

Beachwood Buzz

July 2014

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MAGAZINE

3 Generations

Meet The Dubins –
three generations
of Beachwood High School grads.



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CELEBRITY BIRTHDAYS

- July 6th George W. Bush (68)
Nancy Reagan (93)
- July 7th Michelle Kwan (34)
Ringo Starr (74)
- July 8th Kevin Bacon (56)
- July 9th Fred Savage (39)
Tom Hanks (58)
- July 10th Jessica Simpson (34)
- July 11th Leon Spinks (61)
- July 12th Cheryl Ladd (63)
Bill Cosby (77)



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With graduation just behind us, I surfed the Internet to find some words of wisdom to inspire graduates as they move forward with their education or careers. The following 2014 graduation-speech excerpts are powerful, and can benefit us in all stages of life.

"I learned many great lessons from my father," not the least of which is, you can fail at what you don't want, so you might as well take a chance doing what you love."

—Jim Carey

Naval Admiral William H. McRaven, ninth commander of U.S. Special Operations Command, at the University of Texas-Austin:
"If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another. And, if by chance you have a miserable day, you will come home to a bed that is made – that you made – and a made bed gives you encouragement that tomorrow will be better."

Adm. William McRaven shared ten lessons learned from basic SEAL training that, when followed, will be of value to graduates as they move forward in life. If you have not yet read these lessons, check them out at www.utexas.edu/news/2014/05/16/admiral-mcraven-commencement-speech.

Jennifer Lee, director of "Frozen," at the University of New Hampshire on May 17:

"If I learned one thing, it is that self-doubt is one of the most destructive forces. It makes you defensive instead of open, reactive instead of active. Self-doubt is consuming and cruel. And my hope today is that we can all collectively agree to ban it. Think to the moments of your life when you forgot to doubt yourself. When you were so inspired that you were just living and creating and working. Pay attention to those moments because they're trying to reach you through those lenses of doubt and trying to show you your potential."

José Andrés, chef, at George Washington University:
"Get a cocktail shaker, if you are over 21. Add your heart, your soul, your brain, your instinct and shake it hard. Serve it straight up. But let me give you a secret ingredient. Add a dash of the criticism on top, because those naysayers play an important role too."

Charlie Day, writer and comedian, at Merrimack College:
"I think the lesson is this: Had I worked at Fidelity, I am sure they would have fired me eventually. I can barely do long division. But I didn't want to fail at Fidelity. And I did not want to fail in Boston. If I was going to run the risk of failure, I wanted it to be in the place where I would be proud to fail, doing what I wanted to do. And let me tell you something, I did fail. Over and over again. I was too short for this or too weird for that. I had one casting agent say this man will never work in comedy. But I was in the fight. I was taking my punches, but I was in the fight."

Jim Carey, comedian, at Mahari-shi University of Management:
Carey shared Charlie Day's sentiments. He spoke of his father and the lessons he learned about failure and success in life.

Following are individual excerpts from his speech.
"You can spend your whole life imagining ghosts, worrying about the pathway to the future, but all there will ever be is what's happening here, and the decisions we make in this moment which are based on either love or fear,"

Carey said. "So many of us choose our paths out of fear disguised as practicality."
"What we really want seems impossibly out of reach and ridiculous to expect so we never dare to ask the universe for it," he continued. "I'm the proof that you can ask the universe for it."
"My father could have been a great comedian, but he didn't believe that was possible for him, and so he made a conservative choice," Carey said. "Instead, he got a safe job as an accountant, and when I was 12 years old, he was let go from that safe job and our family had to do whatever we could to survive."
"I learned many great lessons from my father, not the least of which is, you can fail at what you don't want, so you might as well take a chance doing what you love."
"You are ready and able to do beautiful things in this world. And after you walk through those doors today you will only ever have two choices. Love or fear. Choose love, and don't ever let fear turn you against your playful heart."
Congratulations to the class of 2014. I wish you success in your future endeavors!

Beachwood Buzz

Every Resident. Every Business. Every Month.

Buzz
MAGAZINE

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Write to us and tell us what you think. Beachwood Buzz magazine welcomes all Letters to the Editor. Please send all letters via email to beachwoodbuzz@gmail.com. Letters must have the contact's name and phone number. Phone numbers will not be published.

Calendar Section

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

Article Submissions

Beachwood Buzz welcomes your story ideas. If you have a story idea or photos you would like to share, please email debby@beachwoodbuzzmag.com. All articles and photos will be reviewed by the publisher, and the person submitting the information will be contacted.

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Cover:

Meet the Dubins – three generations of Beachwood High School grads. Brett is believed to be the first graduate whose parent and grandparent graduated from BHS.

Graduation photos were taken Sunday, June 8, at Severance Hall. Full story on page 6.

Photos by Scott Morrison, Discovery Photo.

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Of Special Note

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Beachwood Family Aquatic Center

Beachwood Welcomes Stratos Wealth Partners

City of Beachwood Free Mobile App

Beachwood Resident Art Exhibit

Mulch Now Available to Residents

Upcoming Art Exhibits

Summer Music Concert Series

50-Year Resident Salute

Motor Scooter Safety

Save the Date – Beachwood Family Fun Day

Beachwood Specialty Camps

Recycling 101 Classes

Bicyclists Please Slow Down

Senior Police Academy

You and Your Schools Page 22

The Beachwood Board of Education congratulates the class of 2014.

College and post-graduate decisions can be found on page 22.

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3

Generations of Beachwood High School Grads

By Douglas J. Guth

During the mid-1950s, the suburbs of Beachwood and Shaker Heights were growing rapidly, to the point where Shaker schools declared that Beachwood students could no longer attend their overpopulated high school. Construction on Beachwood High School began soon after the announcement, and for families like the Dubins, the rest was history.

Last month, the Dubin family celebrated



their older son Brett's graduation from Beachwood High School (BHS). Upon picking up his diploma during a ceremony at Severance Hall, Brett became the third generation of his immediate family to matriculate from the high school since it opened its doors in 1958. Brett is believed to be the first graduate whose parent and grandparent graduated from BHS.

Generations one, two and three gathered at the Dubin home on Hurlingham Road in early June. Sitting around the kitchen table were Brett, Jackie (Class of '61) and her son Larry (Class of '84). Joining the party was Larry's wife, Hayley (Class of '86). The Dubins' younger son Justin, though not in attendance this day, will earn his BHS sheepskin in three years.

The Dubins who have marched down the aisle in gown and mortarboard view the state-ranked school as a cornerstone of a good life in a safe, family-oriented and economically robust suburban setting. These attributes have kept the Dubins in Beachwood over the decades, a time when the community also built a vibrant retail and commercial area where farmland once stood.

Jackie lived on Hilltop Drive during the late 50s in one of the first houses built on the street. As one of about 70 tenth-graders who became part of Beachwood's first high-school class, she and her mates had a hand in choosing the school's Bison mascot along with the traditions BHS now enjoys.

"We were the innovators," says Jackie. "We were so proud to be part of that first class."

Students from other schools called BHS attendees "farmers" and other unkind names, Jackie recalls. Still, the friendly, close-knit atmosphere, bolstered by smaller class sizes than what she had at Shaker, made those taunts easy to disregard.

That intimacy remained as successive Dubins attended BHS. The high school was almost like a small community, says Larry, who played basketball and golf during his years as a Bison.

"You pretty much knew everyone," he says.

Beachwood's 2014 graduating class, the 54th in its history, was made up of 132 students. Brett, a varsity letterman in both tennis and golf, was happy for the smaller classes, which allowed him to get individual attention from his teachers if he needed it.

"If you wanted the help, they were always

there for you," says Brett, who will continue his education at Shenandoah University in Virginia.

There have been several renovations at BHS since Brett's grandmother walked the high decades ago; most recently a \$35.6 million expansion completed in August 2013. The high school's award-winning academic curriculum was combined with cutting-edge technology, including a television production class, that allowed Brett to conduct real broadcasts in front of a green screen.

The school system's advanced educational environment is just one perk of life in the community, maintain Larry and Hayley. The Dubins have been on Hurlingham Road for eight years, moving from Halcyon Road and before that a brief stint in a Shaker Heights apartment upon getting married.

Larry always had plans to return home after completing his undergrad at The Ohio State University and picking up a juris doctorate degree from Cleveland-Marshall College of Law. He and Hayley, who run a nutrition and wellness company for cancer survivors out of the family home, were immediately impressed by a school district that had never failed a tax levy. They were also drawn to the community's recreational opportunities, thriving retail area, strong business backbone and array of city services.

Larry has been working in Beachwood since the mid-90s, starting with a law practice on Commerce Park Drive. Today he's COO and general counsel for Beachwood-based Fidelity Voice and Data, a company that supplies full-service Internet and voice services to businesses. The suburb's business-friendly tax structure and educated labor force have helped Fidelity to grow in recent years. These perks have also attracted corporations like Eaton Corp., now headquartered in the Chagrin Highlands development.

On the home front, the Dubins are grateful for services like timely rubbish and recycling removal and a diligent police force. Brett enjoys the tennis courts and pool, while Hayley likes the invigorating walks she takes with friends she's made in the neighborhood.

Tying all this together is the high school, a bright beacon for a family of alumni who carry fond memories of BHS and the community surrounding it.

"Bottom line is, we're happy here," says Larry.



Pictured: The Dubin family,
clockwise from right: Hayley,
Jackie, Larry, Brett and Justin.

Photos by Scott Morrison.

PJ Library® Hosts Family Fun Day at Mandel JCC Halle Park

Calling all Jewish Cleveland kids and their families! PJ Library Goes to Camp for Family Fun Day is a camp-style, family-fun event, perfect for toddlers to tweens. The event will take place at Anisfield Day Camp, at Halle Park in Burton, on July 13 from 10 a.m. – 3 p.m.

Families can paddle in canoes, swim in the lake and pool, navigate the ropes course, participate in spirited song sessions, create a craft in the art shack, roast s'mores, and enjoy PJ Library storytime. All are encouraged to bring their own picnic lunch. Refreshments will be provided (kosher dietary laws observed).

Parking will be available at the Kent State Geauga Campus, 14111 Claridon Troy Road. A free shuttle will take families to the campsite, as parking is not available.

The event is co-sponsored by the Jewish Federation of Cleveland, Mandel Jewish Community Center's J-Day Camps, and PJ Library. In partnership with the Jewish Federation of Cleveland and the Harold Grinspoon Foundation, PJ Library in Cleveland is generously funded by Mort and Iris November, in celebration of Debra Ann November's life.

Registration costs vary for Family Fun Day. For more information or to register, visit www.jewishcleveland.org/PJLibraryCamp.

NCJW News

Gay Games Volunteer Opportunities

NCJW/Cleveland is an official sponsor of this year's Gay Games. As part of its sponsorship, they have agreed to provide volunteers to help with registration, snacks, and flow at the aquatics competition, which takes place at Cleveland State's Aquatic Center, 2420 Chester Avenue, on Friday, August 15. If interested in helping out or to learn more, contact Mindi Axner at maxner@ncjwcleveland.org or 216.378.2204, ext. 103.

THANK YOU!

Partners in Reading thanks Hilltop Elementary School students and faculty for donating books from their book drive to its programs. Donated books will be distributed to children who will use, love and appreciate them! NCJW has a successful fifth-grade book club at Hilltop, and appreciates that the students want to give back to our community.

If you have books to donate, especially fourth- through sixth-grade chapter books, please email Debbie Joseph at josdeb@aol.com for donation information.

**"Vision 2014 and Beyond"
was introduced at a recent City Council meeting.**

**For an overview of this CONCEPTUAL PLAN,
see page 26.**

**Beachwood Resident Art Exhibit –
CALL FOR ARTISTS!**

**If you are a Beachwood resident
interested in exhibiting, look for details on page 29.**

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Race for the Place

On June 1, The Gathering Place held its 14th annual Race for the Place, celebrating life and promoting awareness of National Cancer Survivors' Day. Presented by University Hospitals Seidman Cancer Center, Race for the Place raised more than \$325,000 to allow The Gathering Place to continue offering its programs and services free of charge, supporting the social, emotional and physical needs of individuals with cancer and their families.

"Our gratitude goes out to each and every one of you for participating in Race for the Place by registering, putting together teams, donating, and asking family and friends to donate," said Eileen Saffran, CEO. "More than 4,650 walkers and runners, our largest crowd ever, showed their support at Beachwood Place at this year's event."

Top winners were: Lucie Kubinski, Heidi Benson, Mimi Reimers, Conner Paez, Kam Shun Lee, Brian Lief, Barbara Broad, Tracy Wodarczyk, Sally Davros, Jeff Karder, Tim Klug and Tom Fiore.

Top teams were: Advance, Team Becca, Shaker Soles and Fully Functional Fitness.

In recognition of this event, Mayor Merle S. Gorden and City Council proclaimed Sunday, June 1, 2014, as "Race for the Place Day" in the City of Beachwood, and asked that all citizens join them in supporting this worthy cause and celebrating National Cancer Survivors' Day.

Next year's Race for the Place is scheduled for Sunday, June 7, 2015. For complete information, to learn more about The Gathering Place, or to make a donation, visit www.touchedbycancer.org.



Mayor Merle S. Gorden presents a proclamation to Eileen Saffran, proclaiming June 1, 2014, as "Race for the Place Day" in the City of Beachwood.

A vibrant, colorful advertisement for Atlas Cinemas Eastgate 10. The background features a sunburst pattern in shades of orange and yellow. The text is arranged in several sections: "JOIN US AT ATLAS CINEMAS EASTGATE 10" is at the top left; "CELEBRATE YOUR SPECIAL DAY" is in the center; "AT YOUR ATLAS EASTGATE THEATRE!" is on the right. Below this, the address "EASTGATE 10 1345 SOM CENTER ROAD MAYFIELD HEIGHTS, 44124" and phone number "(877)474-3066" are listed. A QR code is positioned next to the address. At the bottom, two promotional offers are highlighted: "MONDAY'S ARE CUSTOMER APPRECIATION DAY TICKETS ARE ONLY \$5*" and "GET YOUR FREE LOYALTY CARD AND EARN FREE MOVIES WITH EACH POPCORN PURCHASE". To the right, another offer reads "ENJOY 2 TICKETS FOR THE PRICE OF 1 VALID TUESDAY - SUNDAY EXPIRES AUGUST 15TH 2014 WITH THIS COUPON". The website "WWW.ATLASCINEMAS.NET" is mentioned at the bottom right. The entire ad is framed with a decorative border of stars and film strips.

Beachwood Arts Council Hires Leah Gilbert as Executive Director



The Beachwood Arts Council welcomes Leah Gilbert as its executive director. Gilbert's responsibilities include creating a strategic plan, managing day-to-day operations, organizing and staffing committees for various shows and activities, working with the board of directors to create and develop events and fundraisers, creating strategies to raise public awareness, overseeing website management, and assisting with membership initiatives.

The Beachwood Arts Council is an all-volunteer, nonprofit organization that has supported the arts in Northeast Ohio since 1964. Individual memberships start at \$25. For complete information, visit www.beachwoodarts.org. Please "like" Beachwood Arts Council on Facebook.

Annual ORT Honey Sale Now Underway

Honey and apples symbolize the sweetness of the New Year. What better way is there to wish a sweet Rosh Hashanah to family, friends and clients than with a delicious gift of honey?

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Ask PBC: Your Mental Health Q&A

Q. How can I communicate most effectively with someone who has Autism or Asperger's Syndrome?

Kurt Jensen, Psy.D., responds:

For an up-close view of an Autism Spectrum Disorder (ASD), the average American need only go as far as their living room. There they can watch more than a dozen TV series, from comedies to children's shows, where a primary character has (or displays the traits and symptoms of) ASD.

These fictional portrayals are guided by finely polished scripts and uncluttered story lines, often closing with pretty "bow-tie" endings that suggest a "happily-ever-after" conclusion. Real life interactions and relationships with people on the Spectrum, though, are rarely so neat and clean; relations can be uncomfortable and demanding, and may at times lead caregivers to question their skills.

Communicating with children and adults with high-functioning Autism or Asperger's can be particularly challenging, in part because they often appear "normal" but may not socialize or behave in predictable, "socially acceptable" ways. Because they look and often act in a conventional, "neurotypical" manner, friends and family may come to expect this behavior routinely, overlooking the underlying ASD condition.

How, then, can we improve our communications and relationships with people on the Spectrum? Below is a list of several strategies that may help, approaches that are likely to serve the best interests of ASD and caregiver/friend alike:

1. When speaking with a person on the Spectrum, try to find a location that offers few distractions or sources of stress. Avoid places that might put exceptional demands on the senses (e.g., loud noises, bright/flashing lights, crowded areas).
2. Provide adequate "personal space" to the person with ASD, as they may find touch uncomfortable or even painful, and might be stressed by "close quarters." Avoid using touch without first asking permission.
3. People with ASD are often hesitant to start conversations or discuss topics of interest. Feel free to ask questions and try to engage the person in "give-and-take" discussions on various subjects.
4. Go "slow and steady" in forming a relationship, as people with Autism are prone to experience social anxiety and concern about communicating with others.
5. Perhaps most importantly, read and learn about Autism. Gain at least a basic understanding of the disorder and the challenges ASD people face on a day-to-day, moment-to-moment basis. Your appreciation of the symptoms they struggle to overcome and the difficulties they routinely confront can greatly improve your ability to connect with and assist a person with ASD.

"Your Mental Health Q&A" is part of a Beachwood community service program provided by PBC. Email your questions to info@psychbc.com. All identifying information will be held in strictest confidence in the PBC secure email system.



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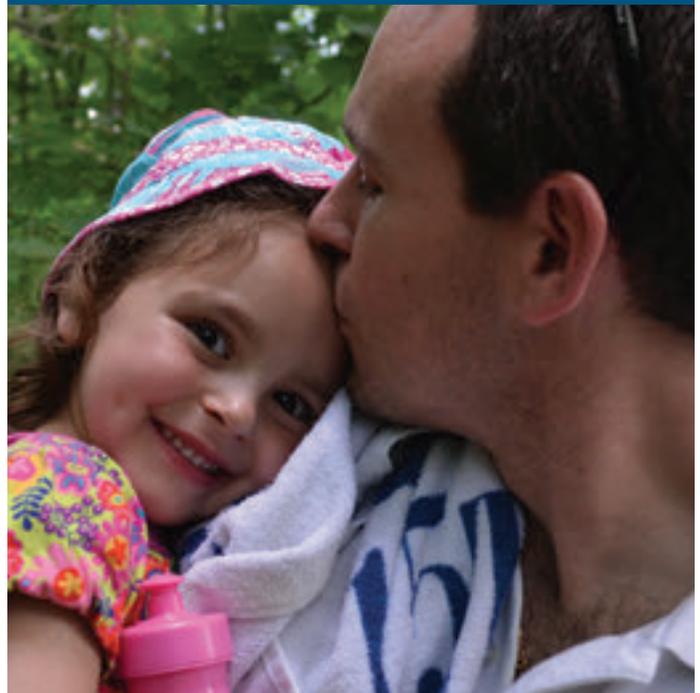


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Rock 'n roll ain't noise pollution to this Beachwood man

By Douglas J. Guth

Richard "Ricardo" Long has always been into music. He spent years making CDs as gifts, many of them filled with the classic rock tunes he grew up with. As an instrumentalist, Ricardo started off as a drummer, switching to guitar after high school, while rocking out with a number of hastily formed bands. Adulthood found him beginning a career in the U.S. Air Force, then joining the working world and raising a family of four children.

Recent life changes have brought Ricardo back to the axe, so to speak. He is the lead singer and acoustic guitarist for Primitive Culture, a rock band not coincidentally hailing from the Rock Hall city of Cleveland. Formed in 2013, Primitive Culture can be heard at suburban bars, playing rollicking covers of Lynyrd Skynyrd, Led Zeppelin, The Allman Brothers, Black Crowes, The Rolling Stones, Eric Clapton, Tom Petty and many more.

"That's the rock 'n roll I listened to, so that's pretty much what I play," says Ricardo, who puts his stage name away by day as an account executive for Johnson Controls Inc.

Primitive Culture is a classic five-piece act. Performing with Ricardo are Nigel Pinnell on lead guitar, Pat Lally on bass guitar, Rodney Reisman on drums, and John Lucas on keyboard and harmonica. On the mic, Ricardo has a strong, bluesy delivery when belting out songs, like "Smooth" by Santana and "One Way Out" by The Allman Brothers.

Although he knew he had the pipes for it, Ricardo had never sung in public before his band's debut last year. Stage fright had not been an issue, however, as he has prior experience standing in front of captive audiences for business presentations.

"I'm used to being out there," he says. "Even as a presenter, you're acting as an entertainer."

Primitive Culture, a name derived from the field of study of a



Pictured above, from left: Tony Artino, who has played with Toto, Heart, Eddie Money, White Snake, Defcon and more, on lead guitar; Pat Lally on bass guitar; Eric (Johnson) Matthews on drums; and Ricardo Long, lead vocalist, on acoustic guitar.

Pictured right: Artino, Lally and Long.

Photos by Vince Vartorella.



character from Animal House, takes its influences from the rock gods it routinely covers. Ricardo also takes a leaf from the song book of blues guitarist Buddy Guy, as well as from the southern rockers he jammed to as a cadet while stationed at Elgin Air Force Base in Florida.

Though they may be a cover act, Primitive Culture tries to bring its own style to timeless hits, notes Long. That could mean changing the tempo on the Jimi Hendrix version of "All Along the Watchtower," just to mix things up.

"We turn the songs into our own," Long says. "We've had people say they like our versions better than the originals."

Still, there is a certain amount of imitation that goes into performing a song, like "Miss You," by the Stones. Ricardo not only channels Mick Jagger; he also does a mean Elvis, and others.

"When we're doing Tom Petty, I try to sing like Petty," he says. "I try to emulate these guys."

Ricardo's band has been busy

performing in venues throughout the area. The 20-year Beachwood resident from Cleveland Heights also takes his acoustic guitar to area watering holes for late-night gigs.

While flop sweat has never been a problem, there has been a learning curve in performing in front of people. The singer/guitarist rehearses with bandmates as much as possible, honing his singing chops at area karaoke bars to test-run potential new songs.

Assembling a set list for a show has its own challenges, says Ricardo. Primitive Culture began life with 30 songs at its disposal; today it has almost 200. The order in which these tunes are played can be as important as the songs themselves.

"It's enjoyable for me to extract from so many songs, and select 30 that we have down perfect," Ricardo says.

Audiences haven't had a reason to complain about Primitive Culture's sets, adds the musician. The band has had numerous return gigs, along with dates at private

parties. Ricardo and bassist Pat Lally are also starting a new, as yet unnamed, band that will play August 3rd at Shooters on the Water. The act's other members are guitarist Tony Artino and drummer Eric (Johnson) Matthews.

Ricardo also books solo and duo gigs in venues with limited space.

The singer plans to continue his rock-infused "nighttime hobby" well into the future, with hopes of expanding the band's reach into downtown Cleveland, the West Side and Akron. He'll keep at it while it's still fun, though like the venerable medium itself, Ricardo expects his love for performing rock 'n roll will never die.

Ricardo and bassist Pat Lally are also starting a new, as yet unnamed, band that will play August 3rd at Shooters on the Water.

Letter to the Community

Thanks go to the Beachwood community for its continued support of The Race, which provides an opportunity for children, teens and adults to make a difference by raising money for research and awareness about breast cancer. The Race is held annually on Mother's Day to honor and celebrate the women and their families who live with, survived or have been taken by breast cancer.

Special thanks goes to Mayor Merle S. Gorden for his perfect attendance each of the 11 years of The Race, and the Zawatsky family for allowing us to honor them this year.

This year, The Race has raised approximately \$80,000 for breast cancer research at UH Seidman Cancer Center, with donations continuing to come in. To make a donation, please visit www.dothrace.com and click on donate.

If there are any high school students who would like to participate in our race leadership program, please contact Flo Brett of Effective Leadership Academy at flo@effectivela.org.

Thank you for your participation. We look forward to seeing all of you again next Mother's Day, May 10, at The Race!

Sincerely,
The Berns Family



Mayor Merle S. Gorden presents a proclamation to Jon and Patti Berns, proclaiming Sunday, May 11, 2014, as "The Race Day." Pictured from left: Mayor Joseph M. Cicero of Lyndhurst, Mayor Merle S. Gorden, Jon Berns and Patti Berns. Photos by Clifford Norton.

Beachwood 100 and UH Ahuja Medical Center

Have Partnered to Offer Health-Related Programs to the Community



Register Today!

UH Ahuja Medical Center 2014 Wednesday Night Wellness Series

Join us in the Enid B. and David M. Rosenberg, MD Conference Suite. Food and refreshments will be provided. Registration is required. Free and open to the community, 6 - 7:30 p.m.

AUGUST 13 • HEALTHY FAMILY COOKING

Join us and discover healthy options your entire family will enjoy preparing together and eating together. Find fun, healthy delicious recipes the whole family will love and learn some tips on how to get any aged picky eaters to try new foods.

SEPTEMBER 10 • ALZHEIMER'S AND DEMENTIA

Memory loss is not an inevitable part of the aging process. Learn what causes memory problems and steps you can take to bolster your memory.

To register or for a complete listing of events, visit UHAhuja.org or call 216-285-4069.

The Beachwood 100 2014 Membership Drive Is Now Underway. Visit www.beachwood100.org for details.

Support the Safety Forces Who Protect Our Community.

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View from the Curb By Mike Cargile

The Best 2 Bucks You Can Spend In Beachwood.

Sometime you have to tell a story to get a story. Once upon a time, many years ago in a place far away, when I graduated from the 8th grade to my freshman year in high school, my folks decided to leave the comfortable confines of one of America's great cities, New Orleans, Louisiana, and move to a working farm in the sleepy town of Picayune, Mississippi.

Picayune was about a two-hour drive from New Orleans and hundreds of miles away from anything exciting for teenagers to do, but go to school and work. And work we did. My older brother, Kenny, and I worked the isolated 100-acre farm like true pros, once we got the hang of it.

We got up at 4:30 every morning and milked the cows; picked the eggs; and fed the cattle, pigs, chickens, ducks, turkeys, cats, dogs

and other critters. Once our chores were done, we drove 25 miles to the nearest high school in Kiln, Mississippi.

Kiln is famous for producing NFL, Hall of Fame, Green Bay Packer, quarterback Brett Farve and world-famous Kiln moonshine whiskey. Actually, about 50% of the student body at Kiln High School was involved in the transportation and distribution of illegal whiskey. These students fell into two categories – runners and blockers. Runners were the fast drivers who drove cars with 100-gallon tanks built into the back seat and trunks. Their job was to outrun everything to deliver their tasty cargo. Blockers were skilled, defensive drivers who followed runners to keep the local sheriff and deputies from capturing them.

My first week as a freshman at Kiln High School was enlightening. I discovered dozens of students wearing very expensive, gold Rolex watches. When I asked where they got them, I was told it's really easy to get one – just sign up to be a runner or blocker. Needless to say, I didn't become either. I was too busy with school and farming. Once we got home, we had an hour or so of farm chores before dinner and home work. Then, it stated all over again at 4:30 a.m., milking the cows.

One of the great rewards that came from all the hard work on the farm was the knowledge that you had helped produce just about everything that was served at the dinner table. And, when we sat down at Thanksgiving time with our New Orleans family and friends to enjoy a great meal, we were proud to announce that everything on the table, except the salt and pepper, came from the farm. That included milk, homemade butter and ice cream, salads, potatoes, corn and popcorn, beans, squash, okra, collard greens, peanuts, pecans, watermelon and honeydew melon, duck, turkey, chicken, steaks, pork chops, and a lot more.

And, in the real tradition of a well-run farm, nothing went to waste. Everything was recycled, even in the days when it wasn't required. Any unused farm products were mixed into large compost piles, that in time, found their way back as mulch to help the growing process of vegetable and flower gardens.

Today, that same great quality mulch is available to Beachwood residents through the City of Beachwood, for just \$2.00 a

bag. And, you don't have to do anything but drive into the City of Beachwood's Service Center, at 23355 Mercantile Road, west entrance, Monday – Friday between 7:30 a.m. and 3:30 p.m. Just pop your trunk, pay by cash or check only, and you'll have high-quality mulch to decorate your flower beds, cover weeds in your garden, line a walkway, create a new yard attraction, cover the base of trees and ornamental shrubs, and hide unsightly spots. And, just think – most medium-size car trunks will hold at least 10 bags of mulch per load.

The mulch is composed of quality materials, as good as we had down on the farm in Mississippi. Each 2 cu. ft. bag weighs approximately 40-45 pounds and contains three basic, all-natural ingredients – tree lawn materials, leaves and tree branches. Each element is ground up once, individually, and then all three are reground together to complete the double-shredded approach. Every bag of mulch is all natural. No additives. Nothing toxic. Nothing harmful to pets or wild critters. Every bag of mulch sold is part of the City of Beachwood's current community recycling goal of 60%.

So, if you find yourself looking for something to do on a warm summer day to spruce up your Beachwood property, just jump into your car or SUV, pop over to the Beachwood Service Department, and grab a couple of bags of Beachwood mulch. After all, outside of a cold beer or a bag of popcorn, it's the best 2 bucks you can spend in Beachwood.

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Beachwood, Ohio 44122

Food Truck Monday at Legacy Village

Visit any major city in the U.S. and you're sure to see food trucks in any number of different locations.

Cleveland is no exception. The city has fast picked up on the growing popularity of food trucks and now hungry fans of these culinary eateries on wheels can satisfy their cravings at Legacy Village's FOOD TRUCK MONDAYS.

On select Monday afternoons in July and August, from 11:30 – 1:30 p.m., those who visit Legacy Village can enjoy great variety of ethnic and comfort foods, listen to live music, and take a stroll through Legacy Village's many shops and restaurants, or just sit and relax. It's a great way to unwind and refresh during lunch breaks before heading back to the office or whatever the day holds.

"We've heard from so many people that Cleveland's east side would be a great place for food trucks, and we're thrilled to add FOOD TRUCK MONDAYS as a complement to our great lineup of shops and restaurants at Legacy Village," said Susan Windle, general manager of Legacy Village. "There's nowhere else in the eastern suburbs where people can find a diverse array of food trucks in one location and we're excited to offer this event."

FOOD TRUCK MONDAYS are rain or shine.

Upcoming dates are July 7 and 21, and August 4 and 18.

Participating Food Trucks (*subject to change*) include:

- ~ Tony's Truck Stop - BBQ
- ~ The Nosh Box - Deli/American/Comfort Food
- ~ Get Stuffed Mobile Eatery - Hot dogs and buns "creatively" stuffed
- ~ Mobile Sushi Bar - Sushi
- ~ Zydeco Bistro - Cajun
- ~ The Orange Truk - Gastro Cuisine
- ~ Chef Grey Wolf - Greek
- ~ Hodge Podge - Global Comfort Food

For more information, visit legacy-village.com.

SAVE THE DATE!

Support the Beachwood Bison!

The Beachwood Bison High School football fundraiser will take place Saturday, August 9, from 4 – 6 p.m. at Harry Buffalo, 5596 Highland Road in Highland Heights.

The cost of \$25/person includes unlimited visits to the buffet table; and domestic draft beer, house wine and liquor.

Here's a chance to support our Beachwood Bison football team and have a great time doing it! (**Adults ONLY.**)

For more information and to RSVP, contact Claudia Marmaros at jujen97@aol.com or 216.470.0083.

GO BISON!





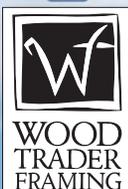
**If it's summer time,
it must be vacation time.
SAVE YOUR MEMORIES**



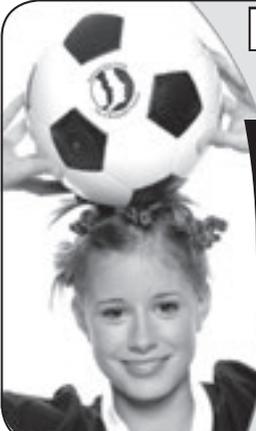
- Frame all of those pictures that are on your phone!
- Create a shadowbox of the shells collected on the beach.
- Make a collage of items collected from a special trip.
- Create a special thanks for your vacation host.

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Membership Corner

The Beachwood Chamber of Commerce welcomes its newest members:

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Brad@northeastohioparent.com
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healthcarebridge@gmail.com
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mik@cleanlifeenergy.com
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Zoup145@zoup.com
Restaurant

There are many reasons to join the Chamber. For information about becoming involved, visit www.beachwood.org or call 216.831.0003.

Call for Entries Now Open for 39th Cleveland International Film Festival

Calling all filmmakers!
Dollar Bank's call for
entries to The 39th Cleve-
land International Film Festival
is now open.



The CIFF has grown to attract more than 97,000 people annually, with more than 350 feature-length and short-subject films that represent approximately 60 countries. Don't miss out on this opportunity to showcase your work at one of the leading Film Festivals in the world and to be eligible for over \$60,000 in cash prizes.

The 39th CIFF will take place March 18 – March 29, 2015, at Tower City Cinemas.

For submission details, deadlines and fees, please visit www.clevelandfilm.org.

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

See what's happening in Beachwood!

Be sure to read City Council Update, starting on page 26.

**2014
Heights Summer
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**Sunday, July 20th 2014
10:00am - 5:00pm**

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Women4Women, Knitting4Peace

Women4Women, Knitting4Peace is a grass-roots organization dedicated to crafting hope, healing and peace one stitch at a time. Anyone can participate! For those who don't knit or crochet, you can be taught. Yarn is donated, and patterns available.

The organization continues to grow and evolve and now accepts shawls, peace pals, premie caps, hats, scarves and socks.

Women4Women, Knitting4Peace will hold its next meeting on Friday, July 11, from 10–11:30 a.m., at the Beachwood Library. If you knit or crochet, or want to learn, you are encouraged to attend and pass the word along!

For more information, contact Iris November at lbertyclub@aol.com.

Upcoming Programs at Montefiore – Free and Open to the Community!

Songs of a Summer's Night • Saturday, July 12, at 7:30 p.m.

Listen to the beautiful sounds of the Mary Beth Ions Trio with vocalist Anne Taslitz and pianist Marshall Griffith. The event is sponsored by The Sid and Betty Blumenthal Family Fund and an anonymous donor.

Songs for a Summer Afternoon • Sunday, August 3, at 2:30 p.m.

Listen to the sounds of violinist Steve Greenman and the Klezmer Ensemble. This event is sponsored by the Ben Hurwitz Fund of the Montefiore Foundation.

Jewish Teens Grant \$50,000 for Community Needs

The 2013-14 Maurice Saltzman Youth Panel of the Jewish Federation of Cleveland recommended grants totaling \$50,000 to 12 organizations for crucial programs in the Jewish and general communities.

This recommendation was recently presented to and accepted by the Jewish Federation of Cleveland's board of trustees.

The 2013-2014 Maurice Saltzman Youth Panel consisted of 40 juniors and seniors representing 12 high schools and 14 synagogues throughout Greater Cleveland, including Josh Friedman and Jamie Spain of Beachwood.

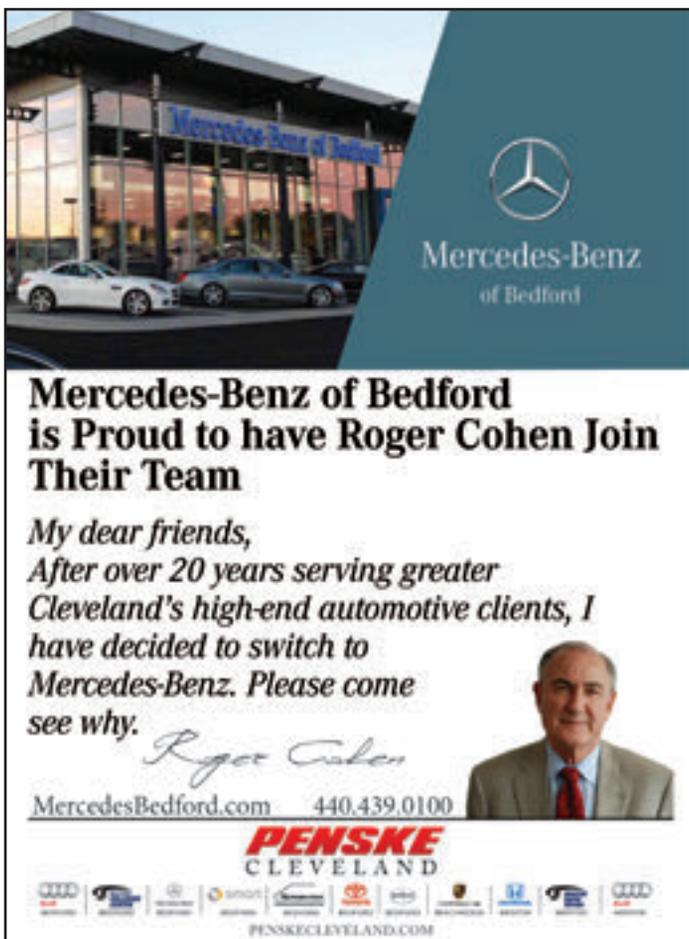
Some of the grants included \$7,500 to the Hebrew Shelter Home for the Kosher Meals Program; \$7,500 to Montefiore Foundation to support the Remembering Project, which preserves memories of the Holocaust for future generations; \$7,500 to support backpacks with

school supplies for Ethiopian first graders in Israel, a program run by the Jewish Joint Distribution Committee; and \$2,000 to Recovery Resources for training in recognizing teen mental illness and addiction.

Panel members, selected through a competitive application process, met seven times through the school year. They created a Request for Proposals, reviewed grant applications, learned about consensus decision making and, in the end, had a tremendous impact on programs and organizations that improve the lives of others.

For information about submitting nominations or obtaining an application for the 2014-15 Saltzman Youth Panel, contact program coordinators Ann Garson at agarson@jcfclve.org or Jessie Bruder at jbruder@jcfclve.org or 216.593.2900.

**The application deadline is
Monday September 8, 2014.**



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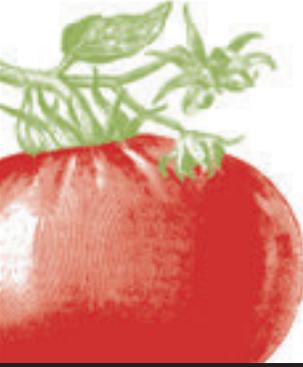



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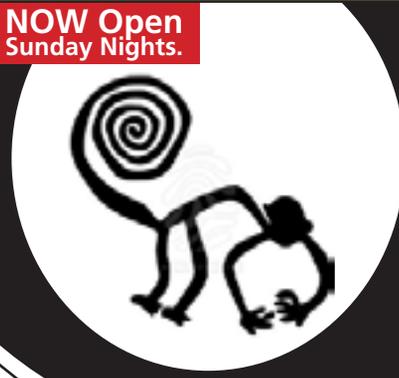
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Flavors of Summer



1



2



3



4



5



6



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Lopez

1 Yours Truly

For over 30 years, Yours Truly restaurants have offered casual, family-friendly dining for breakfast, lunch and dinner. Voted Best Family Dining by *Cleveland Magazine*. Open Monday through Saturday, 6:30 a.m. to 11 p.m.; Sunday, 7:30 a.m. to 10 p.m. Carryout, catering and delivery are also available.

2 Lopez

Still the most creative and consistent Southwest and Mexican restaurant in Ohio. Chef Hersehan and owner Craig Summers are driven and emotional to make sure they exceed — all the time. Open 7 days a week for dinner.

3 Nazca Peruvian Restaurant

The only gourmet Peruvian cuisine in Cleveland. Modest prices. Serving lunch and dinner seven days a week; reservations. Features include: potato Napoleon, rotisserie chicken, red snapper and other fresh fish daily. Full bar. Chef Cesar greets you at the door. Teaching and dancing too! Argentina Tango every Tuesday night, 7 p.m.; Bachata (Central American dance) every Wednesday, 8 p.m.; and Salsa every Friday and Saturday, 9 p.m.

4 Golden Dragon

At Golden Dragon, we specialize in Mandarin, Szechwan and Cantonese cuisine. We just added many new specialty items to our menu such as fresh lobster Cantonese style, shrimp

won ton with noodle soup, and more! Enjoy our full-service bar with exotic tropical drinks. Hours are Monday through Thursday, 11 a.m. - 10 p.m.; Friday 11 a.m. - 11 p.m.; Saturday, noon - 11 p.m.; and Sunday, noon - 10 p.m. Lunch specials Monday through Saturday, 11 a.m. to 3:30 p.m. Party trays and banquet facilities available. Call for reservations or carryout.

5 Piccolo Italian Restaurant

Piccolo Italian Restaurant offers the epitome of homemade ethnic cuisine. Chef Chris Licht offers some old-world recipes and contemporary twists on quality cuts of veal, chicken, beef, fresh seafood, and homemade pastas and pizzas, accompanied by a full bar and extensive wine list. Happy hour is Monday through Thursday, 4-7 p.m.; Friday and Saturday, 4-6 p.m. and 9-11 p.m.; and Sun. 4-9 p.m.; offering \$5 appetizers, pasta bowls, wine and drink specials. Live entertainment schedule is on our website.

6 Tomaydo Tomahhdo

A spirit of originality and excellence is evident everywhere — from the moment you walk through the door until you've finished your last morsel of food, you sense something is different...and better. You feel the flavor and passion behind the food.

For complete information, see ads on pages 18-20.

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Supports the Arts in Beachwood

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Got Talent!

Everywhere you look in Beachwood you find talented artists, writers, musicians, photographers, dancers, singers, sculptors and entertainers. Beachwood is a mecca for creative and artistic talent. *Beachwood Buzz* is proud to support this incredible pool of talent that helps define why Beachwood is known as one of America's most livable cities.



Richard (Ricardo) Long (*center*), lead singer and acoustic guitar player for Primitive Culture, performing at Shooters on May 30. Long has always been interested in music, began performing within the past year, and puts on a great show.



Stan Koslen, artist and 46-year Beachwood resident (inset), has been involved in just about every aspect of art in his career. He photographed May Company portraits; created USO holiday cards, ad agency designs, Indians' baseball cards and menus; and taught art. One of his favorite paintings, pictured, is "The Lovely First Lady of Beachwood and Her Best Friend."



Kam Liao, 25-year "Happy Hooker," designs and creates complete baby outfits, including booties, scarves, hats and sweaters. Her exotic creations have been gifted to thousands of underprivileged children and charities in Northeast Ohio. Kam, a 56-year Beachwood resident, artist and architectural engineer, is pictured wearing one of her designer sweaters.



Katie Block, an exciting new artist and 31-year Beachwood resident, creates primarily in pastels and watercolors. Her paintings depict nature, still life and portraits. To date, her main devotees have been her children and family, but more and more people are discovering this talented painter.



Julie Rapoport, desk yogi at Cleveland Yoga, striking a pose during off hours. This is a variation of a forearm stand. Beginners, don't be intimidated!



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|---------------------------------|---|--------------------------------------|-----------------------------------|
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| Aldridge, Mikah Cha'ron | Delaware State University | Friedman, Emily Brooke | The Ohio State University |
| Allen, Michelle | Cleveland Institute of Art | Friedman, Joshua Aaron | University of Cincinnati |
| Angel, Jessica Taryn | The Ohio State University | Friedman, Joshua Ross | University of Pittsburgh |
| Arkin, Scott | Stanford University | Gill, Karan | University of Southern California |
| Blaustein, Joshua Ryan | Xavier University | Glassman, Alex | University of Michigan |
| Bleich, Max | University of Cincinnati | Goldfinger, Jonathan | Undecided |
| Bogomolny, Haley Peyton | The Ohio State University | Goldhamer, Jared Thomas | Miami University, Oxford |
| Bohm, David J. | University of Cincinnati | Goldrich, Soliana Oceane | Goucher College |
| Cala, Emily Elizabeth | Kent State University | Goode, Joshua Alexander | Notre Dame College of Ohio |
| Caputo, Julian David | Rochester Institute of Technology | Gottfried, Maxwell Jacob | West Virginia University |
| Cohen, Douglas Rosenblum | University of Cincinnati | Granot, Dean | Miami University, Oxford |
| Cohen, Kyle Parker | The Ohio State University | Greenberg, Eva | Undecided |
| Corty, David Douglas | Pennsylvania State University | Greene, Matthew | Undecided |
| Crosby, Monique | Ithaca College | Gross, Samuel | Northwestern University |
| Darvin, Wesley | The Ohio State University | Gulley, Vance | Undecided |
| Davis, John | Furman University | Halpern, Michael | Undecided |
| Davis, Zachary Robert | Columbia University | Halpert, Rachel Elyse | Indiana University at Bloomington |
| Diamond, Samuel | The Ohio State University | Hardin, Aneisha Starr | Central State University |
| Dubin, Brett | Shenandoah University | Harf, Joshua Benjamin Carno | University of Cincinnati |
| Ducoff, Jeremy | University of Michigan | Harris, Paul | Shawnee State University |
| Ducoff, Samuel | Indiana University | Harris, Ryan | The Ohio State University |
| Eaton, Brandon Terell | University of Cincinnati | Hodge, Alfred Justin | Metropolitan Community College |
| Edgerton, Steven | Cuyahoga Community College | | Penn Valley (Mo.) |
| Escott, Mitchell | Ohio University | Hong, Gordon | Emory University |
| Evans, Australia | Undecided | Hooper, Kaury | Undecided |
| Feldman, Hannah Edie | Tufts University | Howell, Camarie Victoria | Ohio University |
| Felix, Rahsaan | Fond du Lac Tribal and Community College | Hu, BingQing | Northwestern University |
| Finkenthal, Molly | Ohio University | Isaacson, Jared | Employment |
| Finkenthal, Shannon | Baldwin Wallace University | Jakubowitz, Stephen Nathaniel | Kent State University |
| Flank, Amit David | Case Western Reserve University | Jambunath, Varun | The Ohio State University |
| Flate, Halle | The Ohio State University | Johns, Kristin | Military Service – Army |
| Flowers, Paul W. | University of Mount Union | Jones, Gabrielle Cierra | University of Cincinnati |
| | | Kaiser, Monique | Mercyhurst University |

ADMINISTRATION

Dr. Richard A. Markwardt, Superintendent, 464-2600 • supt@beachwoodschoools.org
 Michele E. Mills, Director of Finance/Treasurer, 464-2600 • mm@beachwoodschoools.org
 Robert P. Hardis, Assistant Superintendent, 464-2600 • rph@beachwoodschoools.org
 Lauren J. Broderick, Director of Pupil Services, 464-2600 • ljb@beachwoodschoools.org
 Ken Veon, Director of Curriculum & Technology, 464-2600 • kev@beachwoodschoools.org
 Kathleen Stroski, Assistant Treasurer, 464-2600 • ks@beachwoodschoools.org
 Doug Levin, Director of Marketing & Communications, 464-2600 • dl@beachwoodschoools.org

**100% Graduation Rate
 Beachwood High School
 Class of 2014**

CLASS OF 2014

| | | | |
|-----------------------------------|---|-----------------------------------|--|
| Kajoc, Anthony | Lakeland Community College | Rodriguez, Daniel Alfonso | Emory University |
| Kaminski, Matthew Edward | John Carroll University | Rubenstein, Jonah | Yeshiva University |
| Katz, Gila | Midreshet Yeud (Israel) | Sanders, Sterling E. | Hiram College |
| Kennon, Kendyl Marien | Miami University, Oxford | Sanshuck, Trevor Michael | Undecided |
| Kitay, Andrew | The Ohio State University | Scharf, Justin | The Ohio State University |
| Kuang, Rong | University of Chicago | Schwartz, Nathaniel Ryan | University of Cincinnati |
| Lane, Jordan L. | Notre Dame College of Ohio | Shamis, Cameron J. | Cuyahoga Community College |
| Leavitt, Noah J. | The Ohio State University | Shand, Jennifer Elizabeth | Columbia College Chicago |
| Little, Tionne Verial | University of Cincinnati Blue Ash College | Sheridan, Danny | University of Michigan |
| Lubinger, Rachel | Kent State University | Shiffman, Lucie Rose | Allegheny College |
| Miller, Ariana Lexi | Ohio University | Silver, Marc | University of Cincinnati |
| Millstein, Max | Indiana University at Bloomington | Skoff, Eden Sonia Hoffer | Undecided |
| Mitchell, Eliana | Undecided | Small, Elliott | University of Michigan |
| Moss, Adam Joseph | The Ohio State University | Smith, Drake Dana | Cuyahoga Community College |
| Nario-Redmond, Ceara Grace | Hiram College | Solomonova, Sabrina | Undecided |
| Niraj, Anshika | University of Southern California | Somogyi, Alexandra | Miami University, Oxford |
| Oden, Christina M. | North Carolina A&T State University | Spector, Maya Justine | Nativ College Leadership Program (Israel), then The Ohio State University |
| Orange, Jordan Henry | Pikes Peak Community College | Sperling, Zachary | University of Kentucky |
| Ordillas, Abigail Azarcon | Davidson College | Spero, Halle Lauren | Kent State University |
| Ordillas, Michelle Ann | Otterbein University | Stephens, Brad Reuben | Undecided |
| Patel, Bijal R. | University of Toledo | Stevens, Julio | Howard University |
| Patel, Biral R. | University of Toledo | Tabachnik, David | The Ohio State University |
| Patel, Harshilkumar P. | Undecided | Tall, Samantha Michelle | Emory University |
| Patev, Boyan Emilov | King's College London | Tindel, Chadwick Harvard | Pratt Institute |
| Patterson, Aliyah Jet'aime | University of Toledo | Tresser, Aliza Michelle | Beloit College |
| Peerless, Ronit Sara | Undecided | Walden, Anthony | Employment |
| Penn, Brittany | The Ohio State University | Wexler, Adam Seth | University of Cincinnati |
| Raiffe, Joshua Sapell | Arizona State University | Wexler, Jared David | The Ohio State University |
| Rajan, Jayanth | The Ohio State University | White, Jataun Shai | Undecided |
| Reehorst, Nolan | Undecided | Williams, Deonté Je'Vaughn | Military Service |
| Reu, Jacqueline Cecile | Studying Abroad in France | Wolinsky, Shaina | Eastern Michigan University |
| Reu, Kyra Lynn | Studying Abroad in China | Wolkoff, Nathan Orkin | The University of Texas, Austin |
| Richardson, Hannah | Ohio University | Yulish, Avidan Yosef | Ohio University |
| Robinson, Lamari | Undecided | | |

THE BEACHWOOD SCHOOLS FOUNDATION

CONGRATULATES ALL

CLASS OF 2014 SCHOLARSHIP RECIPIENTS

The Gina Michelle Agin Memorial Scholarship

Awarded to a female senior who has participated in women's interscholastic sports or cheerleading, or served as a team support person, and has demonstrated dedication to achieve team success.

Brittany Penn

Vera Arlen Memorial Scholarship

Awarded to a female senior who exhibits leadership, humanity and a generous spirit in a humble manner.

Haley Bogomolny

The Beachwood Chamber of Commerce Business Scholarship

Awarded to a senior who has been successfully employed in a Beachwood business or industry, and who intends to pursue a career in business.

Elliott Small

The Beachwood Chamber of Commerce Harlan Diamond Culinary Arts Scholarship

Awarded to a graduating senior of the Beachwood High School consortium Culinary Arts Program who has been accepted to and will attend a post-secondary educational program in the field of either culinary arts or restaurant management.

Betty Sviridov

The Beachwood Community PTO Garage Sale Scholarship

Awarded to a senior who has been outstanding in volunteerism/ community service, or character and citizenship; or who has exhibited enthusiasm for school and community.

David Tabachnik

The Beachwood High School Alumni Association Scholarship

Awarded to a senior who is the son or daughter of a BHS graduate who has demonstrated leadership ability, contributed to help improve the school and/or community, was a hard working student; and has demonstrated that she/she is a caring human being.

Anna Adelman

The Dave and Janice Bloom Scholarship

Awarded to a senior with strong sportsmanship who has shown a strong commitment to Beachwood athletics as a player, equipment person or team manager.

Monique Kaiser

The Donna Bickoff Cohen Scholarship

Awarded to a student with a "can do" attitude who embodies the spirit of the Beachwood Schools and pride in the Beachwood community.

Zachary Davis

The Harvey Friedman Leadership Scholarship

Awarded to a senior who has demonstrated significant leadership during his or her high school career.

Anshika Niraj

The Gevelber Family Scholarship

Awarded to a Beachwood student who has been an athlete that promotes leadership during and outside the athletic competition, and has been a team player who puts others before self.

Julio Stevens and Samantha Tall

The Dan and Pam Johnston Scholarship

Awarded annually to a senior who will be participating in the graduation ceremony, and experiences challenges over and above the trials and tribulations facing today's young adults.

Ronit Peerless

The Robert D. Kates Award

Awarded to a senior who has shown outstanding leadership within Student Council.

Wesley Darvin

The Kam and Chien Liao Math and Natural Sciences Scholarship

Awarded to a senior who has been outstanding in mathematics or natural sciences (with a 4.0 GPA in core subjects) and will pursue a career in the area of natural sciences, engineering or mathematics.

Alex Glassman and Rebecca Kuang

The Joan Lobert Scholarship

Awarded to a senior who has been outstanding in and intends to pursue a career in the areas of political science, government or public service.

Anshika Niraj and Abigail Ordillas

The Ron Madow Athletic Achievement Award

Awarded to a senior wrestler who has been a member of the varsity team for at least two years and has attained a high level of achievement while on the team.

Sam Gross and Ryan Harris

The Jill Dobrin Menachem Memorial Scholarship

Awarded to a senior whose love of children and concern for their welfare has motivated her/him to pursue a career in early childhood education or a related field working with young children.

Hannah Richardson

The Jay Shlachter Memorial Art Award

Awarded to a senior who has demonstrated an appreciation for and talent in fine arts.

Halle Spero

The Beachwood Schools Foundation was created to provide a financial vehicle for individuals and organizations to fund educational opportunities and recognize student achievements.

The Beachwood Schools Foundation Board of Trustees thanks the families who have established scholarships and congratulates the class of 2014 and scholarship recipients.



For more information about The Beachwood Schools Foundation, call Gayle Hochheiser at 216.292.9659.

The Steven Mark Wasserman Memorial Scholarship

Awarded annually to a senior who indicates an intention to pursue a career in television writing and/or film.

Molly Finkenthal

The Dakota "Cody" Weiner Memorial Scholarship

Awarded to a senior with an extremely kind heart who, because of his or her spirit, succeeds against all odds.

Jonah Rubenstein and Ronit Peerless

The Weisenberg Family Scholarship

Awarded to a senior who exhibits passion and commitment to the arts and intends to pursue a career in that area.

Chadwick Tindel

The Norm Weiss Memorial Scholarship

Awarded to a senior who has demonstrated and participated in charity, volunteer and community service activities at a level substantially greater than that required for graduation.

Monique Crosby

The Paul and Kate Williams Scholarship

Awarded to a senior who has demonstrated outstanding capabilities in visionary thinking, entrepreneurial spirit and/or dedication to lifelong learning.

Elliott Small

The Dr. Jerry S. and Gail R. Wolkoff Civic Award

Awarded to a senior who has exceeded the requirements for community service work, participated in two or more extra-curricular activities and achieved an overall 2.75 GPA.

Bingqing Hu

The White & Gold for Bison Pride Scholarship

Awarded to a junior who has demonstrated exceptional Bison pride both in and out of Beachwood High School.

Tamarea Townes

The George Schatel Hope Lectureship Fund

Established in 1998 in memory of George David Schatel, Treasurer of Beachwood Schools from 1958-1980.

Proceeds are used to fund a lecture series that benefits the Beachwood Community.

Department Awards

The Coca-Cola Scholarship Fund
Awarded to seniors
who exhibited scholastic achievement.

English – **Hannah Feldman**

World Language – **Haley Bogomolny**

Mathematics – **Alex Glassman**

Performing Arts – **Michelle Ordillas**

Science – **Zachary Davis**

Social Studies – **Lucie Shiffman**

Technology – **Nathan Wolkoff**

Visual Arts – **Soliana Goldrich**

Career and Technical Education – **Jared Wexler**

2013-2014

Board of Trustees

Gayle Hochheiser – President

Brian Davis – Vice President

Michael Zawatsky – Treasurer

Peggy Lipp – Secretary

Cheryl Apisdorf • Evy Davis • Jamie Hardis

Theresa Haynesworth • Janet Hendlin

Lolita Hines • Catherine Holloway

Brian Linick • Joshua Mintz

Dr. Michael Rabovsky • Matthew Sharp

Darby Steiger • Jennifer Stern

Ex-Officio Board Members

Richard Markwardt, Ph.D. • Michele Mills

Paul R. Williams, Ph.D. - Trustee for Life

CONGRATULATIONS TO THE BHS CLASS OF 2014

CITY OF *Beachwood* Council Update

MAYOR
MERLE S.
GORDEN

216.292.1901



FRED
GOODMAN
PRESIDENT

216.464.6624



MARTIN S.
HORWITZ

216.464.6560



ALEC
ISAACSON

216.291.2797



MELVIN
JACOBS

216.464.1541



MARK
MINTZ

216.360.0330



JAMES
PASCH

216.630.9671



MARK I.
WACHTER

216.765.1921



VISION 2014 AND BEYOND

On Monday, June 9, Mayor Merle S. Gordon scheduled a public meeting with City Council to discuss a **CONCEPTUAL PLAN** of the city's "Vision 2014 and Beyond."

"These discussions introduced the possibilities and opened lines of communication to allow further development of Vision 2014 and Beyond," said Mayor Merle S. Gordon.

Components of this plan, currently under consideration, have been a result of collaboration and discussion amongst all 9 directors. We are now ready to further explore the possibilities. Vision 2014 and Beyond can be grouped into the following categories:

SAFETY SERVICES

- **Proposed Fire Station #2** – Fire Station #2, currently located on Chagrin Blvd., is antiquated and undersized. This station serves the south end of our community which continues to grow. The City of Beachwood owns land at Richmond Road and Park East Drive, a site under consideration for a new station. Responding to an emergency in a timely fashion is our main priority. We will not compromise services for location.
- **Police Headquarters** – Police Department layout and operational flow need to be evaluated. A new station or extensive renovation will be necessary to operate more efficiently. Beyond space, the location of our evidence room, traffic-bureau, roll-call area, report room, locker rooms and dispatch areas all need to be taken into consideration.
- **Area-Wide Dispatch** – An area-wide dispatch center is being proposed. We are already doing business with Pepper Pike and are negotiating the possibility of bringing other cities onboard. If dispatch stays in its current location, it will be necessary to expand into areas currently housed by different departments. This is driven by the county to combine dispatch centers for more regional efficiency.
- **Jail** – Currently 20 years old, our jail's control boards need to be updated or replaced. The Sally Port (secure, controlled entryway) and jail need to be enlarged and reconfigured to meet state mandates that will occur over the next 20 years.

...we will collectively evaluate options that will best benefit the future of the City of Beachwood.
– Mayor Gordon

City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122

216.464.1070
www.beachwoodohio.com



LIKE US ON FACEBOOK
www.facebook.com/BeachwoodOH



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FOLLOW BEACHWOOD POLICE ON TWITTER
twitter.com/BeachwoodPolice

TV PROGRAMMING
Time Warner - Ch. 96.20
AT&T U-Verse - Ch. 99

EMERGENCY
Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

- **Shooting Range** – Our range is 30+ years old. Training has dramatically changed and the existing range cannot adequately serve the needs of a modern police department.

RECREATION

To increase efficiency, a proposed new **mechanical storage building** at the Beachwood Family Aquatic Center (BFAC) would provide on-site storage for chemicals and related equipment which are now stored on the south side of town. Plans to relocate concerts and events to an **outdoor amphitheater** would provide accessible programming space outside the confines of the BFAC.



BUSINESS DISTRICT IMPROVEMENTS

- **Changeable-copy sign(s)** at City Hall to enhance communications with residents.
- The development of area-wide **retention basins** in Commerce Park to functionally and aesthetically enhance the area as part of a Commerce Park revitalization program.
- A **cul-de-sac** on Highpoint Road to provide access to a 32.52 acre land-locked parcel located east of Highpoint Road.
- A **public road** to connect Mercantile and Harvard Roads within Chagrin Highlands to strengthen and unify our business district.
- **Signage at I-271 interchanges and bridges** would enhance the Beachwood image and sense of place with a physical landscape that clearly delineates when you are in Beachwood.

“Public work sessions will be scheduled to discuss each component in detail. We pride ourselves on interactive communications between department heads, City Council and the community; and we will collectively evaluate options that will best benefit the future of the City of Beachwood, said Mayor Merle S. Gorden.”

TO SEE THE POWER POINT PRESENTATION OUTLINING THESE TOPICS VISIT WWW.BEACHWOODOHIO.COM.

OF SPECIAL NOTE

According to the annual Recycling Report published by the Cuyahoga County Solid Waste District, 62.52% of total waste was diverted from landfills in 2013.

Thank you for recycling!

BEACHWOOD TRAFFIC SAFETY REMINDERS

The Beachwood Police Department wishes everyone a safe summer and reminds all vehicle operators of the following traffic laws:

HEADLIGHTS: Every vehicle shall display lighted headlights while being operated upon a street or highway when the windshield wipers of the vehicle are in use because of precipitation on the windshield.

CELL PHONE AND ELECTRONIC WIRELESS DEVICES: No person shall use an electronic wireless communications device in any manner while driving a motor vehicle in the City, including composing, sending or receiving text messages and using an electronic wireless communications device to dial, answer, talk, or listen; unless using a voice operated hands free device.

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meeting: Monday, July 21. Questions? Call 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, July 31. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meeting: Monday, July 21. Questions? Please call 216.292.1914.

Departments

AUDITOR
216.595.5492

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

BEACHWOOD FAMILY AQUATIC CENTER



OPERATING HOURS

MONDAY – FRIDAY

Lap Swim Only, 6:15 a.m. – 8:30 a.m.
Open Swim, 12:15 p.m. – 8:00 p.m.

SATURDAY & SUNDAY

Lap Swim Only, 9:00 a.m. – 10:45 a.m.
Open Swim, 11:30 a.m. – 7:30 p.m.

Infant/toddler area 10:00 am daily

HOW TO PURCHASE MEMBERSHIPS

- Membership registration must be done in-person, at the Beachwood Family Aquatic Center during regular hours.
- * Two forms of proof of residency required (ex. ID and utility bill)

Non-resident individuals employed within the city are eligible to purchase a season membership. Proof of employment is necessary. Guest restrictions apply.

QUESTIONS? PLEASE VISIT
WWW.BEACHWOODOHIO.COM OR
CALL BEACHWOOD RECREATION
AT (216) 292-1970

WWW.BEACHWOODOHIO.COM

Council Update

BEACHWOOD WELCOMES STRATOS WEALTH PARTNERS

Beachwood recently welcomed Stratos Wealth Partners to its corporate community. Stratos Wealth Partners purchased the building and land located at 3750 Park East Drive for its headquarters. With 47 employees, Stratos is a nationally recognized full-service wealth and financial services firm. Founded by Jeffrey Concepcion in November, 2008, on the cusp of the “great recession”, Stratos now operates offices staffed by more than 125 affiliated LPL Financial wealth advisors in 58 locations throughout 18 states across the U.S.

“We recognize the high quality of talent that Stratos Wealth Partners is bringing to our community,” Mayor Gorden said. “We are proud to have the Stratos Wealth Partners’ U.S. headquarters located here in Beachwood. We look forward to helping them achieve their goals to grow and succeed.”

Stratos is the first Beachwood-based company to receive a \$1.25 million loan from Cuyahoga County’s Western Reserve Fund. These funds were used by Stratos Wealth Partners to assist with the purchase of their building.

“Beachwood provides us with a great location for our headquarters and the best opportunity to grow our business as a national investment and financial planning service provider,” said Jeffrey Concepcion, Stratos Founder and CEO. “The professionalism and assistance of The City of Beachwood leadership and staff has been exceptional and reinforces that our move, and our new partnership with the city, is a step in the right direction.”

“We are excited to have Stratos Wealth Partners locate their headquarters here in Beachwood. The company is a great success story with more good things in store, I am sure.”

– Jim Doutt

Beachwood Economic Development Director



DID YOU KNOW?

BEACHWOOD FAMILY AQUATIC CENTER FUN FACTS

- 14,498 square ft. of water
- 524,000 gallons of water
- 11 mechanical pumps
- 483 feet of water slides
- 3,000 yards of concrete
- 15,000 bricks used
- 57,600 1" tiles surrounding water area

CITY OF *Beachwood*

CITY OF *Beachwood* **FREE MOBILE APP**



BEACHWOOD RESIDENT ART EXHIBIT – CALL FOR ARTISTS!

If you are a Beachwood resident, over the age of 50, and a non-professional artist with works that have been created in the past year, you are eligible to exhibit in the Beachwood Resident Art Exhibit (August 17 – September 6).

If interested, please call 216.292.1911 before July 11.

MULCH NOW AVAILABLE TO RESIDENTS

\$2 A BAG

For the past several years, the City of Beachwood has been producing mulch from the brush it collects from our community. Historically, the brush has been double shredded and used on city properties. For the second year, the City is offering mulch to residents for \$2 per bag (2 cubic feet).



Mulch can be purchased at the Service Department, 23355 Mercantile Road, Monday – Friday, 7:30 a.m. – 3:30 p.m.

ART EXHIBITS

Beachwood Community Center

MONDAY – FRIDAY • 9:00 AM – 4:00 PM

SATURDAY • 10:00 AM – 3:00 PM

SUNDAY • 10:00 AM – 1:00 PM

DESIGNER WALLS

Mixed-media wall art and wallpaper design
Featuring Alex Brin, Julie Cook and Lari Jacobson

Show Dates: June 25 – July 19

Artists' Reception: Sun., June 29, 1:00 – 2:30 p.m.

For more information, visit www.artbrin.com,
www.wallexpressionsbyjulie.com
and www.larijacobson.com.

FREE

BEREA FINE ARTS CLUB EXHIBIT

Mixed-media exhibit featuring artwork
from club members.

Show Dates: July 23 – August 12

Artists' Reception: Sun., July 27, 1:00 – 2:30 p.m.

OUTSIDE

CITY OF *Beachwood*

BEACHWOOD FAMILY AQUATIC CENTER
6:30 - 8:00 P.M.

TUESDAYS

- JULY 1 • **Night Breeze**
Rock, Blues, Country, Motown, Jazz & More
- JULY 8 • **Workmen's Circle Klezmer Orchestra**
Eastern European Soul Music
- JULY 15 • **The Musical Theater Project**
Families Love Musicals - Songs for All Ages
- JULY 22 • **Just Jazz**
Jazz and Pop Sounds of Today and Yesterday
- JULY 29 • **The Dan Zola Orchestra**
Big Band Music
- AUGUST 5 • **The King Bees**
R&B Classics, Blues, Jazz to Pop Music
- AUGUST 12 • **Red Light Roxy**
Swing, Boogie-Woogie & Old-School R&B
SALUTE TO OUR 50 YEAR RESIDENTS

FREE

OPEN TO PUBLIC

Summer Music Concert Series

- Miss Alexandra Huntingdon & The Gentlemen's Intermission • JULY 3
Cabaret & Jazz
- Pierre & Sophie van der Westhuizen Duo • JULY 10
Piano Duo in Recital
- Summer Serenade • JULY 17
Romantic Music - Pianist Andrew Focks & Violinist Aniela Eddy
- Delightful Divas • JULY 24
Sopranos Liz Huff & Tina Beltavski - Opera Aria & Duets
- Jazz Impressions of Cleveland • JULY 31
Marshall Griffith, Linda White, Dean Newton & Brian Sweigart
- Time Canvas: Dancing Through the Ages • AUGUST 7
Violin, Guitar, Cello & Bass
- Rhymes, Lullabies & Letters, Oh My! • AUGUST 14
Interactive Children's Songs

THURSDAYS

INSIDE

BEACHWOOD COMMUNITY CENTER

6:30 - 8:00 P.M.

BROUGHT TO YOU IN COOPERATION WITH:
CLEVELAND INTERNATIONAL PIANO COMPETITION ArtsGarden

SEINWAY PIANO GALLERY CLEVELAND

50-YEAR RESIDENT SALUTE

TUESDAY, AUGUST 12 • 6:30 PM
BEACHWOOD FAMILY AQUATIC CENTER

We invite all residents who have lived in Beachwood for 50 years or more to join us for special recognition.

Newly minted 50-year residents as well as those who might have missed last year will receive a special gift. (If you joined us last year and received your gift, please come for the entertainment and refreshments)

WHERE: Beachwood Family Aquatic Center

DATE/TIME: Tuesday, August 12 at 6:30 p.m.

COST: FREE, RSVP BY CALLING 216.595.3733

MOTOR SCOOTERS

Motor scooters and mini-motorcycles have become hot items. To legally operate these vehicles on the road, they must be titled, registered and insured by licensed operators who are at least 16 years of age.



Please note, it is also unlawful to operate motorized scooters on sidewalks at any age.

The Beachwood Police Department suggests that unless a scooter is meant for YOUNGER children, runs on batteries and IS INTENDED TO BE OPERATED ON PRIVATE PROPERTY, it should not be purchased for anyone under the age of 16.

For more information, call the Beachwood Police Department at 216.464.2343.

WWW.BEACHWOODOHIO.COM

Council Update

SAVE THE DATE - AUGUST 31
BEACHWOOD FAMILY FUN DAY

BEACHWOOD SPECIALTY CAMPS

Beachwood Day Camps are in full swing! Beachwood Recreation operates five day camps throughout the summer attracting more than 600 campers. Although many of our programs are sold-out, there are still openings in our one-week specialty camps.

FOR A COMPLETE SCHEDULE OF AVAILABLE PROGRAMS REFER TO YOUR RECREATION GUIDE OR CALL 216.292.1970

RECYCLING 101 CLASSES

Clear up those quandaries about cans, glass, paper, and plastics with a course in Recycling 101. In conjunction with the Cuyahoga County Library, the Cuyahoga County Solid Waste District offers a "Sort Out Recycling" program to educate the public. This adult education class will address the complexities of the recycling process and dispel recycling myths. Attendees will learn where recyclables go and how recycling benefits the environment.



THURSDAY, JULY 10, 7:00 P.M.

CUYAHOGA COUNTY PUBLIC LIBRARY - MAYFIELD BRANCH,
500 SOM CENTER ROAD

REGISTER ONLINE AT WWW.CUYAHOGALIBRARY.ORG/EVENTS.ASPX
OR CALL 440.473.0350 FOR MORE INFORMATION

For additional class listings or to learn about other recycling education programs offered by the Solid Waste Management District, contact Kathleen Rocco at 216.443.3731 or krocco@cuyahogacounty.us, or visit www.cuyahogaswd.org.

BICYCLISTS PLEASE SLOW DOWN

Maximum bike speed is 10 mph and cyclists should pass on the left. Use verbal signals. Cyclists are encouraged to wear helmets. Individuals under the age of 16 are required to wear helmets. Rules are posted for safety.

SENIOR POLICE ACADEMY

Beachwood Police Department is accepting applications for the Senior Police Academy.



LOCATION: BEACHWOOD CITY HALL
DATE: WEDNESDAYS, JULY 9 – AUG. 27
TIME: 1:00 – 3:00 P.M.

- Must be at least 50 years of age
- Must be a resident and/or business owner in the City of Beachwood



Learn about real-life crime prevention and receive "hands on" experience with the help of knowledgeable instructors. Learn self-defense, CPR, safety and how not to become a victim of fraud, identity theft, robbery and burglary.

TO REGISTER CALL COMMUNITY SERVICES AT 216.595.3733



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www.facebook.com/Beachwood0H



CITY TWEETS POLICE TWEETS

@Beachwood0H

@BeachwoodPolice



A message from
Executive Director Cindy Caldwell

Beachwood Chamber Launches SAVE LOCAL NOW

The Beachwood Chamber is pleased to add Save Local Now, a "Buy Local" program, to its extensive list of member benefits.

Save Local Now (savelocalnow.com) is a website and iPhone and Android app that gives people access to exclusive offers from their favorite businesses. Locals and tourists alike can use Save Local Now to access deals, events and savings where they shop, eat and play from any browser on any device. Saving money and buying local in Beachwood has never been easier.

Chamber members can use Save Local Now to create, manage and analyze their digital marketing campaigns. It includes live business listings, deal and event publishing, email marketing, iPhone and Android apps, social media management, search engine optimization (SEO) and analytics, all bundled together on a single integrated platform.

"Community organizations are looking for creative ways to market

themselves and be an asset to the businesses they serve," said Keith Latore, Save Local Now's co-founder and CEO. "That's why we created Save Local Now exclusively for chambers of commerce and community organizations. It benefits everyone. The Beachwood Chamber now has a tool to help promote local businesses and organizations while encouraging people to shop local. Business members have access to a digital marketing platform they might not otherwise be able to afford. Consumers have a convenient source for finding local businesses, deals, events and promotions."

The Save Local Now platform is available at savelocalnow.com, the App Store and Google Play. Members of the Beachwood Chamber are eligible to create unlimited digital marketing campaigns using the Save Local Now platform. If you believe your business could benefit from Save Local Now, please contact the chamber for more information, at 216.831.0003 or chamber@beachwood.org.

To view current deals, log on to Beachwood.savelocalnow.com or use the mobile app.

FREE Digital Marketing Platform for Beachwood Chamber Members!

The infographic features a central cloud containing icons for Google+, Twitter, Facebook, Email Marketing, SEO, Events, Deals, and App Store/Google Play. This cloud is followed by an equals sign and a large green speech bubble containing '\$LN SAVE LOCAL NOW'. Surrounding this central graphic are several callout boxes:

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The life of the caregiver and the life of the care recipient are intertwined. When one is thriving, so is the other, and vice versa. Here are three things to consider before aging parents move in:

#1. Take a survey of the amount and cost of the care needed. A geriatric-care manager could help you determine the amount of care needed by doing what is called a level-of-care assessment.

#2. Find out what your parent's care preferences are. Do they want to be cared for in their home, your home or in a care facility? Most parents don't want to live with their children.

#3. Create a plan to care for both you and your parents.

Stella Nsong is a registered nurse and certified dementia practitioner. She works with families across the country who do not want the stress of caregiving, who want to enjoy their own personal lives, and want to see their parents thrive outside of a nursing home. Stella Nsong is the president of the CAREgiving Institute, a 501 c3 organization, whose mission is to provide options and resources for today's and tomorrow's elderly.

For more information, call 440.942.9933 or visit www.nightingalehomesupport.com.

Cedar Audiology Associates



Thanks to continued support of our loyal patients, we are excited to be celebrating our 30th anniversary. Back in 1984, Dr. Helene Levenfus took over Richard Recko's Audiology practice. We were located for a short time at the University Building on Cedar Road in University Heights. Although the building in which we began practice is soon to be torn

down as part of the Cedar Center project, we are still going strong! Over the years, Helene has been joined by two other Doctors of Audiology: Dr. Kim Gill, Au.D. and Dr. Lynn Salzbrenner, Au.D.

A lot has changed in our field over the last 30 years. We continue to be THE state of the art, most technologically advanced group in the area. Cedar Audiology Associates, Inc. is the only practice in the area fitting the Lyric-Extended Wear hearing aid. We are excited about the recent addition of "smart" hearing aids that seamlessly connect with blue tooth devices like your cell phone. CAA recently became part of the Sensaphonics Gold Circle for providing hearing conservation and in-ear monitors for musicians. We strive to provide the BEST hearing health care in Cleveland.

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"We are patient-centered," says Tom Abelson, MD, medical director of Cleveland Clinic Beachwood. "We have an excellent group of primary care physicians — pediatricians, family practitioners and internists — to meet patients' basic needs.

Beachwood FHSC covers various specialties — medical specialties like dermatology and rheumatology and surgical specialties like orthopaedics and urology. Cleveland Clinic surgeons at Beachwood perform roughly 9,000 surgeries yearly. Regarding diagnostic equipment, it offers MRI, CT, X-ray technology, nuclear medicine, fluoroscopy and a laboratory with an outstanding reputation."

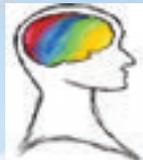
Express Care plays a key role at the Center for patients 6 months and older with minor problems like sprained ankles and strep throat. "The walk-in convenience is great," says Dr. Abelson. "Express Care is overseen by phenomenal nurse practitioners and physician assistants."

"As part of a new Team Care model, our primary care physicians work with nurse practitioners and medical assistants who take responsibility for the overall health and well-being of our patients," he says. "They ensure patients come in for follow-up appointments and get needed tests and results."

For more information, call 866.551.8859 or visit www.clevelandclinic.org/beachwood.

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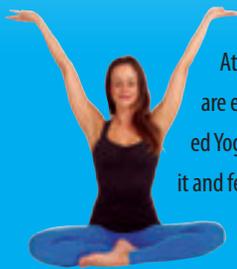
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It's our 10-year anniversary and we've moved! Join us at our Grand Re-opening Party, August 24, 1-4 p.m., at our new state-of-the-art gymnastics facility, 23700 Mercantile Road (just across the street from our previous location). Visit us at www.jsgymnastics.com for information on our new, exciting lineup and online registration.

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FOR MORE INFORMATION ABOUT THESE LISTINGS, SEE PAGES 34-39.

Wellness

Dr. Gutman

Say goodbye to hemorrhoids

"Some of my patients have been suffering with hemorrhoids for years because they're afraid of surgery and don't realize that treatment has come a long way. There are now a number of painless treatment options available," says Dr. David Gutman of Advanced Hemorrhoid Specialists. Dr. Gutman is a graduate of Case Western Reserve School of Medicine and a board certified internal medicine doctor who specializes in the non-surgical treatment of hemorrhoids.

Typical hemorrhoid symptoms include pain, bleeding, itching, a protrusion of tissue through the anus, difficulty in keeping clean, and anal leakage. "There's such a stigma associated with hemorrhoid treatment, but there is really no reason to be afraid or embarrassed," he opines. "Today's treatments are so quick and easy, you'll wonder why you waited."

Dr. Gutman offers two different non-surgical methods to treat hemorrhoids. He has performed over 20,000 procedures right here in Northeast Ohio, so you'll be in very experienced hands.

Infrared Coagulation

"I use a high-intensity infrared light, similar to a laser, to reduce the blood flow, which reduces inflammation and helps tether the hemorrhoidal tissue higher in the anal canal so that it doesn't drop down," he explains.

CRH O' Regan Method

This method allows Dr. Gutman to apply gentle suction to the redundant tissue and easily place an elastic band to remove the hemorrhoid.



"Both of these treatments take only a few seconds to do, and since they are performed in an area with no nerve endings, they can be administered right in the comfort of my office without anesthesia. There is virtually no pain, no prep needed, there are no major restrictions, and you don't have to take time off of work. The procedures are also covered by Medicare and most insurance plans," he notes.

Dr. Gutman is pleased to announce a new office location in Beachwood where he is currently accepting new patients.

To reach Dr. David Gutman of Advanced Hemorrhoid Specialists, call 216.772.4653. His Beachwood office is located at 25200 Chagrin Blvd, Suite 109. You can read hundreds of actual patient testimonials at www.SensitiveCare.com.

August's Special Section:

Fall Back to SCHOOL!

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AT 440.315.6833 or SALES@BEACHWOODBUZZMAG.COM.



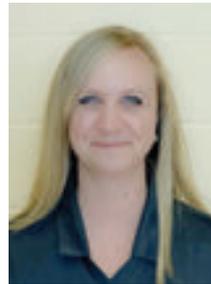
Sports Medicine Program Benefits Student Athletes

University Hospitals, UH Ahuja Medical Center and Beachwood Schools are collaborating to develop and sustain innovative health, wellness and education initiatives for Beachwood students.

In summer 2013, Beachwood High School collaborated with UH Corporate Health and hired a University Hospitals certified athletic trainer to provide professional sports medicine coverage to every Beachwood Bison team.

“Each day I oversee all aspects of pre-game preparation,” says Julie A. Brough, AT, head athletic trainer, Beachwood High School. “I also respond to on-field injuries and refer players to physicians, physical therapists and the UH Ahuja Medical Center Emergency Department as needed.”

Brough, UH Ahuja Medical Center and Beachwood Schools are now preparing for middle and high school players’ pre-participation physicals for the 2014-15 season.



Pictured: Susan V. Juris, president, UH Ahuja Medical Center; Richard A. Markwardt, PhD, superintendent, Beachwood Schools; and Julie A. Brough, AT, head athletic trainer, Beachwood High School.

“With UH’s involvement and Julie’s commitment and expertise, we have access to the best clinical resources to keep our kids healthy and get our injured players safely back in the game,” says Ryan Peters, athletic director, Beachwood High School. “Our goal is to build the best athletic program in Ohio, and working with University Hospitals and UH Ahuja Medical Center is taking us to that level.”

Beachwood Schools is also working with the hospital and UH

EMS Institute to launch a CPR training program for its coaches, and UH Ahuja Medical Center and Julie Brough are developing a wellness education program for students.

“We are grateful for the enthusiastic cooperation and support UH brings to the table,” says Richard A. Markwardt, PhD, superintendent, Beachwood Schools. “Our students are benefitting greatly as a result.”

The sports medicine initiatives represent an aggressive beginning for the UH Ahuja Medical Cen-

ter-Beachwood Schools collaboration.

“An exciting synergy is created when our hospital and healthcare system work closely with Beachwood Schools,” says Susan V. Juris, president, UH Ahuja Medical Center. “Our organizations are having a profound impact on the entire community.”

To receive a Beachwood Schools pre-participation physical, parents and student athletes should download the 2014-2015 Ohio High School Athletic Association (OHSAA) pre-participation physical evaluation consent form at www.e-ppe.com, then print and bring the completed form to exam day at Beachwood High School, Friday, August 1, 5 - 8 p.m.

For more information about the University Hospitals-Beachwood High School Sports Medicine program, call UH CorporateHealth at 216.488.4770.



Integrative Approaches to Women’s Health

By Daniel Shank, MD

Many women’s health issues, including PMS, menopause, Polycystic Ovary Syndrome and osteoporosis, may be approached in an integrative fashion, adding non-traditional approaches to the conventional treatment plan. Often, this integrative approach results in a better outcome at a lower overall cost.

Below are evidence-based integrative approaches to common women’s health concerns:

Supplements: Evidence strongly supports the benefits of taking calcium and vitamin D supplements. These have been shown to lower the risk of and help improve osteoporosis as well as lessen symptoms of PMS. Soy is another commonly recommended

supplement, although results of studies have been mixed. Some women seem to benefit more than others do. It may be worth a try for women experiencing menopausal symptoms and menstrual irregularity. Generally, I would advise against the concentrated supplement for someone who has a history of breast cancer, but I would recommend including whole soy foods like tofu, edamame, and soy milk for everyone.

Herbal approaches: The three major traditions in herbal medicine are Ayurveda (Indian), Chinese, and Western. There is some degree of overlap in the herbs employed, but each tradition has its own approach. There is a growing body of scientific evidence supporting the

efficacy of many of these herbs for a variety of health-related issues, including menstrual irregularity and painful menstruation. These preparations are typically much less expensive than conventional medications.

Acupuncture: The scientific support for treatment of PMS and menopause is mixed due to the difficulty of conducting controlled studies. That said, many women have found relief from their symptoms with no negative side effects when employing this ancient treatment.

Stress management: There is no doubt that many illnesses are exacerbated by stress, including many women’s health issues. Integrative approaches, such as mind-

ful meditation, stress resilience training, yoga and even massage therapy, can help lower stress and increase a sense of wellness. They are highly successful and cost-effective approaches to augmenting conventional care.

Dr. Shank is an Integrative physician with the Connor Integrative Medicine Network at University Hospitals Ahuja Medical Center. CIMN offers a variety of integrative treatments and services, including acupuncture, Ayurveda, Chinese herbal medicine, integrative psychiatry, hypnotherapy, massage, myofascial release therapy, mindfulness training, S.M.A.R.T. (stress management and resilience training) and yoga therapy. Appointments may be made with Dr. Shank or for other services at 216.285.4070.

Park East Center Celebrates Memorial Day by Honoring Veteran Residents with a Certificate Ceremony

On Friday, May 23, Park East Center invited family and friends of its Veteran residents to celebrate and honor those who served our country. Rev. Theodore Wilson II of Crossroads Hospice spoke to resident Veterans and presented them with Certificates of Appreciation in honor of their service.



Pictured from top: Chaplain Rev. Theodore Wilson II presented Certificates of Appreciation to Edsel Holmes, Paul Frasher, and Thomas and Mary Ray.

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Eleven-Year Old Beachwood Boy on Pilgrimage to Santiago de Compostela

Liam Torres is a Hilltop Elementary School 5th grader who plays soccer, football and basketball. Over the past year, he physically and emotionally prepared for a pilgrimage to Santiago de Compostela with his dad, Jose.

Usually, when we hear the word “pilgrim,” we think of Plymouth, turkey and Thanksgiving Day, but the word has an older meaning. It actually refers to a person who is traveling to a sanctuary or a holy place. Although not well known here, peregrinos, as pilgrims are called in Spanish, have been continuously making their way to the Cathedral of Santiago de Compostela in Spain for the last millennium. “El Camino Frances” (the French route) is considered the main road for pilgrims coming from over the Pyrenees mountains, and is about 500 miles long when begun at the town of Saint Jean Pied de Port in France.

A few years ago, Jose pledged to walk the Camino Frances, and he started preparing for it. Because the journey could take five weeks to complete, he chose to break it down into two-week segments each spring, starting in 2014. His plan was to go solo, but his eleven-year-old son, Liam, wanted to go too. After seeing Martin Sheen’s movie, “The Way,” Liam wanted to go even more. Jose was reluctant to let Liam join him at first because of the physical/spiritual challenge of walking 15 to 18 miles each day. Then, one day, Jose relented and agreed to let Liam prove himself. They took the Van Aken Rapid line to Tower City and walked all the way back to Beachwood.



After walking twelve miles, they turned onto Halburton Road; and Liam decided not to wait for his dad and jogged the rest of the way home. From that moment on, it was a team effort.

In March, 2014, after months of preparation, Liam and Jose arrived in Paris. From Paris, they took two trains and a bus just to

get to the town of Saint Jean Pied de Port where they spent the night at the municipal pilgrim home staffed by two volunteers from Holland. Pilgrims from the Netherlands, Ireland, Spain, France, South Korea, Italy and Germany arrived throughout the day, and everyone shared a large room with many bunk beds.

The next morning at 7 a.m., with 50-degree weather and mist in the air, they began their ascent through the Pyrenees Mountains towards the Navarra province of Roncesvalles, a small medieval village where Charlemagne saw defeat in 778. With everything they needed on their backs, Liam

and Jose climbed for seven hours. Starting at 600 meters above sea level, they climbed to 1,400 meters. Liam was the only child on the Camino that day, and he held his own, impressing many peregrinos. At one point, their group was joined by Fabrizio from Italy and Frank from Germany, and everyone helped each other and kept an eye on a Spanish pilgrim who continued the climb despite having hurt his knee.

“It was a hard climb, but we finally arrived in Roncesvalles at 2 p.m., with no blisters,” Jose told us. “The first thing Liam did after arriving was to get his soccer ball and go out to play.”

Liam and Jose walked the last forty-four miles in three days – from Estella to Torres del Rio, to Logrono, and then to Najera, a town from which Liam’s ancestors came. Jose took Liam to the Santa Maria la Real Church, where Liam saw the tombs of his ancestors.

They slept at the pilgrim's hostel that night, and continued their descent into Spain the next morning, walking 17 miles in six hours.

"It is said that the 'the way is the goal,'" Liam told us. "The significance [of the Camino] was easy to see as we went through breathtaking sites, monuments, ruins and the path itself.

"We walked with Fabrizio, a guy from Korea, Brian from Ireland, and a tennis instructor from Chicago," Liam added. "I was in my environment – I spent a lot of time talking college basketball with the guy from Chicago, and we really moved!"

Liam was always in front of the group. At the end of the day, they arrived in the small town of Larrasoana, showered, went to market, and later joined up with peregrinos they met in St. Jean.

Liam and Jose arose early and walked for five hours towards Pamplona. As they followed the path out of Larassoana, they found their way blocked by ten loose horses. After walking a combined total of approximately 45 miles, they still had no blisters. An hour into the walk, Jose and Liam stopped for breakfast at local café by a river.

"I was completely at ease in my surroundings," Liam said.

"I really enjoyed watching Liam socialize and talk soccer with the people at our table," Jose added. "He ended up discussing Manchester United's chances in the soccer league with the New Zealanders."

Fabrizio arrived shortly thereafter and continue to Pamplona with the pilgrims from Beachwood.

As the small group reached Pamplona, they were joined by other pilgrims they had met along the way, and they decided to walk a few more miles to Cizur Minor, where they found a nice place with bunk beds, showers, a kitchen and free Wi-Fi – all for 10 euros each. Liam was asleep by 8 p.m., which was good, since they were climbing the Alto del Perdon ("Mount of Forgiveness") the following day on their way to the Rioja region. Of course, before falling asleep, Liam watched a

soccer game on Spanish TV.

The climb up the Alto del Perdon was cold, and some snowflakes were falling. At one point, a local recommended they rest at the next village and wait for the snow to stop. They thanked him respectfully, but since our pilgrims are from Cleveland, they kept going. Along with breathtaking views, they saw several memorials to people who had died on the Camino.

It was a long day before reaching the Town of Puente la Reina, where Liam enjoyed dinner at a local bar with three TVs showing Spanish soccer, which gave him enough energy to mentally psych himself for his five-mile walk the next day.

As their journey continued, Liam and Jose crossed many medieval towns, including Cirauqui, where they met a British woman who was doing the Camino by herself. She had heard about Liam, so upon meeting him, asked if he was the eleven-year-old-boy doing the Camino.

They continued their journey on unrestored Roman roads and crossed a Roman bridge, which Fabrizio managed to cross, despite having serious problems with his ankle. With tears in his eyes, this 26-year-old Italian man walked the last few miles and made it to Estella.

Liam and Jose walked the last forty-four miles in three days – from Estella to Torres del Rio, to Logrono, and then to Najera, a town from which Liam's ancestors came. Jose took Liam to the Santa Maria la Real Church, where Liam saw the tombs of his ancestors. They were impressively carved stone coffins, but Liam was impatient and more interested in going outside to kick his soccer ball. They left Najera the next day, drove to Barcelona, and flew back home.

Their gear was cleaned and put away, but plans are already underway for their return to Najera next spring to pick up where they left off.

In all, Liam walked 120 miles in eight days, some of it quietly, some of it with friends he had made on the way, and some in deep conversation with his dad.

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Pat and Tom Finley Climb Mount Kilimanjaro to Raise Awareness for North Coast Community Homes

Tucked back on the corner of Halcyon and Cedar Roads sits a group home that was purchased by North Coast Community Homes (NCCH) in 1989. Since 1984, NCCH has developed more than 200 homes in 60 communities throughout northeast Ohio, housing nearly 1,000 individuals with developmental, intellectual and physical disabilities.

With services provided by Jewish Family Services Association, this Beachwood property has been called “home” for eight people at any given time for the past 25 years.

“All homes are customized to the needs of each resident, allowing them maximum independence,” Steve McPeake, president and CEO of NCCH, told us. “Our residents thrive because of the generous support of individuals, corporations, and foundations.”

And now, Pat Finley, NCCH chairman of the board of trustees, and his 79-year-old dad, Tom, are



the buzz behind the organization’s most recent fundraising effort. They love their favorite charity so much, that they “climbed the highest mountain” to prove it. Just last

month, the duo climbed Mount Kilimanjaro, which, at 19,341 feet, is the tallest free-standing mountain in the world. According to National Geographic, only about 45% of those who attempt the climb actually reach the summit successfully.

The father-son team is raising money for the ongoing mission of NCCH, and invites the community to join them in spirit by making a pledge to the non-profit organization in support of their climb. Their goal is to jointly raise \$50,000.

The duo began training in April, by climbing local slopes, and exercising while wearing equipment that builds up their red blood cells and simulates a lower-oxygen, higher-altitude environment. They even slept in tents that gradually reduce the amount of oxygen available.

“We are very grateful that we can make this attempt,” Pat revealed early in his training. “Because of their disabilities, the people we serve will likely never have an opportunity like this. We’re fortunate and want to do something for them.”

“What a joy to travel with my son and experience this together,” Tom added during a recent training session. “When first asked about this back in September, I only had to think for a moment before saying

Pictured from left: Tom and Pat Finley train to climb Mount Kilimanjaro.

Photo credit: Janice Schrag, North Coast Community Homes.

yes. It’s the perfect time for this. It has a purpose, is a priority, and I am super motivated.”

Pat and Tom Finley arrived in Tanzania on June 4 and began their ascent four or five days later. They aimed to reach the summit of Mount Kilimanjaro early on Sunday, June 15, Father’s Day, and to celebrate Pat’s 50th birthday just a day later, while on their descent.

“Pat and I have an agreement,” Tom said. “If either of us experiences difficulty, the other will go on.”

Prior to their journey, Tom, who plans to live to at least the age of 100, admitted that he was looking forward to this extraordinary moment. “What a joy it will be,” he smiled, “to stand on top of that mountain with our son.”

CONGRATULATIONS! Prior to going to press, Beachwood Buzz received an email stating that both Pat and Tom made it to the summit. To view photos or to make a donation to NCCH, visit nccch.donorpages.com/KilimanjaroClimb2014 or www.nccch.org and click on the Finley link.

Beachwood Middle School Track Team Excels

Congratulations go to Beachwood Middle School track participants Mia Knight, Marissa Thomas, Katelyn Perryman, Briana Bishop, Ashaunti Griffin, Allonda Watkins, Leah Roter, Taylor Royster and Macie Berkley on qualifying to compete at the Middle School State Track Championship in Dublin, Ohio.

The team brought home 3rd place overall, four state championships and one new state record.

"This is a HUGE accomplishment for these girls and the middle school program," said Beachwood Middle School track coach, Sarah Schoenhagen. "It is something that has never been done before, and I'm so proud of the successes they worked so hard to achieve."

"This is a great representation of the Beachwood community, and this is a great bunch of girls to look out for at the high school level," she added.



Beachwood Middle School's State Team – Back row from left: Marissa Thomas, Macie Berkley, Allonda Watkins, Taylor Royster and Sarah Schoenhagen (coach). Front row: Briana Bishop, Mia Knight, Ashaunti Griffin and Katelyn Perryman. Not pictured: Leah Roter.

Podium finishes at States include:

Shot Put
Katelyn Perryman – 5th place

200m Hurdles
Allonda Watkins – 9th place

100m Dash
Mia Knight – State Champion

4x100 Relay
Marissa Thomas, Ashaunti Griffin, Katelyn Perryman and Mia Knight – State Champions

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Ashaunti Griffin, Briana Bishop, Marissa Thomas and Mia Knight – State Champions and new state record

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Briana Bishop, Marissa Thomas, Katelyn Perryman and Ashaunti Griffin – State Champions

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31-year Menorah Park Employee Beyond Special

For the past 31 years, Barry Henkin has been transporting Menorah Park residents and patients to and from activities, rehab and doctors visits, and always finds a million ways to converse with everyone he meets. On most days, he asks patients how they and their families are doing; talks about his life, work and activities at Menorah Park; recites music facts and trivia; and generally makes people feel at ease.

Henkin now has news that he is proud to share with everyone. He was recently inducted into the Cleveland Heights High School Hall of Fame, where he also received the Hilary Ancker Award. Henkin is also spreading the word about his newly published book, "Why Am I so Special?"

Henkin maintains a positive attitude about life, which is evident when reading his book. It was written to help others with disabilities to understand the importance of always doing your best, looking your best, and working a job you love. He

instructs others to let 'no one treat you badly because you are different,' and offers advice on living on your own with disabilities. He has been hitting the speaking circuit for the past year, talking to other adults and young people with disabilities at various organizations, and the reception has been overwhelming!

Henkin gets invitations to come back before he even leaves, and by the time he walks out the door, he has made more friends than one can count.

Henkin has high hopes that his newfound fame will net him an appearance on The Ellen Show, and perhaps something will come of it. He was featured in a *Plain Dealer* article that ran Sunday, May 5, in the Metro section. The article mentioned that his dream is to appear on The Ellen Show, and to meet country music singer, Reba McEntire, who will appear at the Canfield Fair late in August. Hopefully, the wheels are in motion on the Ellen dream, even if it is only through an email to someone who knows some-



one who knows Ellen.

As Henkin always says, "Just do your best, and do good things, and good things will happen to you."

So far, it's working for Henkin, whose book, "Why Am I So Special," is available on Amazon.com and on Kindle.

...his dream is to appear on The Ellen Show, and to meet country music singer, Reba McEntire, who will appear at the Canfield Fair late in August. Hopefully, the wheels are in motion on the Ellen dream, even if it is only through an email to someone who knows someone who knows Ellen.

Menorah Park News

A Community Invitation

Area Seniors Invited to Experience CLUB MENORAH

Menorah Park Center for Senior Living invites seniors who may be isolated during the day to come enjoy various offerings, including chef-prepared lunches, wine-tasting, fine art, guest speakers, and many more cultural, social and intellectual programs with engaging entertainment. Add free transportation to and from the Club in its service area, and this makes Club Menorah the place to be.

The entire program, offered July 21 and every third Monday of each month thereafter from 10:30 a.m. until 2:30 p.m., is free.

Limited space is available. Please call Tina Witt at 216.839.6673 to register.

The Community is Invited!

New Walking Club!

Put on your walking shoes and get healthy! Peter B. Lewis Aquatic and Therapy Center therapists make sure you are doing it right during your walk with the New Walking Club that meets each Wednesday at Acacia Metro Park, off Cedar Road, at 12:30 p.m. Parents and grandparents are urged to bring their children and grandchildren for a healthy walk as well! Walks usually last between 30 and 45 minutes, and everyone is able to go at his/her own pace.

Distance Learning

The community is invited to experience real-time education and interaction at the Rose Institute for Lifelong Learning on the Menorah Park Campus.

July sessions include:

Monday, July 7 • 2:30 – 3:15 p.m.

"The Hidatsa Earthlodge,"

by Knife River Indian Villages National Historic Site (Stanton, ND)

Monday, July 14 • 2:30 – 3:15 p.m.

"Birds of Prey," by the Lee Richardson Zoo (Garden City, Kansas)

Monday, July 21 • 2:30 – 3:15 p.m.

"Composer Spotlight: Wolfgang Amadeus Mozart,"

by the Cleveland Institute of Music

Monday, July 28 • 2:30 – 3:30 p.m.

"Custard, Coasters and Carousels: Remembering Euclid Beach Park,"

by the Western Reserve Historical Society

To register, please contact LeAnne Stuver, M.Ed., director of Lifelong Learning, at 216.831.5452, ext. 244, or LaStuver@menorahpark.org, as space is limited.



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Volunteer Opportunities Offered by The Jewish Federation of Cleveland

Fresh Produce Distribution: Kosher Food Bank

Wednesday, July 9 • 2 – 6 p.m.
RIAS Kosher Food Bank,
2004 S. Green Rd.

Pack, sort and distribute fresh produce to children and families in need. This Food Bank is the kosher department of the Greater Cleveland Food Bank and serves all people in need, regardless of race or religion. Please register now at www.jewishcleveland.org/volunteer. For additional opportunities at the Kosher Food Bank, call Devorah Alevsky at 216.288.7288.

Feed the Hungry: Produce to People and Community Kitchen

Greater Cleveland Food Bank,

15500 S. Waterloo Rd.

Volunteers must be 12 years and older. Register for both programs at <http://greaterclevelandfoodbank.org/give-help/volunteer>. Registration deadlines are one week prior to event.

Produce to People

Thursday, July 17
3 – 7 p.m.

Help fight hunger in Cleveland! Produce to People is a monthly distribution program to pack, sort and distribute fresh produce to hungry children and families in need.

Community Kitchen

Monday – Friday,
Various Shifts Available

Help prepare lunches that are

distributed to local youth centers.

“Unstuff” the Bus:

Help Children in Need

Thursday, July 31 • 8 a.m. – noon;
noon – 4 p.m.; or 4 – 8 p.m.
Kids in Need Resource Center,
3631 Perkins Ave., Dock A,
Cleveland

Each year, WJW Fox 8 sponsors “Stuff the Bus,” an all-day event where school supplies are donated to benefit the Kids In Need Resource Center. The supplies are transported in school buses, where volunteers remove and sort the donations. Register at www.jewishcleveland.org/volunteer. Registration deadline is Monday, July 28.

Upcoming Programs at The J

Save the Date!

Cleveland Jewish FilmFest
September 4-14, 2014

Jewish Book Club at The JCC

Gain a deeper understanding and enjoyment from the books you read, while making new friends. Join this monthly book club, led by seasoned moderator and librarian, Andrea Davidson.

You're invited to come to the Mandel JCC on August 1 at 1 p.m. having read *Brothers Emanuel* by Ezekiel Emanuel. This program is free for Mandel JCC members and \$10 for non-members. To register, contact ideas@mandeljcc.org or Jan Rutsky at 216.831.0700, ext. 1348.

Girl Rising Shown at Beachwood High School

by BHS Sophomore Dalia Zullig

Last month, Beachwood High School (BHS) students watched a screening of *Girl Rising*, which details the struggles of nine girls who are fighting for an education in various countries.

The movie was broken up into sections with each girl's story.

Wadley lived in a slum. Sokha was a “child of the dump.” Asmera was promised to a man by the age of 13, and Senna was raised in an environment where illiteracy and prostitution prevailed.

Suma was a “kamlari,” or slave, obeying the commands of her owner; and Amina was a child bride who, at the age of 12, had already given birth to a baby boy.

Yasmin was kidnapped and was almost murdered; Ruksana was a “pavement dweller,” or homeless; and Mariama was the first in her family to go to school.

Each of these girls fought for a quality education, and in the movie, both their successes and their struggles were highlighted.

According to *Girl Rising*, girls are often treated as second-class citizens because of poverty and traditions that are hard to break; and education is key to breaking

the cycles of poverty in just one generation. By educating one girl, she is more likely to stand up for her rights and educate her own children, which will start a chain reaction where communities can prosper.

We often take education for granted. According to BHS junior Srividya Uppalapati, *Girl Rising* was shown at BHS because it's important to empower girls, build on their strengths, support them to follow their dreams and, especially, encourage them to get the education they deserve.

In an email, Uppalapati stated, “Last year, eight BHS girls received sponsorships from Mayfield's GirlUp chapter, which supports girls in other countries to get an education. I was one of them. When I walked out, I knew that everyone in our community and surrounding communities should have the opportunity to watch the movie. Since then, I've worked to bring it to Beachwood.”

Education issues are prevalent, not just in other countries, but in ours as well. Although, according to *Forbes*, women first outnumbered men in the late 1970s, they are still looked down upon in American

society. No job is too big to be affected by sexism. When Hillary Clinton considered running for president in 2016, she was not asked about what she would do to better the economy, she was asked whether or not she would be able to focus on being president while she had a grandchild.

Past presidents, even with grandchildren, were never asked this question.

Even Hollywood stars, like Scarlett Johansson, have been taking a stand against sexist questions towards female actresses. While at a press conference for *Iron Man 2*, Robert Downey Jr. was asked about character development, while Johansson was asked about how hard it was to get into shape for the movie.

The showing of this movie initiated the start-up of a GirlUp chapter at BHS, with Madeleine Haas as its chapter president. Also, GirlUp and Inspire club (a club at BHS working towards empowering girls) will work to mentor younger girls and bring in speakers to help motivate and encourage girls on the importance of education.

“*Girl Rising* was shown because



education is the first step to actually making a change,” said BHS sophomore Molly Rosen. “While educating yourself is a vital first step, it is also important to spread the word, and do anything you can to help, whether it's donating money or supplies, signing petitions, or bringing films like *Girl Rising* to different communities and groups.”

“Educating girls can break poverty cycles and change the lives of future generation,” she added.

For more information or to host a screening of the movie, visit www.girlrising.com.

Girl Rising was shown at BHS because it's important to empower girls, build on their strengths, support them to follow their dreams and, especially, encourage them to get the education they deserve.

Upcoming Programs at the Beachwood Library

Children's Programs

Friday Family Fun: Mother Goose Party! July 11 at 1:30 p.m.

Ages 2-8 with a caregiver

Bring your Mother Goose fans for stories, rhymes, games and crafts featuring your favorite Mother Goose characters!

Hathaway Brown Musical Theater Institute Preview July 12 at 4 p.m.

Bring your family to this sneak peek of the musical "You're a Good Man Charlie Brown," which will be brought to life by talented young performers of the Hathaway Brown Theater Institute.

Daring to be Dumbo July 16 at 6:30 p.m.

For families

Dancing Wheels presents a reimagining of the original story that is set in a contemporary junior high school, where Dumbo is now a 13-year-old girl who is bullied. The original themes of triumph over adversity still ring through at the core of this new program.

Fizz Boom Read July 21 at 6:30 p.m.

Preschool – Grade 2 with a caregiver

Explore science and story with Dr. Fizz! Before there was science, people used stories to explain everything from why giraffes have long necks to why humans live longer than many other animals. Explore scientific theories behind fascinating natural phenomena as well as how people around the world have explained the same phenomena for centuries.

Wendy Mahon's Masks July 31 at 6:30 p.m.

Ages 8-12

Learn to make a mask by using various materials and techniques, and applying concepts of two- and three-dimensional design to your own creation. Find out how masks are used by different cultural groups in ceremonies and festivals.

Storytimes:

Toddler Storytime – Mondays at 4 p.m. and Wednesdays at 10 a.m. Ages 19-35 months with a caregiver

Join us for books, rhymes, songs and fingerplays.

Baby & Me Storytime – Tuesdays at 4 p.m. and Thursdays at 10 a.m. Caregivers and their babies from birth-18 months

Join us for rhymes, songs, fingerplays and books perfect for baby.

Preschool Storytime – Wednesdays at 1:30 p.m. Ages 3-5 not yet in kindergarten and their caregivers

Enjoy stories, books, rhymes, songs and fingerplays with your little one.

Registration is required for all programs, except storytimes. To register, please call 216.831.6868 or visit cuyahogalibrary.org.

Adult Programs

Skype with "Elliot Ness" Book Author Douglas Perry Wednesday July 9 at 7 p.m.

Join the History Book Club in a discussion of Elliott Ness: The Rise and Fall of an American Hero by Douglas Perry, who will join the discussion from Portland via Skype! Copies of the book are available at the branch, but you do not need to read the book to attend.

Art and Illumination for Better Photography with Stuart Pearl Thursday July 10 at 7pm.

Before photographers were shooting landscapes with their digital cameras, the master landscape artists used paint, canvas and a discerning eye to create beautiful vistas of the world around them. Today's photographer can learn much by studying these wonderful paintings and how those artists viewed the world. Professional photographer Stuart Pearl will show examples of his own photography and how he tries to incorporate techniques from the master painters who came before us.

Psychology of the Successful Entrepreneur with Laura Varcho Tuesday July 29 at 7:00 p.m.

Before getting a bank loan, renting a gallery or teaching studio, or buying raw materials to produce a product, would-be entrepreneurs need to understand the intangibles of successful business ownership. This workshop defines the personal attributes and skills necessary for success as a small business owner, including salesmanship, leadership and customer service skills, comfort with risk, uncertainty and paradox, independent thinking and creativity, ability to self-promote and self-motivate, and sound financial judgment. This interactive lecture promotes exploration of the challenges and benefits of entrepreneurship. It inspires attendees to begin the self-evaluation required for laying the groundwork upon which to build their businesses.

Local Author Tim Tibbits Launches "Echo Still" Tuesday July 15 at 7 p.m.

In his first novel, "Echo Still," Tim Tibbits brings his experience as an English teacher and tutor to this

story of 12-year-old Fig, the product of an interfaith marriage who lost his mother at the age of four. Fig's seventh grade existence is challenged when his non-Jewish father insists he go through the preparation for Bar Mitzvah, even though he feels very little connection to his mother's religion. Only when his Jewish grandmother enters his life does he find the maternal love he has craved, and a connection to his Jewish heritage. Books will be available for purchase and signing.

I Sing the Body Electric: Portrait of Walt Whitman Sunday July 27 at 2 p.m.

Wordstage, a chamber music theater, celebrates the life of Walt Whitman through words and music. Letters, diaries and revolutionary poems are set to violin music, played by Mary Beth Ions, while narrators Marci Paolucci and Tim Tavcar weave carefully chosen snatches of the poet's writings into a compelling biography.

Please register for the above-listed programs at www.cuyahogalibrary.org or call 216.831.6868.

Programs at The Gathering Place

The Gathering Place is a cancer support center that provides FREE programs and services for individuals and families touched by cancer. All programs listed are for the person diagnosed, or family and friends, and take place at 23300 Commerce Park in Beachwood. Advance registration is required by calling 216.595.9546. For more information or a complete listing of programs, visit www.touchedbycancer.org.

Art and Drumming

Experience the combination of two great methods of releasing stress and emotions. No experience necessary. Drums provided. Tuesdays, July 8, 15, 22 and 29, 6:30 – 8:00 p.m.

Meditation in Motion

Move your body to still your mind by practicing yoga and walking on the labyrinth. Thursday, July 17, 1 – 2:30 p.m.

Survivorship Support Group

Monthly group for those who have completed treatment. Thursday, July 10, 6:30 – 8 p.m. Wednesday, July 23, 1:30 – 3 p.m.

Joy of Drumming

Join us as we tap into the joy of summer and drumming. Drums provided. No experience necessary. Thursday, July 31, 6:30 – 7:30 p.m.

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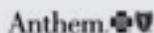
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