

Beachwood Buzz

May 2016

Every Resident. Every Business. Every Month.

MAGAZINE

Across the Hall

Beachwood Business Owners
Thrive for Decades
as Neighbors

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Kipp says,
"Remember to get out
there, take action and
make it real."

Spring is finally here and along with that comes renewed energy. Many of us spend more time outdoors and set new personal goals. What would you like to accomplish this spring? Whether it's a new sport, photography or gardening, best-selling author, entrepreneur and inspirational speaker Mastin Kipp shares some information to help get you started on the right foot.

Kipp encourages each of us to stretch – not by doing yoga or Pilates – but by doing something challenging that feels scary, to stretch your way to success.

He writes about taking action, telling the difference between people who get results and those who don't. "There's no magic or secret sauce," he writes, "but there is one thing that people who get results do differently."

In one of his blog posts, Kipp went on to explain that he shared an experience with a client, a writer, who was perplexed as to why she was not living her dream even though she felt she was taking all the correct steps. As they conversed, she revealed that she hadn't written anything original in more than three months. In Kipp's world, this is contradictory to taking all the right steps, since he feels that anyone trying to improve on a craft needs to practice every day.

There are amateurs in the world and there are pros. Amateurs create when they feel like it. Pros, on the other hand, create every day, no matter how they feel.

James Clear, who writes about behavioral psychology, habit formation, and performance improvement, says it doesn't matter what you are trying to improve. If you work solely when motivated, you'll never be consistent enough to become a professional. The ability to show up every day, stick to the schedule and do the work – especially when you are not so inclined – is so valuable that it is literally all you need to improve your skills by 99%. When applied

in his own life, Clear explains, "When I don't miss workouts, I get in the best shape of my life. When I write every week, I become a better writer. When I travel and take my camera out every day, I take better photos. It's simple and powerful."

The bottom line is that professionals stick to a schedule and work towards their goals while amateurs let life get in the way.

When stretching to achieve a goal, Kipp shares:

- Do not give in to the negative voices that tell you to give up on your dream and your passion.
- Do not give in to the negative voices that desire that you remain mediocre.
- Eliminate those in your life who talk down your hopes, dreams and aspirations.
- Surround yourself with positive people.
- Read uplifting books.
- Listen to uplifting music.
- Take great care of your body.
- Follow your passion.
- Be courageous.
- Make your life an example of what's possible.

So what would you like to accomplish this spring? While you may not want to be a pro in everything you do, recognize what you want and stretch yourself accordingly. Kipp says, "Remember to get out there, take action and make it real."



Are you at risk for a stroke?

Free Stroke Screenings

Stroke is the fifth-leading cause of death in the United States.
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UH Case Medical Center

Atrium (near cafeteria)
11100 Euclid Avenue, Cleveland, Ohio 44106
Thursday, May 5 | 11 a.m. – 2 p.m.
Wednesday, May 11 | 11 a.m. – 2 p.m.
Thursday, May 26 | 11 a.m. – 2 p.m.

UH Ahuja Medical Center

Enid B. and David M. Rosenberg, MD
Conference Suites A & B
3999 Richmond Road, Beachwood, Ohio 44122
Friday, May 6 | 11 a.m. – 2 p.m.

UH Bedford Medical Center, a campus of UH Regional Hospitals

Main Lobby
44 Blaine Avenue, Bedford, Ohio 44146
Wednesday, May 11 | 9 a.m. – 1 p.m.

UH Conneaut Medical Center

Main Lobby
158 West Main Road, Conneaut, Ohio 44030
Thursday, May 12 | 4 – 6 p.m.

UH Geauga Medical Center

Main Lobby
13207 Ravenna Road, Chardon, Ohio 44024
Friday, May 20 | 9 a.m. – 12 p.m.

UH Geneva Medical Center

Main Lobby
870 West Main Street, Geneva, Ohio 44041
Thursday, May 19 | 4 – 6 p.m.

UH Portage Medical Center*

Northeast Ohio Medical University
4209 State Route 44, Rootstown, Ohio 44272
Tuesday, May 10 | 9 – 11 a.m.

**Screening held at another location.*

UH Richmond Medical Center, a campus of UH Regional Hospitals

Main Lobby
27100 Chardon Road
Richmond Heights, Ohio 44143
Wednesday, May 25 | 12 – 4 p.m.

Preregistration is not required.

Call 1-866-UH4-CARE (1-866-844-2273) or visit UHhospitals.org/StrokeRisk to learn more.



In collaboration with the UH Neurological Institute and UH Center for Lifelong Health.

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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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COVER STORY

Real estate is all about location, location, location, but for commercial tenants, a battle cry might be for visibility, visibility, visibility. Two Beachwood institutions possess the former without the latter, and despite this disadvantage, along with little foot traffic and no signage due to zoning restrictions, they have succeeded for decades across the hall from each other in the Chagrin Richmond Plaza.

Full story on page 8.

Cover story photos by Scott Morrison, Discovery Photo

City Council Update • Pages 24-27

Beachwood Employees Fork It Over
Beachwood Honors Soldiers
Free Personal Shred Day for Residents
Hydrant Flushing
All Rise! Presidential Tour
Fertilizer Safety

Mulch Now Available to Residents
Upcoming Meetings
Celebrate Seenagers
13 The Musical
Art Exhibits
Beachwood Family Aquatic Center

You and Your Schools • Pages 28-31

Honors and Awards for Beachwood Students
The Beachcomber Awards

Community Forum – May 9
Bison Feast + Fest – May 22

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Flavors of Spring

A guide to dining, patios, happy hours & catering

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Letter to the Community:

We are excited to hold our annual Race for the Place, to be presented by University Hospitals Seidman Cancer Center, at Beachwood Place, on Sunday, June 5. On this day, we join communities throughout the United States and celebrate National Cancer Survivors Day. This is our local opportunity to honor individuals who are living with cancer, and the family and friends who support them.

There are so many people who are instrumental in making Race for the Place a successful event, including our sponsors, individuals and organizations that form teams, Beachwood Place and the City of Beachwood, but we would be remiss if we did not recognize the residents of Beachwood. For the past fifteen years, they've been patient when we blocked off their surrounding neighborhood streets. We know it can be frustrating to wake up and prepare to leave one's home, only to remember that they're blocked in for a couple of hours. They've taken it in stride and some have even come out to cheer our runners and provide extra water when race day was a real scorcher.

Race for the Place has become the largest suburban race in North-east Ohio and, over the past fifteen years, we have raised more than 2

million (net) to help keep our programs and services free of charge.

Thank you, thank all of you for your support. We could not have done Race for the Place without you!

If you're inclined this year to start a team or walk/run as an individual, we encourage you to sign up at www.racefortheplace.com, or just continue to cheer us from the sidelines. Either way, we are grateful to you.

Warm regards,

The Gathering Place, A Caring Community for Those Touched by Cancer
Staff, Board of Directors, Volunteers & Participants

Race for the Place

Sunday, June 5 • Beachwood Place, Upper Level Parking Deck between Nordstrom and Dillard's 1-mile and 5K

Registration: 7:30 am

Celebration Village with Family Activities opens at 8 am

National Cancer Survivors Day Ceremony: 8:45 am • Race: 9 am • Awards Ceremony: 10:30 am

Registration: Visit www.racefortheplace.com or call 216.595.9546.

Editor's note: Kim Gray and I invite you to join TEAM ZELMAN & ASSOCIATES as we honor my sister and Kim's 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 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! All donations help us get closer to reaching our goal and all proceeds benefit The Gathering Place. To make a donation, visit racefortheplace.com and do a team search for Zelman & Associates. Thank you.

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Ristorante Giovanni's and Alfredo's Hair Salon Thrive for Decades as Neighbors in Beachwood

By June Scharf

Real estate is all about location, location, location, but for commercial tenants, a battle cry might be for visibility, visibility, visibility. Two Beachwood institutions possess the former without the latter, and despite this disadvantage, along with little foot traffic and no signage due to zoning restrictions, they have succeeded for decades across the hall from each other in the Chagrin Richmond Plaza.

The white, four-story non-descript building is set back on the south-west corner of one of Cuyahoga's County's busiest intersections at Chagrin Boulevard and Richmond Road. Built in 1969, the structure is filled primarily with professional service businesses, but it also houses two remarkably long-time and legendary tenants in highly competitive industries – Ristorante Giovanni's and Alfredo's Hair Salon, making good on their leases for a combined 80 years. Defying most longevity standards, the owners reveal here how times have changed, and how they have survived and thrived in Beachwood.

Alfredo Cognati was a 22-year-old hair stylist in 1974 – 41 years ago – when he made a \$20,000 investment in Russell's, a three-year-old salon in the spot he now occupies in the Chagrin Richmond Plaza. But even at that young age, he was no stranger to the hair-care business. Beginning at age 10, he worked in his cousin's salon, shampooing women's hair.

By age 14, he attended barber school after classes each day at Cathedral Latin High School. At 16 ½, he was eligible to take the state licensing board test and passed. Then he bought his first salon for \$10,000 in Euclid, and ran it for two years. At that point, he wanted to travel the country, so he bought a Winnebago and hit the road for six months with three friends.

Next he went to visit his ancestral home in Orsongna, Italy, part of the Abruzzi region, and after three months, his cousin there wanted him to open a salon in Rome. Alfredo told his father back in Cleveland, to which he was instructed: "Get your a— back home!" So Alfredo did just that.

Opening Alfredo's was scary, he says, because he had no idea what would happen. He had been hanging out at the popular disco,



"A Touch of Class," located in the space now occupied by Giovanni's. Don King, owner of the club and president of King Properties, the party responsible for developing the building, gave Alfredo prophetic advice. "You need to be here," he said.

But what surrounded the building was.... nothing much. Richmond was a two lane road. Our Gang restaurant was a truck stop in the space now occupied by Yours Truly on Chagrin. A chunk of land not far down the street on Richmond was home to a spot where model airplane hobbyists flew their craft. And across from that location was a U.S.

"It felt like the country."

Alfredo Cognati,
owner of Alfredo's Hair
Salon, of Beachwood
in the early '70s



Army property with silos and barracks, now home to Eaton Corporation.

"It felt like the country," Alfredo says.

Despite the lack of commercial density, business took off, but it required some marketing and social muscle. He advertised in Cableviews magazine (the local television bible) and introduced himself to people everywhere, but especially to those at the Touch of Class club.

Over the years, he grew the business, taking over more space and adding a spa in the mid '80s. He later scrapped the spa and used the private space for services that included hair extensions, wigs and hair pieces. He tended to 20-30 clients daily, every 15 minutes, from early in the morning until late at night. Saturdays could total 40 clients. He kept up that pace for 15 years.

"I was young. I had energy," he notes.

He still retains a dependably positive disposition, being an upbeat and supportive role player for his many clients. He smiles frequently, speaks with candor and calm, and is genuinely interested in other people's issues. Also, he sports a high/low style, with dapper sport coats paired with jeans and athletic shoes.

His work is very consistent, and he believes his clients remain loyal to that quality. His skills draw a range of people from all over town, and they often share as much with him as they would a psychologist, sometimes more than he says he wants to know. He understands, though, that styling people's hair and touching them for extended periods of time breeds familiarity and comfort.

Having Giovanni's across the hall all these years has certainly helped business with some degree of cross-pollination. Also, foot traffic from other tenants helps. But many years ago, a request came out of nowhere. He received a call from the management of entertainer Prince when he was in town to perform. His crew wanted to borrow the salon after hours for a styling session in complete privacy. Alfredo gladly left the salon unlocked, and they took care of business. The crew returned the favor by leaving auto-graphed pictures and other gifts.

By contrast, the lowest point in his salon-ownership history struck in 2010 when a man held several people hostage in his space. The stand-off lasted 11 hours, involving numerous Beachwood policemen and SWAT team members. Alfredo was instrumental in helping the police, at their request, by designing a replica of the salon space in the parking lot, using masking tape, to better plan for saving the hostages. Eventually, entry was achieved when the police smashed the front doors and launched smoke and concussion (aka percussion) grenades.

"They could have made a movie out of



"It was busy from the first day we opened."

Carl Quagliati, owner of Ristorante Giovanni's

what happened," remarked Alfredo. The damage amounted to \$50,000, mostly addressed by insurance but it was a serious setback professionally.

Always entrepreneurial, Alfredo had a short-lived salon named Bella Mia, launched in 2003 and located in the U.S. Bank building on the corner of Mercantile and Chagrin, but due to conflicts with his business partner, the salon closed after a year and a half.

His plan for the future is to have his daughter Lydia, 30, and two partners, run the salon. Right now though, he still loves going to work, a short commute from his home in Twinsburg. He enjoys how every day is different, and he continues to look forward to each client. He says that people often wonder how he remembers the details in their lives. "There's only one you," he replies. And Alfredo's salon remains a singular sensation, as well.

Giovanni's owner Carl Quagliati is 77 years old, and he has spent his entire adult life in the restaurant business. Although retirement might seem like the next logical step, he wants to know why he should stop now. "So I can do the Facebook thing?"

With 39 years devoted to Giovanni's, which is named after his favorite uncle, he is more interested in emulating his mother who worked in the restaurant business until she was 94, then died when she was 99. "I like to accomplish things," says the reserved,

soft-spoken restaurateur. A restlessness, both of mind and spirit, seem to compel him forward as well.

He began his career in 1967 by opening White House, an Italian restaurant in Mentor, which he ran for 20 years. He added Trescalini next door where everything was cooked tableside ("too complicated – I don't do that anymore"). In 1976, when the club A Touch of Class was for sale in the Chagrin Richmond Plaza, he bought it and shut it down so he could open Giovanni's. "It was busy from the first day we opened."

At that time, the entertainment establishment, The Front Row in Highland Heights, brought lots of acts to town, and after their shows, many dropped in to Giovanni's. Carl rattles off names of guests including Sammy Davis, Dinah Shore, Bob Hope, Mickey Rooney, Phyllis Diller, Engelbert Humperdinck, Pat Boone, Shirley MacLaine, Florence Henderson, among plenty of others. This was back when the restaurant was still filling up at 12:30 a.m., reservations were booked until 10:30 p.m., and men dressed in jackets.

Times have changed, of course, and, as Carl says, "defying all logic and wisdom," Giovanni's remains in operation. To do so, he stresses the importance of change, especially in the restaurant business. "You need to keep evolving or you will die." In 2000, he closed the restaurant for six weeks to remodel it; then three years ago, he undertook a 16-day remodeling,

achieving what he describes as “a still elegant, but comfy, not overpowering, feeling.” And now, he claims that the bar is more popular than the dining room.

He credits his location in Beachwood as another key to his success and longevity. With its accessibility off of Interstate 271, he draws a number of West siders, something he is certain of because they always announce their origins. Having won some industry awards also adds to the attraction. In 2012, Giovanni’s was ranked by Zagat as one of the top 120 restaurants in the country. And Wine Spectator Magazine has honored it annually with the Grand Award for the past 30 years for having one of the most outstanding restaurant wine lists in the world. It also earned a 2014 Open Table Diners’ Choice Award.

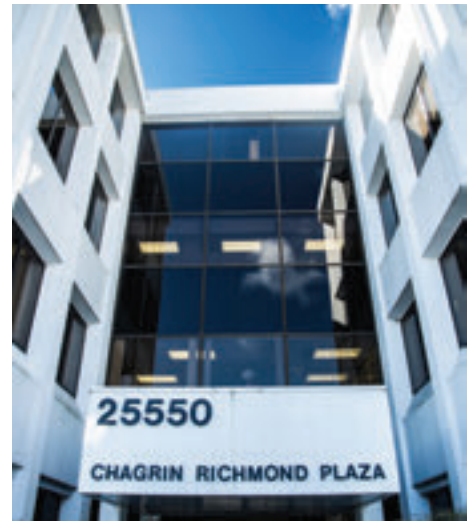
Giovanni’s kitchen has been a playground for many chefs, including Michael Symon who started working at the restaurant when he was 21, spending two years there, then working for an additional four years at another restaurant once owned by Carl, Piccolo Mondo on W. 6th Street and St. Clair Avenue. The current chef at Giovanni’s is Zach Ladner, “a real scientist/technician,” who will design the menu and be a partner at a new Texas barbeque restaurant Carl is opening this spring in the former Fisher’s

Tavern location in Mayfield Village.

This prospect of opening a new restaurant, more than anything else, is a source of excitement. “I’m nervous, but in a good way,” he says. And he’s no stranger to opening establishments. His ownership over the years has comprised many popular locations around Greater Cleveland: Tuscany, Café Toscano, Café Angelo, The Spaghetti Company, Posto Vecchio and Tuscany 55. He has two brothers in the business as well, with one owning Crostada’s in Highland Heights and the other owning Alfredo’s in Mayfield Heights.

To run a successful restaurant, Carl believes you need “a God-given trait, and I wish I were better.” His weakness? “I’m Italian – I fly off the handle.” But his best quality is his diligence. “I’m very good at working hard.” And he loves carpentry work, completing all repairs himself. “I’m terrible at running a restaurant, but I’m good at building them,” he says with a grin. “Management and service are the name of the game with restaurants,” he adds, which is why he is careful with every hire he makes.

His trajectory leading to the restaurant business had a humble start, beginning as a butcher, a skill his father taught him and his brothers. He learned to be a baker, too, and prepared all Giovanni’s desserts for the first 10 years.



“My mom always said I was a jack of all trades and a master of none,” he chuckles.

Certainly, he has mastered the restaurant trade. “If you can succeed here, you can make it anywhere because there is no tourism, no conventions, and not a lot of business people,” he explains. “Thursdays, Fridays and Saturdays are all local people.” And he credits his location in Beachwood as being a key ingredient to his success “because of the population make up” in this and the surrounding area.



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The graphic features a yellow background with a subtle pattern of small, colorful geometric shapes. It includes illustrations of a red chili pepper, a lime wedge, and two colorful maracas.

Living with Diabetes

Today, one of every four people with diabetes doesn't know he or she has it – that's nearly 7 million Americans. Many of our lifestyle choices influence our risk of getting diabetes. Everything from whether you smoke, to how much or how little you exercise, matters. What you choose to eat and drink also can increase your risk. When left untreated or not properly managed, diabetes can cause serious health complications such as heart disease, nerve damage, blindness, kidney failure and other problems.

Join your neighborhood experts on the second Wednesday of each month for these health-minded talks, which are held at 9 UH locations. The next Health Matters talk, on May 11,

is "Living with Diabetes." It's important to be able to recognize the signs and symptoms of diabetes and understand the risks.

- UH Ahuja Medical Center
Joel David, DO
- UH Bedford Medical Center*
Joyce Kavaras, RD, LD
- UH Conneaut Medical Center
Susan Ratay, DO
- UH Elyria Medical Center
Christine Kolp, MD, and Sue Keller, RN, MSN, CDE
- UH Geauga Medical Center
Stephen Burgun, MD
- UH Geneva Medical Center
Lori Ann Slimmer, RN, CDE
- UH Parma Medical Center
Gwen Smith, CNP
- UH Portage Medical Center
Lori Kreitzburg, CNP

- UH Richmond Medical Center*
Ibrahima Goudiaby, DO
- *Campuses of UH Regional Hospitals

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.

Coming up on June 8 is "Men's Health." Recognizing and preventing men's health problems is not just a man's issue because of its impact on wives, mothers, daughters, and sisters. Today men's health is truly a family issue.

Participate in the conversation on social media using #UH-HealthMatters.

NEO Jewish Singles

NEO Jewish Singles, sponsored by Fairmount Temple, is a new outlet for singles, ages 45-65ish, to socialize and meet like-minded individuals. Although sponsored by Fairmount Temple, NEO Jewish Singles is not limited to Fairmount Temple members. Participants have enjoyed wine and cheese parties, pot-luck dinners, a walk in the Metro Park and more.

Through "Meetup," the group's next event is dinner on Saturday, May 7 at 7 pm, at The Pub, located at Beachwood Place. For more information about NEO Jewish Singles or to RSVP for this event, email Wendy Jacobson at wjacobson@fairmounttemple.org or join the group at <http://www.meetup.com/NEO-Jewish-Singles-45-65-ish/>.



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Brian Friedman,
President

MOTHER'S DAY

Gift Ideas

Bonnie's Goubaud

Bonnie's Goubaud is Cleveland's original women's boutique. Since 1963, personalized service has been our specialty. At Bonnie's Goubaud, located in Eton, you're sure to find the perfect Mother's Day gift – or something special for yourself. We offer the latest fashions, fun jewelry, everyday and evening bags, t-shirts, jeans and evening wear. Specializing in fabulous styles, travel clothing and accessories, we carry styles from Joseph Ribkoff, Renaur and many more Montreal fashion designers.

Be sure to stop in and see our new "Crushed Shirts" by David Cline. These shirts are made with an exclusive micro-poly fabric with a spun-rayon blend that gives them luster, softness, washability and comfort and, they are crushed to make them durable, easy to travel with and long lasting.

The RNC is coming to Cleveland, and so is Timmy Woods, the well-known designer of hand-carved handbags from Beverly Hills. Republican or Democrat, we're all Americans! Stop in and see these creations. This

Trunk Show will take place Friday, June 3, from 10 am – 5 pm and Saturday, June 4, from 10 am – 4 pm.

For more information, visit www.bonniesgoubaud.com.



Clothes Mentor

Clothes Mentor isn't consignment, it's resale – and it's better than retail. At Clothes Mentor you can find like-new designer clothing at up to 70% off of retail. All of our apparel, shoes, jewelry, purses and accessories are "gently-used," and actually like-new – and we only buy pieces that are in great shape, on-trend, or classic and timeless. When you walk into Clothes Mentor, you walk into a clean, beautiful, well-designed store with organized shelves and racks that make shopping fun and enjoyable. Clothes Mentor's apparel is also organized by color and size, making it even easier to find what you're looking for.

Spend time with mom this Mother's Day – shopping! The thrill of the hunt for only \$20 or \$30 will be fun for both you and mom! While you're at it, bring in items that are no longer wearing. We'll buy them, and give you CASH on the spot!

Clothes Mentor provides you with great designer brands without the full designer price, and we sell apparel and accessories for all women: Sizes 0 – 26, petites, and maternity. Enjoy fresh, modern styles at great prices. Additionally, when shopping with us, you're also being green and kind to the environment by selling your clothing and buying some like-new pieces for yourself.



The Driftwood Group

At the Driftwood Group, our mission is to exceed guests' expectations through all aspects of the dining experience. We are one of Ohio's premier restaurant and catering companies. Our award-winning restaurants, food truck and catering services have marked us as a leader in the thriving Cleveland culinary scene. Treat mom to a quality dining experience this Mother's Day. Our options are limitless.

Cibréo Italian Kitchen, located at 1438 Euclid Avenue in the heart of Playhouse Square, is a Tuscan-themed restaurant serving authentic Italian lunches and dinners. Cibréo features fresh + local ingredients, signature cocktails and fine wines.

Bin 216, also located in the heart of Playhouse Square at 1515 Euclid Avenue, serves whimsical small plates, desserts, wine and cocktails; and features live jazz entertainment on Wednesdays and happy hour specials five days a week.

Green Rooster Farms, located at 2033 East 14th Street in Cleveland, is a quick-serve restaurant that offers breakfast and lunch, focusing on quality ingredients that are local, healthy, organic and can be served with speed and affordability.

Washington Place Bistro & Inn, located in the heart of Little Italy at 2203 Cornell Road, offers modern American fare featuring local cheeses, produce and meats. A seven-room inn featuring luxurious amenities at an affordable price makes up the upper two floors of this historic Cleveland brownstone that has been recognized as one of the Best Bed and Breakfast Locations in the country by the Cooking Channel.

Hodge's, located at 668 Euclid Avenue, integrates an upscale approach into the playful style of cuisine that Cleveland Food Truck Pioneer and Chef Chris Hodgson brought to the Cleveland area two years ago. Hodge's offers a modernized take on global comfort food, and has a private dining room off of the kitchen that is home to a chef's whim dinner called The Hodge Podge.

The Welshfield Inn, located at 14001 Main Market Road in Burton, offers fresh, local and seasonal foods and has a newly remodeled banquet facility for large-scale private functions.

87 West at Crocker Park, located at 287 Crocker Park Blvd., offers a modern decor, relaxing outdoor patio and friendly service. Its menu showcases the finest of local and seasonal foods while its wine selections come from the finest of international vintners.

In 2013, The Driftwood Group was added to The Cleveland Browns Hospitality Group, serving at FirstEnergy Stadium. For more information, visit www.thedriftwoodgroup.com.



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Opera Night, a tradition that began 25 years ago, continues to fill the house on select Monday evenings, often featuring the phenomenal talents of Italian opera singer Jonathan Cilia Faro. Our \$40 package includes four short sets of opera, four courses of Italian cuisine and dessert. Stop by and join us – this promises to be a special night.

We offer private areas for parties, small weddings, rehearsal dinners and all other special occasions. To make a reservation or for more information, visit www.clevelanddolcevita.com.

“Treat your mom this Mother’s Day. Come to La Dolce Vita and drift back to an age when time was life’s greatest commodity,” owner Terry Tarantino warmly said. “Relax, enjoy the sweet life and please don’t keep it a secret.”

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Rita Sachs is a problem solver who loves finding new and appropriate gifts on both personal and corporate levels. As an independent family business, Mulholland & Sachs is proud to offer products that are handmade in America, though they happily stock beautiful worldwide imports as well.

Mulholland & Sachs, located in Eton, has been serving Beachwood clients, as well as those throughout northeast Ohio and nationwide, for 14 years.

“The best part of doing business with Beachwood clients is seeing good friends every day who value personal service,” Rita said.

Stop in and let Anne, Rita and their staff help you select the perfect gift this Mother’s Day. Choose from jewelry, gifts for the home, personalized gifts and so much more – and feel confident that you’ve selected something mom will love.



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This year, think about how you can transform your mom’s yard into her sanctuary. Imagine a walkway and stone patio transforming her yard to the ultimate outdoor living space. Today’s patios now 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? Maybe 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.

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Spaces



Spaces began in Chagrin Falls when Trina Miller and Bill Jeffries, both independent and successful dealers in art, antiques and design, combined their 60 years of experience and a loyal list of clients and joined forces. Their unique talents and personalities were a great recipe for success and growth.

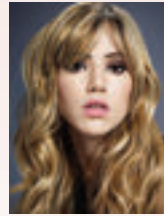
Today, SPACES is the leading consignment and liquidation company in Northeast Ohio, occupying a 20,000 sq. ft. showroom in Beachwood.

Trina B. Miller, president, has more than 30 years of experience as an appraiser and liquidator. Her knowledge of this competitive market is due to her extensive traveling to auctions, antique shows and road shows throughout the country. She has helped many seniors and their families with a positive solution to property dispersal. Trina's personal attention and genuine concern along with her vast knowledge gives families a secure feeling.

Bill Jeffries, director, has more than 25 years experience in sales, decorative and fine arts, antiques, and as a business owner. Bill's expertise and flair for interior design can enhance any home or business and his knowledge of antiques and designer furniture rounds out the team at Spaces.

Do something special with mom this Mother's Day. Bring her to Spaces and browse for treasures throughout our 20,000 sq. ft. showroom. You may just find that perfect piece of furniture or unique accessories that will brighten up any room.

Lavish Color Salon



Lavish Color Salon, as the name suggests, is a salon that specializes in creating customized color for your hair. Whether you are looking to achieve dramatic tones, vivid highlights, one of the latest techniques – such as Balayage, Ombre, Sombre or Babylights (*pictured*) – or maybe just supreme gray coverage, our team can fulfill any request. We want you to have your very own signature color and our experts provide you with the time and attention necessary to create your dream hair.

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Wood Trader, located at 13429 Cedar Road, just one block west of South Taylor in Cleveland Heights, is the perfect place to go for all your framing needs. From basic framing to gal-

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There are many options when matching a frame with a specific photo or piece of art. You can choose from leather, metal, acrylic, wood, gold/silver finish and even gold carat and silver leaf. The type of mat you choose also enhances your piece, and at Wood Trader, we are here to help simplify your choices and utilize appropriate materials based on your needs, budget and taste.

Our services include framing, gilding, custom fabrication, sculpture bases/mounting, shadow-boxes and other speciality presentation solutions and wall arrangements.

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Three Sisters Plates

How a Hobby and Pastime Activity Evolved into a Business

In 2007, Sandie Angart was looking for a way to use her creativity and find something fun to do that would also provide balance in her life. She had thoughts of starting a business, yet wanted to be home when her children returned from school, and then she came up with an idea. Angart began thumbing through magazines and cutting out like-themed words to glue onto glass plates, creating collages.

"I was just fooling around," she said.

Each plate was unique in that each word or image was individually hand cut and glued, yet each one had a specific theme. She would bounce ideas off her sisters, Terrie, in Madison, Wisconsin and Marcie, in Detroit, Michigan, and before they knew it, Three Sisters Plates was born.

"I remember when Terrie said, 'If you're afraid to fail, you're never going to succeed,'" Angart told us. It was then that Angart decided she was going to build a business.

After accumulating a small inventory, Angart tried her luck by exhibiting in a craft show at The Temple – Tifereth Israel.

"I had accumulated about 20 pieces and sold most of them," she told us. "My themes back then were pretty much Broadway, books and Yiddish. People were buying them and I was having fun. One customer told me that this is the latest thing, and I remember thinking, you never know!"

As time passed, Angart continued building her inventory, exhibited at more shows and realized she has a certain demographic. She had been a marketing major, always loved retail and knew where to position herself.

The problem was that Angart couldn't keep up with her inventory, so she began researching to

see how she could automate the creative process. Today, automation has been implemented and her product line has expanded, although plates are individually handmade as they had been since the business's inception. Additional products include bracelets, coasters, clipboards, compact mirrors, ornaments, zipper pouches, socks and more. She has also expanded her repertoire of themes, many based on customer requests.

"Clipboards are really popular, with themes that include Yiddish, therapists, teachers and other professions," Angart said.

In addition to exhibiting in local craft shows, Angart exhibits at the Greater Chicago Jewish Festival every other year and is also exhibiting in an invitation-only show in Dunwoody, Atlanta, where her son, Elliot, now lives.

She uses word of mouth and social media for advertising, which is obviously working, as witnessed by a recent order for 30 sets of coasters (four in a set) from the Museum of the City of New York.

When asked, where does she want to go from here?, Angart said, "I love what I do; it's therapeutic. I love to be at the shows, talking with people. My son, Alex, has inspired me. He has Autism, and Autism is a huge part of my life.

In a couple of years, I would like to hire people with Autism to help further build my business. They need jobs and I need help.

Until that time, Angart thanks her friend, Sharon Robertson, who helps her produce her inventory. "It's great working with Sharon," Angart said. "It's fun, relaxing and gives us time to catch up."

When referring to her company's name and asked about her sisters' involvement, Angart explains, "We chose the name and it stuck. They're always there, cheering me on!"

For more information, visit www.threesistersplates.com or email threesistersplates@gmail.com. Summer exhibits

through July include:

- July 8 – Cleveland Bazaar at Playhouse Square
- July 9 – Cleveland Bazaar at Lake Affect Studios
- July 29 – Cleveland Bazaar at Playhouse Square



Pictured: Sharon Robertson and Sandie Angart exhibit products from Three Sisters Plates.



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May 12th	Steve Winwood (68)
May 13th	Stevie Wonder (66)
May 14th	Kate Blanchett (46)
May 18th	Tina Fey (45)



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Klein Bridges the Distance to Become High Achiever at Card Game

By June Scharf

Bridge is a card game that requires skill, concentration and intelligence. Mort Klein possesses all of these qualities in spades, which is why he recently reached the level of Bridge Silver Life Master, something he'd been striving for over the past few years. He accomplished this feat just a few weeks shy of his 94th birthday, no less, but he vehemently protests the magnitude of the success.

"I feel stupid being interviewed about being a master because there are thousands of them," says the Beachwood resident in his typically serious and self-effacing manner.

He's needed a half point for two years to earn the designation, and he persevered because, heck, why stop when he's been playing the game two to three times per week for the past 65 years? He began just after World War II, when he served in the Coast Guard's engine department, stationed on ships throughout the Pacific.

He had been introduced to bridge by his neighbor George Leventhal when they both lived on Milton Road in University Heights. Mort became hooked because it appealed to his intellectual inclinations.

"Most bridge players are smart," he says, noting how the game keeps people constantly thinking. At this point in his life, he puts a high premium on mental engagement, wanting to keep his mind as active as possible.

"It also gets him out of the house," quips Shirley, his wife of 69 years. "He'd play every day of the week, if he were asked to," she adds.

It's not too hard to find games around town either. He likes



Pictured from left: The Klein family, daughter-in-law Michele, Shirley, Mort and son Howard.

to play with groups that host duplicate bridge (a version where players compete against everyone else in the room) at Anshe Chesed - Fairmount Temple, the Beachwood Recreation Department and the Solon Recreation Center.

"I've made lots of friends through playing bridge," he says with satisfaction, but he's also chagrined by the notion that "bridge is a dying sport."

"No young people are playing," he observed. And if some did decide to play, there'd be no one their age with whom to get a game going, he adds. Bridge requires four players.

"I have three (adult) children, and not one plays bridge," he says, mildly baffled.

One son started taking lessons with his wife but he didn't stick with it. He understands. "It's very hard - you need to remember cards and combinations of cards."

Bridge is not for the impatient or attention-span challenged either.

"I'm sorry to say, it takes many, many lessons to master the game."

But Shirley points out that even the mediocre players can have

fun. "It gives people something to do," she says, counting herself within that category of player.

She describes how she learned to play while attending Mather College (now Case Western Reserve University). "That was the big thing then," she says of the game in the 1950s. She played "party bridge" which could take under an hour and be played between classes. Time was a factor.

For retirees in Florida, time is abundant and easily wrapped around a bridge game.

"It's a big, big, big thing there," says Mort of what he witnessed during many winters spent in Naples. He reports that there could be 20 to 30 tables set up in a single location, with 80 to 100 players present. He would play with the same partner all day. Shirley, however, found it to be too serious. She likes to change partners and have snack breaks.

Tournaments are central to competitive play, and over the years, Mort has attended plenty of events. One time he played three sections in one day, with each section lasting three and a

half hours. Did he win? "Hard to say," he says.

The truth is that the game can be very confusing. Players are identified by the cardinal directions - north and south playing against east and west. Play consists of several deals, each progressing through four phases: dealing the cards, the auction (also referred to as bidding), playing the cards and scoring the results. The game has immense scope by virtue of the incredible number of possible unique deals.

However, it's clearly possible to master the game, with the evidence existing among the people with whom Mort plays in Beachwood; 90% of them have attained the Life Master designation.

"There are so many people who are so much better than I am," he laments.

"But they don't take it as seriously as you do, Mort," Shirley responds.

"I've been trying for 65 years to get to Life Master," he sighs.

"He does like bridge," she concludes. She's also quick to note that they can't play together. "He yells at me."

But they spent many years playing with other couples.

"They're all gone now," Shirley says with a shrug.

Mort recalls how it was a wonderful social activity, a great way to spend an evening. But it took a little bit of time to figure this out.

"We'd talk about our kids for an hour, then that would get boring," he says. Shirley determined that the sequence of events was all wrong. Instead, they needed to start the evening by playing bridge, and talking about the kids afterward.

SSO Fiesta Aniversario

The Suburban Symphony Orchestra will present Fiesta Aniversario, Sunday, May 15 at 3:30 pm. Martin Kessler is the music director. The show, free and open to the community, will take place in Conway Hall on the University School Shaker Campus, 20701 Brantley Road in Shaker Heights.

Enjoy this exciting Spanish and Argentinian program, featuring emerging classical guitarist Chaconne Klaverenga. Many different forms of music are presented in this free concert, including a concerto and a rhapsody, as well as music from an opera and a ballet. The Suburban Symphony Orchestra is proud and grateful to have received support for this concert from Cuyahoga Art& Culture. Visit www.suburbansymphony.org for more details.

Speaking of the kids, one of the Kleins' daughters plays Mah-jong and both sons play poker.

So how long did it take Mort to learn to play well?

"I'll never stop learning," he says. And he draws frequent lessons from his mistakes, he says.

He also gets pointers from a subscription to the monthly magazine Bridge Bulletin. It comprises consummate, complete, cover-to-cover reporting on winners, masters, game tips, Q & A's and exercises. Truthfully, it's almost like reading a foreign language for a non-gamer.

When it comes to bridge, everyone has their limits, including even Mort, who admits that he doesn't always maintain his equanimity throughout the game.

"If you like a challenge, then

you get worked up," he says without remorse.

Mort actually had a day job, until retiring at age 62. He owned a window shade business that he took over from his father who started it in 1936. He later sold it to his son-in-law, Bob Bernstein, who recently sold it and also retired.

Currently, Mort is an active volunteer, helping out at Montefiore's snack shop as a cashier. Previously, he aided S.C.O.R.E. (Service Corp of Retired Executives), engaged in arbitration work for the Better Business Bureau and assisted Bonds for Israel, a Jewish transportation service and Jewish welfare.

Based on everything that Mort shared, it appears that he has no plans to curtail his bridge game.

He's too enamored with the competitiveness of it but also with the level of difficulty. And Shirley has no plans to stop him. Without a doubt, they're both playing the good hand they've been dealt.

"I'm sorry to say, it takes many, many lessons to master the game of bridge."

Mort Klein, Silver Life Master bridge player



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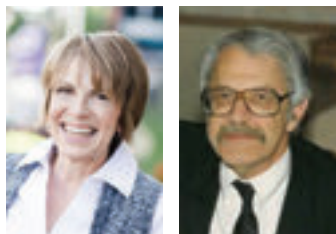
Anchor, WEWS NewsChannel 5



hospicewr.org/walk



Authors of "Where the Horse Died" to Speak About Small-Town Life at June Meeting of Jewish Genealogy Society



Do you wonder how some Jews ended up in small towns? Authors Ed Abramson and Ellen Pill will share their book, "Where the Horse Died: An Anecdotal History of 100 Years of Wayne County, Ohio, Jewish Life, 1840-1940," at the Wednesday, June 1 meeting of the Jewish Genealogy Society of Cleveland. The meeting will begin at 7:30 pm.

Abramson and Pill will discuss the experience of Jewish immigrants in Wooster – and how their experiences paralleled and differed from those of Jews in other communities. In the words of Ed, "Although the horse died...we survived!"

Ed Abramson was born in Wooster, Ohio in 1926. He graduated from Northwestern University in 1948, and is married to Carolyn. They have three children. Ed's relatives have been in Wooster since 1884. Ellen Pill, Ph.D., has worked for 35 years as a freelance writer, with numerous publications. She was born in Ft. Dodge, Iowa.

The Jewish Genealogy Society of Cleveland meets in the Miller Board Room at Menorah Park, 27100 Cedar Road, Beachwood. Board members are available from 7 pm to assist with individual research questions. Guests are welcome. RSVP to Programming@ClevelandJGS.org.

Turning "13"

Who doesn't remember turning 13? It's an awkward time, with or without the stress of moving to a new school and preparing for a Bar Mitzvah. "13 The Musical" is a hit musical with lyrics and music by Jason Robert Brown and book by Dan Elish and Robert Horn. It premiered in 2007 in Los Angeles and transferred to Broadway in 2008.

Twelve-year-old Evan Goldman has everything and lives in the world's greatest city – New York. When his parents divorce, he is forced to move with his Mom to Indiana. Uprooted from his old life, he must maneuver his way through a new Jr. high school, while preparing for his Bar Mitzvah. "13" is a high-energy musical about growing up, coping with change and learning that becoming who you want to be begins with discovering who you really are. "13" is a show written for teens, performed by teens and appeals to the awkward teen lurking within

each of us.

Director Jill Koslen-Freireich calls "13" the "RENT" for teens. It's high energy, edgy and at times may cross some lines," she says. "The story is told from the mind-set of a 13-year-old boy.

This is the second time that Beachwood Community Theater has tackled this production. All the actors are ages 12-15 and reside in Beachwood, Aurora, Shaker Hts., Twinsburg, Cleveland Heights and Chagrin Falls. Some cast members are currently preparing for their Bar/Bat Mitzvahs and many cast members will celebrate their 13th birthdays at rehearsals.

All the productions' candy and water proceeds will benefit Harvest for Hunger.

Archie, a character in the story, struggles with Muscular Dystrophy so the cast has determined that all profits from flower sales will benefit ALS research and the Muscular Dystrophy Foundation. When a group comes together

for a common goal, such as to produce a high-quality production, why not take it a step further and benefit others in the community?

"It's a beautiful message to send to both the cast and the community," shares Koslen-Freireich.

For more information, contact Jill Koslen-Freireich at 216.292.1970.

"13" is a high-energy musical about growing up, coping with change and learning that becoming who you want to be begins with discovering who you really are.

Beachwood Community Theater Proudly presents 13 The Musical

Fridays: May 6, 13 and 20 at 7:30 pm

Saturdays: May 7 and 14 at 4 pm; May 21 at 2 pm

Sundays: May 8 and 15 at 2 pm

Tickets: Adults \$8, Youth/Seniors \$7



Pictured from left: Lexi Glova and Joelle Rosenthal play cheerleaders in Appleton, Indiana; George W. Crenshaw plays the Rabbi and Auryon Azar plays Evan Goldman; Sophie Longo (Patrice), Auryon Azar (Evan) and Adam Holthaus (Archie) "put one foot in front of the other" as they vow to support each other through good and bad times.

The Menorah Park Aging Resources Center Presents:

Age-Related Heart Problems: Myth and Reality



On Thursday, June 9, the community is invited to attend "A Summer Dinner Conversation with featured speaker Dr. Guilherme Oliveira." Dr. Guilherme Oliveira is the Lorraine and Bill Dodero master clinician in Heart Failure and Transplant, and chief of Heart Failure at University Hospitals. He has practiced at some of the world's most prestigious institutions, such as Mayo Clinic, Baylor and Cleveland Clinic before coming to University Hospitals Case Medical Center. Dr. Oliveira is a renowned leader in his field and invited lecturer around the world.

Plan to attend and listen to Dr. Oliveira as he:

- Identifies major cardiac concerns that arise with age
- Addresses some of the myths related to heart disease
- Talks about ways to maximize cardiac health.

Dinner starts at 5:30 pm and conversation begins at 6:30 pm in Menorah Park's Saltzman Auditorium. The program and dinner are free of charge. Seating is limited, reserve your space early. RSVP to Beth Silver at 216.839.6678 or bsilver@menorahpark.org no later than Monday, May 16. Aging Resources Dinner Conversations are sponsored by the Earl and Barbara Franklin Fund. Kosher dietary laws observed. This program is powered by the expertise of Menorah Park and its community.

Beachwood Arts Council Annual Meeting

Free and Open to the Community

On Tuesday, June 7, the Beachwood Arts Council will hold its Annual Meeting at the Beachwood Community Center, at 7 pm, and invites you to attend. The Beachwood Arts Council is a nonprofit, 501(c)(3) organization that has supported the arts in Northeast Ohio since 1964. At this meeting, board members and officers will be sworn in by Mayor Merle S. Gorden.

"We've come a long way over the past year," said executive director Leah Gilbert. "Membership has grown, the quality of our exhibits is excellent, workshops are well attended, and sponsorships continue to increase."

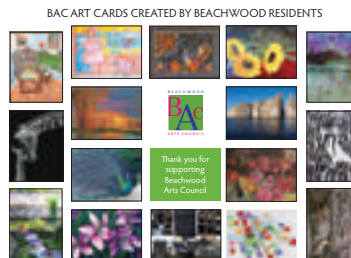
BAC thanks the Beachwood community for its support. Whether you're a member, sponsor or exhibitor, or have attended BAC shows and/or programs, your participation and support help BAC better promote the arts in and around Beachwood.

Special thanks to the organization's dedicated board members who have been serving and are on the slate to be voted in at BAC's upcoming meeting. These members are the organization's foundation.

On Sunday, May 15, BAC will host a Wine Glass Painting Workshop from 1 – 4 pm at the Beachwood Community Center. Learn how to decorate wine glasses using the "one-stroke" painting technique. The instructor, Barbara Brastoff, will teach participants to paint open rosebuds and leaves on the glasses. Participants will create two wine glasses that may be used for drinking or to hold tea-light candles, and no experience is necessary. The fee, which includes all materials, is \$30 for BAC members and \$35 for non-members.

As a fundraiser, BAC continues to sell Art Cards, designed by Beachwood residents. A 16-card variety pack sells for \$20 and makes a great gift – for yourself or someone else.

If you would like to join the Beachwood Arts Council and be a supporter of the arts in Beachwood, please contact the executive director, Leah Gilbert, at 216.246.7373. To register for the Wine Glass Painting Workshop or to order Art Cards, please call 216.595.3400 and leave your name, telephone number and email address. Registration deadline for the workshop is May 7. More information about BAC can be found on their Facebook page at Beachwood Arts Council.



BAC ANNUAL MEETING
JUNE 7, 2016 • 7 PM
BEACHWOOD COMMUNITY CENTER
OPEN TO THE COMMUNITY
NOMINATING COMMITTEE REPORT

Recommended for a 1-Year Term as Trustee
(Ending at June, 2017 Annual Meeting)

Arlene Magar

Recommended for a 2-Year Term as Trustee
(Ending at June, 2018 Annual Meeting)

Linda Boardman • Debbie Orlansky

Continuing a 2-Year Term as Trustee
(Ending at June, 2017 Annual Meeting)

Barbara Flowerman • Martin Flowerman
Sandi Horwitz • Jan Kirschenbaum
Sharon Schlesinger • Laura Zuckerman

Recommended for a 3-Year Term as Trustee
(Ending at June, 2019 Annual Meeting)

Doug Firman • Ellen Hacker

Mel Jacobs • Joe Kalk

Carolyn Frankel-Krieger

Tobi Mattes • Susan Namen

Debby Zelman Rapoport • Paula Rollins

Continuing a 3-Year Term as Trustee
(Ending at June, 2017 Annual Meeting)

Rita Frankel • Harriet Gorden

Stephanie Jacobs • Phyllis Kalk • Marla Keilin

Ileen Kelner • Sandra Mandelbaum

Margot Mersfelder • Carole Weinberg

Continuing a 3-Year Term as Trustee
(Ending at June, 2018 Annual Meeting)

Honey Feinberg • Leah Gilbert

Susan Haas • Karen Levinsky

Recommended for a 2-Year Term of Office
(Ending at June, 2018 Annual Meeting)

President • Joe Kalk

Co-Vice-Presidents – Membership

Susan Haas • Ellen Hacker • Paula Rollins

Corresponding Secretary • Susan Namen

Treasurer • Doug Firman

Continuing a 2-Year Term of Office
(Ending at June, 2017 Annual Meeting)

Recording Secretary • Sandi Horwitz

Respectfully Submitted by
Nominating Committee Members

Ileen Kelner (Chairperson)

Linda Boardman • Phyllis Kalk

Tobi Mattes • Paula Rollins



A message from
Executive Director Cindy Caldwell

BBC Volunteers and Board Members Recognized

The Beachwood Chamber held its annual Volunteer Recognition Luncheon on April 20th at Maggiano's Little Italy. This special event brought together members, volunteers, community partners and staff to recognize their dedication to the chamber through hours of volunteerism.

Each award winner relayed the importance of volunteerism, the impact that one can make on the success of an organization and the personal fulfillment one gets from working with a team to achieve common goals.

Donnamarie Cook, board president, shared her vision and passion of having volunteer leaders engaged, achieving Chamber excellence and strengthening community partnerships.

Receiving the President's Award for Board Member of the Year was board vice president Benjamin Light from The Gathering Place. The President's Award for Volunteer of the Year went to Dr. Carmen J. Centanni, D.C., Chiropractic Physician. The Chamber's highest

honor, the Richard Adler Distinguished Service Award, was presented to John Newburger by Richard's wife, Adelle Adler. This award was created to recognize board members who have given of themselves during their tenure on the board, as had the late Dick Adler. Heathyr Ullmo, the organization's immediate past president, was also recognized for her service.

We thank our many member volunteers who have spent their time and resources to help us become the strong chamber we are today. It is through their continued support and volunteerism that the Beachwood Chamber of Commerce continues to be a catalyst for growth in the business community.

Pictured from top: Benjamin Light, Dr. Carmen J. Centanni and John Newburger.



Unselfish and noble actions are the most radiant pages in the biography of souls – David Thomas
Those who can, do. Those who can do more, volunteer – Unkown

The Beachwood Chamber Welcomes for 2016/2017

Board Officers

President, Donnamarie Cook • Cleveland Clinic
Immediate Past President, Heathyr Ullmo • Geauga Savings Bank
Vice President, Benjamin Light • The Gathering Place
Vice President, Christin Barone • Ohio Educational Credit Union
Secretary, Debra Zelman Rapoport • Beachwood Buzz
Treasurer, Kenneth Nicholas • FirstMerit Bank

Board of Directors

Leon Anderson • Sports & Spine Physical Therapy	Robert Hardis • Beachwood City Schools
Eli Auerbach • EPCO Energy Planners	Lori Kaplan • Eagle Strategies, LLC
Dr. Carmen Centanni • Dr. Carmen Centanni Chiropractic Physician	Jeff Martin • DDR Corp.
Steven Dlott • Meyers, Roman, Friedberg & Lewis	Marc Paige • APG Office Furnishings
James Douth • City of Beachwood	Andrew Somich • Pease & Associates, Inc.
Tulio Garonzi • Embassy	

Honorary Directors

Michael Goldstein • Michael S. Goldstein, LPAS	John Newburger
Richard McKenna • Peak Performance Resources	Louis Orkin
Shirley Morgenstern • The Cleveland POPs Orchestra	

UH Ahuja Medical Center Celebrates 5-Year Anniversary

On Friday, April 1, University Hospitals Ahuja Medical Center held a five-year anniversary celebration at which staff and community members gathered in the main lobby for an hors d'oeuvres reception and remarks from founding benefactor Monte Ahuja, UH CEO Thomas F. Zenty III and UH Ahuja Medical Center president Susan V. Juris. As part of a 150-year heritage, UH Ahuja Medical Center was developed as a key element of UH's Vision 2010, and in five short years is exceeding strategic expectations and is serving patients from a seven-county area.

"This year is a noteworthy milestone not only for UH Ahuja Medical Center but also for University Hospitals," Juris said. "UH is celebrating its 150th anniversary which kicks off on May 14, 2016. We are proud to reflect the same core value of that tradition here in Beachwood by providing the highest quality care tailored to each person's needs."

Juris went on to say that during its 60-month existence, patient volume grew each month and a growing number of physicians and surgeons have found UH Ahuja Medical Center to be both an accommodating and safe environment to practice. Specialty services have expanded and quality metrics are strong.

"We care deeply for our communities as evidenced by our 'Building Life Saving Communities' initiative and pre-hospital teamwork with our EMS partners," Juris added. "We have offered hundreds of free screenings and educational programs throughout our service area and trained thousands in CPR. We want to make a lasting and positive imprint."

Since UH Ahuja began celebrating this milestone in March, Mayor Merle S. Gorden and City Council proclaimed Tuesday, March 1, 2016 as "University Hospitals Ahuja Medical Center Day" in the City of Beachwood.

"We have offered hundreds of free screenings and educational programs throughout our service area and trained thousands in CPR. We want to make a lasting and positive imprint."



Pictured from left: Rohan (Usha and Monte Ahuja's grandson), Usha Ahuja, Monte Ahuja, Mayor Merle S. Gorden, Susan V. Juris and Thomas F. Zenty III.

SHOP EastGate SHOPPING CENTER

It's All Here!

- Target
- Toys R Us/Babies R Us
- Old Navy
- Ulta
- Five Below
- Micro Center
- Marc's
- Fish Furniture
- Marshall Carpet
- Michaels
- Bed Bath & Beyond
- Lee Jewelers
- Great Clips
- Eclipse Hair
- John Roberts Salon
- CVS
- Fox & Hound
- 5th Avenue Deli
- Chipotle Mexican Grill
- Café 56
- First Watch
- Agni Yoga Studio
- Nail Lacquer
- Games Workshop
- Atlas Cinemas

**S.O.M. Center and Mayfield Roads
Mayfield Heights • Just east of I-271**

CITY OF *Beachwood* Council Update

MAYOR
MERLE S. GORDEN



216.292.1901
mayor@beachwoodohio.com

COUNCIL PRESIDENT
MARTIN S. HORWITZ



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JUSTIN BERNS



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BRIAN LINICK



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JAMES PASCH



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james.pasch@beachwoodohio.com

BEACHWOOD EMPLOYEES FORKED IT OVER TO FIGHT HUNGER

The City of Beachwood employees once again came together to raise funds providing more than 17,500 meals for people in need. This is the City's 8th year participating in the Greater Cleveland Food Bank's Harvest for Hunger campaign, an annual campaign aimed at fighting hunger in 21 of Ohio's counties.

During this year's Fork it Over campaign, every time a dollar was raised, a fork was added to a central display in City Hall. Whether it was spare change, selling candy, \$5 jeans on Friday, or a pizza party for the cause, employees generously came through to give back to the community. City employees collected \$4,380 during this year's Harvest for Hunger Campaign, a 21% increase over last year's collection.



BEACHWOOD HONORS SOLDIERS

The City of Beachwood will once again be creating a field of American flags to honor and commemorate Memorial Day.

"It will be a tribute to the true meaning of Memorial Day and a powerful message of community support to the families of these fallen heroes," expressed Mayor Merle S. Gordon.

View the display at Beachwood City Hall (on the lawn opposite Fire Station #1) the week before Memorial Day.



SPECIAL NOTE The Service Department will be closed on Monday, May 30 in honor of Memorial Day. Rubbish pick-up will be pushed back one day throughout the week.

City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122
216.464.1070
www.beachwoodohio.com



LIKE US ON FACEBOOK
www.facebook.com/
BeachwoodOH



FOLLOW US ON TWITTER
twitter.com/
BeachwoodOH



FOLLOW BEACHWOOD POLICE ON TWITTER
twitter.com/BeachwoodPolice

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

EMERGENCY
Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

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

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
PARKING LOT

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

FERTILIZER SAFETY

When fertilizing, please make sure fertilizer stays on the lawn and is cleaned from sidewalks, driveways and streets.

Chemicals also pose a health threat to pets. Failure to remove granules from previously mentioned locations is a violation of Ohio Pesticide Law.

HYDRANT FLUSHING

The Fire Department will be conducting hydrant flushing from May 8 – 13. 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.



ALL RISE! PRESIDENTIAL TOUR

Presented by Beachwood, Moreland Hills and Solon Historical Societies

Explore our area's connection to The Oval Office Highlights include: Visit President Garfield monument, tour a log cabin, meet 'President and Mrs. Garfield', learn insights about President McKinley, meet direct descendants of President James Garfield, Thomas Jefferson and even George Washington.

CONTESTS • PRIZES • LIGHT REFRESHMENTS!



SAT., JUNE 4,
8:45 A.M. – 12:30 P.M.

PER PERSON:
BUS \$15, BIKE \$10,
CAR \$10

Call 216-292-1970 or visit
www.beachwoodohio.com
to register!

MULCH NOW AVAILABLE TO RESIDENTS

\$2 A BAG

The City of Beachwood produces mulch from the brush it collects from our community. The brush has been double shredded and is also used on city properties. The City is offering mulch to residents for \$2 per bag (2 cubic feet).



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

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, May 16 and June 13. 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 and May 26. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, May 16 and June 13. 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

CELEBRATE SEENAGERS

FREE MONTH OF MAY SEENAGER PROGRAMS

Since 1963, communities across the nation have come together to celebrate May as Older Americans Month—a tradition to recognize the contributions and achievements of older Americans.

ALL EVENTS



Tuesday, May 3 ▪ 11:00 a.m. - 12:00 Noon

HEALTHY: WORKOUT WITH HOUSEHOLD ITEMS

An easy workout for when you're at home!

Thursday, May 5 ▪ 11:30 a.m. - 1:00 p.m.

FREE HEARING SCREENING

*Appointment required**

Thursday, May 5 ▪ 1:00 & 3:00 p.m.

MOVIE - STEVE JOBS

Free Movie & Popcorn

Wednesday, May 11 ▪ 10:00 - 11:00 a.m.

MUFFINS WITH OUR MAYOR

Enjoy a muffin, coffee & conversation

Thursdays, May 12 & 26 ▪ 10:30 - 11:30 a.m.

CURRENT EVENTS DISCUSSION GROUP

Share in local and world news

Thursday, May 12 ▪ 10:00 - 11:00 a.m.

NAPKIN FOLDING

Learn elegant napkin folds presented by Shannon Diamond

Saturday, May 14 ▪ 7:00 - 9:00 p.m.

SEENAGER CELEBRATION DANCE

*Music by Lenny Russo Band
Watch - Dance - Listen - Enjoy*

I AM A SEENAGER

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant and they do not use drugs.

And I don't have acne.

Life is great.

Sunday, May 15 ▪ 9:00 a.m. - 12:00 Noon

PERSONAL SHRED DAY

Shred your important papers

Tuesday, May 17 ▪ 11:00 a.m. - 12:00 Noon

HEALTHY: EMPOWERING RETIREES

Learn the unlimited possibilities

Friday, May 20 ▪ 10:00 a.m. - 1:00 p.m.

SENIOR YEARBOOK PHOTOS

*Have your photo taken by Scott Morrison of Discovery Photo. Hair and make-up touch-ups by Paul Mitchell School of Cosmetology. Hand massage by The Loving Hands Group. Appointment required**

Tuesday, May 24 ▪ 11:00 a.m. - 12:00 Noon

HEALTHY: THE MIND SPA

Learn Strategies to Relax Your Mind

Tuesday, May 31 ▪ 11:00 a.m. - 12:00 Noon

HEALTHY: MEMORY TIPS

Your Face Looks Familiar But I Can't Remember Your Name - Learn tips to assist with day to day tasks.

All programs take place at the Beachwood Community Center

**Call 216-595-3733 to make a reservation*

Council Update

13 THE MUSICAL

Tickets available at the door
30 mins. before performance

Beachwood Middle School
\$7 Students/Seniors • \$8 Adults

PERFORMANCE DATES/TIMES:

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.



BEACHWOOD FAMILY AQUATIC CENTER MEMBERSHIPS



MEMBERSHIPS ON SALE NOW

REGULAR REGISTRATION DATES/TIMES

Monday – Friday,
8:00 – 4:30 p.m. in
the Recreation Office,
25325 Fairmount Blvd.

Beachwood Residents are eligible to purchase a season membership. Proof of residency is required at the time of registration. Two (2) forms of proof of residency identification must be presented. A current utility bill AND current driver's license OR current picture ID with address.

Individuals employed within the City of Beachwood are eligible to purchase a season membership (*restrictions apply*). Proof of employment necessary: must present current paycheck stub or letter from employer on company letterhead.

PASSES MUST BE PURCHASED IN-PERSON.

**QUESTIONS? CALL 216.292.1970 OR VISIT
WWW.BEACHWOODOHIO.COM**

**SEASON
STARTS**
May 28

**PRE-SEASON
DATES**
May 28, 29, 30

**FIRST
FULL DAY**
June 3

ART EXHIBITS

Beachwood Community Center
Art Gallery

MONDAY – FRIDAY • 9 AM – 4 PM

SATURDAY • 10 AM – 3 PM

SUNDAY • 10 AM – 1 PM



STUDIO2 EXHIBIT

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

April 29 – May 20 • Opening Reception: Sun., May 1 from 1 – 2:30 p.m.

ABSTRACT TO CONCRETE

MIXED MEDIA EXHIBIT – PAINT, PRINTS, PHOTOS

Featuring Abbey Blake, Nicole Schneider, Catherine Spencer, Jan West

May 25 – June 17 • Opening Reception: Sun., June 5 from 1 – 2:30 p.m.



MISSED A COUNCIL MEETING?

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

HONORS AND AWARDS FOR BEACHWOOD STUDENTS

Congratulations to the Beachwood Middle and High School students who competed at the 63rd Northeastern Ohio Science and Engineering Fair (NEOSEF) held at Cleveland State University in mid-March. Many of the students walked away with high placements and special awards at the annual 7-county contest, which is open to all students in grades 7-12 in public, private, parochial or home school. Nearly 100 schools competed this year.



Student	Category and Grade Level	Placement in Category	Special Award(s) Sponsors
BHS Students			
Aman Bhriyuvansh	Biology 9-10	2nd	
Cameron Haynesworth	Environmental Sciences 11-12	2nd	Stockholm Junior Water Prize Environment Federation
Benjamin Kitay	Physics 11-12	2nd	U.S. Metrics Association, U.S. Navy and Marine Corp – Office of Naval Research
Andrew Lubinger	Math/Computer Science 11-12	2nd	American Society of Heating, Refrigeration, and Air Conditioning Engineers – Cleveland Chapter, Intel Corporation
Shanhuai Ma	Biology 11-12	2nd	Cleveland Clinic – Lerner Research Institute
Timothy Ordillas	Physics 9-10	Honorable Mention	
Ankita Prasad	Health/Medicine 11-12	3rd	American Physiological Society Cleveland Clinic – Lerner Research Institute
Jing-Jing Shen	Biology 9-10	2nd	
Swathi Srinivasan	Chemistry 11-12	2nd	Cleveland Chemical Society, Cleveland Clinic – Lerner Research Institute, John Carroll University – Department of Chemistry
Sridhar Uppalapati	Math/Computer Science 9-10	2nd	Intel Corporation
Shitong Wu	Health/Medicine 11-12	2nd	Cleveland Clinic- Lerner Research Institute
Yuke Zheng	Biology 11-12	2nd	Society for In Vitro Biology



BMS Students			
Damilola Aletor	Math/Computer Science 7-8		NEOSEF Board of Directors Award
Neha Chellu	Behavioral Science 7-8	2nd	
Lauren Clar	Biology 7-8	2nd	International Society for Optics and Photonics
Somin Jung	Behavioral Science 7-8	2nd	Broadcom Masters
Vivien Marmorstein	Biology 7-8	2nd	Western Cuyahoga Audubon Society
Sanjana Murthy	Behavioral Science 7-8	2nd	American Statistical Association – Cleveland Chapter
Yoav Pinhasi	Behavioral Science 7-8	3rd	Broadcom Masters, Cleveland Clinic- Department of Neuroscience, Cleveland Clinic -Children's
Priyanka Shrestha	Engineering 7-8	2nd	Cleveland Clinic- Lerner Research Institute, Institute of Electrical and Electronics Engineers, Rockwell Automation
Peter Soprunov	Math/Computer Science 7-8	2nd	
Stephanie Yen	Behavioral Science 7-8	2nd	Broadcom Masters, Cleveland Clinic – Department of Psychiatry and Psychology



ADMINISTRATION

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



Congratulations to Beachwood High School journalists, who cleaned up at the Ohio Scholastic Media Association Conference on April 1st, winning First Place Ranking Overall Web Site, Second Place Ranking Overall Newspaper, and 51 individual and team contest wins.

3rd Place in Editors' Challenge: Grant Gravagna, Bradford Douglas, Clarissa Djohari, and Raquel Wu

Excellent Newswriting: Grant Gravagna and Clarissa Djohari

Excellent Newswriting two Reporters: Phil Schnee and Ryan Marmaros

Honorable Mention In-depth Team Reporting: Grant Gravagna, Dalia Zullig and Inkyu Kim

Excellent In-depth Individual Reporting: Cathy Perloff and Jinle Zhu

Superior General Feature Superior: Dalia Zullig

Excellent General Feature: Clarissa Djohari

Excellent Personality Profile: Alex Cala

Honorable Mention Personality Profile: Aden Stern

Excellent News Feature: Clarissa Djohari

Honorable Mention News Feature: Sydney Eisenberg

Honorable Mention First Person Narrative: Andrew Feldman

Superior Editorial: The Beachcomber Staff

Excellent Editorial: The Beachcomber Staff

Excellent Commentary: Jinle Zhu

Honorable Mention Commentary: Sydney Eisenberg

Honorable Mention Column: Naomi Grant

Superior Review: Alexander Robison

Excellent Review: Alexander Robison

Honorable Mention Sports Coverage: Alex Cala and Phil Schnee

Superior Sports Feature: Aden Stern

Excellent Sports Feature: Aden Stern

Honorable Mention Non-Editorial Art: Raquel Wu

Superior News Photo: Bradford Douglas

Excellent Feature Photo: Bradford Douglas

Excellent Sports Photo: Bradford Douglas

Excellent Photo Story: Bradford Douglas

Excellent Front Page Newspaper Layout: Raquel Wu

Honorable Mention Front Page Newspaper Layout: Raquel Wu

Honorable Mention News Package: Aden Stern and Susan Eiben

Honorable Mention On Air Talent: Ryan Marmaros and Aden Stern

Excellent Online News: Alex Machtay

Honorable Mention Online News: Jinle Zhu

Honorable Mention Online Sports: Ryan Marmaros

Excellent Online Opinion: Samantha Shaffer

Honorable Mention Online Opinion: Samantha Shaffer

Excellent Online Package: Aden Stern, Phil Schnee, Alex Cala and Raquel Wu



May 9, 7 pm Community Forum Hilltop Elementary School

*Elementary School Spinneys followed by a tour,
Q&A session and Board Meeting*

Join us for the final community forum on the proposed Elementary School Consolidation and Athletic Fields Renovation plans. This forum will feature a tour of Hilltop Elementary School, followed by the opportunity to ask questions. The tour is preceded by the Elementary School Spinney Awards and followed by a Board meeting.



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Menorah Park Programs

BRAVISSIMO!

On June 26, the community is invited to attend Menorah Park's BRAVISSIMO! "Job Well Done" Gala. The evening will include cocktails at 5:30 pm and dinner at 6:30 pm at Executive Caterers at Landerhaven. Menorah Park will be honoring Steve Raichilson on his retirement after 29 years as executive director and celebrating its 110th Anniversary. This celebration promises to be an event not to be missed, with entertainment provided by Howie Mandel. For more information, please contact Jane Furth, Menorah Park Foundation, at 216.839.6688 or jfurth@menorahpark.org. Sponsorship opportunities are available. Visit menorahpark.org for more information.

Distance Learning

The community is invited to attend the following Distance Learning programs. To participate, please RSVP to LaStuver@menorahpark.org or call 216.831.6500, ext. 244.

Monday, May 16 • 2:30 – 3:30 pm
"Biblical Representations: Old Testament"
by the Cleveland Museum of Art

Monday, May 23 • 2:30 – 3:30 pm
"Engineering by Animals: Inventive Nature" by the Minnesota Zoo
(Apple Valley, Minnesota)

Monday, June 6 • 2:30 – 3:15 pm
"Composer Spotlight: Wolfgang Amadeus Mozart"
by the Cleveland Institute of Music

Center 4 Brain Health – Strengthen the Mind, Challenge the Memory, Volunteer

Think of Center 4 Brain Health as a memory university or college of the brain. Here you will strengthen your memory, learn meditation exercises, work on problem-solving skills, and master stress relief techniques – all of which will improve memory and cognition. Fun and interactive classes are offered weekdays from 11 am – 12 pm.

Support Groups – To help make your journey a little easier, the Center 4 Brain Health is committed to providing support for individuals with concerns about their memory and thinking abilities, as well as their care partners. Care partners for individuals with memory and thinking concerns are invited to attend a Care Partner Support Group meeting on the second Tuesday of each month at 6 pm in the Center 4 Brain Health, located at 27100 Cedar Road, Beachwood. This FREE event provides an opportunity to connect with other care partners, share experiences and receive information about the monthly topic. Please RSVP by calling Krystal at 216.839.6685.

Volunteer Opportunities – Menorah Park is committed to providing individualized, structured volunteer/vocational opportunities for persons with concerns about their memory and thinking skills in a supportive environment. This is a unique program to the Center 4 Brain Health. Volunteer/vocational opportunities offer engagement and socialization for participants. Call 216.839.6685 to schedule your job interview for one of many exciting opportunities today.



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- ▶ **Menorah Park Aging Resources**
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- ▶ **Center 4 Brain Health**
Support, education, assessments



Residential Options:

The R.H. Myers Apartments • Stone Gardens Assisted Living Residence • Wiggins Place Assisted Living Residence
• Menorah Park Skilled Nursing Home
• Helen's Place Memory Care Apartments

www.menorahpark.org

27100 Cedar Road • Beachwood, OH 44122

Call Beth Silver at 216-839-6678

The Race – Benefiting 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 and 5K walk/run to raise money for breast cancer research.

One hundred percent of proceeds are directly invested in University Hospitals (UH) Seidman Cancer Center to support clinical breast cancer research, treatment and education.

Tickets are \$20 per adult and \$15 per child. Each individual who registers will receive a t-shirt and 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.

The Race
May 8 at Legacy Village
Registration: 7:30 am
5K: 8:30 am
One-Mile Walk: 9:30 am

Howard Alan Events Presents Two Local Art Shows

Howard Alan Events presents art lovers, craft enthusiasts and festival patrons with back-to-back weekends featuring events that will showcase the finest artists in the country and offer unique and affordable gift items. The 26th Annual Art in The Village with Craft Marketplace, at Legacy Village, will take place Saturday, June 4, 10 am – 8 pm and Sunday, June 5, 10 am – 6 pm; and the 11th Annual Crocker Park Fine Art Fair with Craft Marketplace will take place Saturday, June 11, 10 am – 8 pm and Sunday, June 12, 11 am – 6 pm.

Each festival features an eclectic mix of leading artists who will be onsite throughout the shows. Included are paintings, sculptures, photography, ceramics, glass, wood, handmade jewelry, collage, mixed media, and much more. A separate craft marketplace will showcase handmade crafts and affordable gift items.

"Our jury process is very selective," says festival promoter Howard Alan. "Our objective is to provide a mix of unique styles and diverse media with wide appeal and to ensure that there is something for everyone."

Both shows are free and open to the community. For more information, visit www.artfestival.com, email info@artfestival.com or call 561.746.6615.

Pictured from top: Handcrafted Clay Sculpture by G. Todd Vaughn
 Handcrafted "Blooming" Brooch by Zenia Lis
 Handcrafted Leaf Necklace by Robin Markowitz



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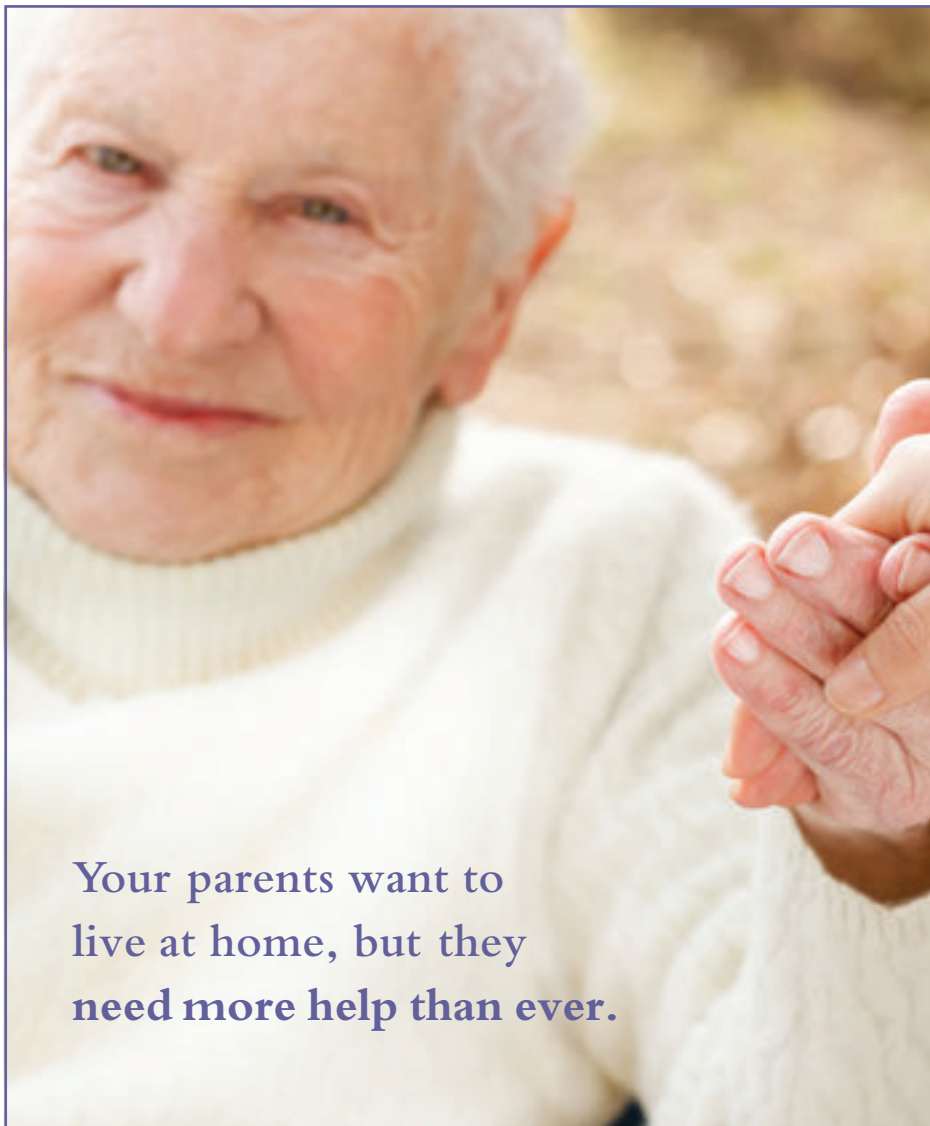
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“Everything You Wanted to Know About Dementia, But Were Too Afraid to Ask”

A Free Program Open to the Community

Join Montefiore for a Sunday brunch and panel discussion on “Everything You Wanted to Know About Dementia, But Were Too Afraid to Ask” on Sunday, May 15 at 11:30 am at Montefiore (One David N. Myers Parkway)

This dementia-focused event will include topics covering common symptoms of dementia, what to expect next when a loved one has been diagnosed with dementia, where the latest research is headed and what we can do to help our brains.

This dementia-focused event will include topics covering common symptoms of dementia, what to expect next when a loved one has been diagnosed with dementia, where the latest research is headed and what we can do to help our brains.

Panelists include:

- Dr. James B. Leverenz, director, Cleveland Clinic Lou Ruvo Center for Brain Health
- Chris Zalewski, LSW, Social Worker, Cleveland Clinic Lou Ruvo Center for Brain Health
- Dr. Lori Stevic-Rust, ABPP – Clinical Health Psychologist and Dementia Expert & Program Advisor for Montefiore and The Weils

This event will be moderated by Nancy Udelson, president and CEO of Alzheimer’s Association Cleveland Area Chapter.

This program is free and open to the community. For more information or to RSVP, contact Kristen Morelli, memory care program manager, at 216.910.2323 or kmorelli@montefiorecare.org.

From the Federation

Are you 50+, and looking to make a difference? IMPACT! is for you. IMPACT!, a new volunteer initiative for Baby Boomers, offers a myriad of opportunities that will enable you to share your professional expertise, time, and energy to assist those less fortunate in the Cleveland community. Get to know other volunteers, like yourself, who are discovering a new phase of their lives through the Federation's social and enrichment programs. Check out our list of upcoming events and register online at www.jewishcleveland.org.

It Ain't Over... Til It's Over:

Reinventing Your Life and Realizing Your Dreams

Tuesday, May 3, 7 – 8:30 pm • Cost: \$5 per person • Mandel JCC

Based on the #1 New York Times bestsellers list, *It Ain't Over...* by Marlo Thomas, this program features Clevelander Gaylee McCracken profiled in the book who followed her dream at age 42 and went from graphic designer to holistic physician. Refreshments will follow this interactive discussion.

Volunteers Needed: Israel Independence Day Celebration

Thursday, May 12, 5:15 – 7:30 pm • Landerhaven

Assist with children's arts and crafts, help with registration or be a greeter or usher for our community Yom Ha'atzmaut celebration. Perfect opportunity for teens and adults.

Fieldstone Farms: Done in a Day Volunteer Opportunity

Wednesday, May 25, 1 – 3 pm • 16497 Snyder Road, Chagrin Falls

It's "Spring Cleaning" time! Join us and get the farm in tip-top shape. Assignments may include: cleaning stalls and equipment, painting or inventory. Fieldstone Farm engages the therapeutic power of horses to nurture the special abilities of people of all ages.

Additional Federation programs include:

Yom Hazikaron • May 10, 7 pm

Mandel JCC • Free and Open to the Community

Join Jewish Cleveland for a moving ceremony for Israel's Memorial Day Commemoration. Together, we'll honor those who have lost their lives protecting the State of Israel and civilian victims of terror. Learn more and register at www.jewishcleveland.org.

Yom Ha'atzmaut, with Rita in Concert • May 12 • Landerhaven

Activities at 5:30 pm • Concert at 7:30 pm

Free and Open to the Community

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 pop icon, Rita, in concert! Learn more and register at www.jewishcleveland.org.



Annual Women's Spring Luncheon • May 18, 11:30 am – 1:30 pm

\$45/person (student pricing available) • Landerhaven

One of our most popular events of the year! Join us to hear Key-note Speaker Jessica Fechter, author of the national bestseller "Stir: My Broken Brain and the Meals that Brought Me Home." Plus, we will honor Mary Ellen Saltzman, recipient of the 2016 Irene Zehman Volunteer Award. Learn more and register at www.jewishcleveland.org.

ISRAEL'S 68TH INDEPENDENCE DAY CELEBRATION

Join us

THURSDAY, MAY 12, 2016

5:30 P.M. 4 IYAR 5776

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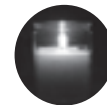
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Co-Chairs: Lindsey and Yoel Mayerfeld and Sarah and Scott Zimmerman
Youth Leadership Division Event Co-Chairs: Wendy and Danny Spitz



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- Take the stairs



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MONTEFIORE MEMORY CARE NETWORK

Leaders in providing exceptional memory care for a loved one on our campuses or at home



The David and Freda Robinson Residence on The Weils campus



The Willensky Residence on Montefiore's campus

As leaders in senior healthcare and housing, **Montefiore in Beachwood** and **The Weils in Chagrin Falls** now offer warm and welcoming memory care assisted living communities.

With secure, homelike settings and high staff-to-resident ratios, our communities are targeted to individuals whose needs go beyond traditional assisted living but who do not yet need the comprehensive services of a nursing home.

If your loved one needs additional memory care at home, Montefiore's new **Home Smart Memory Care Program** will assist you in navigating available services while providing social work, nursing support and technology integration.

For more information about our Memory Care Network, contact Kristen Morelli, program manager, at 216.910.2323 or kmorelli@montefiorecare.org.


MONTEFIORE
 BEACHWOOD, OHIO
montefiorecare.org


The Weils
 CHAGRIN FALLS, OHIO
theweils.org

Montefiore Announces

Dr. Dan Shamir As New Medical Director



Montefiore, a leader in senior healthcare and wellness services, is pleased to welcome Dr. Dan Shamir as its Medical Director overseeing the clinical leadership team.

He will have medical oversight over both long-term and short-term care residents and will work in close partnership with the attending physicians, nurse practitioners and clinical staff with a goal to improve quality of care for patients and residents. Dr. Shamir has served as medical director for multiple skilled nursing facilities and acute rehabilitation facilities throughout Cleveland and brings a wealth of knowledge and expertise in the fields of rehabilitation and geriatric care.

Dr. Shamir is a physiatrist with Cleveland Clinic in the Department of Physical Medicine and Rehabilitation. His clinical practice is primarily at Euclid, Hillcrest and South Pointe Hospitals. He received his medical degree from The Ohio State University College of Medicine and Public Health and has been in practice for 23 years. He is board certified in Physical Medicine and Rehabilitation as well as from the American Association of Neuro-muscular & Electrodiagnostic Medicine.

Dr. Shamir completed his residency at The Ohio State University Hospitals and received an undergraduate degree from Yeshiva University in New York, NY. His specialty interests include stroke rehabilitation, gait analysis and electrodiagnostics.

Swimming Memberships Now Available!

Beachwood Family Aquatic Center swimming memberships are now available in the city's Recreation Office
 25325 Fairmount Blvd.
 Monday – Friday,
 8 – 4:30 pm

Swim Season Begins
 May 28!

We'll be by your side every step of the way.



A Prom to Remember



For years, Beachwood Community Theater director Jill Koslen-Freireich has been an advocate to help those who have been touched by cancer. She owned a business where profits were used solely for cancer research, and she continues to follow her passion through theater, to brighten up the lives of those fighting cancer. Koslen-Freireich's desire to give back, along with her theater background and the relationships she's built with actors, meld together perfectly to touch those who have been touched by cancer.

"We perform every year at The Gathering Place for families who need a Disney getaway. Since they may not be able to get away, we bring Disney to them," she said. "And when A Prom to Remember contacted me last year to borrow Wizard of Oz costumes to go along with their prom theme, I wanted to take it a step further and exceed their expectations by bringing actors in costume who performed all the music from Wizard of Oz and remained to interact with the kids, dance with them and spread cheer."

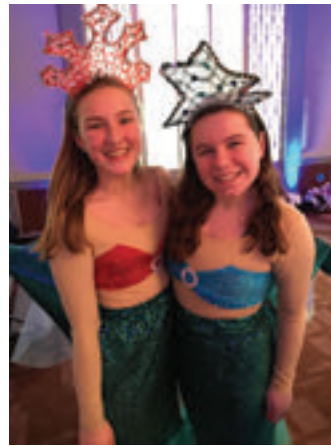
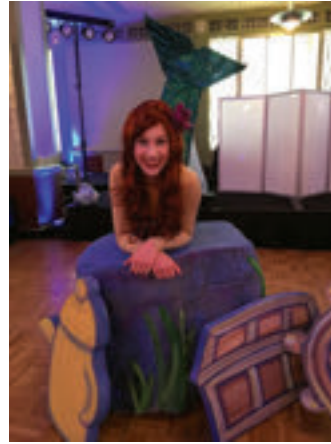
A Prom to Remember, founded by Brandon Opre, started with just an idea. Opre recognized that teens with life-threatening illnesses miss out on many of their high school memories and wanted to recreate an event that these kids would cherish forever, so he created the ultimate prom experience for kids' battling cancer. A Prom to Remember provides the prom experience, at no expense, to the children and their families. Limousine transportation, formal attire, red carpet entrance and all activities are provided free of charge, with the help of sponsors and donors.

Last year's event was so inspiring

that Koslen-Freireich participated again this year, on April 8, at the Ritz Carlton. The theme for this year's prom was "Under the Sea," and the event, chaired by Rosey Malkin, owner of Homewatch Caregivers, started well before prom day. The guest list, provided by local hospitals, consisted of teens between the ages of 12 and 19. Female attendees were invited to attend a dress extravaganza, held at the Mandel Jewish Community Center, where volunteer personal shoppers assisted them in selecting the perfect prom dress. Male attendees were fitted by American Commodore Tuxedo.

"It was truly amazing to once again witness this event, Koslen-Freireich said. "Limos and attire were provided, hair and make-up were done by the Brown-Aveda Institute; corsages were presented to each girl and boutonnieres for the boys – all free of charge. Dinner at the Silver Grill, a dessert bar, a photo booth, gift bags, door prizes and music by Rock the House completed the evening."

Additionally, Ariel, King Tritan, Ursula, Flounder and the Mersisters were in attendance, as well as the



Pictured: Mersisters Kate Haffke and Ella Murray.

'Scream Team and Channel 3's Dawn Kendricks, who interviewed guests as they approached her press box. And, six teens from the Beachwood Community Theater, dressed as mermaids, performed the work of angels by dancing with every teen who needed a dance partner and mingling with the kids who weren't up to dancing.

A Prom to Remember is always looking for volunteers and corporate sponsors.

A Prom to Remember is always looking for volunteers and corporate sponsors. For more information or to get involved, contact Rosey@apromtoremember.org or visit www.apromtoremember.org. Your participation and support will help bring smiles to those who need them the most.

Montefiore's Annual Meeting

Please join us for Montefiore's 134th Annual Meeting, "We'll Be By Your Side Every Step of The Way," on Wednesday, May 25, at 7 pm in the Montefiore Maltz Auditorium.

Please join us for Montefiore's 134th Annual Meeting, "We'll Be By Your Side Every Step of The Way," on Wednesday, May 25, at 7 pm in the Montefiore Maltz Auditorium.

The Harley I. Gross Presidential Award, established in 1992 by Mort and Toby Gross in honor of their son Harley, former Montefiore board chair, recognizes individuals who have made significant contributions to the welfare of Montefiore and its residents, will be presented to Donald S. Scherzer, who served as Montefiore board chair from 2005-2008. Don has led strategic planning for the home and has been instrumental in myriad philanthropic initiatives and planning.

Other meeting highlights include: Remarks from president and CEO Seth Vilensky on "Inspiring Excellence;" election of the board of directors with an induction of David B. Orlean as a life director; remarks from board chair Lawrence Mack who will speak on "Leading for Change;" and employee recognition.

Please respond by Wednesday, May 18, to Sharon Castro, at 216.910.2658 or castro@montefiorecare.org. Light refreshments will be served. Free and open to the community.

The Mandel JCC Proudly Announces Debra Ann November Aquatics Center

The Mandel JCC proudly announces the new Debra Ann November Aquatics Center, opening in June 2016 for the start of J-Day Camps. The amazing, 6,000 sq. ft. pool at Halle Park will feature zero entry that enables the youngest campers and special-needs bathers to enter safely, two water slides and sprayground. Award-winning Mandel JCC J-Day Camps provide the perfect place for kids to do everything from canoeing, archery, sports, arts and crafts, swimming, singing and teambuilding. With their beautiful Geauga County camp sites and the wonderful Mandel JCC campus in Beachwood, they offer a spectacular program that provides campers with an unforgettable summer. For more information, visit www.mandeljcc.org/daycamps or call Wendi at 216.831.0700, ext. 1349.



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CycleBar Opens in Beachwood

CycleBar Beachwood, a new concept in premium indoor cycling that offers a high-energy workout in a concert-like atmosphere, held a ribbon-cutting ceremony to celebrate its grand opening on Monday, April 4. CycleBar Beachwood is the first Cleveland studio of this fast-growing national brand.

Owner and operator Joseph R. Purton, an avid indoor cyclist, is following his business instincts and passion with this venture. For the last 18 years, Purton has served as vice president and controller for the Sisters of Charity Health System in Cleveland. Co-owner Peter Vertes is the director of marketing and communications for the Museum of Contemporary Art Cleveland (MOCA).

"We are bringing a powerful and inspiring brand to Cleveland, and turning lots of people on to the unique fun, fulfillment and sense of community that indoor cycling provides," said Purton. "We also plan to take full advantage of the new studio to host charity and fundraising rides for a variety of important causes.

"It's an indoor cycling experience you'd expect to find in major metropolitan cities like New York City, Los Angeles, San Francisco and Chicago. The first premier cycling franchise in Northeast Ohio, CycleBar offers a pay-per-class model, with no membership necessary. Concierge service and amenities include free towels, lockers and shoes."

The dynamic classes take place in a state-of-the-art CycleTheatre and are led by CycleStar instructors who take participants through a 50-minute high-energy ride. The CycleTheatre features tiers for 49 bikes plus LED lighting, wide-screen graphics and state-of-the-art audio with a DJ booth. Riders can also track performance data via CycleStats and download music used in the class session. After class, riders cool down

with fresh fruit and enhanced water, while aromatherapy helps guests relax throughout the facility.

"The anticipation and response to CycleBar Beachwood's opening has been tremendous," said Purton. "People are excited for premium indoor cycling to come to Cleveland. We feel the time is right and look forward to exceeding our riders' expectations with a top-quality experience supported by

amazing staff and leading edge technology."

While at the ribbon-cutting ceremony, Mayor Merle S. Gorden presented a proclamation to Purton and his team, from himself and City Council, proclaiming Monday, April 4 as CycleBar Beachwood Day in the City of Beachwood.

CycleBar Beachwood is located at 3355 Richmond Road, Suite 101. For more information, visit beachwood.cyclebar.com.



Pictured from top: Mayor Merle S. Gorden presents a proclamation to Joe Purton. Martha Vertes, Debbie Golenberg, Joe Purton, Mayor Merle S. Gorden, Lauryn Harwell, Peter Vertes, Angela Collino, Eli Auerbach and Michelle Ryb gather together at the ribbon cutting.

Smart Set Band Seeking Musicians

The Smart Set Band, started by Bob Dreifort, has been around for more than forty years. After studying trumpet with Ernie Bacon, Dreifort's mentor, he needed experience playing with other musicians, he assembled a group of students from the Currier-Chaikin music school in Cleveland Heights to play with him.

Dreifort grew up under the influence of the Big Band Era and, to this day, enjoys the entire spectrum of Big Band music and musicians of the 20th Century, all of which the Smart Set Band continues to play.

Since its inception, more than 100 musicians of all ages have played with the Smart Set Band. A few started while still in school and have gone on to become successful, professional musicians, some joined the group to refresh musical skills first gained in school or military bands, while others have taken up music late in life and needed an opportunity to play with fellow-musicians, just as Dreifort did more than 40 years before. All the band members have one thing in common: they participate because they love the music and want to preserve it for future generations.

The Smart Set Band rehearses every Tuesday in Dreifort's Beachwood home. Most group members enjoy Big Band music and are primarily interested in maintaining or developing their musical skills. Any musician with an interest in Big Band and music who would

like to participate, regardless of his or her level of band experience, should contact Dreifort at bob@smartsetband.com.

"We are always looking for new musicians," Dreifort told us. "Right now, our greatest need is saxophones and trumpets."

To share their music with audiences in our community, the Smart Set Band plays at senior living centers, community organizations and other venues where music of the Big Band era is remembered and loved. Organizations that would like the Big Band sound at an upcoming event are encouraged to contact Dreifort at bob@smartsetband.com.

"We are always looking for new musicians," Dreifort told us. "Right now, our greatest need is saxophones and trumpets."



RNC Volunteer Opportunities

With the Republican National Convention (RNC) fast approaching, the Cleveland 2016 Host Committee is inviting individuals and corporate groups to volunteer for this historic national event. The RNC will take place from July 16 -21 and 8,000 volunteers are needed to be ambassadors for Cleveland and Northeast Ohio.

The Host Committee is expecting more than 50,000 visitors, including 15,000 media participants, and will require volunteers to be welcoming ambassadors at various events and venues.

For more information or to volunteer, email srichman@2016cle.com or visit www.2016cle.com. The Cleveland 2016 Host Committee is not affiliated with any political party.

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Hebrew Storytime

סיפורים ושירים בעברית לילדים

at the

Cuyahoga County Public Library, Beachwood Branch
25501 Shaker Boulevard

Wednesday,
May 25, 2016
4:00 pm



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

Death is a part of life. Grief is the natural response to death.

A Q&A with Jennifer Stern, LISW

When I work with a new client who had experienced a loss, how does the dialogue begin?

The dialogue begins by hearing the client's story and letting him speak of his experience. When someone has just experienced a loss, it is important for him to understand that all feelings are okay. It takes great strength and courage to do the work of grief. Grief work is challenging; there is no formula or timeline that works the same way for everyone. Each person will approach, manage and express grief differently. Some days will be harder than others.

Although it may seem impossible to adjust to the loss, no one stays in deep grief forever. The pain comes from wishing things were different, that life didn't have to change, but he will transcend the grief in time. It will not define him. One day at a time. One step at a time. Self-care is important when adjusting to loss.

Although there isn't a one-size-fits-all timeline during grief, are there are steps that can be taken to move the grieving process along?

Create a self-care toolbox to help you through the pain, and here is what the tools might look like:

- Tools for expression like a journal, sketchpad, watercolors, scrapbook materials, or clay.
- A list of self-care strategies that you can implement, such as: exercise, listening to music, talking to friends and family you know to be supportive listeners, meditation, guided imagery CD's, a collection of favorite movies, etc.
- A folder with favorite memories, photographs, inspirational quotes or prayers
- Contact information for local resources such as Hospice, The Gathering Place, or a grief therapist.

What can be done for someone who feels overwhelmed with just getting through the day?

Suggest that she asks for help.

Remember, asking for and receiving help takes great self-awareness, self-care and courage. It is completely understandable to find oneself overwhelmed with the notion of just making it through the day. What could be harder? Enlist the help of close friends, family members, a support group, a therapist or clergy.

If someone you know is grieving, what are the best ways to help?

When you want to support someone who has lost a loved one, recognize that you cannot "fix" or take away her pain. You can be with her. Be mindful that grief work is messy and unpredictable. To share in someone's grief, understand that there are no right words. There is no recipe, no one-size-fits-all right or wrong way to grieve. You can help by being present, patient, and in tune to how she expresses her feelings (quiet and reserved, tearful, angry, impatient, etc.).

Physically, what can one do for someone who is grieving?

When someone is grieving, actions speak louder than words. Take action, don't just offer. When you offer, there's a likelihood that you will be turned down. Let her know that you're stopping by to mow the lawn or shovel. Plant some flowers. Drop off meals. Send cards. Help with rides. Help with laundry. Walk the dog, and the list goes on.

What else should we know about grieving?

Grief is messy. Grief is unpredictable. Grieving is hard work. Try to stay mindful, there is no time line or "normal" in grief. Supporting another in grief means to respectfully follow the lead of the person who is grieving. Try to be patient, flexible, and open. There is no quick fix or getting over grief. Grief is something you grow through.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, she can be reached at 216.464.4243.

PTO Clipboard

The Bison Feast and Fest

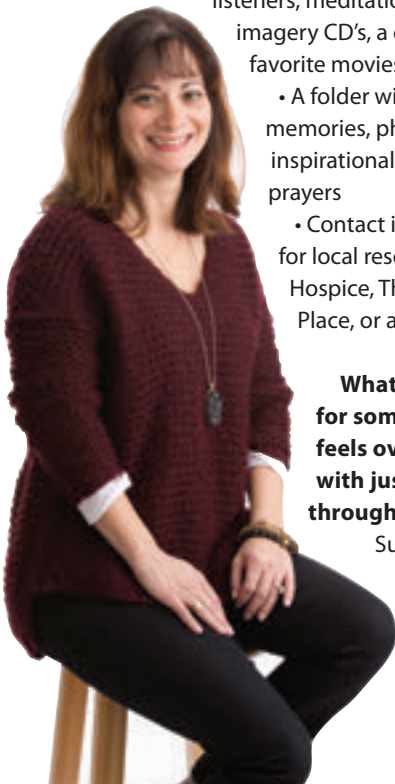
Let's get cooking, Sunday, May 22 in the Beachwood High School gym from 2 to 5 pm to celebrate FOOD, COMMUNITY and CULTURE in Beachwood Schools! The BISON FEAST + FEST (BFF) is a district wide, community building event for Beachwood students, staff, teachers and families. The aim of this school festival is simply to come together in friendship to celebrate and showcase the incredible cultural diversity within our school community through food.

Beachwood Elementary Parents – School Supply Kits:

With summer around the corner, it seems hard to imagine shopping for next year's school supplies right now. However, Beachwood PTO has made back-to-school shopping convenient and easier.

You will soon be receiving more information about how to pre-order all of next year's school supplies – pre-packaged, personalized and ready to go. Each school-supply kit will include the exact school supplies requested by your child's teacher. 1st Day School Supplies only uses trusted brand names at reasonable prices. All kits will be delivered to your child's school on August 1 and will be available for pick up during Hilltop/Bryden drop-in days.

Watch for more information in next month's *Beachwood Buzz*.



Mandel JCC Presents "Homeland and Promised Land" Art Exhibit

Local and international artists are showcasing a variety of their original, contemporary art works as part of the "Homeland and Promised Land" Art Exhibit at the Mandel JCC. The exhibit, which runs May 9 through June 9, is presented by the Cleveland Jewish Arts & Culture Lab and The J.

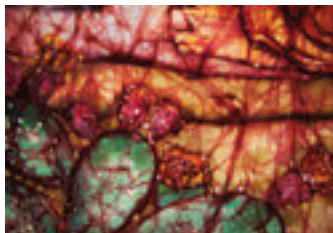
The exhibition showcases a variety of original art works by local and international artists, including Beachwood residents Robert Cohen, James Holloway, Marla Kassoff and Karen Shiffman.

For the first time, the Cleveland Jewish Arts & Culture Lab extended the program to engage eight additional Fellows from Cleveland's sister-cities, Beit Shean, Israel and St. Petersburg, Russia. These 21 talented artists are part of the fourth Artist Fellowship that was formed in January 2013 by the Cleveland Jewish Arts & Culture Lab. The opening night reception, which is May 9 from 7-9 pm at the Mandel JCC, is free and open to the community.

Rabbi Zachary Truboff, Sara Hurand and the 12 local artists met over the course of several months to study the theme of "Homeland and Promised Land," using Torah, text study and discussion. Each artist Fellow was commissioned to do a work or works in the spirit of the theme "Homeland and Promised Land," inspired by the learning the group did together.

The Cleveland Jewish Arts & Culture Lab was founded in 2012 by Sara Hurand and Rabbi Zachary Truboff in partnership with the Mandel JCC, the Jewish Federation of Cleveland, and the Shaker Launchhouse. It provides annual Artist Fellowships, community programs and Jewish learning, in order to enliven our Cleveland Jewish artistic and cultural community. The Cleveland Jewish Arts & Culture Lab project was awarded a Zahav (gold) honor for excellence by the national JCCA of North America in 2014. Sara Hurand is a painter and registered architect and is involved in numerous community organizations. Rabbi Truboff serves as the Senior Rabbi of Cedar Sinai Synagogue.

The exhibit is free and open to the community during Mandel JCC regular business hours. For more information about the artists and the exhibit, visit www.mandeljcc.org/CultureLab or call 216.831.0700, ext. 0.



From top: Paintings by Robert Cohen, James Holloway and Karen Shiffman.



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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.

Moving Forward

Mondays, 6 – 8 pm and Wednesdays, 7:30 – 8:30 pm
Program begins Monday, May 9

A 6-week program for men and women who are currently in treatment or have finished treatment within the last year. The program includes twice-weekly fitness training, healthy cooking classes and a weekly support group.

Prostate Partners

Thursday, May 12 • 6:30 – 8 pm
Presenter: Stephen Levine, MD

Prostate Partners is a monthly meeting for men who have or have had prostate cancer. Specific topics are addressed as well as information on coping with prostate cancer. This month's topic is Sexuality and Intimacy. Spouses and significant others are welcome to attend.

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.

All Day Retreat for Young Adults Surviving Cancer: Resilience in the Face of Uncertainty

Saturday, June 11 • 9:30 am – 3 pm

Spend a day learning to adjust more easily even when your future is unknown. Spouses, partners, siblings, friends welcome.

Register Today! Race for the Place

Sunday, June 5

For complete information, visit racefortheplace.com.

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EXPRESSIONS

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THURSDAY
MAY 19 1:00 – 9:00 PM
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MAY 20 1:00 – 3:00 PM
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MAY 22 9:30 AM – 2:00 PM
FREE ADMISSION

The Park Synagogue
Anshe Emeth Beth Tefilo Congregation

parksynagogue.org

Gross Schechter Students Shine in Science, Writing and Art

Ten Gross Schechter Day School students presented at the 63rd Annual North East Ohio Science and Engineering Fair on Tuesday, March 15, at Cleveland State University. Approximately 350 Cleveland-area seventh- and eighth-graders presented projects in nine different categories. Congratulations go to Beachwood residents Gabriel Wolf (second-place award) and Michelle Aylyarov (Honorable Mention).

In addition, seventh-grader Gabriel Wolf recently presented his Science Fair project at the Western Reserve District Science Day at the University of Akron, earning a Superior rating. Gabriel was then invited to present at State Science Day at The Ohio State University later this month. At the Western Reserve District Science Day, students in grades 5 through 12 showcased 290 projects in 12 categories. Projects were rated as Superior, Excellent, Good or Satisfactory.



Pictured from top: Gabriel Wolf and Michelle Aylyarov.

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.

Be Wily About Coyotes

It has been reported that there are coyotes in our area. Here are tips to keep you and your pets safe:

- Make sure to bring cats inside at nighttime.
- Turn outside lights on and check the yard before letting your dog out. Make noise. Let them know you're coming out.
- Walk your dog on a leash; dogs often charge after a coyote and once a fight begins, the coyote won't stop.
- Parent coyotes are protective of their pups. Again, walk your dog on a leash so it doesn't wander into an area where a coyote may be denning.
- Make sure your garbage cans are closed and don't leave pet food outside.
- Eliminate food sources. Bird feeders attract rodents which attract coyotes.
- Coyotes don't look for confrontation. Nonetheless, they will defend themselves.

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Read for Life Program

As part of Gross Schechter Day School's annual "Read for Life Program," the third-, fourth-, and fifth-grade students, along with their parents, recently enjoyed an educational evening that focused on the story Extra Credit, by Andrew Clements. In honor of the theme, "Read Around the World," the teachers chose a book to highlight a different part of the world. Extra Credit is a story about pen pals and how they discover the differences, yet similarities, between them – one in the United States and one in Afghanistan.

After a short book discussion, Lt. Jason Beeman, U.S. Army, led an interesting discussion about serving in the Armed Forces. Then, in honor of Sam Radtke, Sr. Airman, U.S. Air Force (brother of Gross Schechter's Middle School Language Arts teacher, Jessie Ebner), the group packed care packages for his troop, which is stationed in Saudi Arabia. In keeping with the theme of the book, the students and parents then wrote letters to the soldiers, updating them on the happenings in the United States and expressing their gratitude to those for serving our country.

It was a very busy evening, but one filled with not only a sense of learning, but one of Tikkun Olam (repair the world). The following letter, written by fifth grader, Arthur Stadlin, best sums up feelings produced that night.

To this lucky soldier,

In some minds you are a soldier. In my mind you are a hero. You are a patriot. You are loyal to your country. You have to be so far away from your family and home, and you keep them safe, yet you are so far away. That, my friend, is a true hero. One who suffers to keep everyone safe.

I haven't introduced myself yet. My name is Arthur Stadlin. I like cards, TV and video games. I love reading though. This is my favorite book and I hope you like it as much as I do. I have a brother and a sister and a puppy. This care package is the least I can do. Thank you for everything, your friend, Arthur.

The "Read for Life" Program at Gross Schechter is funded by Mikhail and Ida Grinberg in memory of their daughter, Sveta, who was an avid reader.

Jewish Federation of Cleveland Names New Board Chair

The Jewish Federation of Cleveland has named Gary L. Gross board chair for the 2016-2019 term. Gross is well-positioned for this prestigious role, continuing the Federation's 110+ year tradition of strong volunteer leadership. Gross brings significant professional experience as a principal at Gross Builders and many years of extensive volunteer leadership involvement.

"People outside of Cleveland keep telling us that our Jewish Federation is the best in the country. I agree," said Gross, who lives in Shaker Heights with his wife Cari. "It is a real honor being the Federation's board chair since it affords me an inside opportunity to work with great volunteers and professionals in helping Jews in Cleveland and around the world on issues where collective action is paramount and individual action is not sufficient."

Gross has been actively involved in Cleveland's Jewish community for several years, and most recently held the title of vice chair and executive committee member on the Federation's board of trustees. As the 2011-2012 general campaign chair, Gross rallied community members to collectively raise more than \$56 million for the Federation's Annual Campaign for Jewish Needs, the annual fundraising campaign that ensures our community's vitality and vibrancy in the year ahead. Gross's passion for the annual campaign began many years ago, as he was recognized for his campaign leadership and dedication with the 1991 Milton and Marvin Kane Young Leadership Award, (currently known as the Bennett and Donna Yanowitz Leadership Award).

An advocate for ensuring a strong Jewish future, Gross is a life member of Gross Schechter Day School and is soon rotating off as the school's president. He also previously held the position of Gross Schechter Day School president in 1991. Gross is a past board chair of the Jewish Education Center of Cleveland, and past president of the American Technion Society's Northern Ohio Chapter, which provides critical support to the Technion-Israel Institute of Technology, an Israeli university.

Gross replaces previous board chair, the distinguished Reneé Chelm. The Jewish Federation of Cleveland's new slate of officers also include vice-chairs Bruce H. Goodman, Richard Horvitz, Randall J. Korach, Idelle K. Wolf, and Sandra Wuliger; treasurer, Daniel N. Zelman and associate treasurer, Beth Wain Brandon. Gross and the new slate of Federation officers were elected at the April 14 board of trustees meeting.

Mandel JDS Students Compete in Model U.N. Convention in NYC



Pictured: Jacob Papcum and Jack Gordon.

When one thinks of international politics, eleven-, twelve-, and thirteen-year-old students are not typically the first image conjured in the brain. Maybe now that image will change as Mandel JDS students were given the opportunity of a lifetime, trekking to New York City to compete in the "Global Classrooms International Middle School Model UN Conference."

The conference included more than 1,800 middle schoolers, representatives from more than 25 countries and 23 states, took place Friday, March 31 and Saturday, April 1.

Each school was assigned either one or two countries – Mandel JDS represented both Guyana and the Bahamas. Students were then divided into different committees reflecting the actual makeup of the "real" United Nations. For example, Mandel JDS students were split between committees of: UNESCO, DISEC (Disarmament and International security); FAO (Food and Agricultural Organization); ILO (International Labor Organization); and GA3 SOCHUM (Social, Humanitarian, and Cultural Committee).

Mandel JDS students who participated include 6th-graders Shira Rosenberg, Sydney Burkons, Ethan Dobres, Jack Gordon, Jacob Papcum, Noah Epstein, Rachel Cooper, Ryan Goldfeder, and Nadiv Ballin. Seventh-graders were Andy Solganik, Ryan Rovner, and Tyler Goetz.



Dr. Stephen Burgun

Are you at Risk for Metabolic Syndrome?

Metabolic syndrome is a collection of risk factors for diabetes, heart and vascular disease. According to the American Heart Association, people with metabolic syndrome are at increased risk of type 2 diabetes, coronary artery disease, heart attack and other diseases related to plaque buildup in artery walls, such as stroke and peripheral arterial disease.

“The underlying causes of this syndrome are being overweight or obese, a lack of physical activity, dietary excess and genetic factors. It has become increasingly common in the U.S., affecting about one in three adults,” says Dr. Stephen Burgun, Division Chief of Endocrinology at UH Ahuja Medical Center and the Medical Director of Endocrinology at UH Geauga Medical Center. He adds, “The syndrome is closely associated with an underlying metabolic disorder called insulin resistance, in which the body can’t use insulin efficiently.”

People may be diagnosed with metabolic syndrome when they have at least three of the following risk factors:

- Excessive fat mass in and around the abdomen (waist circumference of 40 inches or above for men, and 35 inches or above for women)
- Elevated triglyceride
- Low HDL (“good”) cholesterol
- Increased blood pressure (130/85 mm Hg or higher, or treated hypertension)
- Elevated fasting blood glucose, with or without a diagnosis of diabetes mellitus

“Many of the factors that contribute to metabolic syndrome can be addressed through lifestyle changes, such as diet, exercise and weight loss,” says Dr. Burgun. “Cutting back on processed foods and adding in more fruits and vegetables, plus doing 30 minutes of exercise at least five days a week, can significantly reduce a person’s risk of diabetes.” Dr. Burgun is board-certified in endocrinology, diabetes and metabolism.

In addition to lifestyle modifications, medication may be prescribed to help control factors such as high cholesterol or high blood pressure. In cases where medication and lifestyle changes are not sufficient, specialists can help evaluate and provide further information on advanced treatment options, including minimally invasive surgery.

It’s important that you talk to your primary care physician about your risk factors. If you would like to be referred to a University Hospitals specialist or primary care physician, call **1-866-UH4-CARE** (1-866-844-2273) or visit **UHhospitals.org/ScheduleNow**.

“The underlying causes of this syndrome are being overweight or obese, a lack of physical activity, dietary excess and genetic factors”

Upcoming Library Programs

Please register for the following programs by visiting www.cuyahogalibrary.org or calling 216.831.6868.

Sarah Knowles Bolton

Wednesday, May 11 • 7 pm

Step back in time as Charlene Connors portrays Sarah Knowles Bolton, a noted Cleveland author from 1864-1902. Bolton was published at the age of fifteen and maintained a writing career which embraced poetry, children's literature and biographies throughout her life.

Play Reading with Mamai Theatre Company

Wednesday, May 18 • 7 pm

Join the artists of Mamai Theatre Company to discuss *Top Girls* by Carol Churchill. *Top Girls* transgresses ancient to modern femininity in two distinct acts. Act One features an imagined restaurant table full of ladies who lunch – in a time-traveling dialogue from various centuries and cultures in womankind's history. Act Two is a springboard departure into family drama – a personal examination of relationships between mother, daughter, sister, aunt and friend.

Drop in and Download

Monday, May 16 • 2 – 5 pm

Saturday, May 21 • 10 am – 1 pm

Learn how to borrow free eBooks, eAudiobooks, eMagazines, movies and music from the library's digital collection anytime, anywhere. Bring your device and passwords to the library to get started. This digital collection is available 24/7, 365 days a year, and there are never any late fees! No registration required.

Art Book Club

Monday, May 16 at 2 pm

Did you know the Library has a book club just for arts and culture lovers? Join in and discuss *City of Falling Angels* by John Berendt – a book with a Cleveland connection. Books available at the library while supplies last. No registration required.

For Better or For Worse, But NOT for Lunch!

Relationships and Social Connections in Retirement
Friday, May 27 • 1 – 2:30 pm

The latest in the Library's "Retire Happy" series, presented by Anja Sassenberg-DeGeorgia of Forward Life Coaching LLC. Learn how to keep your relationships healthy and happy as you carve out your new life.

History Book Club

Wednesday, June 1 • 7 pm

Did you know the library has a book club just for history buffs? Stop by and discuss Cleveland in World War II by Brian Albrecht and James Banks. The authors will join the discussion. Books available at the library while supplies last. No registration required.

Ask the Expert

Wednesday, June 8 • 7 pm

The Kabb Law Firm of Beachwood offers a free community talk, called "Ask the Expert," where people can come in and ask an attorney questions related to senior legal issues (i.e. elder law, VA benefits, trusts, guardianship, etc.). Stop in and have your questions answered.

Children's Programs

Afternoon Art Adventures with U-EarthH

Tuesday, May 10 • 4 pm
Grades K-5

Join in and create art projects based on fun children's stories Hosted by U-EarthH (Ursuline Endless Art Healing), a student art therapy organization at Ursuline College.

Build-O-Rama

Thursday, May 12 • 4 pm
Grades K-5

LEGO lovers are invited to attend this building blocks program. Bring your mad skills and create your own masterpiece!

Friday Family Fun: How Does Your Garden Grow?

Friday, May 13 • 10:30 am
Ages 2 to 6 with a caregiver

Spend a fun morning at the library discovering how things grow. Listen to stories, sing songs, make a craft and even get your hands dirty while planting something of your very own to take home.

American Girl Mother/Daughter Tea Party with Caroline

Sunday, May 15 • 2 pm
Girls ages 6-10 and their mothers

Bring your favorite doll and enjoy a special tea party where you'll learn all about American Girl, Caroline; and enjoy tea party snacks, games and activities. Sponsored by the Friends of the Beachwood Branch Library.

ASL/English Family Storytime

Wednesday, May 18 • 4 pm

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

Cleveland's Traveling Magnet Show

Tuesday, May 24 • 4 pm
Grades K-3

Explore the world of magnets while having hands-on fun learning about the physics and chemistry of this most fascinating scientific phenomenon.

Hebrew Storytime

Wednesday, May 25 • 4 pm
Families

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

Kid Newtons: Astronomy

Thursday, May 26 • 4 pm

Grades 2-5

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

Kiddie Café: This Little Piggy

Friday, May 27 • 10:30 am

Ages 2-6 with a caregiver

Cook up some fun with your little one! Enjoy stories and a hands-on, healthy, edible craft.

Live as if you were to die tomorrow.
Learn as if you were to live forever.

~ Mahatma Gandhi

Develop a passion for learning.
If you do, you will never cease to grow.

~ Anthony J. D'Angelo

Milestones Autism Resources Announces Conference Honorees

Milestones Autism Resources is pleased to announce award recipients who will be honored at the 14th Annual Autism Spectrum Disorder Conference, northeast Ohio's must-attend autism event. Recognition ceremonies will take place during the Conference on Thursday, June 16 and Friday, June 17, from 8 – 9 am at Landerhaven.

2016 honorees and their respective awards include:

- Daniel Hahn and Kelly Florian from Playhouse Square – Community Innovator Award
- Shari Goldberg – Parent Tribute Award (Outstanding Mom)
- Keith Bambic – Parent Tribute Award (Outstanding Dad)
- Evan Burg, Sari Gonick, Adam Freireich and Brittany Lieberman from JFSA Transitions – Personal Achievement Awards
- Mary Beth Koss, Achievement Centers – Professional Excellence Award
- Alexandra Wiskes – Teen Trailblazer Award

Milestones invites family members, educators, therapists, clinicians, medical professionals and individuals with Autism Spectrum Disorder (ASD) to attend this event to learn evidence-based strategies for all ages, stages and ability levels. Complimentary lunch and parking are provided for all attendees. Registration is available at milestones.org. Scholarships are available.

For more information, please visit www.milestones.org.

It's Time to START WALKING!

It's time to START WALKING! The weather is breaking; we have been cooped up all winter and it's free! Here are some options:

Swimming/Water Walking

- It's easier on the joints and can help you cool off when the temperatures rise.

Yoga

- Our bodies could use a good stretch and some deep breaths of air.

Get outside anyway you can!

- The fresh air can be invigorating. Read a book, meditate, garden, etc. These are all exercises not only for your body, but for your mind as well.

Go to an Outdoor Concert

- Start moving to a good tune!

Garage Sale

- De-clutter your house and mind – plus there's less to dust and you'll put some money in your pocket.

Try Something New

- Try playing golf, frisbee, volleyball or visiting a park.

Plan a Picnic

- Have everyone bring something, meet at a park or someone's house, and enjoy!

This information was submitted by Tammy Sos, at Menorah Park's Peter B. Lewis Aquatic & Therapy Center. For more information, visit www.lewisaquaticcenter.org or contact Sos at 216.595.7345.

All Rise! Presidential Tour!
Presented by Beachwood, Moreland Hills and Solon Historical Societies

Explore our area's connection
to The Oval Office

Saturday, June 4
8:45 a.m. – 12:30 p.m.
Per Person: Bus \$15, Bike \$10, Car \$10

Highlights include: Visit President Garfield monument, tour a log cabin, meet 'President and Mrs. Garfield', learn insights about President McKinley, meet direct descendants of President James Garfield, Thomas Jefferson and even George Washington.

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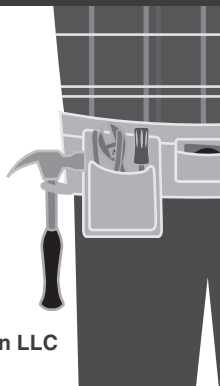
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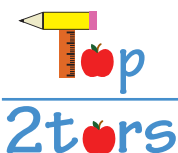
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Cleveland Ballet Choreographer Ramón Oller Returns for Coppélia Rehearsals

Cleveland Ballet is pleased to announce the return of award-winning choreographer Ramón Oller to Cleveland, to resume rehearsals for Coppélia. Cleveland Ballet commissioned Oller to create a new version of the renowned comic ballet. This world premiere production marks Cleveland Ballet's second performance in its debut season at the Ohio Theatre.

Coppélia tells the story of Swanhilda and Frantz whose carefree romance is threatened when Frantz becomes infatuated with the beautiful Coppélia. Frantz does not know that his heart belongs to a life-size doll created by the town's toy maker Dr. Coppélius. Because Franz's passion for Coppelia is so great, he pushes aside his true love, Swanhilda. Eager to win back Franz's heart, Swanhilda dresses like the doll Coppélia, fooling both men into believing the doll has come to life. The danger mounts as Dr. Coppélius seeks to keep the living doll hidden from the world while Frantz tries to run away with his new-found love.

Cleveland Ballet is dedicated to creating an appreciation for reimagined classical, modern and contemporary ballet with a Cleveland focus.

For more information on the world premiere of Coppélia at the Ohio Theatre at Playhouse Square on Friday, May 13 at 7 p.m. and Saturday, May 14 at 1 p.m., visit www.clevelandballet.org or playhousesquare.org to purchase tickets (\$20-49).



Cleveland Orchestra Youth Orchestra's Final Concert of the Season

The Cleveland Orchestra Youth Orchestra's final concert of the 2015-16 season takes place on Sunday, May 8, at 3 pm, at Severance Hall. The Youth Orchestra's program begins with Adam Schoenberg's Finding Rothko and includes Rachmaninoff's Symphonic Dances. Performing as soloist in the concert is Jieming Tang, winner of the 2015-16 Cleveland Orchestra Youth Orchestra Concerto Competition. Mr. Tang has been a member of the Youth Orchestra since 2012 and has served as concertmaster during his tenure. A Prelude Concert in Reinberger Chamber Hall at 2 pm features Youth Orchestra members' performing chamber music, and is free to ticket-holders for the Youth Orchestra concert.

Celebrating its 30th season during 2015-16, the Cleveland Orchestra Youth Orchestra is a full symphony orchestra comprised of some of Northeast Ohio's best and brightest young musicians. Each season, this acclaimed training ensemble presents concerts of traditional and newer works, filled with an enthusiasm and interest that can rival that of their teachers and mentors.

Tickets for the Youth Orchestra concert are \$15 and may be purchased online at www.clevelandorchestra.com or by calling the Severance Hall Ticket Office at 216.231.1111.

The Cleveland Orchestra Youth Orchestra is supported by a generous grant from the Martha Holden Jennings Foundation and by gifts from many other donors from across Northeast Ohio. Endowment support is provided by The George Gund Foundation.

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