

Beachwood Buzz

April 2016

Every Resident. Every Page. Every Month.

MAGAZINE

BHS Student Strives to Outsmart Alzheimer's Disease

"Although we're not close to finding a cure yet, that's my goal, but it's really far away"

– Swathi Srinivasan

Also Inside:

City Council Update

You and Your Schools

Warm Days, Cool Trends

PTO Garage Sale • EntrovationCLE

Events • Programs • and much more!

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Thursday, April 28th
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Friday, April 29th
9am - 3pm

Saturday, April 30th
9am - 3pm

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BISON FEAST + FEST





What makes you happy? It is a question that has puzzled many. Because life can get busy, so many go through it on autopilot without taking the time to think about what they really want. A few weeks ago, I watched the movie *Happy*, directed by Roko Belic, who set out on a worldwide search for the answer.

In the movie, people with cultural differences, in different countries, were observed and asked what made them happy. In many cases, it was the simplest of answers: when the wind blows through, when they arrive home from work to see a child, when they can spend time with their neighbors, were just a few responses.

There is much published information about happiness, and as I was reviewing several articles, The Happiness Quotient (HQ) caught my eye. It's a basic tool designed to help you understand how you feel about seven aspects in life.

The HQ explains life integration, or seeking balance. Everything in life is linked and when something is out of whack, it has an impact on the overall quality of life that directly translates to happiness. With your overall "vision" in the center (see diagram), the seven areas are fitness, family, friends, finances, fun/fulfillment and work/career. Here's an overview:

■ Fitness

Our body and mind are connected. Being active is good for our physical health and it also makes us happier. It instantly improves our mood and can even lift us out of a depression. We don't all need to run marathons, but there are simple things we can all do to be more active each day. We can also boost our wellbeing by unplugging from technology, getting outside, and ensuring that we get enough sleep.

■ Family and Friends

The happiest people spend time with those they love, including family, partners and/or friends. A simple strategy for increased happiness is to accept social invitations whenever possible, or to initiate social gatherings with family and friends. Face-to-face meetings make us happier than online networking, since hugging and other forms of physical touch release endorphins. People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning and support, and increase our feelings of self-worth. Broader networks bring a sense of belonging. Therefore, taking action to strengthen our relationships and build connections is essential for happiness.

■ Finances

Can money make you happy? When I asked my daughter, she said, I don't think it would make me sad! While I agree, scientifically, there is a point of diminishing returns. According to a 2010 study by Nobel prize-winning scholar and psychologist Daniel Kahneman and his colleagues at Princeton University, "When people have a lot more money, they can buy a lot more pleasures, but there are some indications that when you have a lot of money, you will savor each pleasure less." What happens above the \$75,000 threshold?

Kahneman says that "further increase in income no longer improves individuals' ability to do what matters most to their emotional wellbeing, such as spending time with people they like, avoiding pain and disease, and enjoying leisure."

■ Fun/Fulfillment

While "fun" can be tied to activities we enjoy, fulfillment often comes from within. Attributes like spirituality, mindfulness, acts of kindness, gratitude, giving to others, optimism, counting your blessings, learning and managing stress are examples of things that we may find to be fulfilling.

■ Work/Career

We are happiest when engaged in activities that make us forget ourselves and lose track of time. Psychologist Mihaly Csikszentmihalyi calls it the "flow" experience. Flow can be achieved when we create music, engage in gardening, play with children, participate in sports, write or even pour over a spreadsheet. According to Csikszentmihalyi, doing what you do best is the best way to achieve flow. In an ideal world, our work/career is built around what we do best.

The formula to finding happiness is not the same for everyone. It's important to be comfortable with who we are and to accept ourselves. With happiness, the more we have, the more we spread to others, so take some time to figure out what truly makes you happy.



The constitution guarantees the American people only the right to pursue happiness. You have to catch it yourself.
– Benjamin Franklin

"It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about."
– Dale Carnegie



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Beachwood Buzz

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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. 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, email beachwoodbuzz@gmail.com. All articles and photos will be reviewed by the publisher, and the person submitting the information will be contacted.

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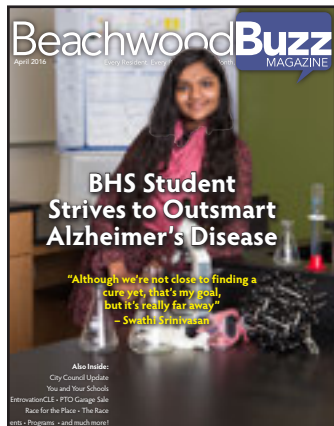
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COVER STORY

Swathi Srinivasan, a Beachwood High School junior, hasn't had a single minute to get her temporary driver's license, and it's an exceptionally long overdue task. She's even been heavily bribed and coaxed by her eager parents. Instead, Swathi has been spending time in science labs and conducting research that supports solving the enigma that is Alzheimer's disease. "Although we're not close to finding a cure yet, that's my goal, but it's really far away," Swathi says. Full story on page 8.

Cover story photos by Scott Morrison, Discovery Photo

City Council Update • Pages 24-27

Low Property Tax Rates

Beachwood Family Aquatic Center Registration

Blood Drive

High-Tech Upgrades

Heritage Home Program

Upcoming Meetings

RX Drug Drop Box

Free Personal Shred Day for Residents

Hydrant Flushing

Art Exhibits

Rain Barrel Workshop

Muffins with the Mayor

13 The Musical

Hazardous Household Waste Round-Up

You and Your Schools • Pages 28-31

Beachwood Receives A's on Report Card

BHS Alumni Association is Looking for You

City Schools Receive Aaa Rating from Moody's

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Letter to the Community

The 2016 Race for the Place will take place on Sunday morning, June 5 at Beachwood Place, and is presented by University Hospitals Seidman Cancer Center to benefit The Gathering Place. Over 4,000 people will join together with a goal of raising \$400,000 to help keep all programs and services at The Gathering Place free of charge to individuals and families who are touched by cancer.

This year, we invite you to join TEAM ZELMAN & ASSOCIATES as we honor family member and co-worker, Darcy (Zelman) Alter, who lost her battle to cancer late last year.

At last year's race, Darcy proudly crossed the finish line. She told us this was a special event that was close to her heart, and she felt so much love on this day. **Let's show her our LOVE again this year!**

Please join our team! Walk or run with us – or make a donation in support of our fundraising efforts. Our goal is to raise more than \$20,000, and we know we can do it for Darcy!

Thanks to all of you who either participated or made a donation last year, helping our team win four awards: new team raising the most money (over \$20,000), new team with the most team members (over 100), corporate team raising the most money and corporate team with the most members.

To register or make a donation, visit racefortheplace.com and do a team search for Zelman & Associates. We encourage you to pass this along to your friends and family, too. If you have questions, feel free to contact us at the email addresses below.

With love,

Kim Gray
kim@zelmanassociates.com

Debby Zelman Rapoport
beachwoodbuzz@gmail.com



Team Zelman, Race for the Place, 2015. (Photo credit: Shelley Shockley.)

Please join our team! Walk or run with us – or make a donation in support of our fundraising efforts. Our goal is to raise more than \$20,000, and we know we can do it for Darcy!



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Student Strives to Outsmart Alzheimer's Disease

By June Scharf

Swathi Srinivasan, a Beachwood High School junior, hasn't had a single minute to get her temporary driver's license, and it's an exceptionally long overdue task. She's even been heavily bribed and coaxed by her eager parents. Instead, Swathi has been spending time in science labs and conducting research that supports solving the enigma that is Alzheimer's disease. "Although we're not close to finding a cure yet, that's my goal, but it's really far away," Swathi says.

But she also claims plenty of other draws on her time
Like what?

"Oh man, in school or outside of it?" she needs to know.

The sum total includes being an internationally top-ranked classical Indian dancer (practicing 3-4 days per week, 2-3 hours per lesson), serving as one of four students on BHS's acclaimed Academic Challenge team, reading a couple of books weekly outside of school assignments (she just finished *A Handmaid's Tale* by Margaret Atwood), being vice-president of her class and library club treasurer, blogging for BHS's newspaper *The Beachcomber*, winning local and national science-fair competitions, and competing on the debate team and Science Olympiad. Oh, she also plays violin in the high school orchestra.

The 16 year old, who has attended Beachwood schools since kindergarten, is the only child of Rekha Srinivasan, a Case Western Reserve University organic chemistry professor, and Ravi Srinivasan, an engineer and owner of a company that creates devices with biomedical and medical technology applications. Tamil is the Indian language spoken in their home.

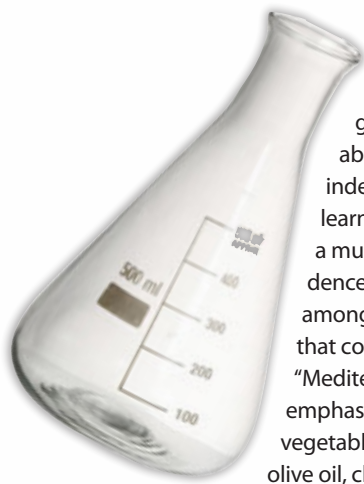
The genesis of her interest in Alzheimer's can be traced to watching the popular medical drama "Grey's Anatomy," where a storyline had lead character Dr. Derek Shepherd researching the disease. She learned from the show that the disease is among the top 10 causes of death in the U.S.

"I found this baffling, but I was fascinated by it, too," she says.

When she entered 9th grade, at age 14, it was time to take action on her quest to solve this medical mystery, so she contacted a research lab at CWRU. She was told, amid great skepticism, that she was too young to be involved there.

"This made me grumpy, so I moved on."





In 10th grade, she read about the topic independently and learned that there's a much lower incidence of the disease among populations that consumed the "Mediterranean diet," emphasizing fruits and vegetables, nuts, grains, olive oil, chicken and seafood (as opposed to red

meat), plus a glass or two of red wine.

"Clearly, diet has an impact on pathology," she says.

She later learned that there is only a 2% incidence of Alzheimer's among the population in India. So how can one explain this?

She explains that three factors have the greatest impact on health: genetics, environment and diet. The thing that people can best control is diet, and Indians do an excellent job of including a wide range of spices in their food. Her research exposed that turmeric, anise, cumin and chili pepper are the ones that have the greatest effects on amyloid peptides, the amino acids that are responsible for clogging neural pathways and creating the mental deterioration that is the hallmark of Alzheimer's.

Forgive her as she veers off into graduate level conversation, but next she calculated the percent of aggregation in samples of capsaicin (the active ingredient in chili pepper) and curcumin (active ingredient in turmeric) and looked at the effects of these polyphenols from the spices on the aggregation of the amyloid beta peptide 1-40 (a reference to the peptide's length and number of amino acids).

What she learned, when translated into the greater vernacular by an attentive reporter, is that these spices can break down the agents that cause Alzheimer's deleterious symptoms. The challenge is how to make a large enough concentration of them bio-available in the brain to do their work. The blood-brain barrier prevents a direct treatment route.

At age 15, Swathi succeeded in gaining access to the CWRU labs where she was able to implement her ideas. When others saw her results, they were highly impressed, and graduate students continued pursuing her research and expanding on it after she left.

Last summer, Swathi worked in the Harvard Medical School – Massachusetts General Hospital's lab for genetics and aging research. It's the best place in the country to join others

involved with Alzheimer's research since it's basically ground zero for a concentration of stellar minds focused on the issues. What she learned there involved molecular biology – "the forefront of research," she says and an advance beyond her previous studies that were trained on chemistry. She learned the basis for the disease, before it progresses. She was offered a "lifetime key" to the labs there, implying that there's an open invitation for her to return. Despite this monumental accomplishment, she has every intention to attend college first.

Her new interest lies with bioinformatics, the "crossroads of science and computer science," to use her description. "It incorporates mass amounts of data from which you can see patterns. It tells you what works and what doesn't."

This year, for science fair competitions, she expanded on a previous winning project dealing with spice components and she repurposed her results. With the knowledge she acquired concerning protocols, buffers and concentrations needed for certain procedures, she was able to decompose some studies. What she likes about her new work is how it's revolutionary in its interdisciplinary approach.

"We're getting more information and using it faster," she says.

In her new project, she's able to demonstrate how well the active ingredients in tamarind and anise perform in studies. Her passion is to create a compound that will have enough bioavailability to treat the disease.

"I want to be part of curing Alzheimer's," she states. "We just need one innovation to set everything in motion."

In her excitement as she details her intentions, she proudly flashes an image displayed on her phone, not a selfie, but...of an amorphous group of shapes that are plaque growing on neuronal clusters.

Swathi also mentions that a side interest is electrophysiology. As she explains it, it's a blending of circuits and neuroscience, where voltage across neurons can be calculated. What she enjoys about the subject matter is the lovely logic of it all.

"Things just work. But you need to figure out how to keep them working."

Swathi is not without a secret guilty pleasure, and that rests with high fashion. She reads Vogue magazine religiously and reveres its editor, Anna Wintour. When she was younger, she also designed and colored dresses for fun, and she recently saved up enough money to buy a pair of Prada shoes on sale.

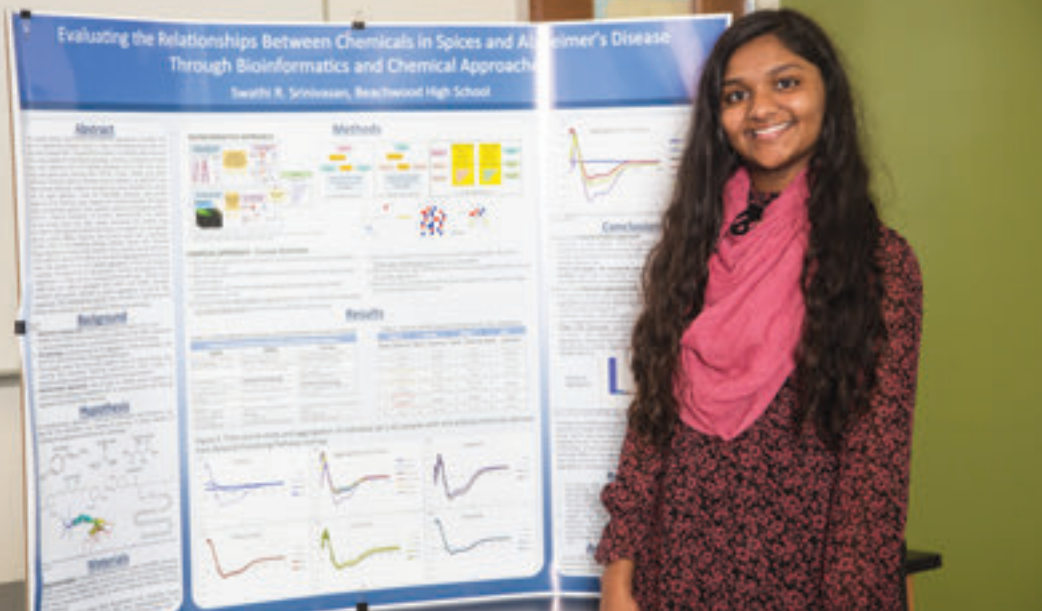
"They are my pride." She wears them for science fair presentations and any other time she dresses formally.

Since making an independent study of Swathi is fun, some other random facts concerning her accomplishments include her love of fiction, which led her to read all of Agatha Christie's books by 6th grade. She also declares her ongoing dedication to Jane Austen – "her language has a weight to it not seen so much now." In 7th grade, she memorized (and can still recite) a long passage from Utopia by Thomas More, which made her reevaluate how she thinks about society, and how "we create the very people we despise."

This entire article is a lengthy digression from what is actually the occasion for devoting space to the singular Swathi. She recently won the prestigious MIT Think Scholars award for an invention proposal she

(Continued on next page.)





When Swathi sets her mind to a task, there clearly are no limits. Alzheimer's Disease should be very scared. Her determination to destroy it and all her science fair competitors along the way is prize worthy in and of itself.

(Continued from last page.)
submitted, entitled, "A Novel High-Efficiency System for Infant Warming Through Secondary Heating Mechanisms."

"It boils down to a low-cost, highly efficient heating system for premature infants," she explains, with applications in countries where care may be compromised. "It's like a heating pad powered by car batteries."

She was also one of four U.S. students to win the Neuroscience Research Prize from the American Academy of Neurology for which she will travel on April 18 to Van-

cover to present her project and receive her award.

But these remarkable feats were mere prelude. In March, she won the grand award at the B.E.S.T. (Bridging Engineering, Science and Technology) medicine and engineering fair at the University of Akron with her project, "Evaluating the Relationships between Chemicals in Spices and Alzheimer's Disease through Bioinformatics and Chemical Approaches."

This victory grants her a spot to compete at one of the toughest fairs in the world – the Intel International Science and Engineering

Fair in May in Phoenix, AZ. It's the world's largest international pre-college science competition. Approximately 1,700 high school students from more than 75 countries showcase their independent research and compete for more than \$5 million in prizes.

Her very first science competition involved an entry in the B.E.S.T. fair for which she won first place, earning a \$100 award. She marks this occasion as the "beginning of doing something well and being rewarded for it." Her project was called "Fix a Flat Foot...Fast," and it involved cre-

ating a foam insert by calculating foot measurements in relation to the foam. She factored in a person's weight, distance between bones, and foot length extending from the arch and the density of the foam.

When Swathi sets her mind to a task, there clearly are no limits. Alzheimer's Disease should be very scared. Her determination to destroy it and all her science fair competitors along the way is a prize worthy in and of itself.

If she could only solve the problem of finding time to get that driver's license.

Softball League Tryouts

The Beachwood Men's Softball League looks forward to this coming season with the prospect of three new managers utilizing the talents of additional experienced youth who plan to participate. It's exciting to welcome these new players, many of whom are sons of current players, including a pair of twins who played college ball at their respective universities.

Eligibility for new players is 23 years of age, or 20 years for those who are a son/son-in-law of a current player. Minimum age must be attained during the calendar year 2016. New players will be chosen in the draft to the extent

of spaces vacated by non-returning players. The possibility of adding a 9th team is possible with an overflow of qualified new players as determined by the commissioners and managers.

Tryout dates are Sunday, April 24 at 9:15 am and Sunday, May 1 at 9:15 am, at Fairmount Elementary School, diamond #1.

No registration is necessary, just show up! At least one session must be attended to become draft eligible. New players may attend both sessions.

For additional information, contact Larry Adelman at stks1000@yahoo.com.

Beachwood Schools Foundation

The Beachwood Schools Foundation (BSF) is a 501(c)3 philanthropic organization administered by a volunteer board of directors from the Beachwood community. It operates with two distinct goals: to obtaining funds from individuals, families and corporations to provide scholarships to graduating seniors who are continuing their education, and to raise money to enhance educational programming in the Beachwood City School District through its "Above and Beyond" program.

BSF board members are currently looking to add new trustees to their board. Specifically,

they would like to meet with community members who are passionate about the Beachwood community and its schools.

To learn more about BSF and how you can be a part of this amazing organization, please contact Evy Davis, vice president and nominating committee chairperson, at 216.561.7148 or jdavis5156@aol.com.

BSF board members are currently looking to add new trustees to their board.

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Hello Beachwood residents! Welcome to April, a great time of the year to get a new Subaru. The weather is improving and our deals have never been better. **Spring over to Ganley Subaru on the Bedford Automile and get a great deal this month!**

Michael Friedman
Beachwood Resident

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Celebrity Birthdays

- April 5th Colin Powell (79)
- April 6th Billy Dee Williams (79)
- April 7th Russell Crowe (52)
- April 8th Julian Lennon (53)
- April 9th Hugh Hefner (90)
- April 10th John Madden (80)
- April 11th Joel Grey (84)
- April 12th Shannen Doherty (44)
- Vince Gill (58)
- David Letterman (69)
- April 13th Ricky Schroder (46)
- April 14th Pete Rose (75)



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Warm Days COOL TRENDS

After a long winter, spring is finally here. To complement these warm days, we share these cool trends.

Ohio Design Centre

When checking in with the Ohio Design Centre, located right here in Beachwood on Mercantile Road, we learned that six of their eight showrooms are open to the public. The other two are open for browsing, although a decorator is required to make purchases. Latoya Hunter, senior account executive for Studiothink, the center's marketing company, is working hard to get the word out that the ODC is open to the public and that if a buyer wants to use a decorator and doesn't have one, he or she can be matched up with one.

According to Tim Kempf, furniture sales executive at Gregory Alonso Showroom, personal choice is the design direction since consumers are more educated and design-savvy than ever before. Therefore, when working with a professional designer, it is done to help individuals make their own personal visions and tastes come to life.

Kempf also shared that design elements are focused more on seating areas to encourage conversation rather than being centered around technology. And, people want formal dining rooms where they can celebrate human interaction and eat tasty food. One trend Kempf does see is the comeback of brass.

Kempf does not see specific trends in flooring or paint colors, although products in both categories are going more green as people think about recycled materials and bringing the outside

in. With comfort at the forefront of all decorating, clients want rooms to be lived in, not looked at. They want to enjoy their homes and utilize all the space.

Lisa Kuening, showroom manager at Donghia, Inc., shares information about wallcoverings, how they continue to make a huge comeback this year, and how they are being used throughout the home.

"It's not the wallpaper you think of when thinking from the past," Kuening said. "We still have that, but what we have today is a lot more innovative."

Wallcoverings in natural materials like cork, abaca, grasscloth and mother of pearl, add great texture to a room and continue to gain momentum. For those who want easier maintenance, there are vinyl options that mimic the natural materials.

In lighting, mixed materials, like wood and metal or metal and glass, provide a variety of unique finishes. Lampshades are also making a statement with more texture, in materials like linen and velvet.

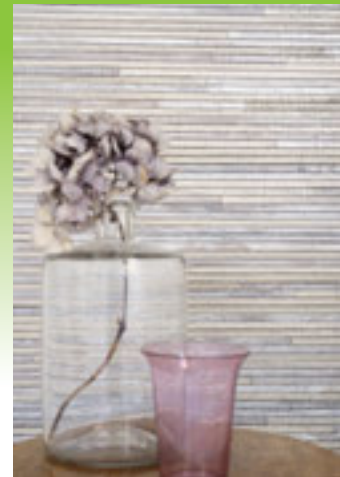
Embroidered fabrics are also big this spring. From bold geometrics to soft florals, a wide range of textiles are available, either machine embroidered or embellished with hand embroidered accents. Also big this spring is the color gray, as a neutral base for both upholstery and paint.

Kuening also talks about the open floor plan and how it's still relevant since people want

multi-purpose spaces that can be used for daily, comfortable living as well as entertaining. And, textile manufacturers continue to expand their outdoor fabric collections since outdoor living and entertaining continues to be popular.

Saule Narbutaitis, showroom manager at Bello Design, told us that she is seeing more requests for neutral-colored leather products, including sectionals, bar stools and lounge chairs. Narbutaitis agrees that formal dining rooms, with large tables in spectacular finishes, are making a comeback. And, she sees the trend continue for large bowls, glass accent items, large botanicals and custom wall art. "What's really in depends on the space, style and needs of a client," she said.

Editor's Note: The Ohio Design Centre features beautifully executed room settings showcasing design collections that invite solutions for home interiors. The 100,000 square-foot facility houses fine custom furniture, exclusive



fabrics, wall coverings, artwork, rugs and floor coverings, lighting, accessories and surface materials from over 400 premier manufacturers. Showrooms of the Ohio Design Centre include Atelier Lapchi, Baker Furniture, Bello Design, Donghia, The Hall Design Group, Gregory Alonso Showrooms, A.E. Monroe & Company, R.W. Shea & Co. and Surface Materials, Inc. The Ohio Design Centre is open Monday through Friday, 9 am – 5 pm, and is located at 23533 Mercantile Road. For more information, visit www.ohiodesigncentre.com or call 216.831.1245.

Pictured from top: Natural wallcovering from Donghia, cork wallcovering from Donghia and furnishings from Gregory Alonso.



Warm Days COOL TRENDS



Additional Spring Trends from HGTV.com

- Matte black and brushed gold fixtures.
- Low-maintenance materials.
- More texture in cabinetry as opposed to just white or wood.
- Instead of silver metals, try brass in the kitchen or bathroom. It's warmer and more unique.
- A wood island countertop or butcher block outer cabinet adds an organic, warm feel to any space.
- Colorful, open kitchens with a bright and airy concept. Open shelving, natural light and a lot of color, either in painted cabinets or a colorful backsplash tile.
- Large steam showers instead of a shower or a bathtub in master suites.
- Large-format tiles on floors and walls in a bathroom.
- Wallpaper is alive and kicking. Besides the traditional wallpapers we know and love, contemporary, geometric patterns have become extremely popular — especially when blocked or layered upon seagrass or other natural fibers.

Dunn Hardware

Dunn Hardware is more than just your neighborhood hardware store. According to co-owner Abby Stadlin, Dunn Hardware is unique because of its massive paint and design center and its co-op network that provides greater purchasing power. In addition to serving customers with their hardware needs, Dunn serves as an independent paint store where its staff of 30 serves thousands of customers every week.

Stadlin, who owns Dunn with her husband, Jamie Stadlin, both BHS grads (class of '92), truly have a passion for the business. Both of their families were in hardware and retail businesses, so purchasing Dunn in 2012 was a natural.

The Stadlins sometimes see the store as a social-service organization. "Customers usually come in looking for a solution to a problem," Abby told us. "When we are successful in finding that solution, it's really rewarding."

When talking with Dunn Hardware's design consultant Tiffany Massing, she shared common ways to spruce up your home — with paint, wallpaper, blinds and flooring — to give it a fresh look.

Dunn Hardware is a distributor of Benjamin Moore paint, which has various grades, lines and colors to meet your needs. Tiffany told us that Dunn offers some of the best color matchers in the industry. She also shared that this year's top color choice is Simply White (pictured above). According to Ellen O'Neill, Benjamin Moore creative director, "White is not just a design trend, it is a design essential."

"Simply White has a slight

tinge of yellow, yet presents as a nice, clear white you can mix with any other color," Tiffany said.

Two additional color collections from Benjamin Moore are Color Stories, its new collection of 240 full-spectrum colors that bring designs to life; and Williamsburg, historic American colors derived from classic American designs, based on original pigments developed more than 250 years ago.

Wall coverings are really heating up this year, and gray is still a hot, neutral trend with no signs of slowing down. Navy and indigo are also popular, and patterns range from fairly traditional to ultra modern. Specialty textures, including natural weaves and string cloths, in addition to vinyl, are popular options.

In flooring, luxury vinyl tile is picking up momentum. Solid vinyl tile, unlike old laminates, looks like ceramic tile and can even be grouted. It's low maintenance, warmer under foot and provides a modernized look.

If you're looking for new blinds, Hunter Douglas provides quality options, some standard and some new. For a cleaner look, customers lean toward cordless options. Another popular choice is top-

down, bottom-up blinds which let the light in while preserving privacy. Popular choices are honeycomb and wood blinds; and new this year are wood blinds offered in gray.

To finish off any project, Dunn Hardware has one of the best selections of decorative hardware in Northeast Ohio. What's new? Brass is making a strong comeback, in modern silhouettes and simplified shapes. "As a finish, it looks fantastic," she said.

For personalized design service, Tiffany is available for in-store consultations by appointment. Just call 440.720.0301. Dunn Hardware is located at 5144 Wilson Mills Road, Richmond Heights. For more information, visit www.dunnhardware.com.



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Warm Days COOL TRENDS

Smylie One Cooling Pro-Max Tune-up & Safety Inspection



While thinking of Warm Days, Cool Trends, Let Smylie help you keep your cooling system in tip-top condition.

In 1957, William Smylie started his distinguished career with Smylie Bros. Inc, a local 120 pipe fitters firm that specialized in industrial and commercial engineering projects. His brothers, Leon and Bernie, started the company in 1955. Since then, the Smylie name has been one of the most trusted and recognizable names in heating and cooling in Northeast Ohio. Their slogan was "Service with a Smylie." This carries on today with Smylie One Heating, Cooling & Plumbing Co., Inc. In a few short years, Smylie One has established itself as a company built on integrity and trust.

Smylie One specializes in residential add-on and replacement, along with light commercial, heating, air conditioning, and plumbing installations and services.

The reputation of Smylie One today rests with Steven Smylie, Rick Coates and Gary Rosen. Working together as a successful team for more than 40 years, they bring experience and expertise in all phases of HVAC, both residentially and commercially. For innovative solu-

tions to all of your comfort needs, Smylie One is the company to call. We haven't been meeting; we have been beating our customer's expectations. Our friends, family and past customers asked us for service the way it used to be. We kindly obliged! We promise to give you a personal touch, a family touch, for your home or business.

Smylie One would like to ask you, when was the last time you had your cooling system tuned up and cleaned by a professional HVAC Company? We recommend that you have this done yearly. Our comprehensive maintenance includes over 20 checkpoints that will determine the efficiency and dependability of the entire operation of your cooling system. These, along with many other checks, are vital to keeping your cooling system working through the dog days of summer. You can have a Pro-Max tune-up at your home for only \$79.95, a \$20 savings. Call Smylie One at 440.449.4328 Today. When booking your appointment, say you saw this in *Beachwood Buzz!*

Pictured from left: Gary Rosen, Steven Smylie and Rick Coates.

At Eastside Landscaping, "Details Make the Difference"

Whether you plan to install a new landscape or renovate your existing one, allow the designers at Eastside Landscaping to discuss all of the details with you. A well thought out plan will transform ideas into a functional and aesthetically pleasing yard. Eastside Landscaping is a full-service landscaping company that has been providing snowplowing, landscape maintenance, design, patios, walls, fountains, outdoor kitchens and fireplaces to homes on Cleveland's eastside for 30 years.

Clients desire more than just plantings. Imagine a walkway and a stone patio transforming your yard to the ultimate outdoor living space. Today's patios include built-in kitchens with gorgeous granite counter tops, grills with side burners and shiny stainless steel built-in appliances.

Why not consider an eating area and an outdoor living room complete with a fire pit, or a customized stone fireplace? You may desire a gazebo, pergola or a screened-in porch to extend your summer season.

When renovating the exterior of your home it requires the same amount of thought and consideration as any interior renovation. At Eastside Landscaping, all outdoor

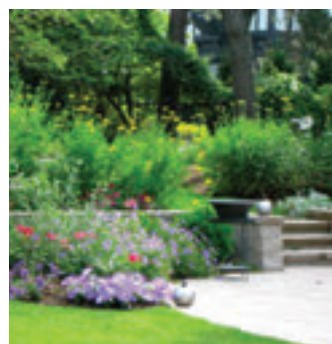
construction is designed and built "in house." As an integrated design-build team, Eastside professionals collaborate from the creation of the design through every aspect of construction in order to maximize the investment you are making on your home.

When selecting trees and shrubs for your yard, the design team at Eastside takes conditions and exposure into consideration. It's important to create a balance among evergreens, flowering shrubs and trees, perennials and annuals to bring vibrant color and the subtle fragrances of summer to your newly designed oasis. When looking for landscaping maintenance, our goal is to provide exceptional service to create the ultimate carefree experience for all of our valued clients.

This spring, allow Eastside Landscaping to create the outdoor living space that will transport you to an everlasting summer.

"Call today for a free consultation," said co-owner Jim Freireich. "We will begin with a site study, and after solidifying the details, will generate a colored, 3-D computer imaging plan on our new state-of-the-art software."

Freireich added, "At Eastside Landscaping, 'Details Make the Difference.'"



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Warm Days COOL TRENDS

Oriental Rug Outlet

Oriental Rug Outlet opened its doors in August 2015 to provide quality, hand-knotted heirloom-quality rugs to the general public at wholesale prices.

Oriental Rug Outlet is the area's largest direct importer of hand-knotted heirloom quality rugs from India, China, Tibet, Nepal, Turkey, Pakistan and Iran. Rugs are exquisitely designed and crafted by skilled artisans with fair trade at the heart of it all.

Each rug goes through a labor-intensive process, from the design phase through the final cleaning, before being shipped to Oriental Rug Outlet; and each one is created with high-quality dyes

that produce fade-proof results.

Because of the various styles available, trends follow individual tastes. At Oriental Rug Outlet, a large inventory of traditional and contemporary styles are available in sizes from 2'x3' up to 16'x27', and when visiting the store, rugs are sorted by size for easy viewing. Home viewing is encouraged through the store's 'try before you buy' program.

Rugs are often used to define different areas within the same living space. You can fill a room, or place a smaller rug at the foot of the bed, an entranceway or elsewhere as an accent piece.

If you have sample pieces of

your wallpaper or drapes, it is useful to take them with you when selecting a rug. A paint chip, arm cover or pillow can also be helpful in coordinating colors. Rugs can be used on carpeting, hardwood, tile or any other flooring material. If a flooring sample is available, take it with you when making your rug selection.

At Oriental Rug Outlet, most every rug is personally selected and we are extremely proud of the quality and prices of the merchandise offered," said store manager Shaw Mehrzad. "Our corporate philosophy is to treat each client as the only client while offering the best quality, service and price."

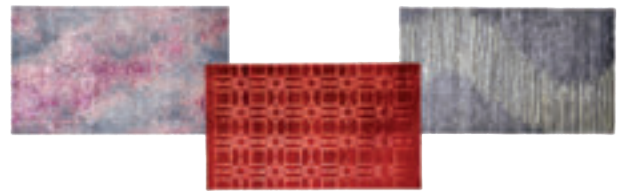


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Buying or Selling This Spring?

Spring is the season of renewal, and many of us do "Spring Cleaning" to prepare for the Passover or Easter holiday.

When thinking of Warm Days, Cool Trends, some of you may be looking to start fresh by selling your home. If so, it's time to take spring cleaning to a whole new level!

Many experts on HGTV, or home stagers, recommend you start by de-cluttering. Get a few bins from a dollar store and organize your belongings in three categories: purge, save or donate. This can be done with clothing, tools and all items throughout your home.

Clothing is usually the first to go. If you have not worn it in a year or two, let it go. There are many organizations in need of gently-worn clothing, and there are resale

and consignment stores as an alternative when getting rid of things.

If you're getting rid of books, local libraries are a great resource for disposal. They regularly have book sales and would love to include them in their inventory.

Next – dishes, bric a brac and collectibles. Many young people today, regrettably, do not want grandma's dishes. As with clothing, there are organizations that will pick up donations, and consignment shops are always an option. The same goes for furniture, and the tax deduction/benefit you will receive is often greater than what a used sofa will sell for on the open market.

If you find there is still clutter in your home after sorting through your items, it may be wise to rent a short-term storage



unit until your home is sold; and, if you have difficulties sorting through items, you may want to hire a professional organizer to help you.

When putting your home on the market, in addition to cleaning, remember – less is more. Clean the garage. Counters should be free of ancillary items. If you have a lot of personalized items, put them away. Stage your home so perspective buyers can see themselves living there. And, if repairs are needed, make them.

As an experienced realtor, I can assist with many of these recommendations and can provide referrals to help get your home in tip-top condition. The cool trend you may be looking for this spring is a new home – and I can help you with that, too!

– Sharon Friedman

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Sharon Friedman

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Warm Days COOL TRENDS



Lamps by Charlie

Do you have lighting needs? Are you looking for something unique to perfectly fit your space? Stop at Lamps by Charlie and check out some cool trends.

Charlie began his lamp restoration career by fixing lamps for family and friends and found that he could help more people by offering his services in the business world. Lamps by Charlie was formed in 2001, and Charlie has been repairing, rehabilitating and modernizing lamps and chandeliers since then.

"No job is too tough," Charlie told us. "If you have something that needs to be rebuilt or restored, bring it in for a free estimate – and while you're here, take a look at

some of the projects we're working on or pick up a new themed lamp for that special someone."

Charlie and his associates are all seniors with distinctive talents to deal with metals, ceramics, china, pottery, woods and glass. They are true artists who also excel in renovating antiques.

"The expertise that we offer is hard to find," Charlie told us. "Such artistry and mechanical talent has all but disappeared."

"Trends follow individual tastes," He added. "We've created distinctive lamps out of unique items such as ships' lanterns, antique water crocks, golf ball washers, sea shells, coral, fire extinguishers,

riding stirrups, vases, wine bottles and the list goes on. We always like to take on new challenges to create something special!"

Lamps by Charlie Studio is located at 5222 Richmond Road in Bedford Heights, just ½ mile south of the Miles Road intersection, on the right. For more information, visit lampsbycharlie.com or e-mail lampsbycharlie@gmail.com.



Oakwood Club Liquidation

Wednesday, April 6
Thursday, April 7
Friday, April 8
10 am – 6 pm
1516 Warrensville Center Rd.

Greenwald Antiques announces its liquidation of the Oakwood Club, an historic Jewish golf club on the borders of Cleveland Heights and South Euclid, founded in 1905. The clubhouse was constructed in 1931 by Greco & Associates, the same architecture firm that built The Temple Tifereth-Israel in University Circle and Temple on the Heights on Mayfield Road. It was decorated by the esteemed design firm Rorimer-Brooks Studios in the French Provincial Style, and still contains many of the original furnishings. Continuing design work was conducted by the renowned Cleveland designer Jane Frankel in the late 20th century. The Hebrew Academy is renovating the space to serve as its new campus.

The entire contents of this historic 55,000-square-foot Club House will be liquidated, thus ending an era.

Greenwald Antiques co-owner Ron Greenwald said, "This is an amazing sale – perfect for individuals interested in a vintage or antique item to embellish their home. It's also great for caterers, business owners, schools, institutions, restaurateurs, designers and for anyone wanting a piece of local history."

A great deal of Oakwood memorabilia will be available, including antique and vintage furniture, chandeliers, sconces, chairs, mirrors, wall art, table linens, French sofas and loveseats, dishes and so much more.

For more information, call Greenwald Antiques at 216.839.6100 or visit the events page at www.greenwaldantiques.com.

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More Trends from HGTV.com

- Romantic florals were hot on the 2016 fashion runways. In true fashion, runway often translates into residential design trends. Add florals to a space with the use of large patterned drapery fabric or Wallpapers.
- Bold architectural details.
- Textured art, photography and oversized graphics.
- Lucite – It never went away!
- Graphic Furniture.
- Reclaimed wood.
- Wicker and basket-weave pieces, both outdoors and in.
- Shades of gray.

Largest Business Fair in Northeast Ohio for Entrepreneurs



Start-Ups and Established Businesses to Showcase Innovative Ideas at EntrovationCLE,

EntrovationCLE, an expo of innovative entrepreneurs, to be held on Saturday, April 30 from 11 am – 6 pm at Beachwood High School, will attract more than 170 business exhibitors and 5,000 attendees. This free one-day event, open to the community, will showcase out-of-the-box ideas, products and services by connecting today's most innovative entrepreneurs, organizations and businesses with thousands of engaged consumers.

The event will provide extensive exposure for both established and start-up businesses as they get in front of thousands of potential customers, clients and contacts. EntrovationCLE is an efficient and productive opportunity for businesses to connect with the community and create buzz, inter-

est and sales. Exhibitor booths have sold out for the last seven years and space is limited.

With food trucks and an extensive raffle, this family-friendly event includes the Young Entrepreneur Market. In partnership with University School's Young Entrepreneur Institute and sponsored by the Burton D. Morgan Foundation, the Young Entrepreneur Market will feature fifty Northeast Ohio middle school, high school and college entrepreneurs along with their products and businesses.

A portion of the EntrovationCLE proceeds will benefit Youth Outdoors, a program through the Cleveland Metroparks that provides outdoor adventure recreation experiences for youth who live in the City of Cleveland to promote

personal growth, responsibility to community and a relationship with nature.

About EntrovationCLE:

EntrovationCLE is the vision of 46 senior students from the 2015-2016 marketing program at Beachwood High School. The Marketing Program is a college Tech Prep course through Excel TECC – a consortium of students from eight different schools – Beachwood, Brush, Mayfield, Solon, Chagrin Falls, Aurora, West Geauga, and Orange. Incorporating the Junior Achievement Company Program, the class operates efficiently as a business throughout the school year. CEOs lead the company with different departments that showcase the importance of teamwork.

Each student further develops his or her professionalism through real-world networking experiences. Entrovation is now in its third year and builds off the concept of The Green Dream Eco-Friendly Showcase, which was recognized as Ohio's largest eco-friendly showcase. Through strategic school-business partnerships and with the proceeds from Entrovation, the students have built an innovative classroom and school-based enterprise. The students operate the class as a business and are recognized as the "World's Most Successful Junior Achievement Company." The change of name to EntrovationCLE reflects the student's tremendous pride in Cleveland. For more information, please visit www.entrovation.com.

PTO Clipboard

Beachwood PTO Garage Sale

The Beachwood PTO 2016 Community Garage Sale will be held at 23550 Commerce Park, right here in Beachwood.

Sale dates:

- April 28, 10 am – 4 pm
- April 29, 9 am – 3 pm
- April 30, 9 am – 3 pm
- May 1, 10 am – noon.

Drop off dates to donate items:

- April 3 • 10 am – 2 pm
- April 10 • 10 am – 2 pm
- April 17 • 10 am – 2 pm

Beachwood PTO is looking for donations to include gently-used clothing, toys, bikes, houseware items, sporting goods, electronics, books, and more. For more information, please visit www.beachwoodschoools.org/GarageSale.aspx or call 216.464.2600, ext. 550.

The Bison Feast and Fest

Let's get cooking, Sunday, May 22 in the Beachwood High School gym, from 2 to 5 pm, to celebrate FOOD, COMMUNITY and CULTURE in Beachwood Schools!

The BISON FEAST + FEST (BFF) is a district wide, community-building event for Beachwood students, staff, teachers and families. The aim of this school festival is simply to come together in friendship to celebrate and showcase the incredible cultural diversity within our school community through food.

For more information on how to become a sponsor through cash or in-kind donations, please contact Shana Wallenstein at 216.464.2600, ext. 237, or swallenstein@beachwoodschoools.org.

From the

Beachwood Arts Council

Beachwood K-12 Art Show

The Beachwood K-12 Art Show will be on display Wednesday, April 6, through Saturday, April 23, at the Beachwood Community Center. An opening reception will take place Wednesday, April 6, from 5 – 7 pm (entertainment will be provided by talented student musicians and refreshments will be served).

This show provides an opportunity for Beachwood K-12 students to display their creative works, including collages, paintings, drawings and sculptures. The show is free and open to the public. Gallery hours are Mon. – Fri., 10 am – 4 pm; Sat., 10 am – 3 pm; and Sun., 10 am – 1 pm.

Cellocentric Concert Sunday, May 1 • 2 – 3 pm

Cellocentric is an eclectic trio that features the music of Doug Wood, with contributions of cello, mandolin and bass. For the past 16 years, Wood has been performing his original instrumental guitar compositions across the country and has been heard on NPR stations nationwide. This performance, held at the Beachwood Community Center, will offer original songs, cleverly crafted cover tunes from the Beatles and Simon & Garfunkel, and even the classic "Spiderman" theme. Refreshments to follow the concert. Free and open to the public.



Pictured from left: Rise, by Chelsea Zheng, and The Puppy, by Jacob Miller. Both are Zen-tangles.

“Police: Use of Force and Reform”

Park Synagogue presents a timely panel discussion, “Police: Use of Force and Reform,” Wednesday, April 6, at Park Synagogue East, 27500 Shaker Blvd.. Doors open at 7 pm, with the program beginning at 7:15 pm.

The panel features Carole Rendon, acting U.S. attorney for the Northern District of Ohio; Rev. Tony Minor, director of advocacy at Lutheran Metropolitan Ministries; and Hilary Golston, multi-media journalist and reporter for WKYC-Channel 3 News. The panel will discuss the nature and causes of the problem of police use of deadly force against minority individuals and communities; how various sectors of the community are dealing with the issue; how to remedy the situation now and in the future; and the actions that individual community members can take to address the causes of the problems.

The program, sponsored by Park Synagogue’s Social Action Committee, is free and open to the community. RSVPs are requested to Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.



How to Lower Your Stroke Risk – April 13

Since up to 80% of strokes can be prevented, it’s crucial to know the simple steps that can lower your risk. Knowing your stroke risk factors, following your doctor’s recommendations and adopting a healthy lifestyle are the best steps you can take to prevent a stroke.

You can learn how to manage your risk factors for stroke at the next Health Matters talk on April 13. The topic is “Stroke Prevention.” It’s important to be able to recognize the signs and symptoms of stroke.

Aging and a family history can increase your risk for a stroke, but women in midlife are twice as likely as men to have a stroke. The best way to prevent a stroke is to eat a healthy diet, exercise regularly and avoid smoking and excessive consumption of alcohol. If you’ve already had a stroke, preventing a second one is a top priority.

There is no charge to attend Health Matters

events, but space is limited and reservations are required. To register, call 216.767.8435 Monday through Friday between 9 am and 5 pm or go to UHHospitals.org/HealthMatters.

Join your neighborhood experts on the second Wednesday of each month for these health-minded talks, which are held at the same 9 UH locations – UH Ahuja Medical Center, UH Bedford Medical Center, UH Conneaut Medical Center, UH Elyria Medical Center, UH Geauga Medical Center, UH Geneva Medical Center, UH Parma Medical Center, UH Portage Medical Center and UH Richmond Medical Center.

Coming up on May 11 is “Living with Diabetes.” There is no cure for diabetes, but it can be managed. After a diagnosis, learning about diabetes is the first step toward feeling better and living a longer, healthier life.

Participate in the conversation on social media using #UHHealthMatters.

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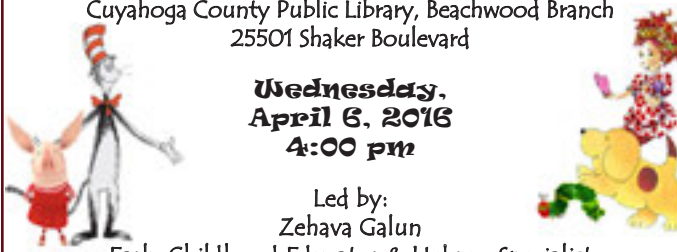
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Hebrew Storytime
 סיפורים ושירים בעברית לילדים
 at the
 Cuyahoga County Public Library, Beachwood Branch
 25501 Shaker Boulevard

**Wednesday,
 April 6, 2016
 4:00 pm**

Led by:
 Zehava Galun
 Early Childhood Educator & Hebrew Specialist

Brought to you by the
 Jewish Education Center of Cleveland and the Cuyahoga County Library



28th Annual Medical Mutual of Ohio Run/Walk for Hunger

The 28th Annual Medical Mutual of Ohio Run/Walk for Hunger is the Hunger Network of Greater Cleveland's signature event taking place each May to raise funds and awareness to fight local hunger in Greater Cleveland.

The Run/Walk for Hunger is a 5K run or walk through downtown Cleveland, beginning and ending at the Great Lakes Science Center with music, refreshments and entertainment for the entire family. The Hunger Network has partnered with Hermes Cleveland to create a professional experience for participants. Roads on the walk/run route will be shut down so participants can safely enjoy the scenic route.

The event will take place on Saturday, May 7. Late Registration opens at 8:15 am. The kick-off celebration, hosted by Cleveland 19 News, begins at 9 am with breakfast, entertainment and more.

Why Walk/Run?

The Hunger Network distributes over 75% of the emergency food in Greater Cleveland. Over 60,000 people receive emergency food at one of the Network's hunger centers or hot meal sites each month and 41% of those served are children. Every \$1 raised at the Run/Walk for Hunger can be leveraged to provide 4 nutritious meals.

More than 2,000 individual walkers and teams of 10 or more participate each year to help raise money in an effort to stomp out hunger right here in Greater Cleveland. Walkers who raise \$25 or more earn an official Run/Walk for Hunger T-Shirt. Prizes will be awarded to top fundraiser teams, individuals and fastest runners.

To participate, volunteer or form a team, contact the HNGC at 216.619.8155, ext. 15, email kokel@hungernetwork.org or visit HungerNetwork.org.

Saturate the Beachwood Market. Advertise in *Beachwood Buzz*.
 For more information, email sales@beachwoodbuzzmag.com.

The Diversity Center Walk/Run

On Saturday, April 30, The Diversity Center will welcome over 6,000 walkers and 400 runners at its 3-mile walk and 5k run that will begin and end at the Rock and Roll Hall of Fame.

The run check-in begins at 7:30 am and the walk check-in begins at 8 am. Registration is free to Walk. There is a \$25 registration fee for runners. For donations of \$25 or more, participants will receive a Walk, Rock & Run t-shirt.

All registered participants gain free entry into The Rock and Roll Hall of Fame, Great Lakes Science Center, and USS COD Submarine Memorial on the day of the event. Wristbands for entry to the museums will be distributed only until 10 am on April 30.

Walk, Rock & Run unifies communities across Northeast Ohio while raising awareness of diversity issues. Proceeds from Walk, Rock & Run support The Diversity Center's in-school programming in Northeast Ohio. Students learn how to become leaders and positive change agents in their schools and communities by participating each year in our conferences, retreats and camps.

Register for this event online at www.diversitycenterneo.org. For more information, please call 216.752.3000 or contact Ruth Polomsky at rpolomsky@diversitycenterneo.org.

Health Insurance Questions?
 I'm here to help.



- Small Business
- Self-Employed
- Individuals and Families

Please Call Today for an Appointment
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**KINDERGARTEN
 REGISTRATION**

You can now request a registration packet for Kindergarten at Beachwood's Bryden Elementary School by visiting:
www.beachwoodschoools.org/kindergarten.aspx

Registration Days
 Monday, April 11 • 8 am - 7 pm
 Tuesday, April 12 • 8 am - 4 pm

Kindergarten Parent Orientation
 Thursday, April 7th • 7 pm
 Bryden Elementary School

*Children must be age 5 by September 30, 2016

Diversity Matters Day

In recognition and celebration of Black History Month, Diversity Matters in Beachwood presented its 11th annual African-American History Celebration at the Beachwood High School on Sunday, Feb. 21.

The theme for this year's historical view through performance and music was "Out of Darkness and Into the Light." The Reverend Dr. Todd C. Davidson of the Antioch Baptist Church was this year's keynote speaker, and his topic was "Knowledge of Self and Connecting the Past to the Present."

Program participants included: Amonica Davis, Gregory Perryman, Langston Gaines-Smith, Devaughn Starks, Michael Whitaker, Mikaela Whitaker, Dassan Rhodes, Mariah Thomas, Nat Turner, Jireh Bevel, John Brown, Hannah Kahn, Marissa Thomas, Mia Knight, William Starks, Kelsea Brown, Carolyn Farley and Malinda Creel.

Local vendors displayed and sold their merchandise prior to the program. A free pot luck soul-food dinner was served following the program.

This year's program committee included Pam Rhodes, Peter and Lisa Gaines, Dee Tabb, Carolyn Farley, Darinka Hardy and Lisa Whitaker.

"Diversity Matters thanks the parents and students who helped make our program a success," said Diversity Matters president Pam Rhodes. "Special thanks to the staff of Beachwood Schools and the members of the Board of Education for continued support."

In recognition of this day, Mayor Merle S. Gorden and City Council proclaimed Sunday, Feb. 21, 2016 as "Diversity Matters Day" in the City of Beachwood. The proclamation was presented to Rhodes by Council member Martin Horwitz.

Diversity Matters in Beachwood is a district-wide organization dedicated to creating unity, diversity and awareness of the African American culture within the Beachwood Schools and to enhance educational and community enrichment via programs and events.



Pictured: Reverend Dr. Todd C. Davidson, Sr. Pastor, Antioch Baptist Church; Pam Rhodes, Diversity Matters president; and Martin Horwitz, City Council president.



Volunteers greet attendees and guests as they partake at the buffet.

The Gathering Place Warehouse

The Price is Right!

Beautiful Home Furnishings & Home Accessories

Saturday, April 16 • 9 a.m. – 2 p.m.

Sunday, April 17 • 10 a.m. – 1 p.m.

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Proceeds help The Gathering Place support, educate & empower those touched by cancer through programs and services provided free of charge.

For more information, call 216-595-9546 or visit www.touchedbycancer.org/warehouse.

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perfect for Mother's Day,
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*2016 Beachwood
Chamber of Commerce
Awards Program*

Thursday, May 5, 2016
Embassy Suites Beachwood • 3775 Park East
Cocktail Reception at 4 p.m.
Keynote Speaker at 4:45 p.m.
Awards to Follow

Please Join Us
As We Announce and Honor

Business of the Year
Citizen of the Year
Civic Organization of the Year



**Space is Limited • Register at
www.beachwood.org**



**Keynote Speaker:
Bernie Moreno**

President, Bernie Moreno Companies,
Largest Luxury Dealership Chain in the Midwest

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Bernie Moreno is Keynote Speaker at Beachwood Chamber of Commerce Awards Program

Born in Bogota, Colombia, Bernie Moreno moved to the United States at age 5, becoming a U.S. citizen at age 18. Moreno (Bachelor's, Business Administration – University of Michigan) began his career in the automotive industry with the Saturn Corporation. Before long, Moreno ascended through the ranks to become vice president for New England's largest automotive dealer, where he was responsible for corporate training, online marketing and launching new acquisitions.



In 2005, Moreno purchased a small, underperforming Mercedes-Benz dealership on the west side of Cleveland, turning it into Mercedes-Benz of North Olmsted, the flagship dealership of his organization.

Less than two years later, Moreno began building what would become the Bernie Moreno Companies through a series of acquisitions to establish an impressive collection of 31 dealerships in Ohio, Massachusetts, Kentucky and Florida. In 2015, the Bernie Moreno Companies made its first non-automotive acquisition, Hotcards.com, Cleveland's leading online printing company. Moreno also serves on the boards of many educational and charitable organizations; and when the workday is over, he returns to his home in Westlake, Ohio, for his "most exceptional experience" of all—spending time with his wife and four children.

All Rise! Presidential Tour!

Beachwood, Solon and Moreland Hills Historical Societies have collaborated together to organize a special tour and you're invited to attend.



Learn about President Garfield and his wife. Tour his log cabin. Visit Lake View Cemetery and see his monument. Stop by Solon's Historical Society where Garfield gave his sermons. Contests, prizes, beverages and treats will also be included on this tour.

Meet descendants of other presidents as well and learn about Ohio's rich history. Mark your calendars for the morning of June 4. To register, call 216.292.1970 or visit the Beachwood Recreation Department. Watch for more information in next month's *Beachwood Buzz*.

Heritage Home ProgramSM

If your home in Beachwood is 50 years old or older, you have access to free technical assistance regarding home maintenance and improvement projects! The Heritage Home ProgramSM offers free advice, personalized site visits, and access to 2% fixed-rate financing to cover project costs. To schedule a free site visit or to learn more about qualifying for a low-interest loan, call 216.426.3116 or visit www.heritagehomeprogram.org.

Additionally, there will be an informational presentation led by Heritage Home ProgramSM staff at Beachwood City Hall on Wednesday, April 13, at 7 pm. Please consider attending to hear more about the services available to you.

Cleveland's 13th Annual



kids & their families making a difference
one step at a time



Proceeds support breast cancer research at University Hospitals Seidman Cancer Center.

Join Us for a 5K or a 1-Mile Walk/Run! Mother's Day, Sunday, May 8, 2016

Honorary Chair: Monica Robins
Channel 3 News Senior Health Correspondent/Anchor

- ♥ \$20 Entry Fee Per Adult
- ♥ \$15 Entry Fee Per Child
- ♥ Face Painting
- ♥ Balloon Artists
- ♥ Bounce House
- ♥ Kids' Crafts

Sponsored by:



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CITY OF *Beachwood* Council Update

MAYOR
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216.292.1901
mayor@beachwoodohio.com

COUNCIL PRESIDENT
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JUSTIN BERNS



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BRIAN LINICK



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brian.linick@beachwoodohio.com

JAMES PASCH



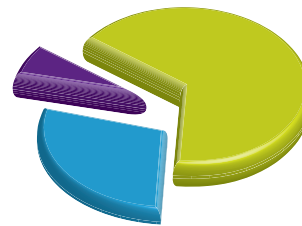
216.630.9671
james.pasch@beachwoodohio.com

LOW PROPERTY TAX RATES

Beachwood has the fifth lowest residential property tax rate among 73 taxing districts in Cuyahoga County.

Beachwood's property taxes for a home with a \$100,000 value are \$2,094 per year, compared with: Brecksville (\$2,238), Solon (\$2,294), Broadview Heights (\$2,280), Highland Heights (\$2,301) and Westlake (\$2,134).

Residential property tax revenues in Beachwood are split as follows:
Beachwood City Schools (59.9% of the proceeds), Cuyahoga County and the Cuyahoga County Library System (34.2%) and the City of Beachwood (5.9%).



RECIPIENT OF PROPERTY TAXES

Recipient	%
Beachwood City School District	60
Cuyahoga County & Library	34
City of Beachwood	6

"Beachwood provides exceptional services and value for its taxpayers," said Mayor Merle S. Gorden. "The city, the schools and our business community communicate and cooperate to make Beachwood the best it can be."

According to Cleveland.com, the median home value in Beachwood is \$270,450.

Beachwood Family Aquatic Center will be open 97 days this year! Open Memorial Day Weekend and everyday starting June 3.

Memberships on sale now in Community Services Office, 25325 Fairmount Blvd., Monday – Friday, 8:00 – 4:30 p.m.



BLOOD DRIVE

FRIDAY, APRIL 15

1:00 – 7:00 P.M.

BEACHWOOD COMMUNITY CENTER

City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122

216.464.1070
www.beachwoodohio.com



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CLERK OF COUNCIL
216.595.5493

WHEN YOU'RE IN *Beachwood*, YOU HAVE ARRIVED!

SAFETY FORCES MAKING HIGH-TECH UPGRADES

Our Safety Forces will be purchasing 15 advanced camera systems for police cruisers and 55 body camera units for officers. These, in addition to the city's new fiber-optic network, provide the ability to communicate more efficiently in emergencies.



Beachwood is the first city in the state to utilize these cameras which offer 360-degree, high-definition views. It is also one of the few police departments in the state to stream live video back to dispatch.

The total cost for all cameras is \$208,961 which comes at no cost to taxpayers.

The total cost for all cameras is \$208,961 which comes at no cost to the taxpayer. Instead, the City is using funds that were seized or forfeited during Beachwood Police Department criminal investigations.

"We want to provide the maximum amount of safety we can for our police officers," Police Chief Keith Winebrenner said. "They are out there 24-7, putting themselves on the line for our residents and our businesses. Beachwood is a very safe community and that's in part because of our excellent police presence."

Our new fiber/wireless network will benefit Beachwood officers, residents and Beachwood City Schools. Fiber cable has been installed and radio towers and traffic control signals are being connected to the network. Use of this network will save the City about \$12,000 a month which was formerly paid to AT&T as an outside service provider.

HOME HERITAGE PROGRAM



For homes over 50 years of age, the Heritage Home Program offers free technical assistance to help plan and execute remodeling or maintenance projects. Program staff provides free on-site consultation for construction projects, share information on local contractors and review estimates received from contractors. The Heritage Home Program also offers a 2% fixed-rate financing option for most projects.

An informational presentation will be held by Heritage Home Program staff at **Beachwood City Hall** on **Wednesday, April 13 at 7:00 pm.**

For more information, visit www.heritagehomeprogram.org or call 216.426.3116.



SPECIAL MASTER PLAN SESSION

A **Special Master Plan Session** will be held at 7:00 p.m. on Monday, April 25, 2016 in Beachwood City Hall Council Chambers.

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, April 4, 18 and May 2. 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, May 5. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, April 4, 18 and May 2. 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

RX DRUG DROP BOX

We accept unwanted or unused prescription drugs during regular business hours (Monday– Friday) from 8:00 a.m. – 4:30 p.m. through a Drug Drop Box located in the Police Department lobby (2700 Richmond Road). **QUESTIONS? CALL POLICE DEPARTMENT 216-464-2343**



RECREATION BASEBALL/ SOFTBALL LEAGUES

Sign up now for Youth Baseball and Softball Leagues for Spring/Summer 2016

BASEBALL PROGRAM

Novice Coed T-Ball: 5 – 6 years
Rookie Boys Machine Pitch: 7 – 8 years
Minor Boys Player Pitch: 9 – 10 years
Major Boys: 11 – 12 years
Pony Boys: 13 – 14 years

SOFTBALL PROGRAM

Rookie Girls: 7 – 8 years
Minor Girls Player Pitch: 9 – 12 years

\$55 Resident / \$75 Non-Resident

QUESTIONS? REFER TO WINTER REC GUIDE OR VISIT www.beachwoodohio.com/recreation



DID YOU KNOW?

Mercury items can be dropped off at Fire Station 1, Monday – Friday, 8 am – 4:30 pm. Items should be sealed in a plastic bag or container. Energy efficient light bulbs are not accepted. Questions? call the Fire Department at 216.292.1965.

WWW.BEACHWOODOHIO.COM

Council Update

OF SPECIAL NOTE

FREE PERSONAL SHRED DAY FOR RESIDENTS



Bring personal documents, mail and files to be shredded for FREE! Proof of residency required.

**SUNDAY, MAY 15 from 9 A.M. – 12 P.M.
BEACHWOOD COMMUNITY CENTER**

Rain or shine. Limit: 12 blue bags or 6 banker boxes.

HYDRANT FLUSHING

The Fire Department will be conducting hydrant flushing from Tuesday, April 26 – Monday, May 2. Signs will be posted. Hydrant flushing may occur on your street on any day. Should you encounter rusty water, please run the COLD water until it runs clear. For more information call 216.292.1965.



ART EXHIBITS

Beachwood Community Center
Art Gallery

MONDAY – FRIDAY • 9 AM – 4 PM

SATURDAY • 10 AM – 3 PM

SUNDAY • 10 AM – 1 PM

K-12 ART SHOW

PRESENTED BY BEACHWOOD ARTS COUNCIL

Beachwood K-12 students will display their creative artwork, including collages, paintings, drawings and sculptures. Entertainment will be provided by talented student musicians, and refreshments will be served. Free and open to the public.



April 6 – 23 • Opening Reception: Wednesday, April 6 from 5 – 7 p.m.

STUDIO2 EXHIBIT

Featuring Rob Crombie, Greer Hopkins, Hannah Jordan, Steven Koren, Nancy Minter and Leesah Tarr.

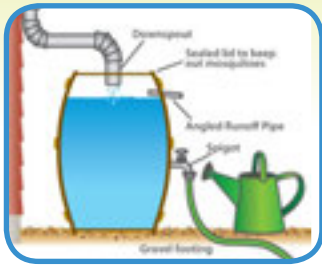
April 29 – May 20 • Opening Reception: Sunday, May 1 from 1 – 2 p.m.



MISSED A COUNCIL MEETING?

To listen to audio recordings, just visit www.beachwoodohio.com and click on the link.

RAIN BARREL WORKSHOP



Cuyahoga Soil & Water Conservation District is hosting a Rain Barrel Workshop with the City of Beachwood and Friends of Euclid Creek.

WEDNESDAY, MAY 25
6:30 – 8:00 P.M.
BEACHWOOD COMMUNITY CENTER

COST: \$60 includes barrel, all materials and downspout diverter
(Friends of Euclid Creek members receive a \$10 discount)

A rain barrel is used to collect and store rainwater that would otherwise be lost to runoff and likely diverted to a storm drain. Collected water may then be used to water lawns and gardens. To register contact Claire Posius at 216.524.6580, ext. 16.

MUFFINS WITH THE MAYOR



Mayor Merle S. Gorden invites you to join him while you enjoy a muffin and coffee.

MAY 11 AT 10:00 A.M.
BEACHWOOD COMMUNITY CENTER
Mingle, munch and meet the Mayor as we celebrate May – Older Americans Month. Call to reserve your space. 216.595.3733. FREE!



BEACHWOOD RECREATION COMMUNITY THEATER PROUDLY PRESENTS **13 THE MUSICAL**

PERFORMANCE DATES/TIMES: Beachwood Middle School
\$7 Students/Seniors • \$8 Adults

Friday, May 6 at 7:30 p.m.
Saturday, May 7 at 4:00 p.m.
Sunday, May 8 at 2:00 p.m.
Friday, May 13 at 7:30 p.m.
Saturday, May 14 at 4:00 p.m.
Sunday, May 15 at 2:00 p.m.
Friday, May 20 at 7:30 p.m.
Saturday, May 21 at 2:00 p.m.

Tickets available at the door 30 mins. before performance



HAZARDOUS HOUSEHOLD WASTE ROUND-UP

Household Hazardous Waste Round-Up will be **Monday, May 9 – Saturday, May 15 from 7:30 a.m. – 3:30 p.m.** at the Beachwood Service Department, 23355 Mercantile Road. Residents are invited to dispose of unwanted oil-based paint, pesticides and other household hazardous wastes.

The Cuyahoga County Solid Waste District can only accept materials originating from a household, not a commercial source.

MATERIALS ACCEPTED

- Oil or solvent-based paint, sealers, primers, or coatings (aerosols or liquids)
- Varnishes, polyurethanes, shellacs
- Paint thinner, mineral spirits, turpentine
- Pesticides, herbicides, fungicides
- Caustic household cleaners
- Automotive fluids, motor oil, car batteries
- Adhesives, roof tar, driveway sealer
- Kerosene, gasoline, lighter fluid
- Mercury, fluorescent bulbs

MATERIALS NOT ACCEPTED

- Latex paint
- Explosives, gun powder, ammunition, flares
- Medical waste, pharmaceuticals, sharps
- Radioactive waste (i.e. smoke detectors)

DISPOSAL OF LATEX PAINT:

Latex paint is not accepted. To dispose of latex paint, solidify and place in your curbside trash.

To solidify, remove the lid and allow liquid to evaporate. For larger amounts, mix in an equal amount of an absorbent material such as cat litter or sawdust and allow to dry. Pour thin layers of paint into a cardboard box lined with plastic, allowing the paint to dry one layer at a time.

Beachwood Receives A's on Ohio Department of Education Report Card



The Ohio Department of Education (ODE) released the second portion of the 2015 state report card in late February. This portion includes students' performance on the state-mandated assessments in English/Language Arts, mathematics, science and social studies administered last spring (2015).

Beachwood City Schools overall, as well as Bryden, Hilltop, the middle school and the high school all earned an A, the highest grade possible. In addition, Beachwood City Schools overall, Hilltop and the middle school all earned an A for "Value Added" which is based upon our students' scores on Grades 4 - 8 English/Language Arts and mathematics assessments relative to their own previous benchmarks.

Although we pay close attention to our district report card and are pleased with these results, **our primary goal will always be to provide highly engaging curriculum and instruction in a supportive and inspiring school environment.**

Thank you for your support of Beachwood Schools.

Beachwood City Schools Receives Aaa Rating from Moody's



Beachwood City Schools are pleased to announce that Moody's Investors Service has assigned a rating of Aa1 to the borrowing the district will use to pay for our main stadium renovation slated to be complete this coming September. The Aa1 is the highest rating possible for this type of borrowing by a school district. Concurrently, Moody's reaffirmed Beachwood's overall credit rating as Aaa, the highest rating possible.

The Aaa rating is based on our strong financial standing, effective fiscal management, reliable coverage of debt payments and steadfast community support of operating levies. It provides for favorable rates when the district secures bonds for future projects. This saves Beachwood taxpayers significantly in the form of lower interest rates over the life of these bond issuances. Beachwood is one of just four school districts in Ohio to maintain this superior credit rating.

Speech and Debate Club heads to State, National Tournaments



Sanchari Chakrabarti, Abigail Bendis, Swathi Srinivasan, Jared Shapiro, Samantha Shaffer, Dylan Green, Nam Nguyen, Patrick McCourt

Five Beachwood High School students qualified for the Ohio High School Speech League competition held the first weekend in March. Senior **Simon Perilla**, junior **Swathi Srinivasan**, and sophomore **Daniel Mishins** each qualified in Congressional Debate and senior **Samantha Shaffer** qualified in Original Oratory. Rounding out the team was **Jared Shapiro**, who as a freshman, won first place in Humorous Interpretation at a qualifying tournament.

Samantha finished the State competition as a semi-finalist, placing 8th out of the 65 students who made it to the State competition. She will next compete at the National Tournament of Champions in April.

Jared will compete next at the National Speech and Debate Association National Championships, a highly competitive tournament.

ATTENTION ALUMNI The BHS Alumni Association is Looking for You



We are looking for our alumni to get involved with us again!

- **Did you graduate from BHS?**
- **Did your children? Your neighbor? Your friend?**
- **Help us reconnect with our alumni!**
- **Visit www.beachwoodschoools.org/alumni.aspx and sign up.**
- **Join us at our next Alumni Association meeting Tuesday, March 29 at 7 pm (Fairmount School)**

Call April Thomas, '92: (216) 233-9654 or april_thomas23@aol.com or Julie Felder, '90: (216) 410-4874 or juliefelder@gmail.com to get involved.

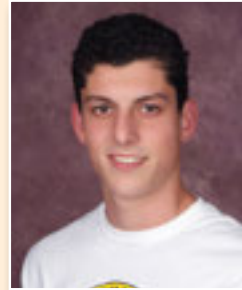
ADMINISTRATION

Robert P. Hardis, Superintendent, 464-2600 ext. 299 • rph@beachwoodschoos.org
Michele E. Mills, Director of Finance/Treasurer, 464-2600 ext. 239 • mm@beachwoodschoos.org
Lauren J. Broderick, Director of Pupil Services, 464-2600 ext. 234 • ljb@beachwoodschoos.org
Ken Veon, Director of Operations & Technology, 464-2600 ext. 230 • kev@beachwoodschoos.org
Linda LoGalbo, Director of Curriculum & Instruction/Human Resources, 464-2600 ext. 289 • lhl@beachwoodschoos.org
Kathleen Stroski, Assistant Treasurer, 464-2600 ext. 240 • ks@beachwoodschoos.org
Shana Wallenstein, Interim Director of Marketing & Communications, 464-2600 ext. 237 • swallenstein@beachwoodschoos.org

Two BHS Seniors are candidates for the United States Presidential Scholars Program

Bagatur Askaryan and **Junyoung Lee**, both seniors at Beachwood High School, have been named candidates for the United States Presidential Scholars Program. Established in 1964, the program recognizes and honors our nation's most distinguished graduating high school seniors. 4,000 candidates are identified annually and 161 students will be named as U.S. Presidential Scholars, one of the nation's highest honors for a high school student. Candidates are chosen on the basis of their accomplishments in many areas – academic success, leadership and involvement in school and community. Scholars will be named in early May.

Congratulations, Bagatur and Junyoung!



Bagatur Askaryan



Junyoung Lee

Bryden Students Celebrate Diversity with Carlos Jones and the Plus Band

Throughout the year, Bryden has celebrated the diversity in our classrooms with "Feature Fridays," a weekly program where families share their heritage with classmates through a presentation, craft, song or story. Bryden students were fortunate enough to receive a visit from Carlos Jones and the Plus Band for an all-school celebration!

The band played Jaimaicain Reggae music favorites, "Don't Worry Be Happy," "Nursery Rhyme," and "Where Reggae Comes From," to name a few. Carlos emphasized the drum as an educational focal point. The assembly was organized by second grade teacher Kate D'Angelo and Special Education Assistant Janet Wasserman.



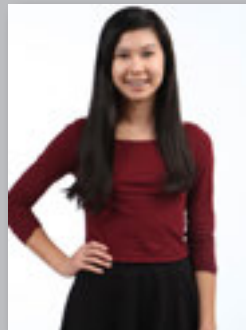
Four Beachwood Students Among the Finalists in the Stop the Hate: Youth Speak Out Essay Contest



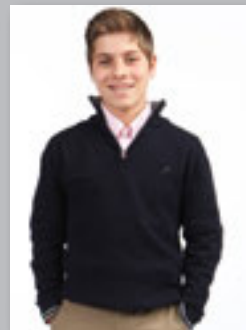
Yoav Pinhasi



Shayna Preisler



Athena Grasso



Eli Goldman

Congratulations to Beachwood Middle School students, **Yoav Pinhasi** and **Shayna Preisler** (7th grade), and **Athena Grasso** (8th grade) and Beachwood High School freshman **Eli Goldman**, each a grade level finalist in the annual **Stop the Hate®: Youth Speak Out** contest sponsored by the Maltz Museum. The students' essays were chosen from nearly 1,200 submitted by students in grades 6-10 from school districts throughout a 12-county area.

After Prom

After Prom is organized and run by parent volunteers to promote a fun, safe and alcohol free evening. Included in the evening is a raffle auction for our students. We are looking for donations and prizes from our community for our silent auction.

Contact: Laurie Marks at lauriemarks@me.com or (216) 570-1888 if you are able to contribute.

Thank you.



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Conservation Expert to Address “Caring for your Collections” at Jewish Genealogy Society Meeting

Do you want to learn more about how to care for your family’s heirlooms and other treasures? Jennifer Sauers Cheveroux, interim executive director at ICA-Art Conservation, is the featured speaker at the Jewish Genealogy Society of Cleveland’s meeting on Wednesday, April 6, at 7:30 pm in the Miller Board Room at Menorah Park. Board members will be available from 7 pm to assist with individual research questions.

Cheveroux will talk about how to care for family heirlooms and other treasures. She will walk participants through the basics and introduce the agents of deterioration as well as the science behind preservation practices. Cheveroux will also share information on how to properly handle and store your precious artifacts.

ICA-Art Conservation, the regional non-profit conservation center in Cleveland, has served museums, libraries, and collectors for more than 60 years.

Cheveroux has over 20 years’ experience in the museum field serving as curator, exhibits director, educator, board member and president of the Ohio Museums Association. As interim executive director and education outreach officer at ICA-Art Conservation, her primary objective is to ensure the preservation of artistic and historic works in Cleveland and across the state through educational programming, public outreach and advocacy for saving our shared cultural heritage for generations to come.

To attend the event, please RSVP to Programming@ClevelandJGS.org. Guests are welcome.

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Expanded endocrinology services in Beachwood.

In November, Cleveland Clinic's Endocrinology & Metabolism Institute welcomed three endocrinologists, expanding its care on the East Side. Robert Brenner, MD; Jay Morrow, MD; and Daniel Mendlovic, MD (formerly private practice physicians), joined Cleveland Clinic. They continue to treat patients at the same office, now named Cleveland Clinic Diabetes and Endocrinology, Park East. The physicians treat the entire spectrum of endocrine disorders, including all forms of diabetes, thyroid disorders, adrenal/pituitary gland issues, polycystic ovarian syndrome (PCOS), testosterone deficiency and metabolic bone diseases such as hyperparathyroidism, Paget's and osteoporosis. The location offers:

- Onsite thyroid ultrasound
- Ultrasound-guided biopsy of thyroid nodules
- Continuous glucose monitoring
- A laboratory drawing station



Robert Brenner, MD



Jay Morrow, MD



Daniel Mendlovic, MD

Cleveland Clinic Diabetes and Endocrinology, Park East, is located at 3733 Park East Drive, Suite 105, Beachwood. For an appointment, please call 216.504.0001.

Welcome Richard S. Herman, MD Pediatric General Surgeon

Richard S. Herman, MD, is a Cleveland Clinic Children's pediatric general surgeon. He sees patients at Fairview and Hillcrest hospitals and main campus.

Dr. Herman completed medical school at Rutgers University, Robert Wood Johnson Medical School. He completed his fellowship in Pediatric Surgical Critical Care at the University of Michigan, where he remained on staff in the intensive care units while doing a research fellowship focusing on fecal incontinence and parenteral nutrition. He then completed a Pediatric Surgery Fellowship at the University of Mississippi.

Dr. Herman recently joined the Cleveland Clinic Children's staff. In addition to general pediatric surgery, his interests include minimally invasive surgery and the care of critically ill children.



Richard S. Herman, MD

To schedule an appointment with Dr. Herman, call 216.444.KIDS.

Self-Compassion

A Q&A with Jennifer Stern, LISW

In your practice, are there any topics that come up on a regular basis?

Yes. One topic that comes to mind is self-compassion, and how difficult it is for many clients to be patient, kind and caring with themselves.

How is lack of self-compassion recognized?

Lack of self-compassion is recognized when clients have difficulty recognizing their efforts as strength, their progress as growth and themselves as resilient.

What additional side effects come from lack of self-compassion?

When people are self-critical, they often become frustrated, anxious and depressed, all of which affect their sense of self-efficacy.

What suggestions can you give to individuals who tend to lack self-compassion?

A book that does a nice job of exploring this topic is *The Mindful Path to Self-Compassion, Freeing Yourself From Destructive Thoughts and Emotions*, by Christopher K. Germer. He states, "Freeing yourself from the trap of destructive thoughts and emotions through self-compassion can boost your self-esteem from the inside out, reduce depression and anxiety, and even help you stick to your diet." His book is divided into three parts: *Discovering Self-Compassion*, *Practicing Loving Kindness* and *Customizing Self-Compassion*.

Germer talks about how pain creates a conflict between what things are and how we'd like them to be. We have all heard that pain is inevitable, but suffering is optional. Bad things happen, and when they do, instead of focusing on what you cannot control focus on what you can. We each have the power to choose self-compassion.

What do you feel the biggest barrier is to self-compassion?

I absolutely believe it is impatience. Think of your self-talk when recovering from an illness or an accident: I should have been back at work by now! I should be walking by now! All I do is sleep; I should be back living my normal life by now! This is not how we would speak to a loved one or friend. Instead, we might validate their frustration while focusing on how far they have come in their recovery. We have the choice to offer ourselves this same compassion.

So how would you encourage someone to become more self-compassionate?

I would encourage them to practice replacing their negative self-talk with self-talk that focuses on what they are doing that they

weren't the week or month before, and to recognize and build upon their strengths rather than getting stuck in perceived weaknesses and limiting beliefs. Examples are: I got up and took a shower today, (even though I felt like staying in bed...this is an accomplishment). I walked around the block today, (it took me a long time and I had to take a nap after, but I did it, and it is a good start).

By recognizing and honoring efforts and progress, you make the choice to become an active participant in your growth and healing.

What other examples can you share?

In any situation, you have a choice to practice self-compassion by recognizing what you ARE doing. For example, when grieving a loss, we expect to "get over" rather than "grow through." Someone might say: I can't believe I am still so sad. It has been several months and I still don't feel like myself. I will never be happy again.

These feelings are real but they do not have to define or limit you. What ARE you doing? Today I wrote in my journal, called a friend and went for a walk. I don't feel like myself but I do feel stronger for taking care of myself.

What other scenarios do you see where people lack self-compassion?

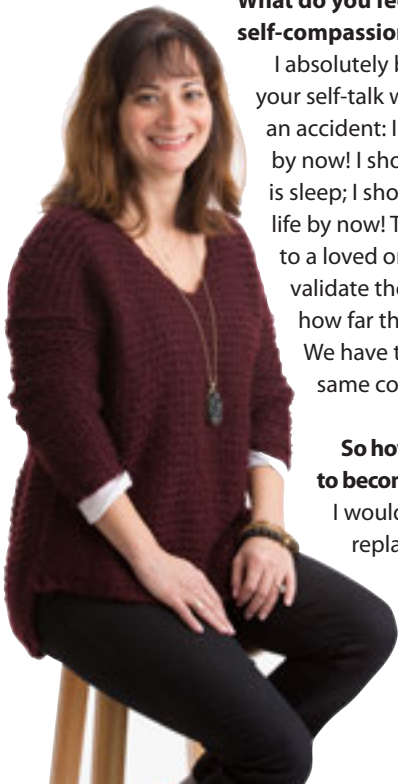
Often times, people are impatient with and critical of themselves when trying to make a healthy lifestyle change. I stopped eating sugar and white flour and I still can't lose the 20 pounds. I only walked on the treadmill for 15 minutes while the person next to me ran for 30. Stop diminishing your effort and undermining your commitment to a healthy lifestyle change with critical self-talk. Instead, choose to practice self-compassion by recognizing what you ARE doing. I made it to the gym today and walked on the treadmill for 15 minutes. I could not have done this a month ago. Today I had a healthy breakfast and lunch and did not snack between meals. Today I walked the stairs at work instead of taking the elevator.

Lastly, what advice can you give to someone who wants to recognize the importance of self-compassion?

Treat yourself as you would treat your best friend. Be patient with yourself. Recognize that change, healing and growth take time. Understand the difference between self-talk that is motivating you to be your best self and critical self-talk that is keeping you stuck in a place of frustration and limiting beliefs. Choose to recognize and honor your efforts, your accomplishments and your active participation in living a healthier life.

As Germer states, "Loving-kindness is something everyone needs and deserves, and that includes the compassion we can give ourselves."

For more information, Jennifer Stern can be reached at 216.464.4243.





Restaurante Mexicano

A LITTLE PIECE OF MEXICO IN YOUR TOWN

Are you a lover of Mexican food? Tres Potrillos Restaurant is worth a try. Tres Potrillos was founded in 2002 by three brothers from the highlands of Jalisco, Mexico. The restaurant is family owned and operated, features an extensive menu that includes Mexican favorites, seafood, vegetarian and chicken and pork dishes. Every dish prepared with fresh ingredients. Tres Potrillos also is known for its fast lunch service. If you are a tequila lover, Tres Potrillos has a full bar with more than 65 different kinds of tequila, including 15 home infused with natural fruit. Handcrafted margaritas are the specialty of the house, made with fresh fruit and tequila. Our tableside guacamole provides an authentic Mexican experience. Patrons observe the wait staff cutting ripe avocados and hand-mixing them with the ingredients of their choice. This tableside guacamole is second to none!

The décor of the restaurant was carefully planned to add to the dining experience. Beautifully crafted stone walls and costumized furniture, created from actual-aged tequila barrels, offer a relaxing and unique atmosphere. The wait staff is attentive and efficient. The restaurant boasts a private party room for up to 55 people that may be reserved for special events. A custom menu for private parties is available.

Tres Potrillos also has a sun-covered patio for up to 50 people, perfectly designed to match the beautiful atmosphere if you are having an office meeting or any other celebration. A catering menu is available, with many options for your office meetings, including traditional items such as fajitas and a taco bar. All disposables and delivery are included.

For authentic Mexican food and a charming atmosphere, visit Tres Potrillos at 25765 Chagrin Blvd. in Beachwood. For more information, call 216-591-1202.



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Mini MED SCHOOL

Medical School for the rest of us

Learn how your body works and how new medical breakthroughs may affect you in the Case Western Reserve University School of Medicine's Mini Med School. The Spring 2016 session begins April 20 from 6:30 – 8:30 pm. Space is limited. No math or science background is necessary. Lectures are in plain English and there are no exams! All sessions are led by faculty experts from Case Western Reserve University.

"This class offered more information about medicine in one month than most people get out of their doctors in a lifetime."

Join us Wednesday evenings at the Wolstein Building, 2103 Cornell Road beginning April 20, 6:30-8:30 p.m. Light refreshments provided.

April 20

Dermatology: Psoriasis, Psoriatic Arthritis, and Psoriasis-related Cardiovascular Disease Risk

Host: Kevin Cooper, MD; Professor of Dermatology and Pathology

April 27

Pediatrics: Autism Spectrum Disorder Across the Lifespan

Host: Max Wiznitzer, MD; Professor of Pediatrics

May 4

Medicine: When It's OK to Forget

Host: Stefan Gravenstein, MD; Professor of Medicine

May 11

Surgery: All About Legs: Arterial and Venous Disease

Host: Vikram Kashyap, MD, FACS; Professor of Surgery

May 18

Medicine: Medical Management of Back Pain

Host: Edwin Capulong, MD; Professor of Medicine

Registration fee \$87 for one person (\$160 for two for the entire series; \$20 for a single session), parking not included. A detailed confirmation letter will be mailed to you upon completed registration. For more information or to register by credit card, call 216.983.1239 or fax to 216.844.8133, or see our website at: <http://casemed.case.edu/cme/minimedschool>

Mail this registration form to: Continuing Medical Education Program, Case Western Reserve University School of Medicine 10524 Euclid Avenue, Walker Suite 3129 Cleveland, Ohio 44106-6026

Please enroll me for **Mini Med School, Spring 2016, CID #1041**

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Address _____

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E-mail _____

Phone Day () _____ Evening () _____

Registration: \$87 single person _____ \$160 for two _____

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community in Cleveland Heights, founded by the National Council of Jewish Women, Cleveland Section. Dedicated to providing quality, affordable housing, and distinctive life enrichment services and programs, we house seniors age 62 and over and mobility-impaired adults of all ages. Council Gardens is located at 2501 N. Taylor Road. For more information, call 216.382.8625.



Diabetes Partnership of Cleveland

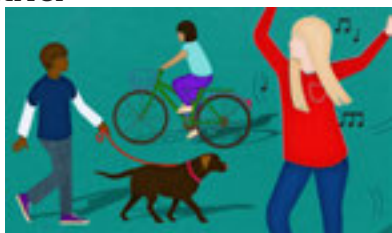
is encouraging people of all ages to S.W.I.M. for Diabetes: Swim, Walk, Inspire or Move for your health, diabetes prevention, education and Camp Ho Mita Koda for children with diabetes! Visit diabetespartnership.org or call 216.591.0800 to learn how you or a loved one can benefit from their services.

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New for 2016: Select your own Time, Date and Location for Your activity or Join Us to swim on May 14th or May 15th at the Cleveland State University Pool. Register NOW at SwimForDiabetes.org.

About Us

Diabetes Partnership of Cleveland (DPC) is a local, independent non-profit agency. DPC works to reduce the number of people with pre-diabetes, diabetes, and diabetes complications through prevention services, and supports those impacted to better manage and control their health.

Education is the Key to Better Health!

DPC has Diabetes Self-Management Education classes to help you gain the knowledge, skills and confidence to successfully manage your diabetes. Call 216-591-0800 to learn more about our programs. Visit diabetespartnership.org for class schedules.



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Mini Med School is medical school "for the rest of us"—those not seeking a medical degree

but with an interest in health research and trends. Led by faculty experts, this five-session program, held on consecutive Wednesday evenings, begins April 20. For more information, call 216.983.1239.



Windsor Heights Alzheimer's Special Care Center is an

assisted living community specializing in providing care and meaningful programs to residents with Alzheimer's disease and related dementias. Our mission is to be the leader in providing quality personal services while honoring the experience of aging. Our address is 23311 Harvard Road, Beachwood. Call 216.839.1300 for more information.

News from Menorah Park

Happy Centennial Birthdays to Menorah Park Residents!

Happy Birthday to Beatrice Miller who celebrated her 100th birthday on January 31. Beatrice married Dr. Bernard Miller and they have two daughters – Gail Eisen (Joel) and Carol Stroom (Dr. Richard), who live in Beachwood, six grandchildren and eight great-grandchildren.

Beatrice loves music and going to Menorah Park's own Speakeasy. She also enjoys going to their musical programs and most of all, she enjoys spending time with her children, grandchildren and great-grandchildren.

In honor of her centennial birthday, Mayor Merle S. Gorden and City Council proclaimed Sunday, January 31, 2016 as "Beatrice Miller Day" in the City of Beachwood.

Happy birthday, too, to Ann Berk who recently celebrated her 103rd birthday and to Paula Birnbaum who celebrated her 101st birthday.



Pictured from top: Bea Miller with granddaughters (from left) Kara Eisen and Lauren Redland; Ann Berk with her son, Jerry; and Paula Birnbaum with Rabbi Joseph Kirsch.

Save the Date!



BRAVISSIMO! "Job Well Done"
On June 26, Menorah Park will celebrate its 110th anniversary and honor Steve Raichilson, who announced his retirement after serving as executive director for 29 years. The celebratory event will be held at Executive Caterers at Landerhaven. For more

information, please contact Jane Furth at 216.839.6688 or jfurth@menorahpark.org. Sponsorship opportunities are available. Visit menorahpark.org for more information.

"It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about."

– Dale Carnegie

Brain Aerobics Classes

Center 4 Brain Health offers the community Brain Aerobics Classes to strengthen memory, learn meditation exercises, work on problem-solving skills and master stress relief techniques – all designed to improve memory and cognition. Engage your brain with others during a one-hour class. Fun and interactive classes are offered weekdays, Monday through Thursday from 11 am to noon. Enjoy special events, social gatherings and health educational events on Fridays, from 11 am to noon, for a modest fee of \$5 to \$15 per event. To view a current class schedule, visit www.center4brainhealth.org or contact Krystal L. Culler, director, at 216.839.6685.

Distance Learning

The following Distance Learning programs take place in Menorah Park's Miller Boardroom and are free and open to the community. To participate, please RSVP to lastuver@menorahpark.org.

Monday, April 4 • 2:30 – 3:30 pm

"Preserving the Past" by the Penn Museum (Philadelphia, PA)

Monday, April 11 • 2:30 – 3:15 pm

"Introduction to Impressionism" by the Cleveland Institute of Music

Monday, April 18 • 2:30 - 3:30 pm

"Engineering for Animals: Exhibit, Design & Beyond" by the Minnesota Zoo (Apple Valley, Minnesota)

Monday, April 25 • 2:30 – 3:15 pm]

"So You Know the U.S. Government?"

by the Ohio History Connection (Columbus, Ohio)

Monday, May 2 • 2:30 - 3:20

Habitats of the Gulf of Mexico"

by the Texas State Aquarium (Corpus Christi, Texas)

Programs at Temple Emanu El

Tot Shabbat

Friday, April 8 • 5:30 pm

Children ages 6 and under with a parent are invited to attend Tot Shabbat, which will include a short service, songs, crafts and make-your-own-pizza night. RSVP to Carolyn Abrams at cabrams@teecleve.org or 216.454.1223.

Max and Frieda Davis Tikkun Olam Award

Friday, April 8 • 7:30 pm

Burton (Burt) Saltzman, owner of Dave's Supermarkets, will be presented the Max & Frieda Davis Tikkun Olam Award for contributions to the community. The presentation will take place during Shabbat services and is open to the public. For information, contact 216.454.1300.

Temple Emanu El is located at 4545 Brainard Road, in Orange Village.

Millers Helped Shape City by Homing In On Construction

By June Scharf

Sheldon (Shelly) Miller, a Beachwood resident for more than 50 years, has a long legacy of development in this community, transforming its streets and helping to populate its neighborhoods. His company, Miller Homes, continues that tradition with his sons, Beachwood residents Ron and Scott, who are now in charge and breaking ground on new properties in nearby cities.

The company, however, met a disturbing challenge here early in its history, around the mid-1950s. When Miller sought approval on a contract to buy a lot on Halworth in Beachwood, a major roadblock immediately presented itself.

A 99-year restrictive standard on properties owned by the estate of the Van Sweringen brothers, Oris Paxton and Mantis James, who died in the mid-1930s, prevented land from being developed in ways contrary to their intentions. According to the Teaching Cleveland website (teachingcleveland.org), while it wasn't officially documented, it was clear that among those intentions was the preclusion of purchases made by blacks, Italians, Catholics and those of the "Hebrew persuasion."

Some of the Beachwood streets bound by this deed restriction included Shaker Boulevard, Hazelmere, Wimbledon and Duffield roads, according to Miller who had attempted to buy land in those areas. Ultimately, the Federal Fair Housing Act, also known as Title VIII of the Civil Rights Act, was passed in 1968, eliminating the practice of writing racial covenants into deeds. Miller eventually prevailed with his purchases and construction began.

This time period marked the beginning of a tidal shift, when builders opened the floodgates to the "promised land of Beachwood" (a term tossed

about frequently and affectionately by Howard Hanna realtor and Beachwood resident Adam Kaufman).

Jews poured in from the Heights area, back when Richmond Road was two lanes with drainage ditches on both sides.

"There was no diversity here, it (Beachwood) was about 90% Jewish," says Miller.

Ultimately, Miller built about 250 houses in Beachwood, including many of those in the Village, which began as an apple orchard. Actually, much of Beachwood was covered by apple orchards, he reports.

Choosing to build four-unit homes here in the mid-1980s on the Village property, however, was a semi speculative pursuit. "I was hesitant because it was a new idea for this area. Previously, I had only built single-family homes," Miller explains. Other Village developers included companies owned by Earl Lefton and Norby Malin.

Currently, Shelly, 84, and his wife Florene, 81, live in the Village in a home they built on Hampshire Court. Prior to this residence, they built a home on Meldon, where they raised their sons Scott and Ron and daughter Cheryl, and where they built the neighboring homes. Before that, they lived on Deptford, representing the first home they'd built in Beachwood.

Miller's introduction to the home construction business came at the hands of his father,



Sam (no relation to the Forest City Realty Trust executive of the same name), a Chicago builder who moved to Cleveland after the Great Depression. Sam began building homes during the boom that followed World War II, locating his projects in Euclid, University Heights, Mayfield Heights and Lyndhurst.

While growing up, Miller did carpentry work over the summers for his father at homes under construction. After graduating from Cleveland Heights High School, he majored in business at Ohio State University. There he met Florene, whose father, Max Ackerman, was a contractor and carpenter in the residential construction business. They've been married for 62 years, and are grandparents of seven.

As Beachwood development

progressed in the '70s, Miller Homes found new construction sites on the streets north of Fairmount Boulevard, in what was designed by land owners Forest City to offer the flavor of an English village with street names like Tunbridge, Sittingbourne, Cardington, Bridgeton and Maidstone.

In the late '70s, though, the home-building business tanked, according to Miller. Therefore, he shifted his focus and built the Akron Tennis Club, followed by the Park East Racquet Club, in 1976, in Beachwood.

"There never really was a dry time for us," he notes. And he never needed to go far to reach the office since it's always been based in their home. "We had no secretary; it was a bare bones business," he adds.

Since their home was often the model for showing to pro-

spective clients, Florene needed to keep it perpetually clean and tidy, no small task when her children were young. But the pair shared the same vision for what they wanted both in life and with the business, so flashpoints never flared. In fact, seeing the gentle way they recall the past, even when their memories diverge on certain points, reveals a distinct level of understanding and harmony between them. But when asked about each other, they describe Shelly as the “up-tight” and Florene as the “easy going” partner.

The business has been carried forward by Scott and Ron, who both initially became lawyers, but later decided that they wanted to return to the family business, representing the third generation to do so. In

1992, they embarked on their first project together, a residential development in South Russell, with dad supervising the construction. Since then, they have built homes in developments including Sterling Lakes of Pepper Pike, Aberdeen in Highland Heights and Parkledge of Mayfield Village. They are currently involved with a new development, The Lakes of Orange, near Miles and Brainard roads.

Ron, who lives in a home he built on Willow Lane in 1996, said

he was drawn to residential building by virtue of what the business offered – a way to tap his interests in production, finance and marketing. “As time went on, joining my dad just seemed like a good idea,” he notes. Choosing to reside in Beachwood was based on the city’s merits, which Ron touts as the city services, schools, location and his own familiarity with it.

Scott’s journey involves living now in a house on Shakercrest that was built by his father and grandfather in

1961 and purchased from the original owner. After practicing real estate law for 13 years, he says, “It was a natural transition to join the well-respected family business.” He says he also always wanted to be a business owner. And with this business in particular, he had a feel for it, loosely based on childhood experiences when he helped to sweep up the floors at newly constructed homes. Now he and brother Ron have the distinct option of sweeping their own construction projects.

“I was hesitant because it was a new idea for this area.”

– Sheldon (Shelly) Miller of Miller Homes, referring to the construction of four-unit homes in the Village.

Florene Miller Reveals History of Old Beachwood Middle School

Do you remember the original origami-shaped pods in the Beachwood Middle School? Florene Miller, wife of longtime Beachwood home builder, Sheldon Miller, can explain the school’s history, since she was part of a group of residents who were instrumental in the introduction of the building.

When she had young children in the Beachwood school district, she would often gather with her lively friends to discuss, among other things, educational methods and trends surrounding them. They were all heavily influenced by ideas espoused in the bestselling non-fiction book, *Summerhill: A Radical Approach to Child Rearing* (published in 1960) by A.S. Neill, the headmaster of the English boarding school, Summerhill School.

Summerhill School was founded in the 1920s and run as a children’s democracy, guided by the author’s educational philosophy of self-regulation, where children decided whether or not to go to class. Rules were established during weekly school-wide meetings at which students and teachers each cast a vote, a measure predicated on Neill’s belief in the innate goodness of children. According to his philosophy, any attempts to mold children were coercive in nature and therefore harmful. The book sold three million copies, and its contents were incorporated into many college courses in the 1960s, when countercultural themes were prevalent.

“I thought the concepts were wonderful,” says Florene. “We believed that schools were not just for test taking.” She also thought that a student who was shy might especially benefit from these types of educational conditions.

The Summerhill approach was combined with an idea derived from a visit by Florene and friends to a school in Circleville, outside of Columbus, where, instead of walled classrooms, there were large, open spaces. They were extremely impressed.

Their collective energy and enthusiasm, mixed with the progressivism and liberalism of the times, provided the push for the walls to come down at BMS. The community as a whole, though, was largely polarized on the issue, and residents voiced conflicting opinions at many meetings. Eventually, “we all realized that it was a big mistake,” she says.

The walls were restored several years later. The whole school, however, was demolished and rebuilt in 2003. But more importantly, what happened when these former wall-less middle school students from the 1970s entered the brick-lined hallways of the high school? Many just insisted on having their lessons conducted outdoors, of course.

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To learn more, contact Kristen Morelli,
memory care program manager, at **216.910.2323** or
e-mail **kmorelli@montefiorecare.org**.



Montefiore Volunteer Open House and Happy Hour

Montefiore has many volunteer positions available this season and all year round. Find out how you can get involved and make a difference in its residents' lives. On Tuesday, May 3, interested volunteers are invited to attend a happy hour/open house from 5-7 pm in Montefiore's Maltz Auditorium. For more information, please call Marissa Gelender, volunteer coordinator, at 216.910.2566 or email mgelender@montefiorecare.org.

Summer Junior Volunteer Program at Montefiore

Montefiore is seeking junior volunteers, ages 12 and up, to assist with resident activities and services, friendly visiting and office work. Here is your chance to meet other teen volunteers from a variety of schools and communities, all while earning service hours in an environment committed to caring, compassion and customer service.

Interested parties will be required to complete a brief telephone interview and application process, which includes providing one reference and completing an orientation and training session. Please contact Marissa Gelender, volunteer coordinator, at 216.910.2566 or email mgelender@montefiorecare.org to learn more about volunteering at Montefiore.

Congratulations to Montefiore at Home

Montefiore at Home was honored as a 2015 HomeCare Elite winner. The HomeCare Elite is a compilation of the top 25% of Medicare-certified home healthcare agencies in the United States. Winners are ranked by performance measures in quality outcomes, best practices, patient experience, quality improvement and consistency, and financial performance.

Montefiore at Home provides compassionate in-home care to patients who need a wide variety of services, including skilled nursing and rehab therapies. Private care services are also available. To see how you or a loved one can be helped, call 216.910.2487.

IMPACT!

Are you 50+, and looking to make a difference? If so, IMPACT! is for you! IMPACT! has something for everyone. Join fellow Jewish Clevelanders, age 50+, for new and exciting enrichment activities, volunteer opportunities, and more. Check out what's happening in April! For more information or to register, visit www.jewishcleveland.org or contact Susan Hyman at shyman@jfcfcleveland.org or 216.583.2887.

People of the Vine – Explore the Significance of Wine in Jewish Life

Thursday, April 7 • 7 – 8:30 pm • Cost: \$10 per person

Explore the traditions, customs, rituals, and laws that have woven their way through Jewish life across the ages, and socialize over kosher wines. Registration information is above.

112th Annual Meeting of the Jewish Federation of Cleveland

April 12 • 7:30 pm • Park Synagogue Main, 3300 Mayfield Road

Be part of one of the most inspiring events of the year as the Jewish Federation of Cleveland celebrates two outstanding community leaders whose achievements exemplify the strength of a community and the power of a people. Enjoy featured remarks by outgoing board chair Reneé Chelm, and the presentation of the 2016 Charles Eisenman Award for Exceptional Civic Contributions to Rev. Dr. Otis Moss, Jr. This program is free and open to the public. Registration information is above.

SC4K (Shoes and Clothes for Kids)

Tuesday, April 19 • 2 – 4 pm

Inventory, sort, and pack new shoes and clothing for distribution to thousands of kids in need. Registration information is above.

Yom Hashoah V'Hagvurah

May 4 • 7 pm • Green Road Synagogue, 2437 S Green Rd.

Join the Jewish Federation of Cleveland and Kol Israel Foundation for Yom Hashoah V'Hagvurah, Cleveland's annual commemoration of the Holocaust and Heroism. Our community will remember the Holocaust with this year's theme, "Out of the Darkness: Into a New Life." This program is free and open to the public. Registration information is above.

Yom Hazikaron

May 10 • 7 pm • Mandel JCC, 26001 S. Woodland Road

Remember those who lost their lives protecting the state of Israel on Yom Hazikaron, Israel's Memorial Day. Join the Jewish Federation of Cleveland as they observe together in Hebrew and English, to remember victims of war and terrorism. This program is free and open to the public. Registration information is above.

Yom Ha'atzmaut, with Rita in Concert

May 12 • Activities begin at 5:30 pm • Concert begins at 7:30 pm
Landerhaven, 6111 Landerhaven Drive, Mayfield Heights


Celebrate Israel's Independence Day with a family-friendly, fun-filled evening at the Jewish Federation of Cleveland's largest annual community event. Plus, don't miss Israeli superstar, Rita, in concert.

Rita is the most celebrated and successful singer in Israel. In 2008 she was voted number 1 female singer in a special countdown for Israel's 60th anniversary. Twenty-five years after her career began, Rita continues to be the biggest female vocalist Israel has to offer. A true performer, she continues to explore new and exciting musical territories, trying out new sounds and testing her vocals to the limit. This program is free and open to the public. Registration information is above.

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Programs at The Gathering Place

The Gathering Place is a caring community that supports, educates and empowers individuals and families touched by cancer through programs and services provided free of charge. The programs and services offered provide education, information, support and tools to help manage the stress of a cancer diagnosis. The Gathering Place has two locations in Beachwood and a location in Westlake. Below is a listing of upcoming programs at The Gathering Place, located at 23300 Commerce Park in Beachwood. All listed programs require advance registration by calling 216.595.9546 unless otherwise noted. For more information visit www.touchedbycancer.org.

Kidshop/TeenShop

Mondays, April 11 and 25, May 9 and 23, and June 13 and 27
6:30 – 7:30 pm

A workshop for children and teens who have an adult family member with cancer. Utilizing art, play and discussion, children, teens and their parents interact with families in similar situations.

Colon Cancer Symposium

Saturday, April 16
8:30 am Registration and Continental Breakfast
9 am – 2:30 pm, Program and Lunch

Learn about the latest treatments, tools for relaxation, ostomy care, strategies to manage stress and support for caregivers. Keynote presentations by Dr. Marc Shapiro and Dr. Michael Gibson. Includes a cooking demonstration and lunch by Chef Michael Lyons. Family members are welcome to attend. In collaboration with Cleveland Clinic and University Hospitals Seidman Cancer Center. Support provided by Colon Cancer Coalition through money raised at Get Your Rear in Gear – Cleveland.

Multiple Myeloma Updates

Monday, April 18 • 6:30 – 8 pm

Join Dr. Jason Valent to learn about updates in the treatment of multiple myeloma. Family members welcome to attend.

Hope for Tomorrow: Group for those with Gynecological Cancer

Wednesdays, April 20, May 18 and June 15 • 6 – 7:30 pm

Bladder Cancer Symposium

Thursday, May 19 • 4 – 8 pm

Learn the basics of bladder cancer, new treatments and how to better manage bladder cancer in your daily life. Offered in collaboration with the Cleveland Clinic and the Bladder Cancer Advocacy Network. Dinner provided. Presentations by Dr. Petros Grivas and Dr. Andrew Stephenson. Register by calling 216.445.3796.

Register Today! Race for the Place

Sunday, June 5

For complete information, visit racefortheplace.com.

The Race Gets Set To Hit \$1 Million Dollar Fundraising Milestone For Advanced Breast Cancer Research

Community members are invited to register and participate in the thirteenth annual The Race, on Mother's Day, May 8, at Legacy Village. The Northeast Ohio-based nonprofit hosts the one-mile walk and run to raise money for breast cancer research.

This year, a 5K race has been added to the event, and The Race expects to exceed one million dollars raised since its founding. Unique to The Race, one hundred percent of proceeds are directly invested in University Hospitals (UH) Seidman Cancer Center to support clinical breast cancer research, treatment and education.

The Race was founded twelve years ago by siblings Josh and Dani Berns, now 24 and 22, with a focus of empowering young individuals to be change makers in the battle against breast cancer. They are now joined by their younger sister, Abby, 13, who is assuming an active role in this family-focused event.

The Race has once again partnered with the Effective Leadership Academy, a local nonprofit that provides in-school and after-school leadership programming for young adults. Through ELA, middle school and high school students receive focused leadership training on skills such as networking and communication, in order to enable them to exclusively plan, organize and execute the event.

Student members of The ELA Race Leadership Board have also organized race teams in memory of Darcy Alter, mother of three Beachwood students (Sophie, Max and Sadie), who recently lost her battle with cancer. Although Darcy's battle was not breast-cancer related, students



chose to honor her since the board recognizes the effect that all cancers have on individuals and their families.

"The Race is a vehicle for kids to show that they can make a difference, by not only supporting those who have family members affected by breast cancer, but also to bring about awareness and raise

funds in the hopes of eliminating breast cancer in our lifetime," explained Camille Hohl, Beachwood Junior and member of The ELA Student Race Committee.

"The Race is all about putting essential life skills into action," said ELA founder and president Flo Brett. "We ensure student success by harnessing students with the tools to run a hugely successful, impactful community event."

Tickets for the 5K and the one-mile run/walk are \$20 per adult and \$15 per child. Each individual who registers will receive a t-shirt, enjoy entertainment, refreshments, prizes and children's activities. Registration begins at 7:30 am. The 5K starts at 8:30 am and the one-mile walk/run starts at 9:30 am. WKYC Channel 3 News senior health correspondent Monica Robins will be the honorary chairperson.

"It is extremely rewarding to bring breast cancer research and student leadership together at this premier community event," said Patti Burns, organizer of The Race. "We encourage all to come out May 8 for a day of community, fun and hope."

For more information or to register, please call 216.536.3132 or visit www.dotherace.com.

Your best friend just asked *you* to be her health care power of attorney.

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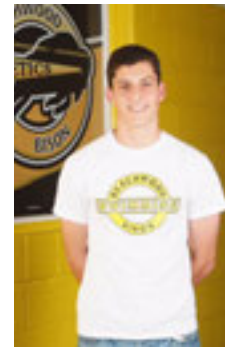
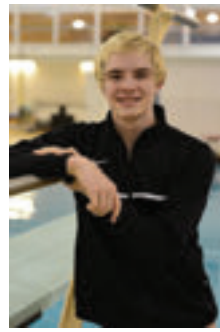
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Highlights from the Bison Athletics' Winter Season

Congratulations to the following student athletes on their recent accomplishments!

Boys Swimming

- 4x200m free relay placed 4th at Sectionals, 7th at Districts and 15th at States*
 - 4x200m medley relay placed 3rd at Sectionals, 6th at Districts and 15th at States*
 - Bagatur Askaryan and the 50 free: 3rd at Sectionals, 2nd at Districts and 11th at States
 - Spencer Bystrom: First diver in Beachwood's history to make it to a state competition; finished 11th place overall as a freshman
- * new school records



Spencer Bystrom and Bagatur Askaryan

Girls Indoor State Track

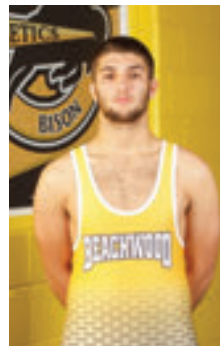
- The team of Mia Knight, Hannah Kahn, Ashanti Griffin, Katelyn Perryman, Leah Roter and Jaelyn Pounds were Indoor Track State Runners Up
- Mia Knight (200 m) was the OATCCC State Champion



Girls Indoor State Track Team, pictured from left: Mia Knight, Hannah Kahn, Jaelyn Pounds, Ashanti Griffin and Katelyn Perryman. Not pictured: Leah Roter

Wrestling

- Junior Josh Bialosky finished 6th place in Ohio and was a State Semi-Finalist



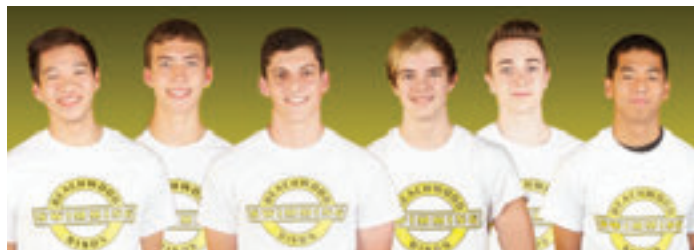
Josh Bialosky and Taylor Royster

Girls Basketball

- Senior Taylor Royster (Division NEO 1st Team All District and 2nd Team All Ohio) scored a record 46 points in a game, vs. Garfield Heights, and ended the season having scored 587 points

Boys Basketball

- Desmond Crosby, Honorable Mention All Ohio
- Tyrone Gibson, 1st Team All Ohio, Division III Player of the Year
- Maishe Dailey: 1st Team All District, 2nd Team all Ohio
- The boys were CVC champions and District Runners Up
- Coach Matt Miller was named Division III NEO Coach of the Year



Boys State-Bound Swim Team, pictured from left: Sanford Hong, Heli Colmenares, Bagatur Askaryan, Spencer Bystrom, Caleb Gecovich and Junyoung Lee

Desmond Crosby, Tyrone Gibson and Maishe Daily

A Passover Tradition Continues



Dark Chocolate Seder Plates to Benefit Women of Fairmount Temple Sisterhood

The vision of making chocolate Seder plates began with an idea from Fairmount Temple member Peg Behrens, 25 years ago. She saw a mold of a Seder plate, filled it with chocolate and adorned it with symbols of the Passover holiday. She brought her Seder plate to a Fairmount Temple Sisterhood meeting, and the ladies loved it. At first, she made them to give away. Then she thought they would make a good fundraising project.

Over the years, Behrens single-handedly made hundreds of plates and contributed all money raised to the sisterhood. Today, Women of Fairmount Temple carry on the tradition as a fundraising project.

Each plate has a little over a pound of high-quality dark chocolate, with the symbols made from colored chocolate. Seder plates are completely nut free and sell for \$20 each.

Seder Plate orders must be received by April 8. Pick-up dates in the Gift Shop are Tuesday, April 12 from 9 am to noon; and Sunday, April 17, from 9 am to noon.

To place your order, call Fairmount Temple Gift Shop at 216.464.1330, ext. 125 or Bernice Goldman at 216.378.9478.

Park Synagogue Presents 23rd Annual University Day

Park Synagogue presents its 23rd annual University Day, Wednesday, May 11, in Kangesser Hall at Park Synagogue Main, 3300 Mayfield Road, from 9 am to 2:45 pm. The educational day, designed for adults of all ages, begins with opening remarks by Rabbi Joshua Skoff; followed by the Weinberg Lecture, featuring a panel discussion on "Annual Check-up on Cleveland's Health Care Systems," with Dr. Bernard Boulanger of MetroHealth Systems, Dr. Brian Donley of the Cleveland Clinic, Dr. Daniel Simon of University Hospitals Case Medical Center, and Mitchell Balk of the Mt. Sinai Foundation as moderator.

The remainder of the day features a choice of workshops presented by area experts, including "Art Confiscated By the Nazis: Theft, Recovery and Restitution, Then and Now," with Michael Horvitz; "What's New(s) in Israel?" with Doron Kalir; "The Pajama Diaries: Ten Years of Laughter, Tears, and Angry Letters," with Terri Libenson; "If League Park Could Talk: Cleveland's League Park and Baseball Heritage Museum," with Morris Eckhouse; "Stop the Hate: 8 Years of Engaging Youth to Confront Discrimination," with Jeffery Allen and Apoorva Vallampati; and "The Greater Cleveland Film Commission: Bringing Jobs and Economic Development to Cleveland," with Ivan Schwartz. The day ends with a "Musical Interlude," featuring vocalist Cantor Kathy Sebo and pianist Marshall Griffith.

A kosher box lunch will be served at noon. The program, sponsored by Park Synagogue Senior Adults, is open to the community, at \$30 per person. Prepaid registrations are required by May 3. Contact Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122, for reservations and information.

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Thank you,
Debbie Zelman Rapoport, Editor



Library Programs

National Poetry Month Kick Off – Wick Poetry Center Traveling Stanzas Project

Thursday, April 7 • 7 pm

Join poets from Kent State University's Wick Poetry Center to explore the conversation of poetry through the new interactive Traveling Stanzas website. Participants will be able to create a video poem featuring a poem written in this interactive workshop, or record a poem written by their favorite poet. Teaching artists at this workshop will provide writing prompts, poems and ideas for creating and publishing your own video poem. Check out Traveling Stanzas at www.travelingstanzas.com. Register at the www.cuyahogalibrary.org or call 216.831.6868.

The Power of Stillness

Saturday, April 16 • 10 – 11:30 am

In our accelerated world, there has never been a greater need to slow down and give ourselves time to just be quiet and savor being here and now. This 90-minute interactive workshop is not a meditation workshop, but rather a shared and practical exploration on the "Art of Silence." It explores the benefits of stillness and how we can enrich our lives by incorporating the experience of quiet to add peace, wellbeing and deeper meaning to our days in a way that is more powerful than you might believe possible. Instructor: Workshop facilitator Anja Sassenberg-DeGeorgia is a certified life coach and founder of Forward Life Coaching, LLC. Register at the www.cuyahogalibrary.org or call 216.831.6868. Sponsored by the Friends of the Library.

Drop in and Download

Saturday April 16 • 10 am – 1 pm
Monday, April 18 • 2 – 5 pm

Learn how to borrow free eBooks, eAudiobooks, eMaga-

zines, movies and music from the library's digital collection anytime, anywhere. Bring your device and passwords to the library and its staff will get you started. The digital collection is available 24/7, 365 days a year, and there are never any late fees. No registration required.

Better Rates Ahead: This Way To Real Refinancing Help

Wednesday, April 27 • 7 pm

Learn how to refinance under the Federal government's Making Home Affordable Program. A MONEY SMART WEEK (April 23-30, 2016) program. Register at the www.cuyahogalibrary.org or call 216.831.6868.

Mother's Day Music at the Library

Sunday, May 8 • 2 pm

Celebrate Mother's Day with a program of opera and musical theatre classics performed by the members of Red Champion: soprano Lara Troyer, mezzo-soprano Denise Milner Howell, tenor Timothy Culver, baritone Brian Keith Johnson and pianist Judith Ryder. Sponsored by the Friends of the Library. Register at the www.cuyahogalibrary.org or call 216.831.6868.

Author Curtis Sittenfeld

Monday, May 9 • 7 pm

Curtis Sittenfeld will discuss her latest novel, *Eligible*, a modern retelling of Jane Austen's *Pride and Prejudice*. The book both honors and updates the beloved tale. Sittenfeld is also the author of the *New York Times* best-sellers *Prep*, *American Wife* and *Sisterland*, and has been named a "master storyteller" by *The Washington Post*. Books will be available for purchase and signing, courtesy of Mac's Backs Books on Coventry. Register at the www.cuyahogalibrary.org or call 216.831.6868.

Children's Programming

Hebrew Storytime

Wednesday, April 6 • 4 pm
Families

Enjoy a Hebrew/English storytime where you will hear stories and songs in Hebrew and English. Presented in cooperation with the Jewish Education Center of Cleveland.

Math Edge

Wednesday, April 6 • 6:30 pm
Grades 1-5

Become a math whiz and a master problem solver through a variety of fun and challenging activities. Presented by Sylvan Learning Center.

Friday Family Fun:

Make Way For Ducklings!

Friday, April 8 • 10:30 am
Ages 2 to 6 with a caregiver

Welcome spring by celebrating the classic tale *Make Way For Ducklings* and enjoy other stories, activities and a craft, all featuring our favorite fuzzy webbed-footed friends.

Build-O-Rama

Thursday, April 14 • 4 pm
Grades K-5

Calling all LEGO lovers! Don't miss this building blocks program. Bring your mad skills and create your own masterpiece using LEGO pieces and a different building theme each month!

ASL/English Family Storytime

Wednesday, April 20 – 4:00 p.m.
Families

Enjoy stories, music, rhymes and felt stories geared toward deaf/hard of hearing children but suitable for children of all ages and abilities and their parents and caregivers. ASL interpreters will be present during the program.

Afternoon Art Adventures with U-EarthH

Tuesday, April 26 • 4 pm
Grades K-5

Create art projects based on fun children's stories. This program is hosted by U-EarthH (Ursuline Endless Art Healing), a student art therapy organization, at Ursuline College.

Kid Newtons:

Architectural Engineering

Thursday, April 28 • 4 pm
Grades 2-5

Learn about a science concept and conduct fun, hands-on experiments.

Storytimes

Toddler Storytime

Mondays at 4 pm and
Wednesdays at 10 am
Ages 19-35 months with a caregiver

Enjoy books, rhymes, songs and fingerplays.

Baby & Me Storytime

Tuesdays at 4 pm and
Thursdays at 10 am
Caregivers and their babies from birth-18 months

Enjoy rhymes, songs, fingerplays and books. Perfect for baby!

Preschool Storytime

Tuesdays at 2:30 pm and
Wednesdays at 1:30 pm
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.

"I'd far rather be happy than right any day."
– Douglas Adams



Stefan Dupont, MD, PhD

Stopping Stroke Before It Starts

To Prevent a Brain Attack: Manage Your Risks and Watch for Warning Signs

A stroke can be damaging and deadly. It disrupts blood flow to the brain and can lead to neurological impairment, paralysis and death – in fact, it is the third leading cause of death in the United States with more than 600,000 people each year experiencing a stroke.

There is hope. By understanding the risk factors, working with your primary care physician and knowing the warning signs, you can help prevent your chances of suffering a stroke.

“When you turn 55, you enter an age group that is at a much higher risk for stroke, but there is no standard diagnostic or predictive test currently available,” says Stefan Dupont, MD, PhD. “The single most important thing you can do to reduce your risk is to work with your primary care physician to monitor your risk factors.”

Control What You Can

Risk factors fall into two categories: those that can be controlled and those that can't. “Age and family history of stroke are factors that we **cannot** control,” says Dr. Dupont. “But high blood pressure, high cholesterol, exercise (or lack of) and smoking – we **can**.” Exercising, eating right and working with your doctor to manage your cholesterol, blood pressure or diabetes can greatly reduce your risk for stroke.

Understanding the warning signs of stroke and acting quickly are also vital to preventing a stroke or limiting the effects. “It's crucial to call 911 immediately if you're experiencing any of the warning signs of stroke,” Dr. Dupont says. “Emergency room triage is very important as there are certain treatments that can only be given within three hours of presenting symptoms. Remember, it is crucial to get to an ER, and to get there by ambulance.”

If you suspect a person is having a stroke, Act **F.A.S.T.**

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple sentence. Can he or she do it accurately? Are the words slurred?

TIME: If the person shows any of these symptoms, time is critical because brain cells are dying.

“It's important to be as proactive as possible,” Dr. Dupont adds. “I've seen so many people come in who have told me they thought they were having a stroke but they went to bed instead of seeking help. Immediate action must be taken whenever stroke is suspected.” Call 911!

“It's crucial to call 911 immediately if you're experiencing any of the warning signs of stroke,” Dr. Dupont says. “Emergency room triage is very important as there are certain treatments that can only be given within three hours of presenting symptoms. Remember, it is crucial to get to an ER, and to get there by ambulance.”

Kosher Food Pantry Joins Advisory Committee, Shares Common Goals

Cleveland Kosher Food Pantry has been invited to participate in the Greater Cleveland Food Bank's Agency Services Advisory Committee. The board is attended by representatives from several of the 750+ Greater Cleveland Food Bank's partner agencies and meets monthly to discuss new ideas and initiatives to support the Food Banks' mission.

"The Kosher Food Pantry is one of the largest pantry programs in our six-county service territory," says Jessica Morgan, Agency services director for the GCFB "The KFP delivers packages of food weekly to many people and is interested in expanding its service to more home-bound seniors. Having representation from this agency on our Agency Advisory Committee will add to the already dynamic group of agencies that meet regularly to provide valuable feedback."

Rivka Goldstein, Kosher Food Pantry project manager and Beachwood resident, will represent the Kosher Food Pantry on this committee. Goldstein joined KFP in

July as the kosher agency's delivery numbers swelled past 4,000 individuals per month with 27 separate distributions. With the year-over-year increase in requests from Jewish families who have called upon Kosher Food Pantry for help, a full-time manager with scheduling expertise was clearly needed. She holds an MBA in healthcare with several project management certifications and has years of Jewish non-profit and operations management experience.

A current initiative of the Greater Cleveland Food Bank is working to identify shut-in seniors and provide them with food, nutritional counseling, and wrap-around services. "Seniors make up 30% of people to whom we deliver healthy fruits, vegetables and other food staples weekly," says Devorah Alevsky, KFP director. "We are leaders in reaching this population, and look forward to the exchange of ideas with the Greater Cleveland Food bank to improve and increase our reach."

With this common goal in mind, last month the Kosher Food

Pantry partnered with the Cleveland Food Bank to provide cooking demonstrations and nutritional counseling for seniors in three senior-living communities in University Heights, South Euclid and Mayfield Heights.

Ariana Fiorita Cuzizza, RDN, LD, Greater Cleveland Food Bank nutrition manager, led the nutritional counseling and cooking demos. The Kosher Food Pantry organized the events and provided a translator and translated recipe cards for Russian participants.

"Seniors learned the nutritional value of cooking with sweet potatoes, whole grain pasta, olive oil and other fresh vegetables," says Goldstein. "By practicing healthy eating, our seniors will be able to live longer and have a better quality of life."

The Kosher Food Pantry is grateful for a grant from the Louis, Celia and Joseph L. Abrams Memorial Fund of the Jewish Federation of



Cleveland to help support this program for seniors.

Kosher Food Pantry is gearing up for the Passover holiday and is looking for community support. The Pantry will deliver matzah, grape juice and specialty Passover foods, besides all the regular holiday staples and produce, to the needy right here in our community. If you would like to volunteer or donate, please

call 216.382.7202 or visit kosherfb.org.

Pictured from top: Rivka Goldstein, Kosher Food Pantry project manager, and Ariana Fiorita Cuzizza, Greater Cleveland Food Bank nutrition manager.

Kosher Food Pantry is gearing up for the Passover holiday and is looking for community support.

Women of Fairmount Temple Programs

Lunch/Speaker

Tuesday, April 19

Lunch at noon • Speaker at 1 pm

Rabbi Robert Nosanchuk's presentation, titled "Jews of the Torah," will be preceded by lunch at noon. Cost is \$8 for members and \$10 for guests. To reserve a space at lunch, call 440.461.7921 on Monday and leave a message or call 216.464.1330 on Tuesday, from 9:30 to 10:30 am.

Mitzvah Morning

Sunday, April 24

You are invited to join this growing group of workers and have a wonderful time while knitting lap robes, pasting figures in books for children at the Cleveland Sight Center, and assembling kits that make up vests

for epileptic children. Coffee and pastry will be served. Event takes place in the Commons.

Broadway News Comes to Fairmount Temple

Sunday, May 1 • 7 pm

Fairmount Temple will host a special evening with Gina Vernaci, executive producer of Playhouse Square, who will share exciting details about the next KeyBank Broadway Series, 2016-2017.

In her program, There's Nothing Like a Dame – Broadway in Cleveland, Vernaci will share highlight reels for the next KeyBank Broadway Season as well as give updates on what is happening at Playhouse Square. In addition, everyone who attends this fun and

informative evening will be entered in a raffle for a pair of tickets to Kinky Boots and a pair to Steel Magnolias. RSVPS requested by April 21 to qualify for raffle to RSVP@fairmounttemple.org. This evening is sponsored by the Women of Fairmount Temple and the Men of Fairmount Temple.

Lunch/Speaker

Tuesday, May 3

Lunch at noon • Speaker at 1 pm

Lissa Heller's presentation, "How I Survived the Holocaust," will be preceded by lunch at noon. Cost is \$8 for members and \$10 for guests. To reserve a space at lunch, call 440.461.7921 on Monday and leave a message or call 216.464.1330 on Tuesday, from 9:30 to 10:30 am.

Lunch/Speaker

Tuesday, May 10

Lunch at noon • Speaker at 1 pm

Lunch and a FASHION SHOW! The manager of Talbot's will present fashion trends, and live models will demonstrate how glamorous we can be. Cost is \$8 for members and \$10 for guests. To reserve a space at lunch, call 440.461.7921 on Monday and leave a message or call 216.464.1330 on Tuesday, from 9:30 to 10:30 am.

In her program, There's Nothing Like a Dame – Broadway in Cleveland, Vernaci will share highlight reels for the next KeyBank Broadway Season.

Cuyahoga County Department of Consumer Affairs Warns Against Email Scams that Target Businesses and Government

The Cuyahoga County Department of Consumer Affairs warns businesses, nonprofits and government organizations about scam emails that appear to come from the boss.

Although imposter scams aren't new, the latest emails are written as a casual first-name request from the boss. The sender's address appears to be the boss's work email.

A county employee spotted this scam email, which appeared to come from a department head: "Hi, Claudia. Could you please email me a PDF copy of all employees' 2015 W2s? I would like to make a quick review. Thanks, Pat."

The employee immediately contacted her boss and notified IT security of the scam email.

An area business received another version that read: "I need you to prepare a wire transfer for a payment, let me know if you're available so I can send you transfer details. Thanks."

The FBI reports a 270 percent increase in what it calls "business e-mail compromise" scams. Although the boss's email account may be compromised, in some cases the scammers simply spoof the sender's address.

In one case reported by the FBI, a CFO acting on what appeared to be her boss's orders wired a \$250,000 payment to a Hong Kong bank, only to find her CEO had never made the request.

These emails target employees who handle money (bookkeepers and accountants, for example) or sensitive company information (attorneys or human resources employees).

Employers should warn employees to be on the lookout for emails from the boss that contain:


- Requests to send sensitive information about employees or customers via email.
- Instructions to make large payments to an unknown vendor or using a payment method (i.e., a wire transfer) the company doesn't ordinarily use.
- Spoofed sender addresses that are a misspelled version of the organization's email address (for example, "flm.com" instead of "firm.com") or that show a different email address when a cursor hovers over the sender's address or when the recipient hits "reply."

Employers can protect themselves from financial loss by requiring a secondary sign-off and phone verification using a known phone number for money wires.

Organizations that become victims should request their financial institution issue a "SWIFT recall" and file a Suspicious Activity Report.

Scammed employers can report losses of \$25,000 or more that occurred within the previous three days to the Cleveland office of the FBI at 216.522.1400. Smaller or older losses can be reported to ic3.gov.

In addition, organizations in Cuyahoga County contacted by a scammer, whether or not they experienced a loss, should report it to the Cuyahoga County Department of Consumer Affairs at consumeraffairs.cuyahogacounty.us or by calling 216.443.4035.




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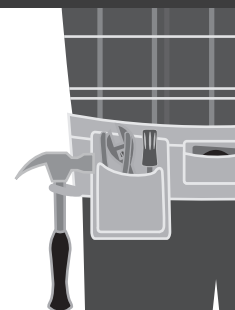


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PEOPLES BANK - #19,
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Capital Partners LLC
Glengary LLC

Kirtland Capital Partners
MCM Capital Partners
Resilience Capital Partners
Rockwood Equity Partners LLC

Sunbridge Partners
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Ciuni & Panichi, Inc. - #18
Zinner & Co. LLP - #25

Singer, Berger, Press & Co. - #33
D'Amore Tatman Group LLC - #34

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Meyers, Roman, Friedberg, and Lewis - #32
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Dorsky & Yue International - #14

Stantec Architecture - #16
LARGEST ENGINEERING FIRMS

The Mannik & Smith Group Inc. - #17
LARGEST NONPROFITS

Jewish Federation of Cleveland - #4
Menorah Park Center for Senior Living - #5
Montefiore - #20

Jewish Family Services Association of Cleveland - #29

LARGEST GRANTMAKING FOUNDATIONS

Eaton Charitable Fund - #7
CRAIN'S 52
(Ranked by Five-Year Growth Rate)

Simple Solutions - #44
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Signature Square I & II - #17

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(Ranked by Total Retail Area)
Beachwood Place - #9

COMMERCIAL CONTRACTORS

(Ranked by 2014 Revenue)
Continental Building Systems - #4

HOTELS

(Ranked by Number of Guest Rooms)
DoubleTree by Hilton Cleveland East Beachwood - #5
Embassy Suites Cleveland - Beachwood Hotel - #24

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Todd Associates Inc. - #22,
USI Insurance Midwest - #23

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University Hospitals
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