the general public on Friday, March 13. For more information, please visit www.clevelandfilm.org. **Save \$1 on each ticket when you use the code BBUZZ!**



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INTERNATIONAL

FILM

FESTIVAL

SEE

BEYOND

MARCH 25–APRIL 5, 2020

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THURSDAY, APRIL 2, 6:30PM

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Bison Feast + Fest



**Sunday, March 15, 2020 • 2 - 5 pm
Beachwood Middle School Gym**

The Bison Feast + Fest is a district wide, community building event for Beachwood students, staff, teachers and families. The mission of this school festival is to come together in friendship to celebrate our unique and culturally diverse school community.

The Bison Feast + Fest is about building a spirited, strong and connected school community through sharing and sampling home cooked food and enjoying cultural performances by students and their families, including dance, music, and art. International food samples, cultural performances, demonstrations, activities, and display tables are open to all who attend throughout the event.

Each and every home cooked dish, performance, and activity are provided by our own school families. Event tickets will be sold the day of the event. The Bison Feast + Fest is a PTO fundraiser in support of Beachwood Schools programs.

The Beachwood Schools PTO is committed to providing funding and volunteers for school-based enrichment and programs for students and teachers in grades K-12.

To be an event sponsor, visit beachwoodschoools.org/BFF.aspx.

Each and every home cooked dish, performance, and activity are provided by our own school families. Event tickets will be sold the day of the event.

Do you like to cook? Your help is needed!

Volunteers are needed to make sample-sized tastings of their favorite foods.

- Cook, share and serve sample size portions of food from your family heritage.
- Provide your own serving utensils.
- Sample cups and utensils for attendees, approximately 1/4 c. size, will be provided if needed.
- Power hookup is not available.
- Recommended quantity is 50 servings.
- Cooks will each have table space.
- Let's get cooking to celebrate FOOD, COMMUNITY and CULTURE in Beachwood!

To register to cook or for more information, contact Vritika Krishnan at vritika7@yahoo.co.in.

"The more you read
the more things you know.
The more that you learn
the more places you'll go."

Dr. Seuss, I Can Read With My Eyes Shut



March is Colorectal Cancer Awareness Month: Invest in Your Health from the Inside Out

John Dumot, DO

Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, according to the Centers for Disease Control and Prevention.

March is national Colorectal Cancer Awareness Month, and the perfect time to invest in your digestive health. In addition to regular checkups with your gastroenterologist, there are a number of ways to prevent disease and stay healthy.

First and foremost, the key to preventing colon cancer is scheduling routine colonoscopies. "We recommend patients have a colonoscopy every ten years starting at age 45," says John Dumot, DO, Director of University Hospitals Digestive Health Institute and Gastroenterologist at UH Ahuja Medical Center. "More frequent testing is needed if polyps or cancer are discovered during the screenings. Removing colon polyps reduces the risk of colon cancer."

Dr. Dumot recommends colonoscopy screenings be performed in order to prevent colorectal cancer. Unlike other screening programs for breast and prostate cancer, colorectal cancer can be prevented by removing precancerous growths called polyps. Home-based tests, while usually covered by insurance, are not the best route to take for all patients. "If you have a history of colon cancer in your family, home-based tests will not be as sufficient as a colonoscopy," he explains. "Home-based tests don't find actual polyps, which when removed reduce the risk of colon cancer."

In addition to regular screenings, Dr. Dumot says it's important to be physically active, keep a healthy weight, and don't drink too much alcohol or smoke in order to prevent colon cancer. Risk increases with age, and more than 90% of colorectal cancers occur in people 50 years old or older.

"I see a variety of digestive and liver disorders, such as gastroesophageal reflux, inflammatory bowel disease, celiac disease, and liver, pancreatic and colorectal cancers," says Dr. Dumot. "Our UH Digestive Health Institute is dedicated to providing high-quality digestive health services through our integrated system of academic and regional medical centers."

Having regular screenings and seeing your gastroenterologist is vital, as precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. Symptoms over time may include blood in or on the stool; stomach pain, aches, or cramps that do not go away; and losing weight without reason.

The UH Digestive Health Institute is a national leader in the prevention, diagnosis, and treatment of digestive and liver diseases, and *U.S. News & World Report* consistently ranks the program as one of the best in the country for treating gastrointestinal disorders.

The Institute offers direct colonoscopy scheduling for healthy individuals 45 years or older, and is composed of gastroenterologists, hepatologists, and surgeons working with nurses, dietitians, and other providers – all committed to digestive health. Expert medical and surgical teams collaborate to provide comprehensive, compassionate care for each patient. Programs range from essential preventive screening and wellness initiatives to the most complex care for advanced diseases.

**Having regular screenings
and seeing your
gastroenterologist is vital,
as precancerous polyps
and colorectal cancer don't
always cause symptoms,
especially at first.**

You don't need to travel far to receive exceptional gastroenterology care. To schedule an appointment with a provider at the UH Digestive Health Institute, please call, 216.595.7997. To learn more, visit UHhospitals.org/Colonoscopy. UH Ahuja Medical Center is located at 3999 Richmond Road, Beachwood.

Upcoming Health & Wellness Events:

March 3 • 6 – 7:30 pm
UH Ahuja Medical Center
Rosenberg A/B Conference Room
Ostomy Awareness Health Talk
Speakers include:
Meagan Costedio, MD,
Colorectal Surgery, and
Linda Coulter, BSN RN CWOCN,
Certified Wound Ostomy Nurse
To register, call 216.593.1768

March 5 • 11 am – 2 pm
UH Ahuja Medical Center
**Colorectal Awareness Month
Health Talk**
No registration needed

March 7 • 9 am – 1 pm
Hilton Gardens Akron/Fairlawn
3180 West Market Street
Akron, Ohio 44333
Healthy Living Expo
Topic: Urological Health, Heart
Health, Foot and Ankle Health,
and more.
Keynote Speaker:
Roy Buchinsky, MD
To register, call 330.968.2599

March 9 • 6 – 7:30 pm
UH Ahuja Medical Center
UH EMS Institute
Topic: Connor Integrative Health
Network, Stress Management
No registration needed

March 11 • 6 – 7 pm
UH Ahuja Medical Center
Beachwood Medical Academy
Keynote Speaker:
Jodie Fink, PharmD,
Clinical Pharmacy Specialist
No registration needed

Ileen Kelner Juried High School Art Show Features Outstanding Original Work by Area Art Students



Beachwood Arts Council's Ileen Kelner Juried High School Art Show featured dynamic original works of 85 students from 22 Cleveland-area schools. This engaging exhibition opened on Sunday, February 9, with a festive reception and awards ceremony attended by students, friends, family members, teachers, and friends of the arts. The exhibition was on view at the Beachwood Community Center through March 1.

The panel of judges included:

- Augusto Bordelois, owner of Augusto Fine Art and professional teaching artist with the Center for Arts-Inspired Learning, the Art House, and the Ohio Arts Council
- George Kozmon, artist, Cain Park Art Festival director, curator and lecturer (Case Western Reserve University Art Studio, Cleveland Institute of Art Summer Teacher Residency)
- Susan Cone Porges, northeast Ohio award-winning artist and instructor

In the judges' words:

"We were all extremely impressed with the high quality of work in this show. We appreciated not only the technical mastery but also the thoughtfulness of content throughout. We were hard-pressed to narrow our choices because there were so many truly exceptional options."

For the 25th year, Beachwood Arts Council has been fortunate to bring together students, teachers, and friends of the

arts throughout northeast Ohio for this unique cultural experience. This project aims to endorse art in the schools and to encourage creative expression, hone artistic skills, and promote professionalism among high school art students through the experience of a competitive juried exhibition. Through creative competition, the students are able to define their talents as they relate to their peers across the community.

The students were asked to provide works that express "originality, craftsmanship and the student's personal view of his or her world."

Participating schools included: Andrews Osborne Academy, Aurora High School, Bay High School, Beachwood High School, Beaumont School, Bedford High School, Brecksville-Broadview Heights High School, Charles F. Brush High School, Cleveland Heights High School, Euclid High School, Excel TECC Studio Art & Design, Gilmour Academy, Hathaway Brown School, Hawken Upper School, John F. Kennedy Eagle Academy, Lakewood

High School, Laurel School, Orange High School, Richmond Heights Secondary School, Shaker Heights High School, West Geauga High School, and Westlake High School.

Congratulations to the eight prize-winning artists, all of whom received monetary awards.

Award Winners

• First Place

Poverty Kills (*pictured, left*)

(metal and polymer clay sculpture)

by Zoe Burns, grade 12,

Cleveland Heights High School
Art Teacher: Nancy Rich

• Second Place

Bloys and Grills

(drawing)

by Jon Jackson, grade 12,

Excel TECC Studio Art & Design

Art teacher: Dan Whitely

• Third Place

Descent

(digital photo print)

by Josh Gordon, grade 11,

Brecksville-Broadview Heights High School

Art teacher: Dave Ockuly

• Honorable Mentions

Bald Is Beautiful

(oil and acrylic on canvas painting)

by Olivia Doland, grade 12,
Bay High School

Art teacher: Cherie Bauer

Bingo Night

(drawing)

by Jon Jackson, grade 12,

Excel TECC Studio Art & Design

Art teacher: Dan Whitely

Stitched Emotions

(mixed media: pigment print with thread)

by Leah Schneider, grade 12,

Laurel School

Art teacher: Renee Psiakis

Portrait with Words (*pictured, right*)

(color pencil)

by Haeun Shim, grade 12,
Beachwood High School

Art teacher: Heather Grano

Candy Land (*pictured, center*)

(oil painting)

by Leticia Wuthrich, grade 11,
Shaker Heights High School

Art teacher: Meryl Haring

Show co-chairs were Paula Rollins and Abbie Sender.



BHS 50-Year Reunion

The Beachwood High School Class of 1970's 50-year reunion is just around the corner!

Friday, August 21
Rustic Grill at StoneWater Golf Club
1 Club Drive • Highland Heights

Saturday, August 22
Beechmont Country Club
29600 Chagrin Blvd. • Pepper Pike

The committee is looking for classmates! If you know someone who may not know about the reunion, please share this announcement.

For more information, visit Beachwood70.com.



CHHS 50-Year Reunion

The Cleveland Heights High School Class of 1970 will hold its 50-year reunion on Friday, July 31 and Saturday, August 1. If you're a graduate of this class, please visit clevelandheights70.com to make sure your information is updated. Invitations will be sent via email. If you do not have an email address, please contact

Sylvia Malcmacher Kramer at 216.319.5555.

If you know someone who graduated in this class, please tell them about this announcement or email information to Sylvia at smkdds@ameritech.net.



University Hospitals Ahuja Medical Center Earns Five Stars for Quality

Top CMS rating for 2020 awarded based on safety, efficiency and patient experience

In the latest scores released by the Centers for Medicare & Medicaid Services (CMS), the federal agency that administers Medicare, University Hospitals Ahuja Medical Center earned five stars. CMS rates hospitals from one to five stars, based on their safety, efficiency, and patient experience. UH Ahuja achieved the highest possible rating of five stars for 2020 – just 407 hospitals in the United States earned this designation.

CMS calculates star ratings based on a variety of more than

100 quality measures divided into seven categories: mortality, safety of care, readmission, patient experience, effectiveness of care, timeliness of care, and efficient use of medical imaging. Scores reflect common conditions, such as heart attack and pneumonia, and the overall rating indicates how each hospital performs, on average, compared to more than 4,500 other hospitals in the U.S.

Learn more about the 2020 CMS ratings by searching the Hospital Compare site at medicare.gov/hospitalcompare.

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MenorahPark.org

Join the Peter B. Lewis Aquatic & Therapy Center's 20-Year Celebration

The Peter B. Lewis Aquatic & Therapy Center is celebrating 20 years of serving residents in Beachwood and neighboring communities. For the past two decades, the Center's therapists and specialists have helped thousands of clients achieve their health and wellness goals through the use of therapeutic services that reduce pain, heal, and rehabilitate. Today, services have expanded to include many specializations within physical, occupational, and speech therapy programs. The Center's staff and administration thank you for your support and look forward to keeping you strong for the next 20 years!

In celebration of this milestone, the community is invited to attend these anniversary events:

Monday, April 6 • 11 am Kickoff Party

Enjoy cake, fruit, and a free wellness class; and learn the benefits of

aquatics and a wellness regiment. Members who have participated for 15-20 years will be recognized.

Tuesday, April 7 • 1 pm Community Talk on MicroBiome "Listen to your Gut"

Monday, April 13 • 1 pm Occupational Therapist Hand Talk, "How to Help Your Hands"

Friday, April 17 10 - 11:30 am and 1:45 - 3 pm Balance Screenings

Thursday, April 23 • 3 pm Free Aquatics Class

Friday, April 24 10 am and 2 pm Healthy Food Demonstrations

The Peter B. Lewis Aquatic & Therapy Center is located at 27300 Cedar Rd., Beachwood. For more information, call 216.595.7345.

Menorah Park's Home Health Services Recognized in Top Ten List

Menorah Park's Home Health Services, with locations serving Akron, Canton, Beachwood, and surrounding suburbs, was recently named among the top ten for most experienced in caring for those with hip and knee replacements. This recognition comes from Dexur, a data-driven hospital and healthcare news and research service. Rankings are based on data analysis of Medicare claims.

There are approximately 800 agencies in Ohio, which places the home care services among the top one percent.

"The experience and skill level of our professional, clinical team is why Menorah Park

Home Care is so successful," said Tina Witt, director of Home and Community Based Services at Menorah Park. "We take great pride in providing excellent, personalized care and helping our clients achieve extraordinary outcomes. In addition, our hospitalization rate is lower than both state and national averages."

Menorah Park's Home Health Services have the resources of one of Ohio's largest health care organizations with a local focus. Care is individualized and offered in the privacy and comfort of home.

For more information, call 216.831.6500.

Reflections in Treating Chronic Pain

Steve Saneda, PT, Certified, Chronic Pain Rehabilitation • Peter B. Lewis Aquatic & Therapy Center • 27300 Cedar Road, Beachwood • 216.595.7345



It's hard to believe that I have been treating people with pain for more than 20 years. As I reflect on my formal education and practical experience, I notice that there is sometimes a disconnect between what I was taught about causes of pain, and what I observe with clients.

In school, I learned specifics about each muscle, its origin and insertion as well as nerve innervations. I learned about joint movements, joint range of motion, and proper sequencing of muscle contractions to achieve "normal movement." I learned that pain occurs when a dysfunction in the musculosystem occurs. A muscle may need to be stretched or strengthened in order to restore that system and make the pain go away.

Yet, what I observe with clients can be very different. I have seen clients with terrible joint alignment, but no pain complaints; clients who are very strong, but who experience terrible pain; and some who are very weak, but have no pain.

I have seen clients work very hard, but who never achieve their goal of being pain free; and others who turn to a treatment that doesn't make sense, one that may have been "debunked," yet have great success.

Recent pain science research tells us that it's complicated. We no longer use a strict biomechanical model for the treatment of pain – especially chronic pain. It turns out that it's not just biology and physiology. Studies now indicate the pain pathways of the nervous system are affected by psychosocial stimulation as well. This understanding has led to different treatment strategies when working with those who suffer from chronic pain.

We must now consider how a person's stress, nutrition, self-confidence, fears, avoidance behaviors, treatment expectations, and even how previously failed treatments impact their management of chronic pain.

This type of treatment approach is best summarized by

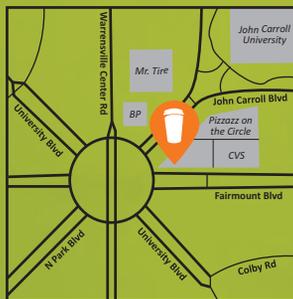
achieving "mindful movement," movement or exercise that brings about body sensations and explores how we anticipate, sense, process, and react to these sensations. This approach is more a process than a technique, one that combines being mindful of not just how the body feels, but what one's attitudes and reactions are to that movement. As one builds confidence in moving mindfully, he/she may live with less pain.

Working with a therapist or therapy center that understands this is an important factor in reducing and managing chronic pain. Gaining confidence in performing regular exercise (still the gold standard) and understanding why flare-ups may occur makes managing chronic pain a journey worth taking.

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Beachwood Men's Softball League

As the weather breaks, the Beachwood Men's Softball League looks forward to welcoming current and new players who will kick off its 2020 season this spring. Eligibility for new players is to be 23 years of age, or 20 years for those who are a son/son-in-law of a current player. Minimum age must be attained during the 2020 calendar year. Tryout dates are tentatively set for Sunday, April 26 and Sunday, May 3, 9:15 am at Fairmount School, diamond #1. No registration is necessary; just show up! At least one session must be attended to become draft eligible. New players may attend both sessions.

To confirm the dates or for additional information, contact Larry Adelman at stks1000@yahoo.com.

Girl Scout Cookie Sales



Beachwood first-grade Girl Scouts, Troop #71962 from Bryden School, recently led the Pledge of Allegiance at a City Council meeting. Then, during Citizen's Comments, they each introduced at least one Girl Scout Cookie along with its description.

Charlotte introduced Trefoils, Madison introduced Toffee-tastic, Emma introduced S'mores, Norah introduced Thin Mints, Sydney introduced Samoas, Julianna introduced Do-si-dos and Lemon-Ups, and Ellie introduced Tagalongs.

Each scout received her "Good Neighbor Badge" for speaking during Citizen's Comments.

Their cookie-selling schedule is as follows. Stop in for some tasty treats and support the Girl Scouts!

Sunday, March 15
12 – 2 pm
Giant Eagle in Legacy Village

Sunday, March 29
12 – 2 pm
Beachwood Place



Pictured from left: Sydney Howard, Emma Perez, Madison Ferns, Ellie Small, Norah Gerken, Charlotte White, and Julianna Chan.

 **Sunday, March 15**
11:30 am – 2:30 pm
Heinen's on Green Road

Together We Can 2020 Camps



Looking for a summer camp to support a grieving child? Consider one of our **Together We Can** bereavement day camps for children who have experienced the death of a loved one. Campers will share stories, laugh together, shed some tears and celebrate the life of their special person.

Five-day Riding Through Grief

Fieldstone Farm
16497 Snyder Road, Chagrin Falls
June 22 – 26, 9 a.m. – noon

This camp is offered in collaboration with Fieldstone Farm Therapeutic Riding Center and is for children ages 8–12 who have experienced the death of a loved one. Through riding and working with horses, campers explore grief issues supported by trained counselors.

Three-day Red Oak

Red Oak Camp
9057 Kirtland Chardon Road, Willoughby
August 4 – 6, 9 a.m. to 3 p.m.

A three-day bereavement day camp for children ages 6–13 who have experienced the death of a loved one. Transportation available from two locations.



For more information and to register, visit hospicewr.org/camps or Call 216.486.6838.



Getting Started as a Search Angel: Solving Mysteries to Reunite Families



Kent State physics professor and cantorial soloist Robin Selinger will discuss her volunteer work as a “search angel” when she speaks at the April 1 meeting of the Jewish Genealogy Society of Cleveland at Menorah Park in Beachwood.

Well-known in the academic world for her work in theoretical physics, Selinger got her start in family tree research as a hobby in 2007. As a search angel, she says she helps others locate long-lost parents, children, and other family members. In just one year, she took on and solved three such cases, including a woman whose father used a false name and disappeared when she was only four-years old. Selinger discovered the father’s true identity and found two half-siblings who welcomed their long-lost sister into the family.

“Solving this mystery brought me so much joy,” Selinger says. “A few keystrokes on a computer and a family is reunited.”

Selinger, who holds bachelor’s and Ph.D. degrees in physics from Harvard University, joined Kent State’s faculty in 2005 and serves on the board of directors of the American Physical Society. She also displays her musical talent as a cantorial soloist for Temple Beth Sholom in Hudson where, aside from song leading at Sabbath and holiday services, she teaches music on Sunday mornings at the religious school.

As part of her presentation, titled “Getting Started as a Search Angel: Solving Mysteries to Reunite Families,” Robin will also discuss how volunteers can develop the skills needed to help others as a search angel.

The Jewish Genealogy Society of Cleveland meets the first Wednesday of the month starting in March at 7:30 pm in the Miller Board Room at Menorah Park, 27100 Cedar Road, Beachwood. Board members are available at the Help Desk from 7 pm to assist with individual research questions. Guests are welcome. RSVP to Programming@JGSCleveland.org.

Yarn Over Beachwood

Yarn Over Beachwood – the new name for Women 4 Peace knitting and crocheting group, meets at the Beachwood Library on the first Friday of each month from 10-11:30 am. Upcoming meetings are March 6 and April 3. New members, experienced or not, are always welcome. Yarn donations are welcome too. Spread the word! Yarn donations may be dropped off at the Beachwood Library. Labels should read: Iris November, Knitting Group.

“In the 13 years that we’ve been knitting and crocheting together, we have donated more than 8,500 handmade items to needy groups both in our own communities and internationally,” Iris, the group’s founder, said. “It’s a good feeling!”

For more information, contact Iris at 216.831.2646 or lbartyclub@gmail.com.



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Volunteer

Women of Fairmount Temple invite the community to participate in the following projects:

Doll Making Every Tuesday 9:30 - 11:30 am

Help make dolls for homeless children who are registered for school, or are in preschool and have older siblings in school. This project is done in conjunction with Project Act and is administered by the Cleveland Public School System. For more information, call Nancy Klein at 216.752.4123.

Touch 'n Tell Alphabet Books Wednesday, March 18 9:30 - 11:30 am

Help make Touch 'n Tell Alphabet Books for children at the Cleveland Sight Center, in conjunction with the women from Fairmount Presbyterian Church. For more information, call Phyllis Berlas at 216.381.8738.

Mitzvah Morning Sunday, March 22 9:30 - 11:30 am

Enjoy working on blankets, number books, and EEG vests used for children being diagnosed in the epilepsy unit of Rainbow Babies and Children's Hospital. For more information, call Phyllis Berlas at 216.381.8738.

What's New at Beachwood Place?

Home décor enthusiasts and retail fashion fans rejoice! Swedish Clothing Company H&M and Brookfield Properties are excited to announce a 24,425-square-foot expansion of H&M at Beachwood Place and the Northeast Ohio debut of H&M Home in 2020.

H&M Home will offer modern design and quality products at the best prices, in an inspiring and sustainable way. Beachwood Place will be the seventh retail complex in the United States to feature this new store concept.

"As only the second property in the entire Brookfield Properties portfolio of 170+ retail locations to receive approval for this new addition, we are thrilled to work with H&M on this exciting expansion," says Heidi Yanok, Beachwood Place general manager. "H&M's investment will not only provide a positive new experience for our shoppers but benefit the region as the only location of its kind in the Midwest."

In addition to H&M Home, Beachwood Place will soon welcome the following new stores:

Zumiez: Leading specialty retailer of apparel, footwear, accessories, and hardgoods for young men and women who want to express their individuality through the fashion, music, art, and culture of action sports, streetwear, and other unique lifestyles.

JD Sports: Leading global retailer of sports fashion clothing and shoes. Since 1981, JD Sports has introduced fresh looks and exclusive collections to the world.

Journeys Kidz: Uniquely branded youth footwear retailer offering shoes, apparel, backpacks, hats, and accessories

designed specifically for kids ranging from infants to tweens.

Carters: Leading brand of children's clothing, gifts, and accessories in America, selling more than 10 products for every child born in the United States. Carters' designs are based on a heritage of quality and innovation that has earned the trust of generations of families.

Baja Bistro Tex-Mex Grille: Quick-service restaurant specializing in fresh Mexican and Southwestern food. Baja Bistro offers customer-customized, made-to-order items like premium salsas and grilled chicken and meats that are prepared on site daily for each customer right before their eyes.

Beachwood Buzz
Every Resident. Every Business. Every Month.
MAGAZINE

"Spruce Up Your Home for Spring"

If your business offers products or services that residents use to spruce up their homes for spring, you'll want to be in the April *Beachwood Buzz*!

Email Yocheved at beachwoodbuzzsales@gmail.com for details.

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Hebrew Storytime

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Led by Zehava Galun,
Early Childhood Educator and Hebrew Specialist

When:
Wednesday, March 18th, 4:00 pm

Where:
Cuyahoga County Public Library,
Beachwood Branch
25501 Shaker Boulevard



Powered by the Jewish Education Center of Cleveland

Attention High School Students
Win \$10,000 in College Scholarships!

Auditions Open April 1 for Shining Star CLE 2020!

If you love to sing... if you want to showcase your talent... if you can imagine yourself performing on stage under Playhouse Square lights... you'll want to participate in Shining Star CLE 2020! **Save the date for Sunday, September 13 at 7 pm for The Finals Performance & Competition!**

This unique solo-singing competition gives high school students from NE Ohio the chance to compete for college scholarships and perform at the prestigious Mimi Ohio Theatre. First-place winner will also have the opportunity to perform with The Cleveland Pops Orchestra at Severance Hall.

All participants must have a 2021-2024 high school graduation date. No entry fee. All music genres welcome!



It's easy, just record yourself singing your favorite song and upload your video audition (three minutes max) to shiningstarcle.org April 1 through July 1, 2020. In-person auditions will follow. Piano accompaniment, personal instrument usage or acapella are welcome.

For more information, visit shiningstarcle.org or contact Renee Greller at 216.910.2652 or rgreller@montefiorecare.org. This event is a benefit for memory care programs offered at Montefiore and The Weils, nonprofit organizations and leaders in senior healthcare.

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Believe in Dreams

Believe in Dreams, based in Beachwood, held its largest fundraiser on February 1 at The Ritz-Carlton, Cleveland, to raise funds for disadvantaged Northeast Ohio youth. Community supporters raised a record-breaking amount of more than \$220,000 to help make dreams come true.

Believe in Dreams grants dreams for local children. It provides access to enriching opportunities, connection to community, and hope for the future. Since the inception of the organization five years ago, Believe in Dreams has granted dream experiences for 237 Northeast Ohio children.

"Each dream experience costs an average of \$3,000. Our 2020 goal is to impact the lives of 90 children, so we need to raise a minimum of \$270,000 to make that happen," said Tonya Grimes, director of development for the organization. The gala was our kick-off for this year's fundraising.

"We couldn't be happier with the turnout and support that so many people in Northeast Ohio have shown for Believe in Dreams," said John DiJulius III, founder and board chair of the organization. "The organization's purpose of giving every child hope for a better future, in spite of their current circumstances, has really resonated with so many people in our community. As a result of their generosity, Believe in Dreams will be able to impact more children and their families' lives faster than we had ever hoped."

Believe in Dreams has provided incredible opportunities for children, some of which consist

of airplane flying lessons, job shadowing, bedroom makeovers, and music and gymnastics lessons, just to name a few.

"We provide dream-experience packages for children that connect them with their communities and help them build the capacity to reach their dreams," said Katie Eichenauer, the organization's executive director. "We serve children in poverty who have endured different types of trauma and hardships, including grief, loss, non-parental custody due to abuse or neglect, and domestic violence. Our goal is to provide joy and hope for each of them."

Children are nominated by adults, outside of their families, who work with them and see their resilient spirit. Nominators may include teachers, counselors, coaches, and social workers.

"We provide dream-experience packages for children that connect them with their communities and help them build the capacity to reach their dreams."

– Katie Eichenauer

Guidelines for nominating children may be found at believeindreams.org.

Anyone wishing to donate, volunteer, or get more information may contact Tonya Grimes at tonya@believeindreams.org or 814.977.4065.

Department of Consumer Affairs Releases List of Top 10 Scams of 2019

Social Security, Robocalls, and Computer Tech Scams Top the List

The Department of Consumer Affairs recently released its list of the top 10 scams for 2019.

Robocalls of all types plagued Cuyahoga County residents last year. Social Security imposter scams topped the list of reports made to Consumer Affairs. In these scams, callers pose as law enforcement and tell consumers their accounts are about to be frozen because of fraudulent activity involving their Social Security numbers.

Computer tech scams remained on the top 10 list, but scammers began to change their tactics. In the past, these callers posed as repair techs from well-known computer companies and sought access to consumers' computers.

Last year, many tried to entice consumers to interact with them by offering them refunds.

The Top 10 Scams in Cuyahoga County in 2019 were:

1. Social Security/Medicare Scams
2. Robocalls
3. Computer Tech Scams
4. Prize Scams
5. Arrest Scams
6. Utility Scams
7. Grandparent/Relative Scams
8. Credit- or Debt-Related Scams
9. IRS Scams
10. Romance Scams

"If someone contacts you and wants a payment, computer access, or account information, end the conversation and contact us right away," said director of Consumer Affairs, Sheryl Harris. "Scammers are smooth-talkers, but we can help

you identify and report a scam."

There are many ways county residents can protect themselves against scams:

- Don't answer or return calls from phone numbers you don't recognize. Letting unexpected callers go to voicemail lets you screen out suspicious calls. Ignore calls that contain threats that something terrible will happen if you don't send immediate payment; for example, threats your account will be seized, your electric will be cut off, or you'll be sued or arrested.
- Don't engage in calls that promise you a refund, prize or grant money – these are ploys to get you to pay fees or

share your account numbers.

Know that retail gift cards are scammers' favorite form of currency. If anyone asks you to share or send images of gift card numbers to pay fees, fines or bail, don't do it!

- Don't get sucked into the drama of a call from someone claiming to be a grandchild or relative who is in jail and needs gift cards to pay bail money. Jails don't accept retail gift cards or money wires. If someone tells you that the call must be kept secret or that you'll be in trouble if you hang up, it's a scam.

Report scams to the Scam Squad at 216.443.SCAM (7226) or online at consumeraffairs.cuyahogacounty.us.

Invitations From Women of Fairmount Temple

David Greene
Playhouse Square
Senior Vice President of
Programming
Monday, March 23
7 pm
Fairmount Temple



Learn about the exciting new lineup of shows planned for the 2020-21 KeyBank Broadway Series, the improvements to the KeyBank State Theatre and guest experience, and behind-the-scenes stories and insights about programming. Find out more about why Cleveland's Playhouse Square is such a jewel and second only to America's largest performing arts center, New York's Lincoln Center.

Please RSVP towomenft@fairmounttemple.org by March 16.
 Event chair is Ellen Klein. Co-chair is Iris Greene.

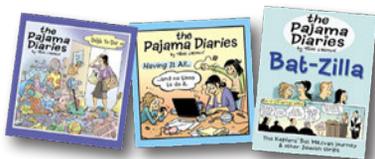
Meet Author Terri Libenson
Pajama Diaries:
A Jewish Family in the Funnies
Wednesday,
Wednesday, April 1
7-9 pm
Fairmount Temple



Enjoy an evening with acclaimed author/artist/funny mom Terri Libenson! She will share stories about her nationally syndicated award-winning *Pajama Diaries* and her best-selling illustrated middle grade novels. This promises to be a special evening for mothers and daughters, sisters and friends, men too!

Books will be available for purchase with a book signing after the presentation. Desserts will be served. The cost is \$20 per adult and \$5 per student.

Please RSVP no later than March 25. Co-chairs are Claudia Marmaros and Marilyn Goldfein.



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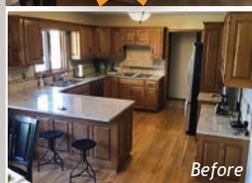


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Rachel Lappen Named Chief Development Officer of The Jewish Federation of Cleveland

Seasoned development executive with deep knowledge of Cleveland and Jewish Community

The Jewish Federation of Cleveland recently named Rachel Lappen as its new chief development officer, effective March 1. Lappen brings nearly 20 years of integrated development experience in both the Jewish community and the arts to this role at Federation.

"We are thrilled to welcome Rachel to the Federation team," said J. David Heller, board chair. "Her proven track record as a development professional and leader makes her ideally suited for this position."

Rachel comes to Federation from The Cleveland Orchestra, where she was senior director of development and, for a

period of time, served as its interim chief development officer. Among her many duties at the orchestra, Rachel managed all aspects of the development function, raising more than \$30 million annually. From 2013 to 2017, she was the director of institutional advancement at Gross Schechter Day School in Pepper Pike. Prior to that, she was executive director of Chagrin Arts in Chagrin Falls.

Rachel began her career in New York City as executive assistant to Philip Glass, an internationally recognized composer and pianist. Over the years, she's also held positions of increasing responsibility

with the Baltimore Symphony Orchestra and Chicago Children's Choir.

"I had the pleasure of meeting with numerous highly qualified individuals through our national search for this position. Rachel's breadth of experience, combined with her deep knowledge of Cleveland and the Jewish community, made it an easy decision," said Erika B. Rudin-Luria, president. "I have no doubt that she is the right person to lead the Federation's development efforts."

"I am so honored and humbled for the opportunity to serve the Jewish community in this capacity," said Rachel. "I look forward to working with



Federation leadership and the talented professional staff to help ensure we have the resources needed to address the community's immediate needs, as well as appropriately plan for its future."

Rachel received her Bachelor of Arts in Biblical Studies from the Jewish Theological Seminary and in Music from Barnard College in 2000 and earned her Master of Arts in Arts Administration from Columbia University in 2005. She and her husband, Dr. Justin Lappen, live in Beachwood with their two sons.

City of Beachwood Summer Trips

The City of Beachwood will host four overnight trips in 2020 and registration is now open. A \$200 deposit per trip will reserve your space. Travel insurance is recommended. For more information, call Esther or Shannon at 216.595.3733.

Atlanta, Georgia

April 26-30

\$1,950 per person/double;
\$2,350 single

Price includes airfare, motor coach transportation, local airport transfers, four breakfasts, three lunches, four dinners, four nights' hotel lodging, all entrance fees, gratuities, and baggage handling. This trip will include guided tours of Atlanta and CNN Atlanta; entrance fees to the Botanical Gardens, Martin Luther King, Jr. National Site, World of Coke, Atlanta Civil War Cyclorama, the home of *Gone with the Wind*, the Stately Oaks

Plantation, Margaret Mitchell House, the Atlanta Fox Theater to see a live performance of *Hamilton*, and much more.

Los Angeles, California

May 17 - 21

\$2,230 per person/double;
\$2,650 single

Price includes airfare, deluxe motor coach transportation, four nights accommodations (three nights hotel accommodations and one night on the Queen Mary), baggage handling, four breakfasts, one lunch, and four dinners. This trip will include visits to the Getty Villa and Research Institute, city tour, Walt Disney Concert Hall tour, Dolby Theater tour, behind the scenes tour of Universal Studios, Highland and Hollywood areas, Catalina Island, dine and spend a night on the luxurious Queen Mary. This is just a taste of what we will see and do in LA.

Montreal-Quebec City

August 9-13

\$2,010 per person/double;
\$2,790 single

Price includes airfare, deluxe motor coach transportation, four nights hotel accommodations, four breakfasts, four dinners, all sightseeing and entrance fees, all gratuities for baggage handling, local guides and drivers per itinerary. The trip will include dinner at the Fairmont Queen Elizabeth in Montreal as well as a city tour with all the highlights of Montreal. Once we arrive in Quebec City, highlights will include Chateau Frontenac, Notre Dame Basilica, Morrin Centre, Musee du Fort, Parliament Building, Terrasse Dufferin, Montmorency Falls, Old Port Quebec, Chouinard Pier to enjoy a dinner cruise, Cathedral of the Holy Trinity Church, and more.

The Greenbrier Resort

October 20-22

\$955 per person/double;
\$1,080 single

Price includes motor coach transportation, two breakfasts, two dinners, two nights lodging at The Greenbrier, daily afternoon tea, bunker tour, access to the Casino Club with \$20 slot free play, culinary demonstrations, historic hotel tour, and all gratuities for baggage handling and driver. We will take a ride into Lewisburg for those who would like to walk around the area. This trip is meant to be a leisure trip for you to relax and enjoy all the amenities the resort has to offer.



Native Plants, Trees, and Seeds



Cuyahoga Soil & Water Conservation District (SWCD) is selling native plants, trees and seeds. For details and to order, visit cuyahogawcd.org and click on Native Seed, Tree, and Plant Kit Sales.

Native Plants – There are seven native plant kits available: Butterfly/Bird, Prairie, Prairie Grass, Pollinator, Shade, Rain Garden, and Wetland kits. Each kit contains 50 native plugs and is suitable for covering about 100 square feet. Kits are \$140/each and are shipped directly to the address on the order. Spring deadline is March 11 (kits shipped in late May/early June). Fall deadline is July 17 (kits shipped the week after Labor Day).

Native Trees – The native tree sale is through a partnership with Licking

SWCD. There are two native conifer species and nineteen varieties of native broadleaf trees available. Order deadline is March 24 and pick up will be at Cuyahoga SWCD office mid-April. Prices vary.

Native Seeds – Native seeds are sold year-round and each pack contains enough seed to cover 250 sq. feet. Six seed packets are available: Mesic Woodland Edge, Rain Garden, Ohio Pollinator Oasis, Butterfly/Hummingbird, Mesic Annual/Perennial Forbs, and an Annual Seed Mix. All packets are \$15 except the Annual Seed Mix, which is \$12.

The Cuyahoga Soil & Water Conservation District's mission is to implement program and practices that protect and restore healthy soil and water resources.

Support the Local Autism Community at Strike It Big for Milestones

Strike It Big for Milestones, presented by Davis Automotive Group, will take place Sunday, March 15, 11 am to 4 pm, at Spins Bowl in Independence. The autism-friendly event will provide entertainment for all ages, including face painting, arcade games, a raffle and more. All contributions support the Milestones free autism Helpdesk, a service which allows families in Beachwood and across Cleveland to contact professional staff for personal guidance, local resources and individualized information at each and every stage of their child's development.

People can get involved in the following ways:

- Register a team of up to six prior to the event and raise \$200 to bowl for free on March 15
- Donate to your favorite team or bowler
- Become an event sponsor

To join the fun or learn more, please visit milestones.org/bowling, or contact Vanetta Perry at vperry@milestones.org.



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National Council of Jewish Women/Cleveland Seeks Nominees for \$10,000 Roslyn Z. Wolf Grant Award

The National Council of Jewish Women/Cleveland (NCJW/Cleveland) seeks nominations for the 13th annual Roslyn Z. Wolf Award for Youth, Family, and Education. The \$10,000 grant will be awarded to a community non-profit organization whose program demonstrates an outstanding contribution to our community in the areas of youth, family, and education for the coming year.

Qualified organizations with budgets under \$1 million are encouraged to apply. The award will fund a project outlined in the application at tinyurl.com/se46p3u.

"Organizations with programs that are consistent with NCJW's mission to impact lives for women, children, and families are eligible," said Elaine Geller,

president, NCJW/Cleveland. "It gives us great pleasure to recognize organizations with innovative programs to enrich the same population that we seek to impact," she added.

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\$1 million are
encouraged to apply.
The award will fund a
project outlined in the
application at
tinyurl.com/se46p3u.

Past winners have included Lake Erie Ink, a nonprofit that provides creative expression opportunities to youth in Greater Cleveland; Fostering

Hope, a nonprofit that enriches lives of children living in foster care and residential treatment; and Girls with Sole, a nonprofit that uses fitness and wellness to empower the minds, bodies, and souls of girls who are at risk or have experienced abuse.

The award was established to honor the late Roslyn Z. Wolf's ideals. Roslyn was devoted to the mission of the NCJW in her concern for improving the lives of women, children and families. She was a lifelong participant in the academic, fine arts, and Jewish communities. Born in Cleveland, she graduated from Cleveland Heights High School and received her B.S. degree in Art History from Case Western Reserve University. She served

on many civic and cultural boards in Cleveland, including The Cleveland Orchestra, Jewish Family Service Association, and Bellefaire/Jewish Children's Bureau. Roslyn was married to Milton A. Wolf, former United States ambassador to Austria.

Visit ncjwcleveland.org for the award criteria and application form to be completed by March 31 and emailed to president@ncjwcleveland.org, faxed to 216.378.2205, or mailed to President, NCJW/Cleveland, 26055 Emery Road, Cleveland, Ohio 44128. The award will be presented at NCJW's Annual Spring Meeting on June 7. Contact Elaine at 216.378.2204, ext. 102, with any questions.

Jewish Federation of Cleveland Announces

YLD Microgrant Program Recipients

The Jewish Federation of Cleveland recently announced its fifth cohort of Young Leadership Division (YLD) Microgrant Program recipients.

Through this program, YLD hopes to create a thriving, vibrant Jewish Cleveland young adult community by empowering individuals or groups to create, plan, and host experiences for Jewish Clevelanders, ages 22-45.

YLD Microgrant Program recipients may receive up to \$1,000 to support their projects per calendar year. Funding is available twice annually, with applications due in July and December.

"Since its inception in 2017, the Microgrant Program has helped young Jewish Clevelanders to imagine and create personalized events and meaningful experiences for our peers," said Cameron Orlean, YLD board chair. "The board and I are excited to see such a diverse range of programming for young adults in Jewish Cleveland this year."

The newest recipients include Aaron Wolkoff, Ali Stern, Blair Gorenberg, Annie Weinstein, Betsy Tucker, and Maya Camhi.

Aaron, representing B'nai Jeshurun Congregation's Atid, will host Shabbat dinners for young adults living in Jewish Cleveland.

Ali, representing Cleveland Partnership Minyan, will work on additional security for the group's events.

Blair, representing Moishe House Cleveland, will host "Torah on Tap," a unique way for young professionals to engage in Jewish learning.

Annie, representing Fairmount Young Professionals, will host

"Breaking Bread," an event to mark the end of Passover.

Betsy, representing Jewish Big Brothers Big Sisters Association, will host Bigs' Night Out, a recruitment and engagement event for the Bigs of the program.

Maya, representing Jewish Lakewood Alliance, will host "Passover in Lakewood," a custom, interactive and woke seder inclusive to all traditions.

For more information about the YLD Microgrant Program, visit jewishcleveland.org/yldmicrogrant, or contact Leah Markowicz at lmarkowicz@jcfclve.org or 216.593.2905.



Through this program,
YLD hopes to create
a thriving, vibrant
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or groups to create, plan,
and host experiences for
Jewish Clevelanders,
ages 22-45.

Beachwood Library Programs

For a complete list of programs, for more information, or to register for these programs, contact the library at 216.831.6868 or visit cuyahogalibrary.org.

Blood Drive

Saturday, March 14
10:30 am - 3:30 pm

Donate blood today!
For more information or to schedule an appointment, visit redcrossblood.org or call 800.RED.CROSS (800.733.2767).

Drop in and Download

Monday, March 16 • 2 – 5 pm
Saturday, March 21 • 10 am – 1 pm

Learn how to borrow free eBooks, eAudiobooks, eMagazines, movies, and music. Bring your device and passwords to the library to get started.

Guitar 101

Monday, March 23 • 7 – 8 pm
Join Bryan Reichert, faculty at Baldwin Wallace Conservatory of Music, to learn the basics of guitar. Acoustic guitars provided for use in the class. Registration required.

Meet Author Greg Lukianoff

Tuesday, March 24 • 7 – 8 pm
Greg Lukianoff, co-author of *The Coddling of the American Mind*, will discuss his work on the issue of free speech.

Big Pharma:

Pulling Back the Curtain on the Business of Health Care
Wednesday, March 25 • 2 – 3:30 pm
Wednesday April 1 • 2 – 3:30 pm

This is a two-part series. Registration required.

Meet Author Kristin Harmel

Monday, March 30 • 7 – 8:30 pm
Meet Kristin Harmel, author of *The Winemaker's Wife*, a heart-wrenching story about how one decision can change our lives.

Lyrical Songs of the Irish

Tuesday, March 31 • 7 – 8 pm

Meet Elise Panehal, who will

share her Celtic culture, and accompany her songs with piano and folk harp. Her poetic lyrics paint the picture of how the Irish came to America. Come sing along. Registration preferred.

Pruning and Deadheading: When, Why, and How

Wednesday, April 1 • 7 – 8 pm
Learn from Cuyahoga County master gardeners to improve the appearance and increase the vigor of your landscape plants.

Beginning Sign Language: Sign Language is Fun! Saturdays, April 4, 11, and 18 2 – 4 pm

Join Valerie Williams as she teaches basic American Sign Language using role-play and other fun activities. Adults and children over 10 accompanied by an adult are welcome. No experience needed. Registration preferred.

Art Book Club Monday, April 6 • 2 – 3 pm

Enjoy a discussion of *The Museum of Lost Art*, by Noah Charney. Books will be available at the circulation desk one month prior to program date.

Through the Eyes of the Artist: Gustav Klimt Friday, April 10 • 10 – 11 am

Art historian Felicia Zavarella Stadelman will present her series on the lives and works of beloved artists. Gustav Klimt was a controversial figure in his time. His works were constantly criticized for being too sensual. Today, they stand out as a “visual symphony” and are regarded as the most important paintings ever to come out of Vienna. Registration preferred. Sponsored by the Friends of the Beachwood Library.



Beachwood Historical Society Challenge!



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 promote artifacts, documents and photographs; educates people about the history of Beachwood, from “Beechwood” to Beachwood; sponsors events; and researches and archives information.

THIS MONTH'S CHALLENGE:

During the Cold War, Nike Missile Bases were set up as part of the U.S. Air defense system. Seven sites were in Cuyahoga County, with one right here in Beachwood. Each launch base consisted of a battery of Nike-Ajax missiles, missile-assembly, generator, acid-storage buildings, a fueling area, underground missile storage and launchers, barracks, and a launcher-control trailer. The control area, one-half mile from the launch area, consisted of a mess hall, administration building, barracks, radar tower, and control van.

Can you identify where this site was located? Email answers to beachwoodbuzz@gmail.com. All correct answers will be entered in a raffle for a \$50 restaurant gift certificate. The location and a new photo will be posted next month, along with the raffle winner's name.

Can you identify where this site was located?

Email answers to beachwoodbuzz@gmail.com.

All correct answers will be entered in a raffle for a \$50 restaurant gift certificate.

LAST MONTH'S CHALLENGE:



This sign is located on the back of the Fairmount School sign at the entrance of the building on Fairmount Blvd. Thanks to all who emailed their guesses, and congratulations to Sam Barker who will receive a \$50 gift certificate to Tres Potrillos restaurant.



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