

Beachwood Buzz

August 2017

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MAGAZINE



Sailing Into Retirement

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“I’M ONE OF THEM.”
CHERYLE M., RESPIRATORY THERAPIST



“I’M ONE OF THEM.”
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Last month I published an article about the Beachwood Medical Academy, written by June Scharf, which is a joint venture between Beachwood High School students and UH Ahuja Medical Center. Dr. Lee Ponsky, a professor at CWRU and director of the Urologic Oncology Center at University Hospitals Cleveland Medical Center, inspired students who participated in the program by providing hands-on opportunities and sharing advances in the medical field. This month, I share Ponsky's TEDxCLE 2015 talk, titled, "Off the Grid: How I Got Off the Grid, and You Can Too," which will inspire many of you.

Ponsky, like many of us, has a busy, demanding lifestyle and never took much time away from work. In 2012, after much persuasion from his wife, Ponsky agreed to take a two-week family vacation. When he returned home, he was grateful for the quality time spent with family. He relaxed, unwound and was rejuvenated when he went back to work.

The following year when he was planning another vacation, Ponsky's family joked about there being so many options of where to go that they would need to take a year off to fit everything in. The conversation morphed from a joke to how awesome it would be to make it a reality. Ponsky didn't feel this was feasible and told his family that it just wasn't in the cards.

When his son asked, "why not?", Ponsky thought about "free advice" he has received from patients and his father-in-law over the years. His father-in-law believed in setting a vision and working toward it. He also believed in taking detours, since the journey from point A to point B is just as important as getting there. As a cancer surgeon, Ponsky has seen how patients react to receiving a cancer diagnosis, or curve ball, thrown into their life plans. Patients have shared their fears and regrets and there's one common denominator – re-

grets were about things they didn't do or should have done. Patients often say, "If I could do it over again, I would do things differently."

Ponsky digested this free advice and reflected, saying, why wait until a curve ball is thrown at me before making important life plans?

People fear cancer. Ponsky began to fear regret. He didn't want to wait for his curve ball, or bad news to be delivered. He wanted to do what he felt was important, both for himself and his family, so instead of focusing on why he couldn't do this, he chose to focus on how he could make it happen.

He recalled his father's words of wisdom – take one bite at a time – and that's what he did. Ponsky met with a financial planner to see if this was financially feasible. He sold cars and rented out his home. He took a leave of absence and landed a job in Australia. He found a school in which to enroll his children and finally saw that things were falling in place. It wasn't hard, but it was a lot of work.

Although things were falling in place, something was still holding Ponsky back. He pondered, "When you want advice, you look for advice you want to hear," and thought about a Ted Talk he had seen, titled "The Power of Time Off," by Stefan Sagmeister.

Sagmeister runs a design studio in New York and closes his doors for a year once every seven years, saying that most people study and train for about 25 years, then work for 40, then have about 15 years for retirement. Since there's no guarantee of enjoying retirement, he promotes borrowing years from retirement and disbursing them through the working years.

Ponsky was sold. He and his family explored opportunities together and they took advantage of their time in Australia. They swam at the Great Barrier reef, learned to surf and throw a boomerang, laughed a lot, learned a lot, made lifelong friends and had unique experiences that will be with them for a lifetime. Ponsky and his wife led by example. They taught their children that you can take your life, go somewhere else and be ok.

An unexpected benefit was that Ponsky did innovative research while in Australia, which he could never have done, and he now incorporates his findings in what he does at home. As a result, he came home rejuvenated and excited with how he practices medicine.

After a year, just like a boomerang, Ponsky and his family returned home. Not much had changed here, yet he and his family were changed forever.

Ponsky makes the point that buying material 'things' would not result in lasting memories. "Our kids will remember this for a lifetime," he said.

Many people say to Ponsky, "What a great opportunity. I wish I could have done that," to which Ponsky replies, "Guess what? You can."

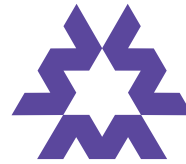
For those considering getting off the grid, here are Ponsky's thoughts:

- Don't ignore free advice
- Find opportunities: They won't find you
- Be flexible
- Be open
- Be responsible
- Be humble
- Plan as best you can, but plan for the unexpected
- Always keep your priorities in mind

And, here's another thought that I'm adding – ignore the naysayers!

Many people say to Ponsky, "What a great opportunity. I wish I could have done that," to which Ponsky replies, "Guess what? You can."

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Editor/Publisher

Adam Jacob
Account Executive

Scott Morrison
Staff Photographer

Tybee Zuckerman
Proofreader

Stephen Valentine
Art Director

June Scharf
Contributing Writer

Jerry Zelman
Vice President of Operations

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Editorial Information

email beachwoodbuzz@gmail.com

Advertising Information

call 216.297.0200 or email
beachwoodbuzzsales@gmail.com
P.O. Box 22194
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COVER STORY



Sheila and Bob Allenick had something in common long before they met. Each grew up with a love of sailing, which was introduced to them while in middle school. Sheila sailed with her family, and Bob with friends. On his first time out, Bob had been standing on the boat's bridge deck, taking in the scenery, when a wave suddenly crashed over the bow, hitting him squarely in the face. As his alcohol-based hair product washed into his eyes, stinging a bit, he knew he had to make a choice – sailing or his 1950s hair style. He chose sailing, and 54 years later, he is embarking on his retirement journey with the love of his life.

Complete story starts on page 7.

Cover story photos by Scott Morrison, Discovery Photo.

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Back to School Fest

Corrections: In last month's article, titled Congratulations BHS Class of '17, the incorrect photo was run for Andrew Feldman, whose complete speech and photo are on page 42. Also, The integration piece from Jennifer Stern's article, "Worrying Is A Part of Life", was inadvertently omitted. This information is on page 44.



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~ Oprah Winfrey



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Sailing Into Retirement

Sheila and Bob Allenick had something in common long before they met. Each grew up with a love of sailing, which was introduced to them while in middle school. Sheila sailed with her family, and Bob with friends. On his first time out, Bob had been standing on the boat's bridge deck, taking in the scenery, when a wave suddenly crashed over the bow, hitting him squarely in the face. As his alcohol-based hair product washed into his eyes, stinging a bit, he knew he had to make a choice – sailing or his 1950s hair style. He chose sailing, and 54 years later, he is embarking on his retirement journey with the love of his life.

The Allenicks grew up around the corner from each other in Cleveland Heights, but they met for the first time at an Israel Independence Day party in 1978. They married in 1979 and moved to Israel for a year before settling down in Cleveland to be closer to family. Shortly thereafter, they partnered in the purchase of a summer home in Chautauqua, where they sailed a 14-foot sail boat and had access to a 19-foot ski boat.

In 1986, they sold the Chautauqua home and sailboat. By then, they had full-time jobs and became dealers for Tanzer Industries, a sailboat manufacturer. As dealers, they qualified to purchase a sailboat at cost, and chose a 25-foot Tanzer, which they named White Knuckles, and docked at Edgewater Yacht Club.

The Allenicks created a lot of good memories on this boat. They introduced their children, Karen and Shaina, to sailing at just four months of age. White Knuckles had a large v-birth at the front end of the cabin where a net was installed to create a large, safe, play area for the girls.

Ten years passed and the Allenicks wanted more room to stretch, so they bought a Freedom 30, which they named All 4 One – All for Allenick, 4 to represent their family, and One for their single-family unit. They continued to savor their time on the water and every summer for the next 12 years, they would take weekend trips and vacations.

In 2004, Sheila and Bob moved to Beach-

wood and, in 2006, they did some forward thinking and planning to live aboard their sailboat and go cruising after retirement. When they realized this dream could be a reality, they brainstormed about the right type of boat for this adventure. "We wanted to get a live-aboard boat in advance so we would have plenty of time get to know it and upgrade it to meet our needs," Bob told us.

And that's what they did. Since they had enjoyed sailing on their Freedom 30, they upgraded to their current boat, a Freedom 38, which they named "Her Diamond."

When the Allenicks were married, Sheila never got a diamond ring. They didn't have the money and it wasn't important to her. They much preferred going to Israel and paying off Bob's student loans. When they returned, they built successful careers, and bought their various sailboats.

For the couple's 30th anniversary, the Allenicks sailed to Vermillion and docked next to Chez François, where they enjoyed a gourmet meal. During dinner, Bob presented Sheila with an anniversary gift – a gold sailboat necklace with a diamond in the center.

Why now? We asked Bob and Sheila, who gave two-year notices prior to leaving their positions. Bob was executive director of The Temple – Tifereth Israel and Sheila was assistant vice president of fiscal operations at the Jewish Federation of Cleveland. "By giving two-year notices, we crystalized our plan of setting sail and when," Sheila said. "And when I retired, I was humbled by my co-workers' outpouring of love and appreciation."

"I felt good about the timing since I had fulfilled my personal goals with the temple," Bob told us. "I had partnered with clergy and staff to put the temple on solid financial footing, updated our building for the next generation and found a new solution for the University Circle building."

He added, "You need a certain amount of vitality and physical stamina to handle the boat, and we knew that we wanted to go at a certain age."

With the departure date creeping up on them, Sheila and Bob looked at the big picture and broke things down into manageable tasks.

Sheila is a financial person, so she evaluated their finances and



made a budget to see if this was feasible. Bob is technical and does 75% of the onboard maintenance, so he worked with the boatyard to upgrade the boat by installing air conditioning, a diesel generator and a new radar system. He also rewired batteries, installed new sails and lines and got the boat in tip-top shape. "We wanted to do what we could from the get-go to minimize problems on the way," Bob explained.

Not wanting to leave their house unattended, they would rent it if they found the right tenant – and they did. "I felt pretty good when they first came to see the house and the first thing they did was remove their shoes," Sheila said. "They have since come to plant tomatoes and peppers, which are growing nicely."

Sheila and Bob packed their belongings

and began moving things onto the boat, saying that they had taken many two-week vacations and view the packing procedure as a string of two-week vacations. They sold one car and stored the other. They arranged to get their mail on a scheduled basis, transferred accounts to receive statements electronically, and confirmed their medical insurance throughout the journey.

Things were falling into place and the countdown for their departure had gone from years to just days. In anticipation of the trip and considering the possibility of chartering their boat or making boat deliveries in the future, Bob also earned his 50-ton Coast Guard Master's (captain's) License.

When I asked how they feel about leaving their family, Sheila told us that her mom, who is 91, is in very good health and she is very

blessed to have both her sister and brother in town. "Today's technology makes it easier to go away for an extended time," Sheila told us. "When we wanted to communicate with someone at home when we lived in Israel, we would write an aerogram, which would take up to three weeks to get here. Today, Face-Time closes the gap of distance. I taught my mom how to use it. And, we'll never be more than a flight away from home."

Sheila also said that Karen and Shaina will visit them. "We can decide when they will visit or where, since when traveling on water, you can't pinpoint location and time because it depends on weather conditions. The beauty of boating is to be flexible and have the luxury of not going out if the weather is bad."

While sailing and talking with the Allenicks, I couldn't help but notice the matching





anchor tattoos on their legs. "I had read an article about three women in the same family – of three generations – who enjoyed sailing and got matching tattoos since sailing tied them together," Sheila told us. "So when Shaina lived in Denver, I shared the story and we all went to a tattoo parlor and got matching tattoos. Karen's is behind her ear and Shaina's is on her wrist."

When we sailed from 55th Street Marina to the Cleveland harbor, in ideal weather, Sheila shared that she reached a turning point from being anxious to being excited. They had moved onto the boat; the house was packed and they were physically ready to go. "This has always been something that was off in the future, something to dream and fantasize about. But now it is here," she said with a smile. All that was left were the many goodbyes.

They left the 55th Street Marina just a few weeks ago and sailed toward Buffalo. Then, they'll head through the Erie Canal, down the Hudson River, through Chesapeake Bay, down the Intercoastal Waterway and Atlantic Ocean to South Carolina, then on to the Bahamas.

From there it's wide open, keeping hurricane season in mind. "We don't have an exact plan," Bob said. "That's part of the adventure and discovery – It's the beauty of it."

When I asked what they hope to take away from this adventure, their answer was new friendships to take into this next phase of life, memories and seeing parts of the world they have never seen before.

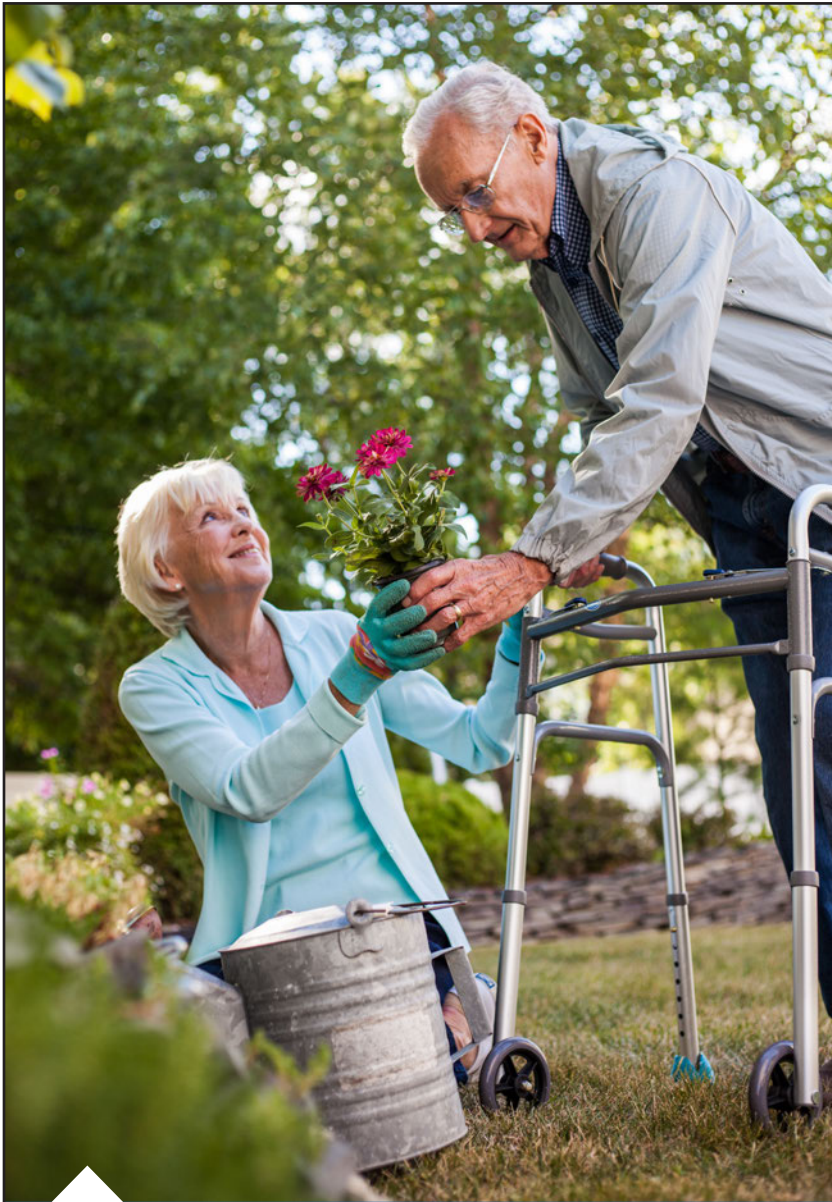
"We've both spent many years in non-profit management, which is often intensive and forward-looking, where you're planning something or raising money," Bob said. "We want to shift to a slower pace of life where we live in the moment. We want to come out of the cabin in the morning and see crystal blue water and fish, and just marvel in the moment."

"We've been dreaming about this trip for 20 years, and now it's here," she added. "Now is the time to throw off the dock lines and sail into the wind. There may never be another time."

I'm really grateful," Bob added. "A lot of guys at the marina are by themselves, or with buddies, because their wives have no interest in sailing. I'm so fortunate to be with Sheila who loves to sail and, now that we're retired, looks forward to sharing this adventure with me."

"This is a good thing to show our daughters," Sheila said. "It is not easy to pack up our home and leave it. I love my house. But, sometimes you have to do things that are hard in order to get what you want."

"We've been dreaming about this trip for 20 years, and now it's here," she added. "Now is the time to throw off the dock lines and sail into the wind. There may never be another time."



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From the Beachwood Historical Society

Thank you to the wonderful residents who opened their homes to the Beachwood Historical Society and to the more than 100 visitors who enjoyed touring the lovely homes and gracious gardens at the Beachwood Homes and Gardens Tour on June 25.

Participants learned about many amazing flower varieties as well as yard beautification ideas, from growing a pollinator garden to building a whimsical backyard hideout called a “she cave.” The tour just reinforced what we already know – Beachwood is a beautiful place that we call home!

We also thank the Beachwood Historical Society, all event volunteers, Canterbury Country Club, Kevin MacKay and his dynamite team at Canterbury Country Club, the City of Beachwood, and Karen Carmen and her fabulous staff.

Sincerely,
Rosemary Nemeth
President, Beachwood Historical Society

Upcoming Events at the Beachwood Schools

With the start of the 2017-2018 school year just around the corner, the Beachwood Board of Education invites the community to attend the following events:

Back to School Fest

Join Beachwood Schools for its annual Meet the Principals Back to School Fest. Sunday, August 13 • 5 – 7 pm
Beachwood High School
For complete information, see page 31.



Celebration Dinner

Friday, August 25 • 5 pm
Beachwood High School Community Meeting Room
\$10 per person

The girls track and field team is Beachwood High School's first state championship team. It's time to celebrate! RSVP and make payments at www.beachwoodschoools.org/winnersdinner.aspx.

Annual Booster Bash

Saturday, August 26 • 7 pm
Fairmount Temple
\$50 per person

Support Beachwood athletes – join the Boosters at their annual back-to-school celebration. For tickets or more information, visit www.beachwoodschoools.org or call Shana Wallenstein at 216.464.2600, ext. 237.

Homecoming Weekend

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Details to follow next month.



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Cryotherapy Redefines “Chilling Out,” Freezes Away Pain

By June Scharf

‘I’ll admit, I was afraid. But so are plenty of others when they try cryotherapy for the first time. Who wouldn’t bristle at the thought of standing in a chamber filled with -140 degree air? So why would they do it? Because LeBron James reportedly makes a habit of it? Because the benefits seem too good to be true?

Let’s chip away at this ice block of a topic that seems to defy reason and tolerability. Beachwood is home to two cryotherapy studios: Cleveland Cryo at 23400 Mercantile Rd., Suite 5, and North Coast Cryo at 3355 Richmond Rd., #191. Both opened at the beginning of the year, and each has a single cryo machine.

A maximum of three minutes can be spent in the chamber. It reaches its initial Level 1 set point of -140 degrees almost instantly from liquid nitrogen that’s converted to a gas and is pumped into the open-topped cylinder where a person stands. For greater intensity, Level 2 is set at -170 degrees and Level 3 is -190 degrees.

Yes, it’s cold in there. However, the studio provides warm socks, boots and gloves. females can be naked, or may wear a bra and panties or a bathing suit; guys

must wear some form of under-pants.

One enters the chamber in a robe, then removes it and hands it to the operator once inside where only your head can be seen.

The best coping mechanism is to march in place and spin around since the gas is released in one spot. Another is to let the operator, who never leaves the room, talk to you as a source of distraction. A combination of both methods is effective.

The chamber’s temperature can be adjusted throughout the three-minute session while the time is called out as it progresses. From my experience, it stayed at -135 degrees for about 90 seconds, but after that, I asked that the temperature no longer be maintained, allowing it to warm up, that being a relative concept. It was still cold. I learned that equal numbers of

clients seek treatments at each of the temperature options.

People absolutely love it. The owners talk about how clients report feeling amazing immediately after they exit the chamber. “People walk in with pain, and walk out without it,” states Cleveland Cryo owner Nate Miracle. I can attest that my occasionally sore hip and shoulder stopped hurting and haven’t bothered me in the week since the experience, though these aren’t chronic conditions.

Miracle says that some of his most regular and devoted clients are local boxers and MMA (mixed martial arts) athletes. “They come to address their bangs, bumps and bruises, plus the toll of training,” Miracle explains. “Cryo can speed up their recoveries.”

Cryotherapy’s long list of benefits includes instant arthritis and back pain relief, reduction in inflammation, faster recovery from injuries, better sleep at night, improved circulation, increased energy, repair for skin conditions such as eczema and psoriasis, relief from depression and anxiety, and a calorie burn in the range of 500-800 several hours after a session.

Some of the outcomes are explained by the release of epinephrine (also known as adrenalin) and norepinephrine (also known as the fight-or-flight hormone). Another biological response is for blood to pool in the core, as a protective measure to keep vital organs warm, then a release as soon as the session ends.

Many reveal feeling a rush of energy or something like euphoria right afterward. “There is a systemic response,” Miracle states. He also

notes that the process uniformly cools the entire body, not just certain spots.

“A man in his mid-30s had been hit by a drunken driver and suffered three herniated disks. He had not gone a day without pain in seven years. He tried everything – a chiropractor, several physicians, physical therapy and massage. He was told pain meds were the answer, but he refused them. He did one cryo session and walked out with tears in his eyes. It was the first time in years that he was pain free. Now he comes once a week.”

– Terri Mullins, owner, North Coast Cryo, speaking of a regular client

He describes the cold experience as different from, say, a 20-degree temperature outside. It’s a bit like the difference between humid heat on a 90-degree day compared to 100 degrees in dry heat – that 100 isn’t as bad as it sounds. But it’s still hot and -135 is still cold. People report being able to tolerate it well and can withstand it because they love how they feel right afterward, as well as throughout their day and beyond.

Cryo is not an option for those



June Scharf trying cryotherapy for the first time.

(Continued on page 15)



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¹<http://onlinelibrary.wiley.com/doi/10.1002/lary.20130/abstract> | ⁵<http://www.who.int/features/factfiles/deafness/facts/en/index5.html>

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"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, iPad or Apple Watch may affect wireless performance. Apple, the Apple logo, iPhone, iPad, iPod touch, Apple Watch and App Store are trademarks of Apple Inc., registered in the U.S. and other countries. A4i and TruLink are compatible with iPhone 7 Plus, iPhone 7, iPhone SE, iPhone 6s Plus, iPhone 6s, iPhone 6 Plus, iPhone 6, iPhone 5s, iPhone 5c, iPhone 5, iPad Pro, iPad Air 2, iPad Air, iPad (4th generation), iPad mini 4, iPad mini 3, iPad mini with Retina display, iPad mini, iPod touch (5th generation), and Apple Watch. Use of Apple Watch requires iPhone 5 or later.

(Continued from page 12)

with some pre-existing conditions such as diabetes, hypertension or cardiac issues. Also, no license is required to operate the cryo machines since they are not considered a medical device and are not regulated by the FDA. They cost about \$55,000. Miracle's cryotherapy machine is an add-on to his existing gym, Miracle Performance, which is undergoing an expansion.

When the freshly-chilled chamber door opens, a gust of nitrogen gas flows out, looking very much like dry ice (frozen carbon dioxide). What's nice is that the nitrogen is a dry system, so you don't get wet. However, if you were to enter wearing anything damp from a previous workout, the clothing would freeze. Also, jewelry is banned and piercings must be covered or removed since they would freeze as well and cause frost bite. This is extreme stuff.

According to Miracle, those drawn to cryotherapy tend to be fitness enthusiasts, athletes, seniors with joint issues and those seeking weight loss, achieved from the calorie burn, in part from the body heating back up. Yet another route to cryo may be one guided by a close friend who goes for daily sessions, can't stop raving about it and insists that you try it. Such was my experience.

Miracle says he seeks to offer an affordable option at his studio, since the greatest benefits come from returning often. He recommends two to five times per week. "It's not only for the rich and famous," he says. He also points out that it contrasts significantly with ice baths which generally require a 20-minute soak, leaving the skin wet. With cryotherapy, the body rewarms very quickly because it's dry.

Amy Cahn, a Pepper Pike resident who has been returning nearly daily for two months, is a massive cryotherapy fan. With a tear in her meniscus, some arthritis and pain in her lower back and knees, she has found relief, but it required 15

sessions before she began to feel it, she says.

"After my treatments, I can bend my knee, whereas I couldn't before," she explains. "I would use ice all the time, but this is so much more effective," she adds. "I look forward to it – I love it!" She also says she sleeps better at night and lost eight pounds in three months.

Terri Mullins, owner of North Coast Cryo, was sold on cryotherapy's benefits when she first learned about it a year and a half ago. After leaving a career in healthcare management, she says, she wanted to open a business that "would help people feel better, in a professional and friendly setting where everyone is comfortable, from the 14-year-old high school athlete to the 85-year-old grandmother with arthritis."

She touts one of her client's stories as evidence of its profound effects:

"A man in his mid-30s had been hit by a drunken driver and suffered three herniated disks. He had not gone a day without pain in seven years. He tried everything – a chiropractor, several physicians, physical therapy and massage. He was told pain meds were the answer, but he refused them. He did one cryo session and walked out with tears in his eyes. It was the first time in years that he was pain free. Now he comes once a week."

She reports that her clients are an even split between men and women. While plenty fear their first visit and wonder if they can do it, the feeling subsides with each subsequent session. Some describe feeling "sparkly" or tingly afterward, generated by the blood flowing back out to the extremities. Mullins says she feels a huge burst of energy when she steps out of the chamber. "I get giddy and giggly."

Cryo definitely has its proponents and benefits, and sweating out the fear to attain relief can be worth it. It might even leave you crying for more.



EXCELLENCE IN CARING

The Menorah Park Aging Resources Center Presents:

Eat Yourself Super and Smart Supplementaion

A FALL Dinner Conversation with Featured Speaker

Dr. Todd J. Pesek

Todd J. Pesek, M.D. is a holistic physician at VitalHealth Partners, chief medical officer at Heinen's, medical advisor, published scholar, professor and author who specializes in disease prevention and reversal toward longevity and vital living. His work illustrates how we all can achieve wellness through hydration, superfoods nutrition, alkalization and detoxification, and that an immersion into nature, healing plants and the traditional practices of the world allow for true health.



Dr. Pesek received his medical doctorate from The Ohio State University College of Medicine and the Cleveland Clinic.

- Learn how easy and delicious it is to Eat Yourself Super with Superfoods: plant-based, nutrient-dense, calorie-sparse, health-empowering foods.
- Explore the topic of smart dietary supplementation in support of optimal health and wellness.
- Discuss reasons why the body requires food-based, bioavailable supplements, which supplements to take, and when and what to avoid.

Thursday, September 28, 2017

Dinner Hour 5:30 p.m. • Conversation 6:30 p.m.

Menorah Park Saltzman Auditorium

27100 Cedar Road • Beachwood

Program and Dinner are Free of Charge

Seating Limited – Reserve Space Early
RSVP to Beth Silver, 216-839-6678 or
bsilver@menorahpark.org no later than
Tuesday, September 5, 2017

Aging Resources Dinner Conversations
are sponsored by the Earl and Barbara Franklin Fund

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Its Community Partners**

Find us: MenorahPark.org 

Mayor Merle S. Gorden Presented Sam Miller Goodness Award

Our Cleveland community has forever been changed by the actions of four people who were honored at the Celebration of Goodness luncheon on June 30 at Landerhaven. Values-in-Action Foundation/Project Love presented the Sam Miller Goodness Awards to José Feliciano, vic gelb, Mayor Merle S. Gorden and The Lucarelli Family.

These individuals have made a significant impact by leading for equality and inclusion (José Feliciano), building up community organizations (vic gelb), creating an environment that welcomes foreign companies to Greater Cleveland (Mayor Merle S. Gorden), and employing thousands of workers who might otherwise may not find jobs (the Lucarelli Family). All

of these honorees represent goodness, caring and respect beyond the norm, and their efforts make Cleveland a better place to live for all of us.

The Celebration of Goodness is a free, community luncheon created by Project Love and Sam Miller. The annual event is a reflection of Project Love's values-driven approach to teaching students the importance of goodness through its character-education and anti-bullying school programs. The foundation empowers students and adults to build communities of kindness, caring and respect through programs that teach, promote, and provide skills and tools to make positive values-based decisions every day. Since 1994, Project Love programs have trained more than 170,000 students and

3,000 educators and annually impact more than 200 Northeast Ohio schools with consistent, positive results. In fact, 99% of participating students report that they are more likely to make positive choices and perform more acts of kindness as a result of Project Love's training.

Pictured: Mayor Merle S. Gorden was presented his Sam Miller Goodness Award by Beachwood City Council member Barbara Bellin Janovitz.

Photo courtesy of Pollack Studio.



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MANDEL JCC

CLEVELAND JEWISH
FILMFEST

SEPTEMBER 7-17, 2017

mandeljcc.org/filmfest

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Jewish Marriage and Divorce Documents Featured at Jewish Genealogy Society Meeting

Rabbi Hal Rudin-Luria will present "Jewish marriage and divorce documents: their use to genealogists" at the Wednesday, September 6 meeting of the Jewish Genealogy Society of Cleveland. He will share the differences between what is found on a civil marriage license and in a ketubah, a Jewish marriage document; and in a divorce public record and a get, a Jewish divorce record.

An expert in the laws of Jewish divorce, Rabbi Rudin-Luria will explain how a get, a Jewish divorce, which shows all the various names a person used and how this facilitates genealogical research.

Rabbi Hal Rudin-Luria joined B'nai Jeshurun Congregation in 2001. He is a certified Mesader Gittin, officiant of Jewish divorce. Raised on the Jersey Shore, he received his undergraduate degree from the University of Pennsylvania and rabbinic ordination from the Jewish Theological Seminary in 2001. Before joining B'nai Jeshurun, Rabbi Rudin-Luria served as a student rabbi in Huntsville, Alabama and New York City; a chaplain at Beth Israel Medical Center in New York and the US Navy; and a grief counselor at

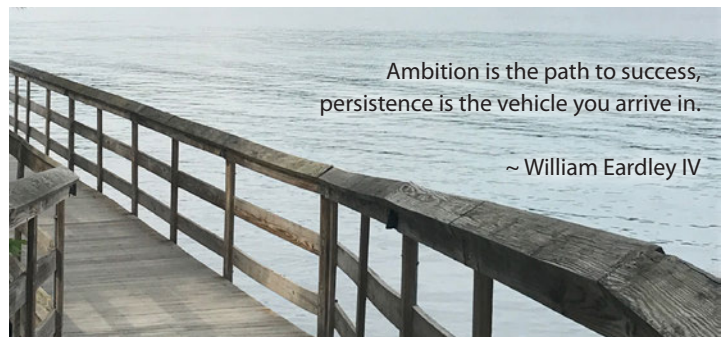


Rabbi Hal Rudin-Luria

the New York Jewish Healing Center. He also served in a Jewish home for recovering addicts in Los Angeles.

Rabbi Rudin-Luria serves on the board of Gross Schechter Day School, AJC (American Jewish Committee), Mitzvah Circle Foundation and the Greater Cleveland Board of Rabbis and is an alumni member of Jewish Federation's National Young Leadership Cabinet. He has served a rabbinic role on Federation missions to Israel and Poland.

The Jewish Genealogy Society of Cleveland meets on the first Wednesday evening of the month starting at 7:30 pm in the Miller Board Room at Menorah Park, 27100 Cedar Road, Beachwood. Board members are available at a Help Desk from 7:00 PM to assist with individual research questions. Guests are welcome. RSVP to: Programing@ClevelandJGS.org.



11th Annual Cleveland Jewish FilmFest Set for September 7-17

NBC's Meet the Press host Chuck Todd to Headline Cleveland Jewish Book Festival

Two of The J's signature arts and culture events, the Cleveland Jewish Film and Book Festivals, will once again bring outstanding, highly acclaimed Jewish films and authors to Greater Cleveland audiences this fall.

The Cleveland Jewish Book Festival, set for November 5-20, is pleased to present Chuck Todd, NBC News' political director and the host of Meet The Press and MTP Daily as its keynote speaker. Todd also co-authored the definitive election-result analysis book for the 2008 presidential campaign, "How Barack Obama Won." His second book, "The Stranger: Barack Obama in the White House," was released in 2014. Tickets go on sale August 10

and can be purchased at www.mandeljcc.org/bookfest. Tickets are \$15 for Mandel JCC members and \$20 for the community.

The FilmFest, set for September 7-17, will showcase a mixture of documentary, feature, comedy and short films from around the world, attracting thousands of film lovers to area theatres. New venues include: Atlas Theatre in Mayfield Heights and Gartner Auditorium at Cleveland Museum of Art.

Tickets also go on sale August 10. Visit www.mandeljcc.org/filmfest or call 216.831.0700, ext. 0, for details and ticket information.

Highlights of the FilmFest include:

Opening Night: Past Life September 7 • 7 pm

Shaker Square Cinemas

Two Israeli sisters unravel the shocking truth about their father's murky wartime past in this detective thriller and heart-tugging melodrama based on true events, by award-winning filmmaker Avi Nesher.

Fanny's Journey Sunday, September 17 • 4:30 pm Cedar Lee

A resourceful young girl leads 11 orphans through Nazi-occupied France in this coming-of-age, family-friendly drama bristling with suspense and poignancy. Based on Fanny Ben-Ami's autobiographical novel.

Tickets to the September 7 FilmFest opening film and dessert reception are \$18. Tickets for all other films are \$11 for evening films and \$9 for matinees. For tickets, visit mandeljcc.org/filmfest. Tickets are also available at the Mandel JCC membership desk (no ticket sales on Saturdays). All-access tickets, which include admission to all films, and group tickets are also available for purchase. For more information, contact Jan Rutsky at 216.831.0700, ext. 1348.

Major sponsors for the 11th Annual Cleveland Jewish FilmFest include: Cuyahoga Arts & Culture, The Harry K. and Emma R. Fox Charitable Foundation, The Lerner Foundation, Ohio Arts Council, Jay Auto Group, Huntington Bank and Arthur J. Gallagher & Co.

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Fall Back to SCHOOL



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Overbeke School of Driving was created in 1993 with the purpose of providing a quality drivers education program for its students. Getting a driver's license is one of the most eagerly awaited milestones in the life of an adolescent. The responsibilities and dangers of operating an automobile are clear to the parents of our children. Our young people, however, do not always recognize the need to approach their new status with maturity and skills necessary to manage the risks they will inevitably encounter while driving.

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THE TEST, BUT DRIVE
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Learning opportunities in and around our community



JLI Introduces Five-Week Hebrew Reading Crash Course

“Read in Hebrew,” a flashcard-based language course developed by the Jewish Learning Institute, promises users that they can learn to read Hebrew in only five weeks if they follow the program. Beginning Tuesday, August 22 from 7:30 - 9 pm, Rabbi Shmuli Friedman will conduct the five sessions of the new course at the Cleveland’s Chapter of The Jewish Learning Institute, 25400 Fairmount Blvd in Beachwood.

The first two lessons of this successful program focus on the letters of the Hebrew alphabet. The last three lessons introduce vowels and teach students how to read words. With flashcards portraying the letters alongside catchy mnemonics that make the information memorable and easy to digest, “Read in Hebrew” allows students to absorb information quickly and efficiently. The course is open

to the public. Interested students may call 216.282.0112 or visit EnrichingJudaism.com for registration and for other course-related information. This course is sponsored in part by the Fund for the Jewish Future of the Jewish Community Federation of Cleveland.

“Read in Hebrew,” a flashcard-based language course developed by the Jewish Learning Institute, promises users that they can learn to read Hebrew in only five weeks if they follow the program.



LEARN TO READ HEBREW BEFORE THE HIGH HOLIDAYS

A NEW FIVE-SESSION HEBREW READING CRASH COURSE
FROM THE ROHR JEWISH LEARNING INSTITUTE

5 Tuesdays

Aug 22 & 29 • Sept 5, 12 & 19

Instructor: Rabbi Shmuli Friedman

Jewish Learning Institute

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Fall Back to SCHOOL



The Park Synagogue

Wherever you are on your Jewish journey, we have a place for you. Our strong commitment to a Jewish learning environment that fosters sensitivity to the needs of our members defines us as the caring community that we are. We are dedicated to ensuring that every family and every child connect spiritually and educationally at Park Synagogue.

Our award-winning Wolf Religious School offers classes and programs for the whole family. Engaging lessons begin at age two and continue through high school graduation and beyond. We welcome parents, grandparents and other VIPs to be part of our learning community.

Classes and programs for lifelong learners include:

- 2 year olds through 12th graders
- Bar/Bat Mitzvah Club
- Consecration and Confirmation
- Teen programs
- Adult and Family Education

We invite you to learn more at www.parksynagogue.org



Join us for the
Park Country Fair on
August 27 at Park Synagogue
East in Pepper Pike for the first
day of Religious School and
a day of fun activities for the
whole community!



The Music Settlement

Are you seeking top-quality music lessons or ensemble opportunities for your child or yourself? Has a professional recommended music therapy for a loved one in your life? Are you in the market for five-star Step Up to Quality early childhood education in University Circle or Ohio City?

The Music Settlement is your home for all this and more.

Serving Northeast Ohio since 1912 and the winner of a third consecutive *Cleveland Magazine* Best of the East Award for Best Music Instruction, TMS provides Arts for the Young, music, and educational opportunities that last a lifetime, for students of all ages and levels of experience. Dance for all ages is taught by Inlet Dance Theatre.

The TMS Center for Music Therapy just celebrated its 50th anniversary and is the oldest and largest music-therapy program in the world.

TMS will open a second campus in Ohio City in Fall 2018 – super-convenient for Preschool/Day School pick-up and drop-off for parents who work downtown or across the river.

Express your music! Express your ABCs! Financial aid available. Learn more, sort classes by age, & enroll online today: www.TheMusicSettlement.org/all.

Mandel JCC J-Kids Club After School Care

Registration is now open for Grades K-6, program runs August 15, 2017-June 2, 2018

School is around the corner – do you have plans for your kids when the day is over? Don't stress come September, plan now and make Mandel JCC's outstanding after school care program part of your family's plan. J-Kids Club has it all – flexible scheduling, FREE transportation from Beachwood schools, highly trained staff, indoor swimming, organized sports, snacks, a private, supervised homework room, sibling discounts and a constant variety of enrichment programs, all in beautiful, state-of-the-art facilities. Sign up for as many days as you want, with drop-ins if space is available.



What Makes Us Different?

Kids have the opportunity to choose between a variety of enrichment programs

that change every eight weeks. Programs are fee-based, and include:

- American Red Cross swim lessons
- Welcome to Hogwarts
- Snapology Lego building and robotics (*pictured*)
- Art Days with Jill Kwait
- Youth cooking classes
- Youth Boot Camp led by Mandel JCC certified personal trainers
- Sports programs led by professionals at Unity Sports

Our highly trained and professional staff create a safe and nurturing environment for your kids with a low child-to-staff ratio. J-Kids Club has something for every kid – whether your child wants to be active through sports, swimming, enrichment programs or Preston's H.O.P.E. playground or engaged through quieter activities, such as art projects or reading.

To register, contact Aaron Tevlowitz at 216. 831.0700, ext. 1336, or kidsclub@mandeljcc.org.



*For wisdom will enter your heart,
and knowledge will be pleasant
to your soul.*

Proverbs 2:10



Park Synagogue's award-winning
Wolf Religious School is now enrolling
lifelong learners from age 2 to 18.

Opening day is Sunday, August 27!

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 Sort by age & enroll online:
www.TheMusicSettlement.org/all

Express your ABCs
 Preschool, Day School, & Kindergarten Open House
Sun. Nov. 12, 2017 • 1:00 - 2:30 p.m.
 January Open House Dates in University Circle & Ohio City
 Early Childhood Education in Ohio City Opens Fall 2018



The Music Settlement is Generously Supported by:









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MANDEL JCC J-KIDS CLUB AFTER SCHOOL CARE

Grades K - 6 • August 15, 2017 - June 2, 2018

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Drop-ins if space is available
- Talented staff with low child-to-staff ratio
- Dedicated, supervised homework room
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- High quality programming to keep your children engaged from start to finish



For fees or to register: mandeljcc.org/kidsclub • (216) 831-0700 ext. 1322 • 26001 S. Woodland Road, Beachwood, 44122

Geauga Savings Bank Holds Beachwood Ribbon Cutting

On Tuesday, June 27, Geauga Savings Bank held an official ribbon-cutting ceremony to formally open its Beachwood office, located at 24755 Chagrin Blvd., Suite 110, which offers a full line of retail banking, mortgage lending and business banking services.

"We are delighted to be part of this wonderful community," said Jim Kleinfelter, president and CEO of Geauga Savings Bank. "Management has been working for some time on creating a meaningful presence in Beachwood. The city's administration has been cooperative and welcoming; and with Bob Bloom, Dell Duncan and others' deep roots in Beachwood and the surrounding area, it was only natural to expand here."

Duncan, executive vice president,

added, "We already offer all our loan, and most of our deposit services out of the Beachwood office; full-service banking is anticipated in the next few months. With our numerous electronic banking options, customers can already access a full range of GSB banking services, delivered with a consistently high level of service. In an era of bank consolidation, management is excited to be bringing community banking to Beachwood and the Greater Cleveland market."

Geauga is looking to actively grow commercial relationships in the Northeast Ohio market. The new office brings the expertise of staff and a bank focused on providing banking support for our community, from our community.

Another member of the Beach-

wood team is Ron Webb, VP of Residential Mortgage Lending, who will provide residential mortgage lending services.

About Geauga Savings Bank

Since 1983, Geauga Savings Bank has been serving Geauga County as a locally owned and operated institution. The staff is committed to

helping their neighbors realize the great American Dream of financial independence. To learn more, visit www.GeaugaSavings.com.

Pictured: Mayor Merle S. Gorden presents a proclamation to James E. Kleinfelter, president and CEO (left) and Robert M. Bloom, chairman of the board.



Learn more about the Beachwood Chamber of Commerce, "Your Voice in the Business Community;" by visiting www.beachwood.org or calling 216.831.0003.



Your Voice in the Business Community

Friday, September 8th

Check in Begins at 8 a.m.
Shotgun Start at 9 a.m.

Hit Your Best Shot!

Eat, Network, Play, & Eat Some More

Enjoy great food before, during, and after golfing!

On the Course:

- Beverage cart
- Hole contests & other games

There will also be a 50/50 held at the dinner with the proceeds benefiting the Beachwood Chamber Business Scholarship and Harland Diamond Culinary Arts Scholarship.

Information at Beachwood.org



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golf 2017 outing

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150 YEARS



Menorah Park recently held its annual prom at which Ben Zide (93) and Marie Weiss (98) were crowned king and queen. Frank & Dean impersonators performed, everyone sang along to their favorite songs, and fun was had by all.

History Book Club at the Beachwood Library

September 6 • 7 pm

On September 6, the History Book Club at the Beachwood Library will discuss *Salt: A World History*, by Mark Kurlansky. Start reading today – newcomers are always welcome. For more information and to be put on the group email list, contact Margaret Reardon at margaret_reardon@att.net or 440.292.7739.

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AWARD DINNER

Sunday, August 27, 2017
5:00 pm Cocktails; 5:45 pm Dinner

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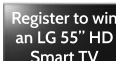
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216.464.6560
martin.horwitz@beachwoodohio.com

JUSTIN BERNS



216.509.6509
justin.berns@beachwoodohio.com

ALEC ISAACSON



216.291.2797
alec.isaacson@beachwoodohio.com

MELVIN JACOBS



216.464.1541
melvin.jacobs@beachwoodohio.com

BARBARA BELLIN JANOVITZ



216.406.5914
barbara.janovitz@beachwoodohio.com

BRIAN LINICK



216.496.0202
brian.linick@beachwoodohio.com

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james.pasch@beachwoodohio.com

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BEACHWOOD CITY SCHOOLS
BEACHWOOD CHAMBER OF COMMERCE



BEACHWOOD FALL FESTIVAL

SUNDAY, OCTOBER 8

NOON - 6:00 PM • BEACHWOOD CITY HALL

FOOD TRUCKS - CRAFTS - GAMES - LIVE MUSIC
UNIQUE BOUTIQUE - PUMPKIN PATCH

HOMECOMING WEEKEND

QUESTIONS? CALL 216-292-1970 OR VISIT WWW.BEACHWOODOHIO.COM



City Contact Information

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

BE PART OF BEACHWOOD'S LEGACY

Beachwood will be appointing a nine member Charter Review Commission to review the City of Beachwood Charter. Our Charter defines its governing system and acts as its constitution. Chartered cities are permitted more latitude in governance. The Beachwood Charter can be viewed at www.beachwoodohio.com under the "Government" tab.

The City of Beachwood Charter Review Commission will be tasked with reviewing the City's Charter and making recommended changes to City Council for consideration. Any City Council approved changes will go before voters in 2018.

Any resident interested in suggesting a specific change (to our Charter) for consideration by this commission should do so by submitting in writing to the Clerk of Council. If you are interested in volunteering, please submit a letter of interest along with a resume or biography to the Clerk of Council via email at whitney.crook@beachwoodohio.com. Interested individuals must be residents and registered voters.

PERSONAL SHRED DAY

ALONG WITH

HABITAT FOR HUMANITY RESTORE DROP-OFF

SUNDAY, SEPTEMBER 24
9 A.M. – NOON

BEACHWOOD COMMUNITY CENTER
PARKING LOT

Beachwood residents can have up to 12 blue grocery bags or 6 banker boxes shredded on site for free. Proof of residency required. Rain or shine.



HABITAT FOR HUMANITY

Donate to Habitat for Humanity with usable household items and construction/rehab materials. Accepted items include furniture, appliances (stoves, dishwashers, washer/dryers), sinks, toilets, vanities, counter tops, tile, tools of all kinds, landscape materials, doors, electrical fixtures, plumbing materials, wood (6 – 8 ft.), bricks/blocks, tables/chairs, kitchen cabinets, etc. Items must be complete, clean and usable. A tax receipt is available. Pick-up arrangements can be made for larger items by calling 216.429-3631.

HONKIN HAULIN

HANDS-ON TRUCKS

18TH ANNUAL



SUNDAY, SEPTEMBER 17
12:00 NOON – 3:00 P.M.
MUNICIPAL SERVICE CENTER



Get into the driver's seat of trucks including: Fire Engines, Ambulance, Rubbish Truck, Front End Loader, Dump Truck and more! Questions? Call 216.292.1970

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, August 14 & September 5. 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, August 31 Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, August 14 & September 5. Questions? 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

ART EXHIBITS

Beachwood Community Center
MON – FRI • 9 A.M. – 4 P.M.
SAT • 10 A.M. – 3 P.M., SUN • 10 A.M. – 1 P.M.



BRIGHT, BOLD AND BEAUTIFUL

JULY 26 – AUGUST 19

Hilda Gabarron Ordorica a.k.a. higo-impressionism and post-impressionism expression
Jack Krayne, contemporary art
John Saile, abstraction

Artists' Reception:
Sunday, July 30 from 1 – 2:30 p.m.

ART FROM THE HEART

AUGUST 23 – SEPTEMBER 16

Bobbi Koplou - expressionistic painter
Linda Merchant - wildlife and contemporary realism
Betty Skufka - vibrant oil paintings

Artists' Reception:
Sunday, August 27 from 1 – 2:30 p.m.

OF SPECIAL NOTE

ATTENTION BICYCLISTS

Slow down in parks and share paths. Maximum bike speed is 10 mph and cyclists should pass on the left. Use verbal signals. Cyclists are encouraged to wear helmets. Individuals under the age of 16 are required to wear helmets.

NO SOLICITING PLEASE

It is legal to door-to-door solicit in Beachwood, provided the solicitor has a license obtained by the Beachwood Police Department. Solicitation hours: Monday – Thursday, 9 AM – 9 PM; Friday, 9 AM – 5 PM; Saturday and Sunday, 10 AM – 4 PM. Any person who solicits for an organization which is not for profit, which has a charitable purpose or which is a nonprofit educational institution or public school is permitted to solicit without a permit.



RX DRUG DROP BOX

A prescription drug drop-off box is located in the Police Department lobby for unused, unwanted or expired prescription drugs. Drugs can be dropped off Monday – Friday, 8:00 a.m. – 4:30 p.m. No liquids or needles. No special containers needed.

AMERICAN RED CROSS BLOOD DRIVE

FRIDAY, AUGUST 18 - 1:00 – 7:00 P.M.
BEACHWOOD COMMUNITY CENTER



AVOID TELEMARKETING SCHEMES

- Don't answer calls from someone you don't know.
- Register your phone number on the Do Not Call List at www.donotcall.gov.
- Take your time. If it is a good deal now, it will still be a good deal after you take time to check out the company. Visit bbb.org/cleveland or call 216.241.7678.
- Know who you are investing with. Be very careful about investing with an unknown caller who insists on an immediate decision or promises large returns.
- Don't give your credit card information over the phone.
- Don't feel pressured. If the caller won't take "no" for an answer, or will not let you get off the phone, hang up immediately.



Council Update

BEACHWOOD FAMILY AQUATIC CENTER END OF SEASON DATES

Here is your official guide to the Beachwood Family Aquatic Center days and hours of operation for the remainder of the 2017 Season. Questions? Call 216-292-1973



AUGUST 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	14	15	16 First day of School CLOSED	17 Lap ONLY: 6:30-8:30 a.m. Regular Swim: 4-8 p.m.	18 Lap ONLY: 6:30-8:30 a.m. Regular Swim: 4-8 p.m.	19 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m.
20 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m	21 CLOSED	22 CLOSED	23 CLOSED	24 Lap ONLY: 6:30-8:30 a.m. Regular Swim: 4-8 p.m.	25 Lap ONLY: 6:30-8:30 a.m. Regular Swim: 4-8 p.m.	26 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m
27 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m	28 CLOSED	29 CLOSED	30 CLOSED	31 Lap ONLY: 6:30-8:30 a.m. Regular Swim: 4-8 p.m.	1 Lap ONLY: 6:30-8:30 a.m. Regular Swim: 4-8 p.m	2 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m
3 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m	4 Lap ONLY: 9-10:45 a.m. Regular Swim: 11:30-7:30 p.m					

Due to staffing levels for your safety select features may be unavailable.

BEACHWOOD RECREATION COMMUNITY THEATER ANNOUNCES AUDITIONS



Annie

QUESTIONS?
Call 216.292.1970

Monologues available at
www.beachwoodohio.com

MONDAY, SEPTEMBER 11 • GRADES 3 – 5
TUESDAY, SEPTEMBER 12 • GRADES 6 – 12
WEDNESDAY, SEPTEMBER 13 • ADULTS & CALL BACKS

7:00 P.M. AT BEACHWOOD MIDDLE SCHOOL



**2017-2018
 Beachwood City Schools
 Elderclass Programs**

Join us for lunch in



at 12:00 p.m.
 followed by a wide variety of
 entertainment at 1:00 p.m.

Thursday, September 7, 2017

The Russian Duo
Russian Folk Music

Thursday, October 19, 2017

Bill Rudman
"Everything I learned about life, I learned from Musical Theater"

Thursday, November 9, 2017

Felicia Stadelman
"Odd Artists"

Thursday, January 11, 2018

The Moss Stanley Trio
Piano Trio

Thursday, February 8, 2018

Marshall Griffith and Guest
Pianist with accompanist

Thursday, March 8, 2018

Beachwood High School Students
yet-to-be-determined musical presentation

Thursday, April 12, 2018

The Salzedo Harp Duo
Nancy Lendrim & Jody Guinn

Thursday, May 10, 2018

Ron Papaleo
60's Pop Classics, 70's Dance Hits, etc.

For more information
 phone 216.464.2600 or email
 ddhuse@beachwoodschoools.org

2017 Opening School Schedule

Thursday, Aug. 10	New Family Orientation (Grades 3-5)	9 am	Hilltop
	New Family Orientation (Grades K-2)	10:30 am	Bryden
	New to District Student Luncheon (Grades 1 & 2)	11:30 am	Bryden
	Drop In Time (Grades 1 & 2)	1 pm	Bryden
Friday, Aug. 11	Kindergarten Visits (Scheduled)	All day	Bryden
Sunday, Aug. 13	All School Back to School Fest and Ice Cream Social	5 pm	BHS (Open to All Families)
Monday, Aug. 14	Drop in Time (Grades 3-5)	4 pm	Hilltop
Wednesday, Aug. 16	SCHOOL STARTS		
Friday, Aug. 18	Football Scrimmage vs. Hawken	7 pm	BHS Main Stadium
Tuesday, Aug. 22	3rd Grade Open House	5:30 pm	Hilltop
Wednesday, Aug. 23	4th Grade Open House	5:30 pm	Hilltop
Thursday, Aug. 24	5th Grade Open House	5:30 pm	Hilltop
Friday, Aug. 25	Football Game vs. North High School - Akron	7 pm	BHS Main Stadium
Tuesday, Aug. 29	Preschool Back to School Night	7 pm	Fairmount
Friday, Sept. 1	Football Game vs. East Technical HS	7 pm	BHS Main Stadium
Thursday, Sept. 7	BMS Open House	5:30 pm	BMS
Wednesday, Sept. 13	BHS Open House	7 pm	BHS



Join us for a
Celebration Dinner
 to congratulate
 Beachwood High School's
 first state championship team,
 girls track and field.

August 25, 2017
 Beachwood High School
 Community Meeting Room
 5 pm

\$10 per person
 RSVP and make payments at
www.beachwoodschoools.org/winnersdinner.aspx

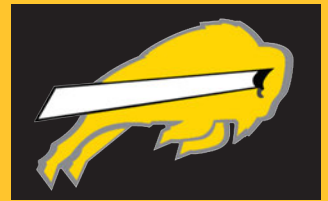
SAVE THE DATE
Homecoming
Weekend

October
6,7,8



ADMINISTRATION

Dr. 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
Dr. 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, Director of Marketing & Communications, 464-2600 ext. 237 • swallenstein@beachwoodschoools.org



BACK to SCHOOL FEST

Join Beachwood
Schools for our
**ANNUAL MEET
THE PRINCIPALS**
Back to School Fest

Beachwood High School
Sunday, August 13 • 5 pm - 7 pm

MEET THE PRINCIPALS

Tony Srithai (BHS), Paul Chase (BMS),
Rebecca Holthaus (Hilltop) and Sherry Miller (Bryden)



CATCH
UP WITH
FRIENDS

CHECK OUT THE STUDENT COUNCIL & THE PARENT SUPPORT GROUPS

PTO, Athletic Boosters, Beachwood Schools Foundation,
Diversity Matters in Beachwood and the Alumni Association
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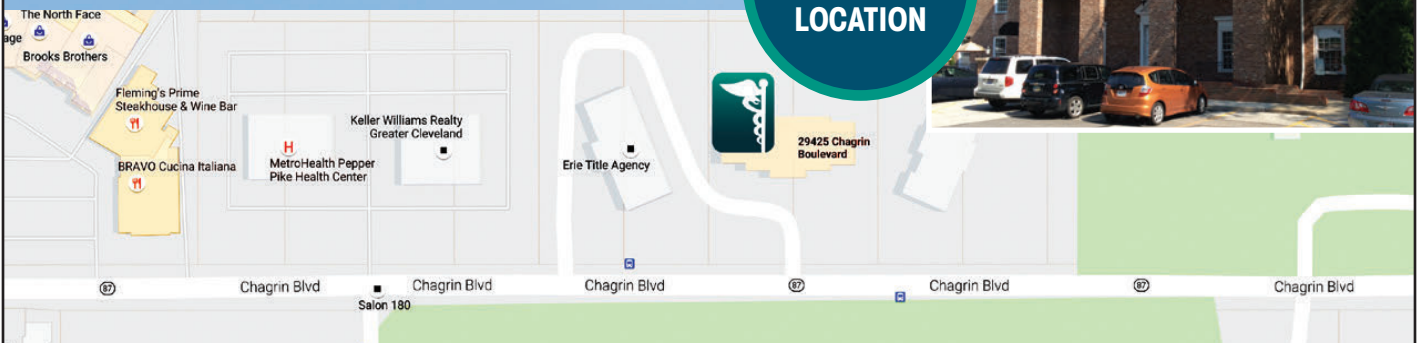
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Eric S. Lawrence, D.D.S.
ORTHODONTICS & TMJ DISORDER

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PsychBC Again Achieves Behavioral Health Care Accreditation from the Joint Commission

PsychBC, Ohio's largest privately held outpatient behavioral health care practice, headquartered in Beachwood, recently announced it has once again earned The Joint Commission's Gold Seal of Approval® for Behavioral Health Care Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective care.

PsychBC underwent a rigorous onsite survey in May 2017. During the review, compliance with behavioral health care standards were evaluated in the following areas: care, treatment and services; environment of care; leadership; and screening procedures for the early detection of imminent harm. Onsite observations and interviews also were conducted.

Established in 1969, The Joint Commission's Behavioral Health Care Accreditation Program currently accredits more than 2,250 organizations for a three-year period. Accredited organizations provide treatment and services within a variety of settings across the care continuum for individuals who have mental health, addiction, eating disorder, intellectual/developmental disability, and/or child-welfare related needs.

"PsychBC is pleased to receive Behavioral Health Care Accreditation from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added

Donald Sykes, managing director. "Staff from across the organization continue to work together to develop and implement approaches and strategies that have the potential to improve care for those in our community."

The Joint Commission's behavioral health care standards are developed in consultation with health care experts and providers, quality improvement measurement experts, and individuals and their families. The standards are informed by scientific literature and expert consensus to help organizations measure, assess and improve performance.

PsychBC has also been named a Top Workplace in Northeast Ohio for the second time, and was the only private behavioral health care group practice named to the annual Top Workplaces in Northeast Ohio ranking, sponsored by *The Cleveland Plain Dealer*/cleveland.com.

Each year, the survey names the best places to work in Northeast Ohio based solely on comments by staff. The survey is conducted by independent workplace consultant Workplace Dynamics.

"The best workplaces always look to improve. After all, it's a journey, not a destination."

"PsychBC is deeply honored to receive a Top Workplace in Northeast Ohio Award for the second time," said Donald Sykes, managing director. "It is our great privilege to work with such a talented team of devoted staff members. This award belongs to them."

Torah Institute

Torah Institute, free and open to the community, will feature guest speaker Rabbi Steve Segar of Congregation Kol HaLev, whose topic will be "What I Learned on an Interfaith Journey to Israel."

The event will take place Monday, August 28, 10:30 – 11:30 am, in the Montefiore Maltz Chapel, One David N. Myers Parkway, Beachwood.

Light refreshments will be served. No reservations are needed.

For more information, please call Rabbi Joel Chazin at 216.910.2522.

Programs at The Gathering Place

The Gathering Place is a cancer support center that provides free programs and services to help individuals and families currently coping with the impact of a cancer diagnosis in their lives. Free programs are provided for adults, teens and children and include support groups, family and individual support, a lending library, a wig salon, exercise programs, hands-on cooking classes, art therapy and more. The Gathering Place has locations in Beachwood and Westlake. Visit www.touchedbycancer.org for a listing of all programs and services or call 216.595.9546 to talk with a staff member. Upcoming Beachwood programs listed below require advance registration by calling 216.595.9546, unless otherwise noted.

Prostate Cancer Information Session

Thursdays, August 10 and September 14 • 5:30-6:15 pm
Men (only) diagnosed within the last 6 months. No registration required.

Forest Therapy

Wednesday August 23 • 6 – 8 pm
Immerse yourself in the healing energy of nature. Learn about the wellness benefits of Forest Therapy, then experience

it in Norma's garden at The Gathering Place. Facilitator: Mary Alice Mastrovito

Yoga and Art: Using all Your Senses

Thursday, August 24
3:30 – 5:30 pm
Use all of your senses while practicing gentle yoga movements, then create an art project.

Treatment Side Effects: Chemobrain and Neuropathy
Tues., September 5 • 6:30 – 8 pm
Learn strategies to manage these common side effects.
Presenter: Beth McLaughlin, MD

Exercise for Chemobrain
Tuesdays and Thursdays, September 5 – 28 • 1:30 – 2:15 pm
Learn exercises to enhance cognitive function after chemotherapy. Participants are encouraged to attend all four weeks.

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Be Sun Smart!

Roy Buchinsky, MD



Are you and your family sun-lovers? If a Cleveland summer finds you and your kids at the beach, the pool, the tennis court or soaking up some rays in other ways, you need to practice sun safety, says Roy Buchinsky, an internal medicine physician at University Hospitals Ahuja Medical Center.

“Our knowledge of the long-term effects of exposure to ultraviolet rays – sunlight – has advanced considerably over the past two decades,” he notes. “Exposure to UV rays from the sun or a tanning bed is now considered the most important modifiable risk factor for skin cancer.” Sun exposure is also the culprit in development of early cataracts and unwanted cosmetic changes to the skin such as irregular coloration, wrinkles and loss of skin tone.

What About Vitamin D?

Vitamin D is essential for our bodies to use calcium and phosphorus, two minerals that build and maintain healthy bones. At one time, doctors recommended exposure to sun as a way to absorb vitamin D. That thinking has changed, though, in the face of the strong scientific evidence for UV rays as a cancer-causing agent.

“We now believe the risks of skin cancer from UV exposure outweigh the benefits of vitamin D we get from sunshine,” Dr. Buchinsky says. “We can get vitamin D from a healthy diet, and it offers the same benefits to bone health as vitamin D from the sun.”

Milk fortified with vitamin D, cheese, yogurt, vitamin D-fortified cereal, salmon and tuna are all good dietary sources, without the risk of skin cancer. If you don't include any of these foods in your family's meals on a regular basis and are concerned your family may not be getting enough vitamin D, Dr. Buchinsky suggests talking to your primary care doctor about a vitamin supplement.

Be Safe in the Sun: Slip, Slop, Slap and Wrap

- **Slip** on a shirt
- **Slop** on the 30+ sunscreen
- **Slap** on a hat
- **Wrap** on some sunglasses

Practice Sun-Smarts

Being sun-smart is all about protecting your skin from the sun's damaging rays. The basics are simple, Dr. Buchinsky notes. “Apply sunscreen every time you go outside – for yourself and your kids, and reapply every few hours or after swimming. Avoid the sun between 10 a.m. and 2 p.m. if possible, and cover up with a lightweight, long-sleeved shirt and a hat or visor to shield your face if you are in the sun during prime time.” And, he adds, “Stay away from tanning beds. Their UV rays are just as damaging as what you get from the sun.”

It is true that some people are at higher risk for skin cancer than others. People with fair skin or with blue or green eyes have a higher risk of developing skin cancer compared to people with darker skin tones and eye colors, according to the Centers for Disease Control and Prevention (CDC). Everyone's skin can be damaged by UV exposure, but people who always burn or burn easily are at the highest risk, the CDC also reports.

“You can't undo existing sun damage to your skin, but it's never too late to start taking precautions,”
Dr. Buchinsky says.

Skin Cancer Signs and Symptoms

Brownish spots on the skin; changes in a mole's color or size; or small, irregular-shaped, red, white, blue or blue-black lesions are some of the most common symptoms of skin cancer. “If you notice any changes to your skin that worry you, don't wait to make an appointment with your primary care doctor,” Dr. Buchinsky says. Your UH internal medicine or family medicine doctor can examine any skin changes that concern you and refer you to a UH dermatologist for further evaluation if necessary.

“You can't undo existing sun damage to your skin, but it's never too late to start taking precautions,” Dr. Buchinsky says. “Enjoy being outdoors in the sunshine, but be smart about it and protect yourself and your family.”

To make an appointment with Dr. Buchinsky at UH Ahuja Medical Center call (216) 285-5050.

Interns Gain Real World Experience Through Hillel Summer Program

By June Scharf

Cleveland Hillel has a finely-chiseled mission to grow the population of Jewish college graduates who return to northeast Ohio for their lives and livelihoods. It's executing this plan with increasing precision through a nine-year-old summer internship program that's designed to be a win-win situation for all involved. This year, 31 businesses and 44 students are participating.

Interns follow a selection process involving a skype interview, followed by interviews with potential employers. Students must be entering their junior or senior year of college. All positions pay an average rate of \$12 per hour for a 40-hour week. Applications are accepted online at www.clevelandhillel.org/sip-summer-internship-program, with a deadline at the end of January.

Shawna Rosner, Hillel summer internship program director, says she has received overwhelmingly positive feedback. "Many employers tell us they'd hire their interns on a permanent basis, and some contract with them to work remotely during the school year or during breaks." Students report feeling fulfillment from learning new skills through their employers' well-organized approach to task assignment and support.

A new element added last summer is a mentor feature where students are matched with an expert in their field of interest who works outside of their employer's office, according to Rosner. "This offers students the chance to network and possibly discover new opportunities for internships or full-time employment in Cleveland," she explains.

Another key part of the internship program is the five immersion experiences spread throughout the summer when students gather for planned activities, all of which involve exposure to pockets of Cleveland and to individuals involved with those neighborhoods. Lolly the Trolley tours and walking tours are examples, with excursions

to University Circle, Hingetown, Ohio City, Gordon Square and downtown. Students also visited a University Circle apartment to gain a sense for the lifestyle in the area.

"It's nice for the students to socialize with each other. Many are reacquainting themselves with friends, but they're also meeting new people," says Rosner. Part of the agenda is to allow the influence of friends who move back to Cleveland to affect others so they will do the same.

"We want the students to have a feel for the city in the hope that they will return. We want them to work and play here," says Rosner. An average of about 30% of the internship alumni have returned for at least a year or two.

All interns receive a mid-way review, which is shared with Rosner so she has a solid sense of the students' progress. Internship opportunities are not limited to any specific field, and Rosner's department works to

expand the number of businesses involved each year.

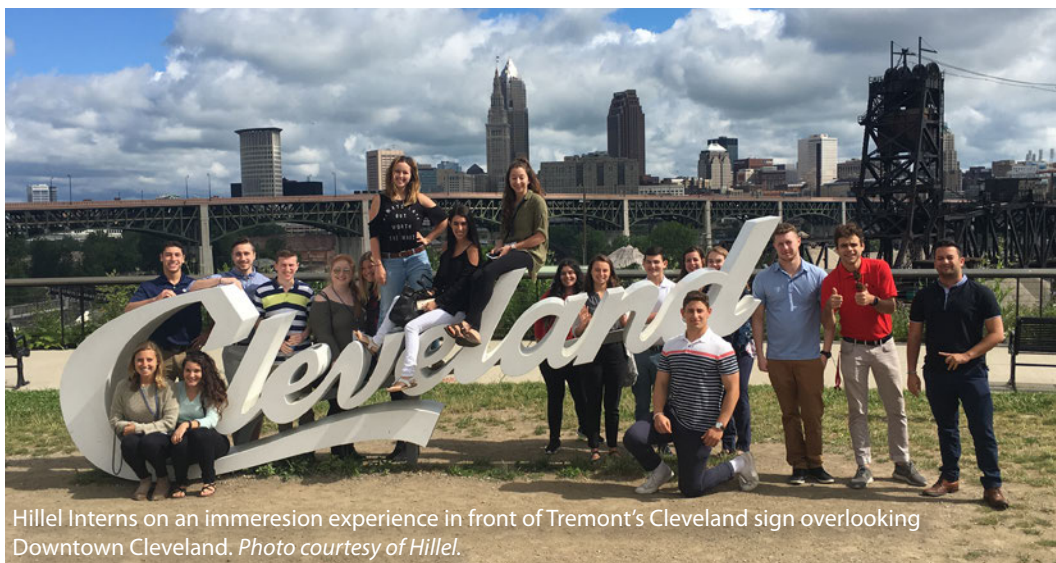
Some of the Beachwood students and their employers who are participating in the program have shared with the Buzz some details surrounding their summer experiences.

**Dean Granot, senior,
The Ohio State University
Nurenberg, Paris,
Heller & McCarthy**

With the intention of attending law school after he graduates, Dean says he's having a very worthwhile summer, working with attorneys and paralegals on plaintiffs' personal injury cases. "The amount of work required to pursue one case is extraordinary," he says. He mentions having the realization that "attorneys need to act like Sherlock Holmes." There's a puzzle and "you need to make sure you have all of the pieces." He says he likes the investigative work associated with deposi-

tions and the exposure to trials, particularly one he witnessed that lasted four days.

Tamara Brininger, senior paralegal and community initiatives coordinator who supervises Granot, says the internship offers more than a shadowing experience. "By the time interns leave, they will have worked on meaty projects and will have a well-rounded vision of the personal injury case timeline, including the in-take process through hearings, pre-trials and a possible trial." She adds that interns help to prepare for trial by reviewing documents, summarizing testimony, working with expert witnesses, preparing medical summaries and mediation packages, as well as PowerPoint presentations. The firm has been involved with the Hillel internship program for seven years. "I love internship season and sharing what we do. The interns are absolutely productive, too," she states.



Hillel Interns on an immersion experience in front of Tremont's Cleveland sign overlooking Downtown Cleveland. Photo courtesy of Hillel.

**Max Millstein, senior,
Indiana University
Jewish Federation of Cleveland**

Max is majoring in informatics, a new arena that wrestles with technology and finds ways for its application to solve commercial challenges. "It's basically about how technology can help a business grow." He's directly engaging this knowledge in his work using Microsoft's Power Business Intelligence program, an interactive data visualization tool. Essentially, it's a platform to manipulate data analytics. What he enjoys in this internship is the way his role is specific and well defined, allowing him to focus. "I'm learning a lot and understanding what everything means," he says. A previous internship at a start-up in Tel Aviv required him "to do whatever needed to be done" which was a very different work culture and more difficult to navigate, leaving him overwhelmed. With this internship, he feels he's gaining valuable skills, since many big companies are using the new software platform.

Dan Strom, chief information officer, oversees Max's work and has carved out a space for him to allow data analytics to drive solutions. "We will make decisions based on data that tell a story," he explains. He has assigned tasks revolving around data cleansing and data population in areas where there are gaps in a data base. Simultaneously, the prescribed goal is for the intern to finish with real-life experience in data analysis and a sense of being an active member of the team. "Max truly has contributed to the success of the IT department," he adds.

**Brett Dubin, senior,
Shenandoah University
Ganley Volkswagen and
Alfa Romeo**

Being a self-described "people person," Brett says he feels very comfortable slipping into any role requiring customer service, as is

necessary in a car dealership no matter what task you are assigned. He finds the relationships he has built with other staff members and customers to be rewarding. His happily admits that his knowledge of cars has increased dramatically, too, but what has surprised him the most is the behind-the-scenes work required to prepare a car for purchase. "The clean-up and detailing needed to get a car perfectly ready for the customer is extensive," he says.

**Jared Goldhamer, senior,
Miami University
Ganley Subaru**

What came as a challenge to Jared was the customer-facing aspects of work in a car dealership since he had no previous experience in this capacity. "Having a good rapport with customers is a new skill set for me," he says. "Every two minutes, someone needs to talk to you. This is definitely not a desk job." He has moved through different departments, including sales, service, finance and accounting, and he's been able to apply some of the lessons he learned as a finance major. "Building customer relationship skills will go a long way for me."

John Romeo, Ganley sales manager, says that stressing sales skills is a key part of the internship at the car dealer. "If the interns decide to go out into the world to sell, they will have ground floor experience with it by working here." He says he teaches professional selling skills such as how to greet customers and how to dress, along with being sensitive to anything in the showroom that doesn't belong there, like a coffee cup. He also teaches them to ask "yes" questions, followed by "what, where and why" questions: where did you see our ad, where do you work, what do you like about your old car, etc. He reminds interns that it's important to create a dialogue. Under his guidance, interns also learn the inventory

process involving stocking in cars.
**David Spero, senior,
Yeshiva University
The NRP Group**

What David is gleaming from his internship is a broadening of his technical accounting skills and the discovery of the real estate sector as a possible area in which to practice accounting one day. He also has learned the critical importance of staying organized while working on a project that has many components. "From the onset, if I didn't have a clear set plan and constant communication with my supervisors, I wouldn't have been able to complete the task and would be back to square one," he states. He also has been preparing and testing data to be imported into the company's accounting system. This is part of a project to add tax-basis books and implement fixed asset software, which will enable senior management to make better forecasts, he explains. One lesson he'll leave with is that "it's okay to not know everything right away." At NRP, he says everyone is willing to help and "they want you to succeed as an intern and also in your career."

Nina Woolf, manager of property management accounting, assists David with staying on track by specifying how long a task should take to complete, and she has him send status reports daily. She also provides feedback right away. She notes the hope is to help interns narrow down the focus of the area of accounting they will want to pursue, while also having them walk away feeling that NRP and Cleveland are great places to work.

Rick Schultz, human resources director, adds that the internship program has been a valuable part of the company culture for the past eight years. "The company has a deep sense of responsibility in setting the stage to provide meaningful, real

world experience," he states.
**Josh Friedman, senior,
University of Cincinnati
Envision Radio Network**

Josh's career aspirations remain uncertain, which is why he believes that an internship offers a valuable opportunity to gain some insight that can guide his thought process. One thing he says he's learned so far is that "even small tasks have big effects – there's no such thing as a pointless job, everything has meaning." But equally as important, he says he's discovered that "people don't respond to voicemail much anymore." One of his projects has involved using Salesforce software to map out leads for different services. He's also developed spreadsheets and infographics to reveal trends. The immersion experiences organized by Hillel were particularly enjoyable, he notes, allowing him to see parts of Cleveland he otherwise would have missed. He also liked having the chance to interact with other interns on those occasions.

Laura Wolkoff, chief operating officer, says that everyone benefits from the internship arrangement. "We're giving our interns an understanding of how a small business runs and they'll gain new skills or improve the ones they already possess." She says interns become involved with all aspects of the company and represent the company when necessary. "They help with work flow and many new initiatives," she says, adding that it's "a very symbiotic process." She feels strongly about being involved with the internship program because it contributes to exposing people early in their careers to what's available in Cleveland. "It's a great economic development tool."

Anyone interested in offering an internship is encouraged to contact Rosner at Hillel, 216.231.0040 or srosner@clevelandhillel.org.



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HEY NEIGHBOR

By Arlene Fine

So Many Toys, So Little Time

Move over Buzz Lightyear – I, too, have a Toy Story to tell.

My tale is about the 25 boxes of toys that filled my family room last month in anticipation of a weeklong visit by our grandchildren.

These toys, all courtesies of the Cuyahoga County Public Library, took our delighted grandchildren, ages 3 and 6 “to infinity and beyond.”

We parceled out a few toys a day to the kids, who set upon them eagerly, with us at their side – winding our way through magnetic mazes, putting together puzzles, building large wooden block towers and playing memory games. And, since most of the toys come with a book related to the toy’s theme, we had lots of opportunities to read storybooks together. Who can resist the rhythmical charm of “Cat in the Hat,” or the huffing and puffing of a beautifully illustrated version of “The Three Little Pigs.”

I learned about the toy-lending library from Aime Lurie and Marcia Klein, both members of the Beachwood library staff. The librarians told me I could borrow as many as 50 toys at a time for three weeks from the library system – at no charge.

What a revelation. No more hunting through toy stores looking for age-appropriate toys – all I had to do was access the Cuyahoga County Public Library website and scroll through an illustrated gallery of 1,107 age-appropriate toys designed to encourage stimulating and educational play for kids from birth to 10-years-old.

The library’s toy collection is not just all fun and games. Toys are purchased with the idea of encouraging healthy mental, social and physical development and are organized in the following categories: baby/toddler, blocks, games, learning skills, literacy, math, music, pretend play, puppets, puzzles, science and nature. They even provide adaptive toys for children with special needs.

The other great thing about the library’s toy collection is that the vast majority of toys are powered by imagination, not batteries. My granddaughter took a particular fancy to a brightly colored parquetry puzzle and my grandson was enthralled with a simple game of horseshoes – as was my husband.

You might wonder about the cleanliness and durability of toys that are actively circulated. Not to worry. Whenever a toy is checked back in, it is carefully examined for damage to ensure it’s safe to use. Any toy that’s damaged is repaired before returning to circulation. Also, since young children tend to put toys in their mouths, the library staff cleans and disinfects all toys – particularly toys for young kids – before letting anyone else borrow them.

So whether you are a parent, grandparent, home schooler, run a daycare or are into toys yourself, check out the library’s toy collection. You can’t miss.

But after a week with our beguiling, but active, grandchildren, I must echo the wisdom of the late humorist, Sam

For information about the Cuyahoga County Public Library Toy Collection, call the Youth Literacy and Outreach Department at 216.749.9525 or speak to the children’s librarian at the Beachwood library. You can also access this site: <http://www.cuyahogalibrary.org/> click on borrow and scroll down to toys and story kits.

Levenson, who said, “the simplest toy, one in which even the youngest child can operate – is called a grandparent.”

Pictured: Car loaded with toys from the Cuyahoga County Public Library’s Toy Collection. The library’s toy collection includes lots of blocks and building toys for budding engineers and architects.



Montefiore President Seth Vilensky chosen for Jewish Leadership CEO Onboarding Program

Leading Edge, the Alliance for Excellence in Jewish Leadership, announced that Seth Vilensky, president and CEO of Montefiore in Beachwood, has been



chosen to be a member of the second cohort of their CEO Onboarding Program. This involves a 12-month, leadership-development process to help Jewish leaders across America in confronting daily challenges, while embracing opportunities within the Jewish community.

Comprised of 14 Jewish nonprofit leaders from around the nation, the CEO Onboarding Program will allow its members to cultivate their management skills while representing and strengthening Jewish leadership throughout their communities.

"It's an absolute honor to be chosen to be a member of the second cohort of this program. I'm excited to learn all that I can from this incredible group of emerging leaders to further develop Jewish influence in the nonprofit industry. I look forward to bringing this knowledge back to Montefiore to better serve our residents, families, volunteers and staff," said Vilensky.

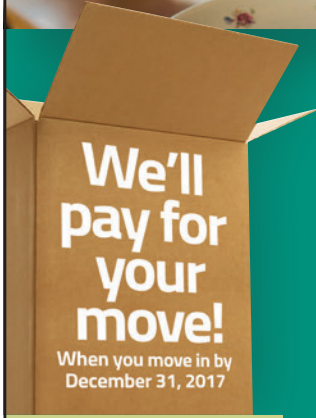
As a leader in senior healthcare since 1882, Montefiore continues to uphold Jewish values and traditions to best meet the needs of Cleveland's elderly. They are thrilled to be involved in this program.

"Congratulations to Seth on being selected to be part of this highly prestigious program. This achievement is an example of his excellent leadership and vision. The Montefiore Board of Directors is pleased to support him in this endeavor," said Ira Goffman, chair, Montefiore Board.

For more information regarding the Leading Edge CEO Onboarding Program, visit <http://leadingedge.org/ceonboarding/>.

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High Holiday Services at Menorah Park

Menorah Park invites the community to attend its free High Holiday Services on the Menorah Park Campus, in the Jennie and Jacob Sapirstein Synagogue, as follows:

- Erev Rosh Hashanah Mincha 9/20/17 • 4:15 pm
- First Day Rosh Hashanah 9/21/17 • 8:30 am
- Second Day Rosh Hashanah 9/22/17 • 8:30 am
- Yom Kippur Kol Nidre 9/29/17 • 7 pm
- Yom Kippur Morning Service 9/30/17 8:30 am
- Yom Kippur Mincha/Neilah 9/30/17 5:30 pm

For more information, contact Rabbi Howard Kutner at 216.831.5452, ext. 7708, or hkutner@menorahpark.org.

Reform services, led by Rabbi Susan Stone, will take place at R.H. Myers as follows:

- First Day Rosh Hashanah 9/21/17 • 9 am
- Yom Kippur Kol Nidre 9/29/17 • 7:30 pm
- Yom Kippur 9/30/17 • 9 am

Due to limited parking at R.H. Myers, extra parking will be available across the street at The Acacia Metroparks Reservation. A shuttle bus will run between Acacia and R.H. Myers on September 21 from 8:30 – 9 am and from 11 am – 12:30 pm. Shuttle bus service will not be available on September 29 or September 30. For more information, contact Megan Cisler at 216.360.8203 or mcisler@menorahpark.org.

Israel Bonds Sponsors Luncheon

On June 21, The Israel Bonds Cleveland Women's Division held its Sponsors Luncheon at the home of Carolann and Martin Cohen. The event was designed to encourage women to participate in the Israel Bonds campaign. Event chairs were Sandy Wuliger and Becky Heller. Guest speaker Dr. Samantha Ravich, senior adviser at the Foundation for Defense of Democracies' Center on Sanction and Illicit Finance, a renowned



Stephany Bass and Joan Yedid at the The Israel Bonds Cleveland Women's Division Sponsors Luncheon. Photo by Marc Golub.

expert on cyber-enabled economic warfare, spoke about the threat of cyber terrorism and how the United States and Israel are cooperating to combat the threat. Also attending was Michelle Klahr, National Women's Division director. Stephany Bass, Cleveland Women's Division chair, announced that the Cleveland Women's Division investment in Israel Bonds to date in 2017 is at \$1.7 million.

Development Corporation for Israel/ Israel Bonds – a FINRA member broker dealer that underwrites securities issued by the State of Israel in the United States – ranks among Israel's most valued economic and strategic resources, with a record of proven success spanning sixty-six years. Praised for its dependability, the organization has helped build every sector of Israel's economy. The Israel Bonds office for Ohio and Kentucky is located in Beachwood. For more information contact Thomas Lockshin, executive director, at 216.454.0180.

Seeking Adventurers with a Good Heart for Israel Volunteer Experience

The Jewish Federation of Cleveland is now seeking participants ages 50 and over for "Volunteer Beit Shean," a hands-on volunteer experience to Beit Shean, Cleveland's sister city in Israel. The city is known for its world-class hiking trails, beautiful natural springs, amazing bird watching, and spectacular ancient ruins. Volunteers will immerse themselves in Israeli culture while improving the lives of others.

Mission participants will get to know Israel in a personal and powerful way by enjoying authentic Israeli cuisine and making new friends. They will help the people of Beit Shean with daily hands-on volunteer opportunities that may include tutoring children and helping improve their English language skills or participating in an archeological dig.

The 10-day program will take place from February 12 – 22, 2018. Program cost is \$1,000 and includes room, board, touring, and all local transportation. Participants are responsible for their own airfare.

Participants are invited to an information session on Monday, August 7 at 7:30 pm at the Jewish Federation of Cleveland's Jack, Joseph and Morton Mandel Building (25701 Science Park Drive, Beachwood) to hear about this life-changing experience from mission alumni, connect with fellow potential travelers, and meet Israeli staff who will be leading the trip.

"We are trying our best to savor what we saw, smelled, heard and tasted," said Arnie and Carol Feltoon, participants from the 2017 mission. "With each passing day we felt more at home there, and more attached to the land and its people. We look forward to a return to Israel hopefully in the not-too-distant future, with a visit to Beit Shean to renew friendships."

Volunteer Beit Shean is one of many volunteer opportunities offered through IMPACT!, the Federation's volunteer initiative for those ages 50+ that connects Jewish Clevelanders to meaningful and rewarding volunteer experiences in Cleveland and beyond.

To learn more and register for Volunteer Beit Shean, visit www.jewishcleveland.org or contact Susan Hyman at shyman@jfcleveland.org or 216.593.2887.

Park Synagogue's Country Fair

Join the fun at Park Synagogue's Country Fair, Sunday, August 27 at Park Synagogue East, 27500 Shaker Blvd., Pepper Pike, from 10:30 am to 2 pm. The event begins with a clergy/staff vs. member softball game, followed by a kosher lunch available for purchase (Sorry, no outside food allowed on grounds). The day of fun features live music by Replay, the Euclid Beach Rocket, Balloon Bender Dave, euro bungee trampoline, rock wall climb, farm-animal petting zoo and pony cart rides, dunk tank, yo-yo master, and much more! Prospective members may enter a drawing for a one-year free Park membership (must be present to win) and eat lunch for free. The Park Country Fair is free and open to the community. Questions and RSVPs to Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

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Last month I published an article with excerpts from Beachwood High School graduation speeches. This month, I share Andrew Feldman's entire speech, which more fully portrays his message.

What Do You Want to Be When You Grow Up?

Andrew Feldman



I am deeply honored and humbled to speak today before a community that has done so much for me, and I hope that I can do something in return for you.

When I look back at my four years at BHS, I see a period of incredible maturation and growth in my life (four-foot-nine to five-foot-seven to be exact). Yet, one constant within these years was an infamous question asked by cheek-pinching grandmas and rabbis alike, friends and funky uncles, "What do you want to be when you grow up?" First, I don't know a single high school freshman who knows what his future occupation will be. This prompted a variety of answers from me, most of which were failed attempts for a witty response.

It is not fair to express the depth of my Beachwood education through answering such a question. For those of you who do not know me very well, I'm planning on studying philosophy in college because I don't really want a useful degree. As my first foray into philosophy, I would like to pose a different question today, "Why do you want to be when you grow up?" For what purpose will you live later in life, what passion will drive you, why will you choose to exist each day? This is the question that BHS has set me on the path to answer.

This path began at the start of my Beachwood education. I did not begin my Beachwood career at Beachwood Middle School. Although I would have loved to

witness the seventh-grade love triangles I have heard so much about, this absence has benefited me greatly. Entering the Beachwood school system at a high school level has allowed me to cherish it from an outsider's perspective. The rigor of its courses, the guidance of its teachers, and the warmth of its community became more profound after each passing day.

Even before my first day at school, I was welcomed at orientation by faces that would soon become my closest friends. My freshman-year teachers created environments to accommodate our transition from middle school, supporting us in their curriculum inside and outside of class hours. Whether it was study hall, honors bio or lunch, my day was filled with academic curiosity and blossoming friendships. I learned, through personal experience, the power of hospitality and accommodation.

However, when I began my freshman year, I didn't tell people that my older brother Alec had passed away the year before. I told my new-found friends that I had two older brothers without giving any details of the third, and I avoided giving tours of my house for fear that knowledge of my brother's passing would make my new friends too uncomfortable. I feared how they would react, and his passing was a pervasive shadow over my freshman year.

As I opened up to select friends, all I received was endless support. They understood my hesitation

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and proved to me that I had become part of a community that was nothing but sympathetic. My friends were there for me if I needed to talk but they never pressured for details. They showed me what it meant to be supportive and how impactful a few friends can be.

The years went on and these friendships only grew stronger. I took harder classes, had more study sessions, played more ping pong at those study sessions, and passed my weekends by participating in the marching band and playing on the tennis team. I indulged in my interests and benefitted greatly. Through each of these activities, I was able to meet a new group of friends, to diversify my relationships, and learn more from the perspectives of others. Each of these groups allowed me to cherish the unique attributes of the other. BHS taught me to strive for a better life by seeking out my passions and surrounding myself by similarly driven people.

When my father passed away this past summer, I was amazed by the outpour of care from these various groups. People from every activity I loved came to support me. These groups were far more than people united by shared interests, they were communities filled with people who cared deeply about one another. This dynamic defines the Beachwood community.

I saw endless faces of my peers at my father's funeral, supporting me from the pews as I spoke of his character. I will never forget the crowds of students and faculty that came to support me and my family during our mourning. Teachers I had not had in years stood beside those who had yet to teach me; my best friends sat with distant acquaintances: every crowd of the Beachwood community unified in my time of loss. This is the strength of the Beachwood community.

When I begin to wonder why I want to be, I must consider the

Beachwood community. It has shown the strength of hospitality, of always exploring my interest, and most importantly, of creating communities to support one another. This does not happen by accident; it is the product of years of work and persistent care from our Beachwood community.

Beachwood High School has helped me to see the purpose I will live for, the passion that will drive me, why I will choose to wake up each day.

Thank you to the BHS faculty for years of incredible teaching and even greater mentorship. Thank you to the Beachwood parents of the Class of 2017 for raising us in the spirit of intellectual curiosity and friendliness. Thank you to the BHS administration for making schedules that sometimes make

sense. Thank you to the Class of 2017 for incredible memories. Thank you to the Beachwood community, you have supported and molded me in a way that will drive the rest of my life.

Beachwood High School has helped me to see the purpose I will live for, the passion that will drive me, why I will choose to wake up each day. I will strive to create a community wherever I go because I know that even when an individual is lost, the network of a community is lasting and supportive. The world is too unpredictable to plan on what you want to be, but each day of our lives we get to choose why we want to be. I hope that each of you can open yourselves to the intellectuality, support, and sympathy of Beachwood and find your own reasons to be. Thank you.

Andrew will be attending Northwestern University in Evanston this fall.



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10 Guideposts for Wholehearted Living

Is there any more vulnerable feeling than launching your child into the world on their own? You begin to wonder, question, hope, pray... Did I not just tell them but also show them how to be confident, authentic, considerate, compassionate, hard working and loyal? Did I teach them the importance of balance, setting boundaries with others, prioritizing self

care, being accountable... showing up for yourself, your responsibilities, and others in a way that those lessons have become core values? Did I give them the courage to try, fail, and try again? Did I

provide for them the foundation for what Brene Brown refers to as guideposts for wholehearted living in her book *Daring Greatly*?

10 Guideposts for Wholehearted Living, as published:

1. Cultivating Authenticity
2. Cultivating Self-Compassion
3. Cultivating a Resilient Spirit
4. Cultivating Gratitude and Joy
5. Cultivating Intuition and Trusting Faith
6. Cultivating Creativity
7. Cultivating Play and Rest
8. Cultivating Calm and Stillness
9. Cultivating Meaningful Work
10. Cultivating Laughter, Song and Dance

We can practice these guideposts for wholehearted living through honest self awareness, mindful choice, commitment to doing the work and great

courage to grow through life's many detours, challenges, disappointments and next chapters with strength, resilience and the resolve to be the best possible versions of ourselves. These guideposts can guide us whether we are launching a child, a career, a passion project or a new chapter. Letting go is what we must do to embrace and learn from our vulnerabilities.

The integration piece was inadvertently left out of the July article, Worrying Is A Part of Life. Here it is...

Integrating self soothing techniques to counteract worry takes no time at all and the results can be immediate and impactful. Going with the example of driving on the highway:

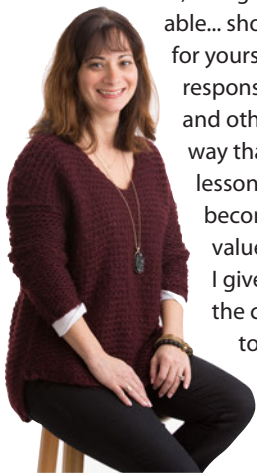
Breathe: Breathe in calm and breathe out worry. Breathe in deep full breaths as you say to yourself, "Breathe in calm". Exhale deeply as you say to yourself, "Breathe out worry". Keep your eyes open and your hands on the wheel.

Identify and repeat an empowering mantra: I can do this. I can do this. I can do this.

Positive distraction: Listen to music or a podcast in your car.

Practice gratitude awareness: I am grateful my car is in good working order. I am

These guideposts can guide us whether we are launching a child, a career, a passion project or a new chapter. Letting go is what we must do to embrace and learn from our vulnerabilities.



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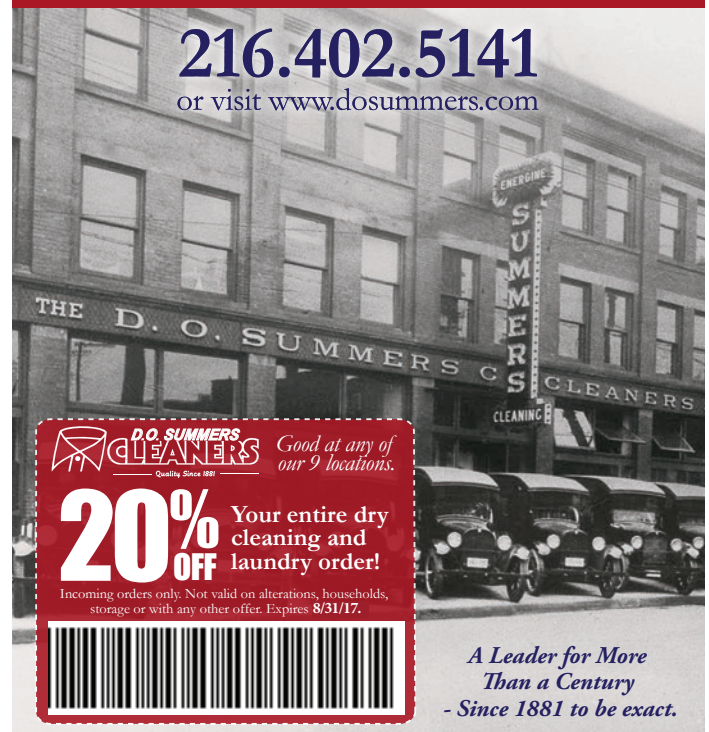
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Continued from previous page.

grateful my gas tank is full. I am grateful that I have control over how fast I am driving and how I focus on the road.

Let go of what you cannot control and focus on what you can control: I can not control how others drive but I can control how I drive. I can stay in the slow lane and drive the speed limit. I can wear my seat-belt. I can keep both hands on the steering wheel. I can focus on the road ahead without distraction.

Facts over feelings: The fact is millions of people drive on the highway without incident.

Fortunately, most of our worries are for naught. Stay in the present with what you know to be true and counterbalance worry with active self soothing techniques.

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.

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Woofstock 2017 A Tail-Wagging Good Time!

Geauga Humane Society's Rescue Village announces its annual outdoor dog- and family-friendly festival and fundraiser Woofstock, which will be movin' and groovin' at the Cleveland Metroparks Polo Field.

Woofstock 2017, the Dog Festival, will be held on Sunday, September 10, from 10 am – 4 pm, and will feature live music from local musicians, dog-friendly shopping, adoptable dogs from local rescue groups, games and contests for you and your dog, and so much more.

The cost for adults (ages 15 and up) is \$25, which includes a groovy Woofstock t-shirt. Those under 15 are free, with an option to purchase a t-shirt for \$15. To register and for more information, visit www.geaugahumane.org/woofstock.

The fundraising goal for Woofstock 2017 is \$100,000, which will help Rescue Village provide care and programs to support thousands of homeless animals all year long.

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Preserving Your Family's Unique Oral History

By Stewart A. Hoicowitz

As a youth, I knew very little about my grandparents and how they came to this country from Eastern Europe over a century ago. I never thought to ask, nor did I engage them in conversation about their early lives and what prompted their decision to immigrate to America. Imagine what stories they could have shared about their experiences and struggles to adapt to life in this country.

Perhaps you are thinking about creating an oral history of a living family member. The truth is you don't have to be a professional historian or researcher to preserve precious memories. Even ordinary people have compelling and funny stories to tell if we can only capture them.

"Sharing lives and stories is the essence of existence," according to David Kendall, author of *When Descendants Become Ancestors: The Flip Side of Genealogy*. "It's what makes life meaningful. It's what connects us. It's how we learn from one another."

As Associate Curator for Jewish History at the Western Reserve Historical Society, Sean Martin, Ph.D., is responsible for collecting correspondence, photographs and documents from individuals and organizations that help tell the stories of the region's Jewish community. In collaboration with the Cleveland Jewish Archives Advisory Committee, the WRHS recently released interviews conducted with 81 immigrants from the former Soviet Union as part of its new Soviet Jewish Oral History Collection. Martin recently shared some general guidelines for undertaking an oral history project at a meeting of the Jewish Genealogy

Society of Cleveland.

- Establish what you want to learn from doing an oral history.
- Consider the questions to be asked during the interview.
- Consider the appropriate procedures to identify interviewees, interviewers and the conduct of the interview.
- Conduct the interview with reliable equipment, producing a digital audio or video file.
- Transcribe the interview.
- Review the interview with both interviewee and interviewer and make necessary corrections or additions.
- Preserve both the digital file and paper copy of the interview appropriately.
- Distribute the interview as appropriate.

Imagine what stories they could have shared about their experiences and struggles to adapt to life in this country!

Martin emphasizes the importance of transcribing recorded interviews since it is easier for researchers to deal with paper documents if they are well preserved. "While paper will last, we cannot say the same thing about digital audio files," he says.

Go to <http://www.cleveland-jewishhistory.net/sj/oral-history.htm> to access the 81 oral histories at the Library of the Western Reserve Historical Society. To learn more about the Jewish Genealogy Society of Cleveland, go to their website at www.clevelandjgs.org.

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NCJW/Cleveland To Host First Livespecial Celebration of Champions

Seeking Nominations of Champions by August 21

To celebrate the fifth anniversary of *livespecial.com*, the online resource that has helped countless families find appropriate providers to meet the needs of family members with special needs, NCJW is seeking nominations of people who are living well with a disability or who have been instrumental in the success of another with special needs.

These people will be honored at Celebration of Champions, a gala fundraiser and awards dinner on Sunday, November 5, at 5 pm, at Landerhaven. Gold Medal Champions and a friend will attend the awards dinner as NCJW guests. Each Gold Medalist Champion will receive a personalized award and \$500 toward an approved program, service or adaptive device. Silver and Bronze Champions will also be honored.

To submit a nomination, visit <http://livespecial.com/AboutUs/Fundraising.aspx>, download the nomination form, then follow directions or pick up *livespecial.com*, a free annual magazine, a collaborative effort of NCJW/Cleveland and *Northeast Ohio Parent Magazine*, and find the nomination form on pages 34-36. Deadline for



Alana Gohn, the inspiration for the creation of *livespecial.com*, is one of this year's Livespecial heroes.

receiving nominations is August 21. The magazine may be found where publications are located throughout the community.

Livespecial heroes eight-year-old Alana Gohn and David Rabinsky, director of beverage and catering for Cleveland's downtown Ritz-Carlton hotel, are the honorary champions for the event. Alana, born with microcephaly, was the inspiration for the creation of *livespecial.com*. Rabinsky was diagnosed with retinitis pigmentosa in 1997, which eventually stole his vision.

Cost to attend Celebration of Champions is \$150 per person. Funds will be used to continually research and update the website, sponsor workshops and boot camps for families who care for children or adults with special needs and to make the community aware of this resource and connect them to the help they request.

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Upcoming Programs at the Library

Spice Kitchen + Bar 101: Grow, Cook and Eat With the Seasons

Monday, August 7, 7 PM

Please join Spice Kitchen + Bar's Ben Bebenroth, chef/founder/farmer for an authentic farm to table experience. This seasonally-focused cooking demonstration will spotlight produce from Spice Acres, his farm in the Cuyahoga Valley National Park, and small family farms across the region. Chef Ben will discuss the importance of growing sustainably, buying locally. He will also teach attendees how to cook and enjoy the bounty of Northeast Ohio's lush, local landscape. Learn how to coordinate your kitchen with the seasonal offerings at your local farmer's market and prepare creative meals. Samples and recipes will also be shared. Registration is required. Call 216.831.6868 for more information.

Medicare and You

Tuesday, August 8 • 11 am

Medicare health and drug plans change every year! Are you keeping up? A representative from the Ohio Senior Health Insurance Information Program (OSHIIP) will discuss the "ins and outs" of Medicare. Attend the presentation to learn about the differences between your Medicare benefits, such as supplemental insurance policies, Medicare Advantage plans and

prescription drug coverage. OS-HIIP is a free service through the Ohio Department of Insurance and provides unbiased answers and insurance counseling on issues important to people of any age on Medicare. (OSHIIP does not sell insurance.)

Meet Author Karin Slaughter Friday, August 11 • 1 pm

Karin Slaughter is one of the world's most popular and acclaimed storytellers. With more than 35 million copies sold across the globe, her 16 novels include the Grant County series and the Will Trent series, as well as the Edgar-nominated Cop Town and the instant *New York Times* best-seller *Pretty Girls*. Her stunning new novel, *The Good Daughter*, is a spellbinding blend of cold-case thriller and psychological suspense.

Books will be available for purchase and signing courtesy of Mac's Backs - Books on Coventry.

RetroMania

Monday, August 14 • 6:30 pm

Do you collect antique and collectible toys? Would you like to join others who love old toys the way you do? Steve Presser from Big Fun will talk about the business of toys through the ages, He'll also talk about pop culture and the effect it has on cool collectibles. Bring an item or two and share your personal memories with others.

Third Wednesday/ Third Thursday Book Discussion Wednesday, August 16 • 1 pm Thursday, August 17 • 2 pm

Monthly book discussion led by library staff. August: *A Man Called OVE* by Frederik Backman. No registration required. All are welcome! Books available at circulation desk one month prior to program date. Call branch at 216.831.6868 for more details.

Essential Oils 101

Friday, August 18 • 2 pm

Essential oils are powerful aromatic compounds that have been used as natural remedies since ancient times. If you have ever been curious about essential oils, this is a great opportunity to learn more and experience them first hand. This class will cover the basics of essential oils: what essential oils are, how they are produced, why the purity and quality of essential oils is important, how to use them, and what the safety guidelines are. You will also be introduced to six of the most commonly used oils.

Drop in and Download Saturday, August 19 • 10 am and Monday, August 21 • 2 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 and the

staff will get you started. The digital collection is available 24/7, 365 days a year, and there are never any late fees

The Jewish New Year and Honey: What's the Connection? Wednesday, September 13 7 pm

Join Amalia Haas, owner of Bee Awesome and founder of the Jewish Beekeeping group on Facebook, to hear about the growing discussions among Jewish beekeepers, and the parallels and intersections between Judaism and beekeeping. Hear about why Amalia thinks that safe, close encounters with honeybees are confidence building and even transformative, and learn about the meaning of eating honey on Rosh Hashanah, the Jewish New Year.

Through the Eyes of the Artist – Edgar Degas Friday, September 15 • 10 am

Edgar Degas was a reluctant artist who had difficulty parting with his work. As an unrelenting perfectionist, he believed that "Painting is easy when you don't know how, but very difficult when you do." Degas wanted to be "famous but unknown."

Art historian Felicia Zavarella Stadelman returns with her popular series on the lives and works of beloved artists.

Who's Buzzin' in Beachwood?

by Arlene Fine

House and Garden Tour

From a view of the 13th and 18th holes of the Canterbury Club to The Vue, the City of Beachwood and Beachwood Historical Society's House and Garden Tour had it all. Sunny skies and balmy weather enabled tour participants to visit 10 special locations in Beachwood that included an inside look at stunning gardens, an English Tudor home circa 1929, a lake house complete with a fishing pier and greenhouses, and a pollinator garden of an organic beekeeper.

The Beachwood Historical Society preserves and promotes artifacts relating to Beachwood's history.

Tour participants and long time Beachwood residents, Gary and Sue Stark



June Louise, owner of the charming English Tudor home on Fernwood Road.



Les Giesler and Jennifer Murphy with Canterbury Club in the background.



Sally Isenstadt has a beautiful view of the 13th hole of the Canterbury Club golf course.



Beachwood City Councilman Alec Isaacson, Jim Nemeth and Cheryl Isaacson enjoy the tour.



Anne Tavill and Loreta Magden participated in the tour.



Jennifer Byers provided visitors with a view of The Vue.



Volunteers Hayley Grunau and Maria Nemeth.



Beachwood Arts Council Annual Meeting

The Beachwood Arts Council's annual meeting included the swearing in of board members and new trustees, musical entertainment, the presentation of the Si Wachsberger Art Scholarship Award to Beachwood High School student Chandler Kitson and an ice cream social. Beachwood Mayor Merle S. Gorden announced the city's agreement to purchase a new piano for the Beachwood Community Center.

The Wachsberger family from left, Judi, Don, Shirley and Bob.



Diane Kitson, Chandler Kitson and Diane Kitson-Clark.



AHA! Festival

Cleveland State University's AHA! Festival was a three-day event jam packed with art performances, speakers, workshops and an outdoor book fair.

Terr Gillian and Salim Ali enjoy the beauty of Lyn Davidson's garden.



Jeanne Tobin with renowned pianist Jeffrey Siegel at an AHA! luncheon featuring performer Yvette Nicole Brown.



Josh, Jordan, Michelle and Bob Reiner at the spacious lake house on Hendon Road.



Master gardener Lyn Davidson relaxes on a bench nestled in her sumptuous garden.



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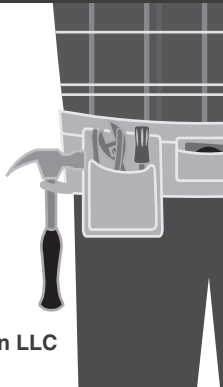
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Cuyahoga County Department of Consumer Affairs Issues Scam Alert

Cuyahoga County residents should be on alert against convincing live scam calls in which a man, claiming to be a Cuyahoga County deputy, threatens people with immediate arrest unless they pay off a warrant.

The Cuyahoga County Department of Consumer Affairs and Cuyahoga County Sheriff, who work together in the county's Scam Squad task force, are issuing the warning in response to multiple inquiries from people trying to verify the calls.

"These calls use many subtle cues calculated to make people believe they are really in trouble with the law," said Sheryl Harris, director of the Cuyahoga County Department of Consumer Affairs. "The scammer asks for the victim by name. He gives fake badge and citation numbers. He invites people to call him back at a 216 number. The recording that answers that line sounds plausible – it even directs people who have a real emergency to dial 911."

In the latest version of the scam, a male scammer using a 216 number claims to be "Lt. Brown." He tells people that unless they pay a civil fine, deputies will be dispatched to arrest them. The caller directs would-be victims to go to specific stores near them to buy Green Dot cards – which is not a form of payment police accept.

The caller, who has demanded amounts

ranging from \$1,500 to \$2,900, tries to stay on the phone with those targeted until they purchase the cards. Some would-be victims said they were on the phone for as long as a half hour.

When people call back the number that appears on their caller ID, they hear a professional-sounding recording telling them they've reached the "Sheriff's Office Civil Warrants and Citations Division." The Sheriff's Department does not have a division with that name.

Consumer Affairs and the sheriff want residents to know that law enforcement agencies:

- Never call people to warn them of an impending arrest.
- Do not ask people for payment to stop an arrest.
- Do not accept payment via money wires, gift cards or Green Dot cards.

"We are asking our residents to stay vigilant," said Cuyahoga County Sheriff Cliff Pinkney. "We are investigating this crime, and we will prosecute the criminal or criminals to the fullest extent of the law."

Residents may report this or any similar call to the Department of Consumer Affairs at 216.443.7035 or the Cuyahoga County Sheriff's Department at 216.443.6000. Anyone who lost money to this scam should contact the sheriff.

Joseph and Florence Mandel Jewish Day School Named 2017 Top Workplace

Mandel JDS has been awarded a 2017 Top Workplaces honor by *The Plain Dealer*. The Top Workplaces lists are based solely on the results of an employee feedback survey administered by Workplace Dynamics, LLC, a leading research firm that specializes in organizational health and workplace improvement. Several aspects of workplace culture were measured, including alignment, execution, and connection, just to name a few. "The Top Workplaces award is not a popularity contest. And often, people assume it's all about fancy perks and benefits," says Doug Claffey, CEO of Workplace Dynamics.

"Of all the accolades a school might receive, this may be one of the more professionally and personally meaningful," said Jerry Isaak-Shapiro, Head of School. "That we're responsible for our primary constituents – our students – is clear; that that responsibility extends to their parents and even their grandparents is also clear, at least to us. Our lay volunteers and the donors who support us and the broader community – are all key members of our school community. Yet too many institutions nearly forget that our staff members are also our responsibility, that their support and encouragement and respect needs to be demonstrated at all times. I'm grateful that the environment which that we've developed has been recognized and appreciated by our extraordinary staff."

Through the survey, Mandel JDS, the only Jewish Day School given the award, was dubbed a healthy work environment. The three areas most indicative of a healthy work environment, according to Workplace Dynamics, are direction, execution, and connection. Direction is about employees' emotionally buying into what the organization is striving to achieve; execution is about the company's having a high-performance culture, and connection is about employees' feeling they are appreciated and doing something meaningful.

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Cleveland POPS Orchestra Chorus, Announces Auditions

The Cleveland POPS Orchestra Chorus is a membership organization that performs with Carl Topilow and the Cleveland POPS Orchestra at numerous concerts and events throughout the Orchestra's concert season. Most performances take place at Severance Hall and Playhouse Square. The chorus rehearses on most Monday evenings from September through May.

Singers (ages 18 and up) wishing to audition must have previous choral experience and demonstrate good tone quality and sight-reading skills. Applicants will be asked to prepare a

solo that best demonstrates their vocal skills.

Bring sheet music to the audition. No accompanist will be provided.

Auditions will be held one day only – Wednesday, August 23, from 4 to 7 pm in room G-17 of the Music and Communications Building, Cleveland State University, downtown campus.

Auditions are by appointment only. To schedule an appointment, please Gordon Petitt at 216.765.7677 or glpetitt@clevelandpops.com. You must fill out audition form, found at www.clevelandpops.com.

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