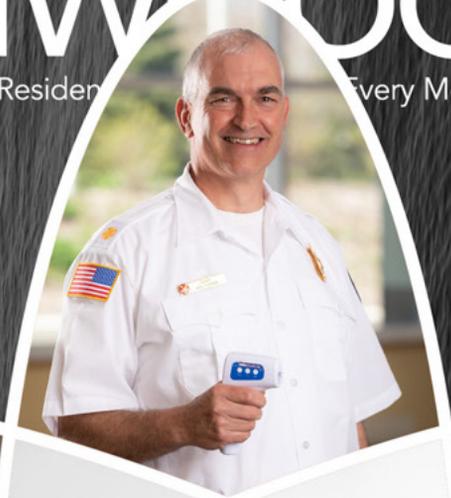


# Beachwood Buzz

May 2021

Every Resident Every Month.

MAGAZINE



## Mayor Martin Horwitz:

Navigating Through  
Turbulent Times

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# Letter from THE EDITOR

By Debby Zelman Rapoport

Just before my second vaccine, Bill and I were spending some time in Florida on the gulf coast’s pristine white beaches. What a breath of fresh air! We socially distanced, cooked meals at home, took long morning walks on the beach, enjoyed beautiful sunsets, listened to the waves, and were mesmerized by cloud formations that were constantly changing. The experience was transformative after months of cold weather and social isolation.

One day when we left Goatfeathers, an amazing fish market we visited almost every day, I picked up a copy of *Beach Happy*, a magazine filled with inspiring stories and gorgeous photography from the world’s most beautiful beaches. I was immediately drawn to an article written by Mike Ragsdale, “Work Hard & Be Nice: Michael Franti Finds Optimism in Turbulent Times.”

I’ve been a Franti fan since my brother, David, turned me on to his music several years ago. His lyrics and messages resonate with me.

When Franti talked about 2020 and hardships endured, he said, “Life is really tough, but I can still find gratitude. I can still find joy in the difficult moments.”

He then explained the benefit of changing our perspective on the way we see things. “You can either wake up with the attitude of, oh man, I have to get up today and go to work, or you can wake up and be grateful that you’re able to get up – that you have another day of life.”

Switching perspective from *have to* to *get to* is one of my Debby-isms. Here are others:

### Worry

When I hear or think about the word *worry*, I think about words by Bobby McFerrin: “In every life we have some trouble, but when you worry you make it double. Don’t worry. Be happy.”

I make a habit of replacing the word *worry* with *concern*. It lessens the topic’s negative implication and doesn’t double the worry!

### But

When we use the word *but*, we are really emphasizing the second part of the sentence. When both parts of a sentence are equally important, the word *and* is a better connector, or the sentence may be broken into two sentences. Another option is to eliminate the first part of a message and say what’s on your mind. When we speak about ourselves, the word *but* is often followed by an excuse: I want to go for a walk today, but it’s raining; or, I want to visit you later, but I don’t know if I’ll have time. More positive statements may be: I’m bummed that it’s raining because I would like to go for a walk today; or, if I have time later, I’d like to stop by.

### Should

Other than in the context of this sentence, the word *should* should be eliminated from conversations. When our thoughts are about someone else, who are we to say what they *should* do? When we use the word *should*, we try to take power over someone else’s words or actions by thinking we know what’s best for them. Do you like other people to tell you what you *should* do? When we want to express an opinion or share a message, there are softer, kinder, more effective ways to suggest something, such as:

- Have you thought about ...?
- What are your thoughts about ...?
- An idea you may want to consider is ...
- What do you think about ...?
- How would you feel about ...?
- Maybe you’d like to try ...

When we think about ourselves, the word *should* sounds obligatory and, if we don’t do what we feel we *should* do, we set ourselves up for failure and/or remain stuck. *Should* reinforces the thought that we’re not already

doing or saying something. It also translates into a lack of self-acceptance or motivation, instead of encouragement.

Messages are more effective when we ask ourselves *why* we want to do something: What’s more effective? I *should* really exercise more; or, I like exercising because, when I do, I have more energy.

### I want to

Milan, a former *Beachwood Buzz* graphic designer, told me years ago that he dislikes the wording, *I want to*, and it stuck with me. Whether it preceded ... thank you for time, or ... thank you for attending, he explained, someone is either going to thank you or they’re not. By saying *I want to*, it doesn’t mean they’re going to. He then suggested that I edit text to drop *I want to*, and start by saying thank you.

Plus, if I start a sentence with *I want to* ... it may be immediately followed by *but*, which may quickly go down a slippery slope!

I wish you a month filled with gratitude, with a *get to* perspective.

Debby ♥

D.RAP.



# With Gratitude, Rabbi Rob Nosanchuk Creates Fundraiser to Benefit Melanoma Cancer Research

Sunday, May 23 • 5:30 pm • Zoom

Two years ago, Rabbi Rob Nosanchuk, one of the clergy at Beachwood's Anshe Chesed Fairmount Temple, was diagnosed with stage 4 metastatic melanoma, which was identified after being tested for another ailment tied to abdominal pain. For the past two years, he has been on an unexpected journey, led by exceptional health professionals who guide him, day by day, toward survival.

"I am intensely grateful, which is why I created a personal fundraiser to support melanoma cancer research at the Cleveland Clinic Taussig Cancer Center," Rob said. "Together with the philanthropy staff at Cleveland Clinic, I've created a personal fundraising web page and will host a Zoom event to educate people about melanoma, tell my story, and inspire contributions for continued research."

The Zoom event, on Sunday, May 23 at 5:30 pm, will feature live music by Alan Goodis (<http://alangoodis.com>) and Ruth Gerson (<http://ruthgerson.com>) to set an inspiring tone and add an entertainment component to the event. Rob will also share his story about fighting cancer in a short video prepared by Steven Hacker Films, and education about metastatic melanoma and the need for continued research, will be provided by Dr. Pauline Funchain, the melanoma oncology specialist who is treating Rob at Cleveland Clinic.

"Since my diagnosis, I've received compassionate, expert care from physicians, nurses, researchers, surgeons, and mental healthcare providers. It is the level of care I wish for everyone," Rob said. "As I prepare for the next stage in my life, I see raising financial support and awareness about melanoma research as my way of walking up to a door and, instead of just walking through

it, holding it open to see who else is behind me in need of care. I am passionate about working to get others the care they need to survive."

When Rob's advanced melanoma was diagnosed from a biopsy in April of 2019, there were no visible lesions on his body. He strongly urges that people be diligent about proactive medical screenings, such as dermatological body checks, colonoscopy, mammography, and prostate exams.

---

*"As I prepare for the next stage in my life, I see raising financial support and awareness about melanoma research as my way of walking up to a door and, instead of just walking through it, holding it open to see who else is behind me in need of care. I am passionate about working to get others the care they need to survive."*

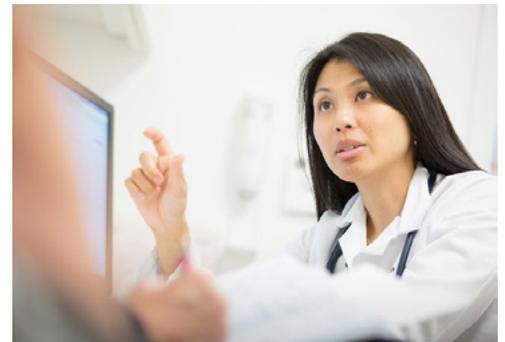
---

"Please schedule regular doctor visits and, in between such visits, if you feel something suspicious with your health, get it checked out," Rob said. "Left unattended, at the stage my cancer was



Rabbi Rob Nosanchuk receiving a pre-pandemic immunotherapy treatment.

Pauline Funchain, MD, melanoma oncology specialist.



diagnosed, the cells would have grown at a rapid rate and taken my life."

*Rob is leading this fundraising effort personally and not on behalf of Fairmount Temple.* To learn more and register to attend the Zoom event, visit <https://forms.gle/xCHntPJkZymoJnzu6>. To learn more about Rabbi Nosanchuk's story and efforts, see <http://give.ccf.org/nosanchuk>, which will be frequently updated with new information leading up to and following the May 23 event.



**Zoom Fundraiser to benefit the Cleveland Clinic Taussig Cancer Center Sunday, May 23 5:30 pm**

The graphic features a purple background with a central illustration of a Zoom meeting grid showing several participants. Below the grid, there is a small potted plant and a mug. The text is centered and uses a mix of bold and regular fonts.

# Beachwood Buzz

Every Resident. Every Business. Every Month.

**Buzz**  
MAGAZINE

## MAYOR MARTIN HORWITZ: NAVIGATING THROUGH TURBULENT TIMES

by Debby Zelman Rapoport



Just before the start of the pandemic, we interviewed Mayor Martin Horwitz and City Council President James Pasch to get an inside view of large and small projects on Beachwood's horizon that would significantly impact the lives of people who live, work, and visit our city. A month later, we were sanitizing, wearing masks, social distancing and living in uncharted territories with no manuals or step-by-step guidebooks to get us to where we are today.

Now, with warmer weather and a rollout of vaccines, we can safely adjust to a new normal. The past year was difficult for all of us. Governing was challenging, and Mayor Horwitz shared how he navigated the waters during these turbulent times.

Story starts on page 6.

Photos by Scott Morrison, Discovery Photo.

## Who We Are

**Debby Zelman Rapoport**  
Editor/Publisher

**Yocheved Wylen**  
Senior Account Executive

**Scott Morrison**  
Staff Photographer

**Elaine Cicora**  
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Proofreaders

**Stephen Valentine**  
Art Director

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**June Scharf**

**Jen Stern**  
**Shana Wallenstein**  
Contributing Writers

**Jerry Zelman**  
Vice President of Operations

### Letters to the Editor

Please send letters via email to [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com).

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Please send information about clubs, organizations, events and meetings to [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com). The deadline is the 10th of each month.

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### Editorial Information

email [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com)

### Advertising Information

call 216.315.1827 or email [beachwoodbuzzsales@gmail.com](mailto:beachwoodbuzzsales@gmail.com)  
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# Mayor Martin Horwitz:

## Navigating Through Turbulent Times



Mayor Martin Horwitz navigates through turbulent times.

Just before the start of the pandemic, we interviewed Mayor Martin Horwitz and City Council President James Pasch to get an inside view of large and small projects on Beachwood's horizon that would significantly impact the lives of people who live, work, and visit our city. A month later, we were sanitizing, wearing masks, social distancing and living in uncharted territories with no manuals or step-by-step guidebooks to get us to where we are today.

Now, with warmer weather and a rollout of vaccines, we can safely adjust to a new normal. The past year was difficult for all of us. Governing was challenging, and Mayor Horwitz shared how he navigated the waters during these turbulent times.

### At the start of the pandemic, what were your first steps?

I educated myself by joining the Northeast Ohio Mayors and City Managers Association, and participated in a program created by Michael R. Bloomberg to help city leaders respond to coronavirus in the United States. Through Bloomberg's program, with partners at the Johns Hopkins Bloomberg School of Public Health and the Bloomberg Harvard City Leadership Initiative, mayors and city leaders were provided with virtual technical assistance, coaching, and accurate information urgently needed on the frontlines of this public health crisis. I also surveyed other cities to determine best practices as staff began to work remotely because every department in this city had to continue working at full capacity. We then purchased more laptops and developed COVID policies so employees could work from home.

### What internal shifts took place?

Part of being a leader is to spot a trend and take action to help people in our community. Every department stepped up to make sure that things were running smoothly because, in many instances, it was business as usual, with safety being our number one concern. Trash still needed to be collected, architectural plans and permits needed to be reviewed and approved, our police, fire and public

works departments continued to provide excellent services, and community services staff quickly retooled skills to best serve residents and businesses concerning all things COVID.

### How was safety addressed?

I relied on Fire Chief Steven Holtzman, the city's unofficial chief medical officer, from the start. He monitored daily briefings from the Cuyahoga County Board of Health; and I participated in weekly meetings with Dr. Richard Parker, president of Hillcrest Hospital. Plus, before mask wearing was mandatory in Ohio, we passed a local mask-wearing ordinance and then held a drive through mask-distribution program to distribute 10,000 cloth masks we purchased at a time when masks were in short supply. Early on, a group of 10 Chinese Beachwood families donated thousands of masks that we also distributed to safety forces and residents in need.

### What legal steps were necessary?

Our legal department determined how much authority we had to implement programs and enforce consequences when individuals and businesses didn't comply. In March 2020, I signed a Declaration of a State of Emergency in Beachwood, which provided me with extended authority to handle health, safety, staffing and certain financial issues during the COVID crisis. Emergency authorization was also put into place to bypass some zoning laws to help businesses. For example, we allowed more signs to mark curbside pick-up at restaurants, and also allowed restaurants to have more lenient rules for outside dining. We want businesses to stay solvent and we always do whatever we can do to help.

## What changes took place in the Community Services Department?

We were especially concerned about seniors and other residents who were alone and hadn't left their homes. Many people were magnetized to news sources that brought on more anxiety because of conflicted reporting based on the political scene. We received many calls with specific questions: Can we go to the grocery store? Fitness center? What's true? Should we wipe down groceries? Should we let our mail sit for a few days before we open it?

There were also countless internal decisions that had to be made: Should we open the tennis courts? Beachwood Family Aquatic Center? Camps? Backwood? Playgrounds? How about programming? Initially, we closed everything. Then, we did our best to use science-based knowledge to reopen facilities and restart programs as we saw fit.

While focusing on safety and juggling to make science-based decisions, community services staff shifted gears to support residents and create new programs.

### • Increased Communication

First and foremost, we increased communication through our website, Facebook page and email list. We also changed our website home page to include ALERTS, front and center, along with videos, blog posts, health information, what was open or closed, and other pertinent updates.

### • Wellness Calls

Staff regularly checked in with seniors and those with disabilities to see how they were doing because we never want anyone to feel afraid or alone. These calls often provided residents with a lifeline to the outside world.

### • Grocery and Pharmacy Delivery Services

Our van-service drivers delivered pre-paid grocery and pharmacy orders to homebound seniors and residents with disabilities.

### • COVID Care Packages

We created COVID care packages, which included masks, hand sanitizer, surface-sanitizing wipes, soap, toilet paper, paper towels, tissues, and – of course – a can of chicken noodle soup. These packages were distributed to residents who were having a difficult time making ends meet.

### • Summer Sunday Drive-In Movies

Our typical Summer Movies in the Park program was reconfigured into a drive-in format at the Beachwood High School parking lot. We hosted a movie in June, July and August.

### • Virtual Recreation Guide

We created a Virtual Recreation Guide that included links to activities, education and resources available to residents.



Derek Schroeder, Beachwood Community Services director, oversees COVID-related programs and events.

### • Beachwood Delivers

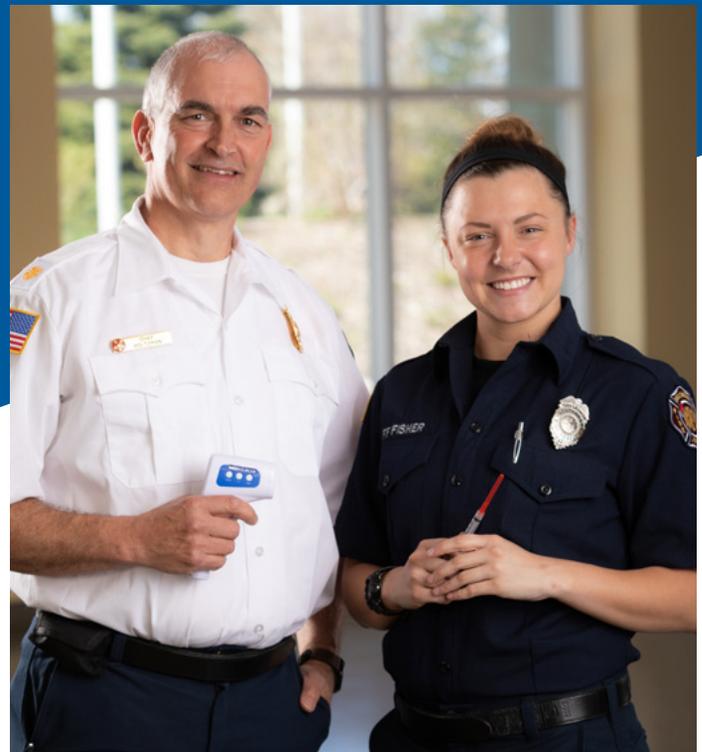
We incepted and implemented Beachwood Delivers, a restaurant delivery service that saved Beachwood restaurants and residents almost \$50,000 in up-charges and delivery fees. This program, the first municipal/restaurant delivery partnership in the United States, was fully funded by the City of Beachwood and our economic development sector. It earned local and national praise from industry associations and media outlets, including the National Restaurant Association, TODAY, and NPR Morning Edition.

### • Honkin' Haulin' Parade

Since annual events were cancelled, we replaced our annual Honkin' Haulin' Hands-On Trucks event with a Honkin' Haulin' Parade. Instead of participants coming to the Public Works Department to get up close and personal with vehicles, a caravan of Public Works, Fire, and Police vehicles traveled through Beachwood streets, and employees distributed goodie bags and bubble wands to children who lined the sidewalks to watch the parade. This community parade honored first responders and public works employees as residents stood on street corners to thank everyone for all they do. Feedback from residents of all ages was so strong that we may consider carrying this event forward.

### • Community Garden

To minimize close-contact activities, we closed the basketball courts and repurposed the space to create our first-ever Community Garden. Forty 8'x8' planting boxes were constructed by our Public Works Department, and all were reserved by Beachwood residents who enjoyed the opportunity to bond outdoors while growing a variety of healthy fruits, vegetables, and beautiful flowers. The popular program, with an expanded number of garden plots, will return this year.



Officer Karla Bailey, Officer Robert Martel, Fire Chief Steven Holzman and Firefighter/Paramedic Lauren Fisher work with their departments as a team to fight COVID. Lauren was the only employee who worked all day at four vaccination clinics at Beachwood Fire Station #2.

**• Build-A-Scarecrow Day**

Typically, autumn brings with it the Beachwood Fall Festival. Unable to gather in large numbers, the city instead planned a Build-A-Scarecrow Day, which was co-sponsored by the Beachwood Historical Society and Beachwood Arts Council. Residents were provided with scarecrow filling, twine, and mounting posts. Participants supplied clothing, accessories and creativity. Sixty teams participated in this socially distanced event and scarecrows remained on display in Beachwood City Park East throughout October.

**• Summer Fun Box & Summer Fun Days**

Last year, Summer Day Camps were canceled, so Beachwood made available a series of summer fun boxes, each packed with activities, games, crafts and other ways to spend time constructively. As restrictions were eased, programs were added.

**• StoryWalk®**

We partnered with Beachwood Library to present StoryWalk® along the walking paths of Beachwood City Park East. Each month, a different book is featured. StoryWalk® was created by Anne Ferguson of Montpelier, VT, and developed in collaboration with the Kellogg Hubbard Library to help build children's interest in reading, while encouraging healthy activity for children and adults.

**• Art Gallery**

Staff continue to curate art exhibits at the Beachwood Art Gallery, located in the Beachwood Community Center. Shows may currently be viewed online or by appointment. Some shows are presented by Beachwood Arts Council.

**Tell us about the City's vaccination clinics.**

A few months ago, I contacted Terry Allan, Health Commissioner, Cuyahoga County Department of Health, to inquire about vaccine-distribution protocol and learned that the county needed drive-through facilities because they were the safest, quickest option. I told him about our new fire station, he stopped by with staff, and said it was perfect. We subsequently held five major clinics, where more than 5,000 vaccine doses were administered to qualified people as identified on a county computer list. I'm so proud that we were able to utilize this facility and some of our staff for such an important cause. Later, when the county began hosting vaccination clinics at the Wolstein Center, we were provided with access codes to distribute to residents. Now, if anyone wants a vaccine, they can get it.

**What else would you like to share?**

Our efforts are focused on employee, resident, and business safety. Every department plays a role, and it's an all-day job to create and implement best practices that keep everyone safe. We improved ventilation, shielded desks, and continue to wipe down high-touched surfaces regularly, maintain daily temperature checks, and hold virtual meetings. As a result, we have had very few COVID-related incidents.

No leadership team has ever gone through anything of this magnitude. I'm grateful for our wonderful directors, staff and City Council members. We all work together, support each other, and base decisions on community and safety.

Since January, our collective goal has been to pivot, move forward, and talk about plans we started a year ago. I'm pleased to say we are back on track. We've taken action on sewer projects and sustainability issues that include hybrid vehicles and a charging station. We hope



Greg Mars, Beachwood Public Works laborer, shares a smile and important message.

to install outdoor exercise equipment adjacent to Barkwood, and our economic development plan is moving forward. We sold off part of our public works building and are excited about welcoming new tenants. We have a laundry list that was put on hold because COVID occupied 110 percent of efforts from every department. I'm proud to say that every director was a super star through the whole year.

We are optimistic that we will have a good summer. We opened camps, increased programs and activities for residents of all ages, and set guidelines to open the Beachwood Family Aquatic Center (see page 10). We follow rules and recommendations of the CDC and local and state health departments, and communicate with other cities to adhere to best practices.

Despite this crisis, we have been able to maintain superior services through the year and remain optimistic that by fall we will be able to return to full city-wide programming and events. If you have questions or concerns, please feel free to contact me at mayor@beachwoodohio.com or 216.292.1901.

## Back to Business – City Recap and Updates

### Sewer Improvement Plan

When historic rainfall in March 2020 resulted in residents' flooded basements, we immediately reset our priorities to develop a sewer-improvement plan. In addition to typical maintenance and repairs, a new 5-year plan was created, which includes three far-reaching sewer-improvement projects costing upward of \$2.6M that began in 2020, with upcoming projects costing upward of \$25M over the next 5 years.

### Major New Complexes in Beachwood

In the past year, University Hospitals Ahuja Medical Center broke ground for its Phase 2 expansion. Rose Senior Living Beachwood, a community that features upscale senior apartments for people seeking independent living, assisted living or memory care, opened; Green Road Synagogue opened the doors of its newly constructed building, which is located behind the former building on South Green Road; and The Goddard School for Early Childhood Development opened to the public.

### New and Expanded Businesses

H&M Home Store, an expanded store of H&M, opened at Beachwood Place. InMotion, a nonprofit center that offers people with Parkinson's disease and their care partners free community-based exercise, healing arts, research, support and education programs opened on Mercantile Road. Retina Associates relocated from Enterprise Parkway into an existing building that they renovated on Commerce Park; Saber Healthcare Group, which offers senior care services, remodeled space on Commerce Park, and moved in; Beachwood Truck Park, located on the former site of Fire Station No. 2, at 24619 Chagrin Blvd., is slated to open soon.

### CRA Expansion

Beachwood City Council voted to expand the city's Community Reinvestment Area to include basically all remaining commercial property.

The expanded CRA provides up to a decade of property-tax abatements up to 50-percent for Cuyahoga County's assessed valuation improvements on a case-by-case basis.

### New Directors Hired

Kelly J. Stillman, a 35-year veteran of the Rocky River Police Department who had served as chief of that department since January 2011, was hired as Beachwood Police Chief. Derek Schroeder, former activities coordinator, senior center director, and parks and recreation director in Twinsburg, was hired as community services director.

### Online Town Hall for Racial Equity

This Town Hall provided a platform for participants to share ideas, concerns and thoughts with City Council President James Pasch, Civil Service Commission Chair Pete Smith and me. The Town Hall was moderated by Darrielle Snipes and about 90 people participated.

### New Fire Equipment

The Beachwood Fire Department took delivery of a Pierce Rescue Pumper, replacing a 1998 vehicle. They also took delivery of a Lifeline advanced life support ambulance, which will be used to protect people in our community for many years to come.

### Barkwood Wins National Award

Barkwood and SYNlawn Northeast Ohio won the prestigious 2020 award for Commercial Landscape Project of the Year from the Synthetic Turf Council (STC). In so doing, our dog park beat submitted projects by NASA and the National Business Museum.

### City Recognized with Award

Beachwood was recognized by 24/7 Wall Street as one of "America's 50 Best Cities to Live" in 2020 (#32). Only three Ohio cities were recognized for the honor and ours was the only one in northern Ohio.

# Beachwood Family Aquatic Center COVID-19 Plan for Pool Opening

by Derek Schroeder, Director, Community Services Department



The City of Beachwood is excited to announce the opening of the Beachwood Family Aquatic Center (BFAC) on Saturday, May 29. Opening during the pandemic, however, brings its own challenges. Certain changes must be made to protect all pool users and staff. Since rules and recommendations of the CDC and local health departments are updated regularly, we ask all residents to remain flexible as some of these rules may change before or throughout the summer.

## COVID-19 Rules and Regulations:

- Residents must purchase a season membership in order to access the pool. A special exception will be made for governesses. **Drop-in passes and guest passes will not be available.** Adjustments to the 'no visitor/drop in' policy will be made if COVID-19 numbers change and/or usage allows it.
- **Residents MUST purchase a membership at the Beachwood Community Center, starting Monday, May 3, before the pool opens.** Please bring two proofs of residency (driver's license and recent utility bill) to the Community Center, Monday through Friday, 9 - 11 am and 4 - 6 pm, or Saturday, 9 - 11 am. You will not be able to purchase a membership on-site at the BFAC. If you cannot purchase your membership during these hours, please call 216.292.1970 to schedule an appointment.
- Face masks must be worn whenever you are not in the water or in your lounge chair. You must wear masks when entering and exiting the facility, getting up to use the restroom, or placing an order at the concession stand.
- The baby pool will open at the same time as the main pool.
- The number of kids allowed on the play feature will be limited at all times.
- Lap-lane reservations must be made online for lap swimmers (more information coming soon).
- Lounge chairs will be preset in groupings of two to four chairs and groups will be spaced at least six feet apart. Chairs will be sanitized regularly and may not be moved.
- Food may be consumed at your lounge chair or at the concession stand's social-distanced tables.
- Lifeguards will wear masks at all times, unless they are in a lifeguard chair.
- Swim lessons, with a reduced number of participants, are available to residents only. Instructors will wear face shields at all times.
- During each safety break, patrons will be reminded to wash hands, social distance, and wear masks.
- Participants and employees who are experiencing any symptoms while at the BFAC will be asked to leave immediately.
- Members will enter BFAC through a new touchless badge-scanning system.
- Several automatic sanitizer dispensers will be located on the pool deck.
- Lifeguards are not the social-distance police of those in the pool. Patrons must social distance themselves from those not in their family/pod. Managers will assist with social-distancing reminders.
- If the pool nears capacity limits, the manager may stop members from entering the facility until social distancing can be maintained.

Again, as the CDC and local health department make changes, the BFAC will make changes. Residents interested in purchasing a BFAC membership can visit [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com) to download and complete the BFAC membership form. If you have any questions, please email [recreation@beachwoodohio.com](mailto:recreation@beachwoodohio.com) or call 216.292.1970.



# Words of Wisdom

## A Viral Internet Message

I asked a friend who had crossed 70 and is heading toward 80 what sort of changes she is feeling in herself. She sent me the following:

And a small tip for the recipient of a compliment,  
never, NEVER turn it down,  
just say *thank you*.

- After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
- I have realized that I am not *Atlas*. The world does not rest on my shoulders.
- I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
- I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
- I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane and relive their past.
- I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
- I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say *thank you*.
- I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
- I walk away from people who don't value me. They might not know my worth, but I do.
- I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat, nor am I in any race.
- I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
- I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
- I have learned to live each day as if it's the last. After all, it might be the last.
- I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

Last month, this message was circulating on the Internet. The author is unknown. I share it because we don't have to be 70+ years of age to benefit from the wisdom of these messages, and the world can always use more kindness. Thank you Ellen Hartson Presser for posting!



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*Proof of residency required at time of registration. Two forms of residency must be presented. Proof of age needed if purchasing a Senior Membership.*



# Olympic Winner Making Tracks in Beachwood

by Arlene Fine

If Clayton Murphy stops a conversation short, saying he's gotta run – believe him. Clayton, a middle-distance runner, winner of the 2016 Olympic bronze medal in the 800 meters, is running circles around Beachwood. The newly minted Pepper Pike resident, and his wife Ariana, an Olympic sprinter whom he met at the Rio Games, can be seen on the Beachwood High School outdoor track two to three times a week.

"The high school track is close to our home and it's a convenient place to train," said Clayton, who recently moved here from Portland, Oregon. "We don't have gawkers or groupies, but we have turned a few heads."

Clayton, 26, a New Madison, Ohio, native, attended the University of Akron where he broke records as an Akron Zips track star, training with former UA coach Lee LeBadie. Clayton and Lee remain a team as Lee prepares his protégé for the June 2021 Olympic tryouts in Eugene, Oregon.

"The tryouts are extremely competitive," said Clayton, who

received a Nike endorsement as a professional athlete after the Rio Games. "No runner is guaranteed a spot; you have to earn it. Only the top three runners that day qualify to train for the U.S. Olympic team. America will be represented by the best of the best in Tokyo this summer."

As he gears up for Eugene, Clayton's entire life revolves around training. His diet focuses on the main food groups, and he is "aware of the effect that the right body chemistry has on a runner's ability to excel," he said.

Along with open-air running, Clayton works out in the gym,

and sees physical and massage therapists during the week. "I wake up early and go to bed early," he said. "Training is constantly on my mind as I mentally prepare for the big races ahead. It was an incredible feeling to stand on the podium and receive an Olympic medal, and I want to experience that again."

Looking back on his career, which includes coming in first at both the Pan Am Games in Toronto, in 2015, and the IAAF games in Nassau, Bahamas, in 2017, Clayton said the close friendships he made with his junior high, high school and college teammates and coaches remain one of the best parts of his sport.

"I really enjoyed those years, and I tell student athletes not to miss out on that," he said.

"It's great to be competitive, but the camaraderie with your teammates and the lasting friendships are invaluable."

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No runner is guaranteed a spot; you have to earn it. Only the top three runners that day qualify to train for the U.S. Olympic team.

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In the meantime, Clayton urges Beachwood residents not to be shy if they spot him and his wife on the high school track. "Please say, 'hi,'" he said. "We are so happy to make this area our home, and look forward to being part of our new community."

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Olympian Clayton Murphy leads the pack.



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# Time

by Jennifer Stern

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243, or visit [www.transformativegrief.com](http://www.transformativegrief.com) and sign up for monthly posts.

Time.  
Time is fleeting.  
Let us not take time for granted.  
The seasons change.  
Each phase is different.  
Each with a beginning and an end.  
Like the seasons, we change with time.  
Life moves on in spite of us.  
Presence is the gift we give ourselves.  
To be present.  
To engage in the world before us with awareness, with reverence, with gratitude.  
Birds singing, flowers blooming, clouds slowly drifting by.  
Sunrise, sunset.  
Each day a gift.  
Nature is available to us always.  
No matter the chaos, worries or frustrations.  
Pause.  
Breathe.  
Slow down.  
Be.

Mindfully engage your five senses as part of your daily practice.  
Create space for gratitude.  
Exhale and know that in this moment you are here.



"Now is our time. It's our time to chase rainbows and build castles in the sky.  
It's our time to create a life that we love.  
Because someday, it will no longer be our time."

- Shawn Anderson



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# Three Principles to Guide Public Policy Decisions

by State Representative Kent Smith

**W**e are in the middle of the state budget process. Budgets are the most serious of our state policy goals because we ask every Ohioan to help pay for these priorities through their taxes. So, what should the principles be that guide our public policy decisions? I offer three: To improve the efficiency and effectiveness of government, to grow public value, and to promote social justice.

Every Ohioan deserves a government that is efficient and effective. That means doing what we can to ensure safety and security through the delivery of basic government services that protect the quality of life. Things like food safety, consumer and environmental protections, adequate public-school support, roads, bridges, and water systems that are clean and safe. These are the foundations of vibrant communities.

Public value is created when we increase the general welfare

of society. The focus should be on improving the well-being of our citizens by expanding programs that can eliminate poverty, give children a better chance, increase health care access, and assist the elderly and disabled – things that make the general population healthier and stronger. When we expand these policies, they increase the quality of life and often save taxpayer dollars in the long run.

Promoting social justice, in its most expansive sense, means treating people fairly

and as equals, respecting individual rights, promoting dignity, addressing undeserved inequalities, and more. America is a nation of values, founded on the idea that every one of us has the right to freedom, justice, and fair treatment under the Constitution. Central to that is the notion that we will look out for those who cannot look out for themselves. In this nation, we will not tolerate people being taken advantage of or exploited. Promoting social justice is an ongoing struggle. We always

need to be building a better union. That is the challenge for every generation. The good news is we can all advance this goal and therefore strengthen our democracy, our nation, our state, our community, and our lives.

*State Representative Kent Smith represents Ohio's 8th House District, which includes Beachwood, Euclid, South Euclid, Richmond Heights, East Cleveland, Woodmere Village, and a little bit of the City of Cleveland.*

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# BAKED by Abbie

## Raspberry Delight

**D**essert for breakfast is the ultimate way to begin one's weekend, especially when the main ingredients include fruit and eggs and it's Mother's Day. With that special holiday coming up, perhaps you or your mom would love dessert to start the day, whether as a surprise treat in bed or as a delicious main course for a leisurely brunch.

Clafoutis (pronounced klafuti), is a classic French dessert that is traditionally made with black cherries, baked in a buttered dish, and embedded in a thick, flan-like batter. In other



words, imagine this custardy confection as a "baked pancake." The best part is that if there are leftovers, it's delicious after dinner when topped off with ice cream! Happy Mother's Day!



### Raspberry Clafoutis

This recipe is from *Dinner in French New York Times* cookbook by Melissa Clark. It is also available at [www.themediterraneanandish.com](http://www.themediterraneanandish.com).

### Ingredients

- Unsalted butter for baking dish
- 3 cups raspberries
- ½ cup plus 1 tablespoon granulated sugar, divided
- 1 teaspoon dried lavender buds (optional)
- ½ cup whole milk
- ½ cup crème fraiche or sour cream, more for serving
- 4 large eggs
- Pinch of salt
- ⅓ cup all-purpose flour
- Confectioner's sugar

### Directions

- Preheat oven to 375F. Butter a 9-inch ceramic baking dish, or a 2-quart gratin dish.
- In a medium bowl, toss the raspberries with 1 tablespoon sugar. Let them sit.
- In a food processor or blender, combine the ½ cup sugar with the lavender; process until the lavender is mostly ground, about 2 minutes. Then add the milk, crème fraiche, eggs and

salt, and process to combine. Add the flour and pulse just to combine.

- Arrange the berries in the prepared baking dish, then pour the egg mixture over them. Bake until golden and the center springs back when lightly touched, between 35 and 45 minutes.
- Transfer baking dish to a wire rack and cool for at least 15 minutes before serving.
- To serve, dust with confectioner's sugar, slice and, if desired, add a dollop of crème fraiche or ice cream.

### Note

Best to serve within an hour of baking, while it's still soft and warm. Save leftovers at room temperature for up to six hours to enjoy later.

Abbie Nagler Sender is the owner of BAKED by Abbie, a licensed, Beachwood-based, home-bakery offering customized baked goods with a Jewish twist. For more information, visit Abbie's website [www.BAKEDbyabbie.com](http://www.BAKEDbyabbie.com) and like her Facebook business page BAKEDbyabbieCLE.

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"As long as you know how to bake, life is sure to be sweet."  
 – Author Unknown

# She Had Me at Meow

by Arlene Fine

No need for a white noise machine at Beth and Ari Comet's Lyndway Road home. The gentle, peaceful purring of six cats is enough to soothe anyone's nerves.

Enjoying the creature comforts of the Comets' household are Moo (named for her resemblance to a black and white spotted cow), Hunter and Chaser. But it's the three house cats that the Comets are currently fostering in their guest bedroom that exemplify the affection and responsibility Beth and her family feel for Cleveland's homeless cat population.

Beth is an active member of Euclid Beach Cat Project, a 501c3 charity, whose mission is to place adoptable cats in their forever homes. Volunteers like Beth are committed to socializing cats that have been fully vetted, spayed and neutered, prior to adoption.

"The Euclid Beach Cat Project started in 2006 to humanely trap, neuter, spay and return the packs of feral cats that were living in the mobile home park on the Euclid Beach grounds with the goal of controlling their population," said Beth. "Eventually the group also developed its foster care program and placement of adoptable cats."

During the pandemic, Euclid Beach Cat Project adopted out more than 500 cats, as people working from home sought the love and affection provided by a friendly, playful family cat.

"Cats have big personalities and each one is different," said Beth. "You have to earn a cat's

affection and trust, but once you do, the rewards are endless."

The Comets' daughter, Norah, 13, shares her parents' love of cats. It's not unusual for her to attend Zoom school classes and have a cat perched on her lap.

"Having a family pet helps children learn how to take care of another living thing and provides a great starting point for family conversations," said Beth.

As to the effect a bevy of cats has on her furniture, Beth is nonchalant. "So if my couches don't look perfect, who cares," she said. Now, that's a great cat-it-tude!



Beth Comet with one of her adorable, adoptable foster cats.

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For information about volunteering or upcoming cat adoption events, visit [www.ebcatproject.org](http://www.ebcatproject.org) or email Vicky Sprouse at [info@ebcatproject.org](mailto:info@ebcatproject.org).



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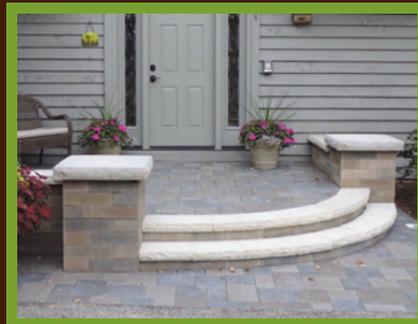
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# “Blood Time” – A Podcast Hosted by Peter Cimoroni

## Sharing Transformative Moments – One Interview at a Time



“Blood Time”, a podcast hosted by Peter Cimoroni, speaks to the bond and emotion between coach and athlete at the interscholastic and intercollegiate levels. Each interview reveals a special bond and how lessons learned were carried into adulthood.

Peter, a nearly 40-year-experienced wrestling coach, has a unique method of connecting with athletes in a way that helps them reach their potential. He created “Blood Time” in October 2019 and has recorded 55 episodes to date.

This past year, Peter witnessed challenges in kids and parents alike as they struggled with realities from the pandemic: challenges that motivated him to be the best he could be. Wrestling all but faded from the forefront as social distancing took center stage and, for many, dreams of competing at state tournaments faded. Optimism, though, continued to thrive as coaches and athletes supported each other, applied themselves, worked hard and succeeded.

Peter is grateful for the relationships he built over the years, and for the people he coached who evolved to becoming his teachers. “Often, what I taught in the wrestling room comes back in the podcasts as former students recall lessons learned that continue to guide them through life,” he said. “It’s heartwarming when transformative moments create a bond that turns into something greater. Former athletes are knocking it out of the park and crediting some of their successes to lessons learned while wrestling.”

The “Blood Time” podcast is made possible by the Maverick Podcasting Network. The show’s executive producer is Maverick Peters, veteran podcaster and up-and-coming entrepreneur. Maverick ensures that all of Peter’s messages and content are as special as they are original.

*“It’s heartwarming when transformative moments create a bond that turns into something greater. Former athletes are knocking it out of the park and crediting some of their successes to lessons learned while wrestling.”*

“Our purpose behind the podcasts is to inspire people with high-quality content and unvarnished, inescapable truths,” Peter said. “That’s something that we’re missing in society today. Messages are often tainted because of how they’re delivered.”

“I do this because of my love for the community and my passion to share transformative stories that may inspire listeners,” Peter added. “Each interview is raw, honest, and reflects on transformation.”

Podcast messages are tied to kindness, goals, persistence, motivation, discipline, and leading with love. Episodes feature former Beachwood students Ryan Peters (Beachwood High School director of athletics), Dr. Scott Peters (podiatrist and founder of Ankle & Foot Walk-In Clinic), Michael Goldberg (founder of The Goldberg Law Firm), Jason Thomas (Ft. Lauderdale police officer and retired U.S. Army major), Brian Zeid (founder of Affinity Whole Health), Chad Bronstein (founder of Fyllo), and Chad Silverstein (founder of Restart). Additional episodes feature Coach Dominic Iammarino (longtime wrestling coach), Scott Safenovitz (Chagrin Falls police sergeant), Alan Kraus (self-employed attorney who survived a plane crash), Michael Friedman (founder of The Revision Group), and David Mackey (aka Double D, singer and musician), the only non-athlete interviewed, who shares his raw, personal story.

Peter, a Beachwood High School graduate (class of ’75), was inducted into the Gallery of Success in 2000. He is CEO and president of a business consulting firm and co-founder of the Wrestlers in Business Network. He wrestled collegiately at the University of Dayton, earned his master’s

degree at John Carroll University, coached in Beachwood for 12 years, and is currently head coach in Chagrin Falls. Peter continues to build his “Blood Time” brand to encourage active listening, empathy, and action.

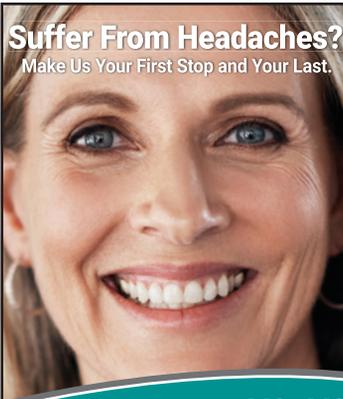
*“I do this because of my love for the community and my passion to share transformative stories that may inspire listeners,” Peter added. “Each interview is raw, honest, and reflects on transformation.”*

“Blood Time” is available wherever you listen to podcasts. Peter is also kicking off “The C-Suite” special podcast later this month, which will focus on transformative moments between CEOs and their mentors, who share their stories about how they pass on lessons learned through leadership, innovation, empathy, and philanthropy. Check out more about Peter Cimoroni and the “Blood Time” podcast at [www.maverickpodcasting.com](http://www.maverickpodcasting.com).



“Obstacles are those frightful things you see when you take your eyes off your goals.”  
– Henry Ford

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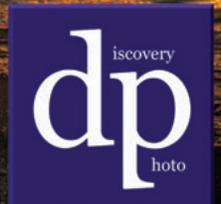
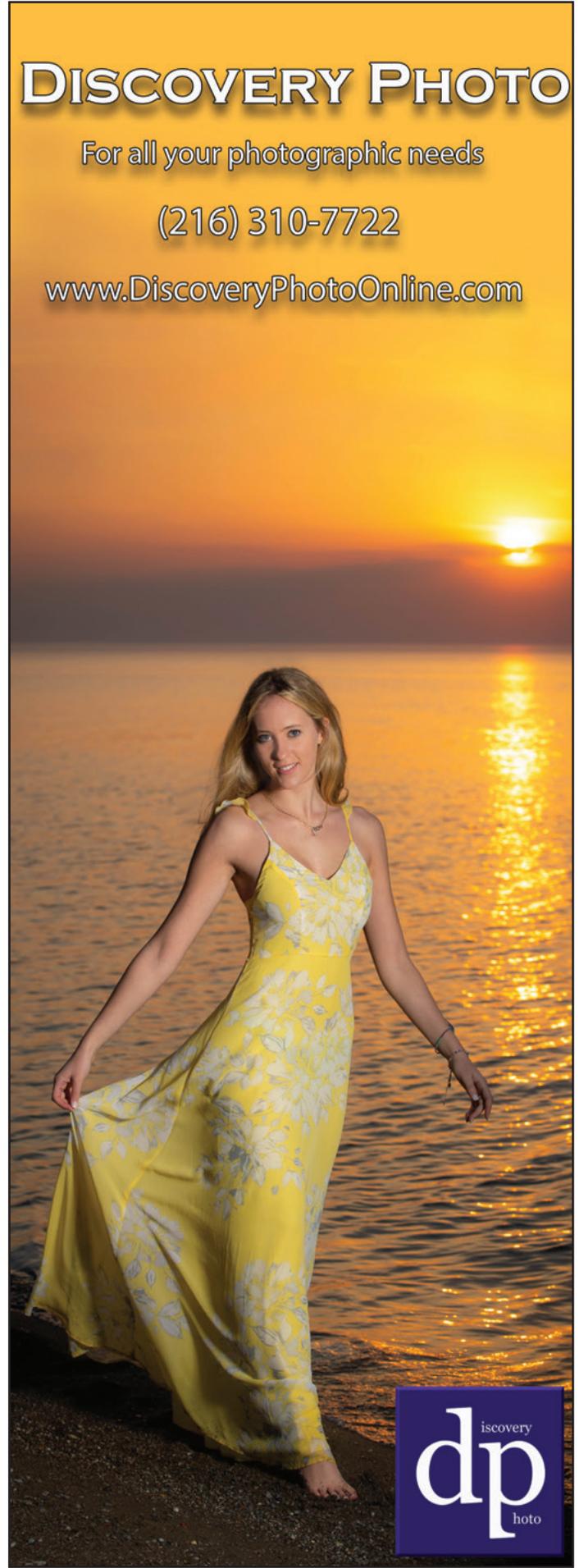
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# Greater Cleveland Pediatrics

**W**ouldn't it be nice if we could roll back the hands of time to when doctors were independent, carried their little black bags around, and made house calls? It may seem like a bygone era, but it turns out you can find this type of medical care for children right here in Beachwood.

Drs. Allie Effron and Keili Mistovich, both board-certified pediatricians, created their "modern medicine with old-fashioned care" model with a simple philosophy: We are here for you, whenever you need us. They offer pediatric care that is personalized, unhurried, and convenient, with an innovative practice model that combines modern evidence-based medicine with a traditional relationship-focused approach.

Drs. Allie and Keili previously worked together in a traditional pediatric practice. While they loved their work and their patients, they noticed how challenging and stressful traditional office visits were for patients and families. "We found that patients were often frustrated by the multiple layers of administration they encountered while trying to speak to their doctor. Office-visit times were often rushed and limited, leaving unanswered questions and added stress for parents," says Keili. "The business of medicine has become even more complex and burdensome over the last several years. While traditional medical practices are working hard to provide quality care to patients, they are bound by the insurance companies' regulations and barriers."

Both naturally curious and innovative, Keili and Allie frequently

brainstormed about how to deliver care in a way that best focused on the patients and their families. Realizing they shared similar ideas and values, they formed a partnership and opened the doors of Greater Cleveland Pediatrics in Beachwood in late 2020.

"We realized that so many families were turning to Google, or texting other parents with medical questions, simply because it was too challenging to receive guidance from their doctors," says Allie. "Our goal was to create a practice where it would be like having a pediatrician in the family: a doctor you could text at 9 am with a photo of your child's rash to make sure they were safe to attend daycare, or to have an extended conversation about your toddler's behavior without simultaneously trying to distract the child in a small exam room."

Greater Cleveland Pediatrics follows the Direct Primary Care model, which means they limit the number of patients in their

practice, to have the necessary time to focus completely on each patient without insurance-company interference. As a result, Allie and Keili really get to know all patients and their families.

"Patients love the flexibility this model provides," says Allie. Because the doctors are personally available to their patients via text, phone calls and email, they can often provide medical guidance and reassurance without the challenges of bringing the patient to the physical office.

"Not everything needs to happen within the confines of a brick-and-mortar office visit," says Keili. "When appropriate, we can use technology alongside our experience with the patient to get a good sense of how well, or ill, the child may be. We can certainly see the patient in the office for a full physical exam and testing, but that isn't always necessary."

The practice model is set up as a membership-based subscription service, which includes all primary-care services provided by Greater Cleveland Pediatrics. The membership fee covers well-child visits, unlimited sick visits, newborn visits in your

home, unlimited communication with your child's pediatrician, same- or next-day appointments, basic in-office testing, wound care, adolescent care, primary-care mental health services, and full access to your pediatrician – day or night. Appointments can be scheduled easily, even on weekends and holidays. Allie has additional training as a certified lactation counselor, and the team also provides lactation support as part of their newborn visits.

Allie and Keili recommend that all patients have medical insurance in case they need to go to the emergency room, the hospital, or a specialist. Families may also use insurance for childhood vaccinations.

"We invite parents to schedule a free consultation to discuss the benefits of joining our practice," says Keili. "We offer everything a parent wants for less than \$6 per day. It's the best \$6 you can spend for your children."

Greater Cleveland Pediatrics is located at 3311 Richmond Rd., Suite 150, Beachwood. For more information, call 216.236.5446 or visit [www.cleped.com](http://www.cleped.com).



Left: Drs. Keili Mistovich and Allie Effron. Above: Allie and Keili warm up to 3-year-old twins, Evie and Tyler.

# Retina Associates of Cleveland

For more than 45 years, the Retina Associates of Cleveland philosophy has been that the patient comes first and every patient is treated like family. With 14 offices in Ohio, the company just moved its Beachwood office to 24075 Commerce Park, joined the Beachwood Chamber of Commerce, and held a ribbon-cutting ceremony to celebrate its opening.

Retina Associates of Cleveland doctors are world-renowned experts in the medical and surgical treatment of Age-related Macular Degeneration (AMD), Diabetic Retinopathy, Retinal Detachment, and other diseases of the macula, retina and vitreous. As one of the larger retina practices in the U.S., they serve all of Northeast Ohio. Physicians at the practice have been voted among the top retinal doctors in America, year after year, by their colleagues in the medical community.

In honor and recognition of this relocation, Mayor Martin Horowitz and City Council proclaimed Wednesday, March 24, 2021 as Retina Associates of Cleveland Day in the City of Beachwood.

For more information, visit [retina-doctors.com](http://retina-doctors.com) or call 216.831.5700.



Mayor Martin Horowitz presented a proclamation and helped Drs. David Miller, Scott Pendergast, Llewelyn Rao, Jerome Schartman and Hernando Zegarra, along with Christina McCrossin, COO, celebrate the special occasion. *Photo by Scott Morrison, Discovery Photo.*



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📞 833-538-1373

🌐 [www.vuebeachwood.com](http://www.vuebeachwood.com)

📍 23220 Chagrin Blvd, Beachwood, OH 44122



# Call for Artists!

## Back by Popular Demand – Another Virtual Exhibit/Sale!



Are you a Northeast Ohio artist, 18+ years old, who would like to exhibit/sell your artwork? If so, here is an opportunity.

Beachwood Arts Council presents: **SMALL WONDERS**, featuring artwork in all media, sized 12" x 12" or less. The application deadline is Monday, May 24, and show dates are June 1-30. There will be no judging or BAC commissions. For details and an application form, visit [www.beachwoodartscouncil.org](http://www.beachwoodartscouncil.org).

### APPLY TODAY!

Application Deadline: Monday, May 24  
Show Dates: June 1-30

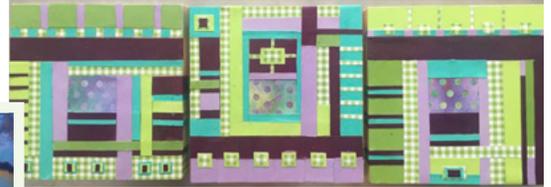
### Good Art Comes in Small Packages!

## Become a BAC Member

Help fund the arts in Northeast Ohio by supporting BAC with your tax-deductible membership or gift. You can either donate online, at [beachwoodartscouncil.org](http://beachwoodartscouncil.org), or send a check, payable to Beachwood Arts Council, to: Beachwood Arts Council, 25225 Fairmount Blvd., Beachwood, OH 44122. Membership levels are listed on the website.

## Become a BAC Trustee

For a position on BAC's Board of Trustees, please contact Paula Rollins, BAC president, at 216.789.3995 or [phonepr@aol.com](mailto:phonepr@aol.com).



Paper Quilts by Leah Gilbert  
Pastel Sunrise by Debby Zelman Rapoport

"It is only when we are no longer fearful  
that we begin to create."  
– J. M. W. Turner

"The world always seems brighter  
when you've just made something that wasn't there before."  
– Leonardo da Vinci

## Looking for a Perfect Smile?

Accelerated Orthodontics or Invisalign® can help! Schedule a FREE exam today!



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## List your house in the market NOW, it's Sellers' Market!



- Fewer homes for sale while demand remains high – **Buyers are competing to purchase properties.**
- High interest in homes – **Buyers are taking advantage of low interest rates.**
- Homes selling at above-average prices – **Higher possibilities with multiple offers after listing in the market.**

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Beachwood, OH 44122  
Cell 216-566-4150 • [glin@bhhspro.com](mailto:glin@bhhspro.com)  
[www.gracelinbusiness.com](http://www.gracelinbusiness.com)



# May is Mental Health Awareness Month

This past year presented many challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result. The good news is that there are tools and resources available that can support the well-being of individuals and communities.

Now, more than ever, we need to combat the stigma surrounding mental health concerns. That's why this Mental Health America and affiliate organizations are highlighting #Tools2Thrive – what individuals can do throughout their daily lives to prioritize mental health, build resiliency, and continue to cope with the obstacles of COVID-19.

Throughout the pandemic, many people who had never experienced mental health challenges found themselves struggling for the first time. During the month of May, MHA is focusing on different topics that can help process the events of the past year and the feelings

that surround them, while also building up skills that extend beyond COVID-19.

The past year forced many people to accept tough situations that they had little to no control over. If you found that it impacted your mental health, you aren't alone. In fact, of the almost half a million individuals who took the anxiety screening at MHA screening.org, 79% showed symptoms of moderate to severe anxiety. However, there are practical tools that can help improve your mental health. MHA is focused on managing anger and frustration, recognizing when trauma may be affecting your mental health, challenging negative thinking

patterns, and making time to take care of yourself.

It's important to remember that working on your mental health and finding tools that help you thrive takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of the past year and develop long-term strategies to support yourself on an ongoing basis.

A great starting point for anyone who is ready to prioritize their mental health is to take a mental health screening at MHA screening.org. It's a quick, free, and confidential way for someone to assess their mental health and begin finding hope and healing.

Mental illnesses are real and recovery is possible. By developing your own #Tools2Thrive, it is possible to find balance between life's ups and downs.



For more information and toolkit resources, visit [www.mhanational.org/may](http://www.mhanational.org/may). There are additional resources in and around our community and online, and it's important to remember that you're never alone.

## LOOKING TO MAKE A MOVE?

Look no further...contact your realtor that *knows* Beachwood!

A lifetime of Living, Buying, and Selling in Beachwood!

**Donna Glazer**

Cell: 216-402-6990  
donnaglazer@howardhanna.com



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- Since 1881 to be exact.

# CITY OF *Beachwood* Insider

May 2021

## Contact Info

CITY OF  
BEACHWOOD  
25325 Fairmount Blvd.  
Beachwood, OH 44122  
216.464.1070  
www.BeachwoodOhio.com

TV PROGRAMMING  
Spectrum - Ch. 1020  
AT&T U-Verse - Ch. 99

EMERGENCY Dial 9-1-1

## Departments

CLERK OF COUNCIL  
216.595.5493

AUDITOR  
216.595.3712

BUILDING & COMMUNITY  
DEVELOPMENT  
216.292.1914

COMMUNITY SERVICES  
216.292.1970

ECONOMIC DEVELOPMENT  
216.292.1915

FINANCE  
216.292.1913

FIRE & RESCUE  
216.292.1965

LAW  
216.595.5462

MAYOR'S OFFICE  
216.292.1901

POLICE  
216.464.1234

PUBLIC WORKS  
216.292.1922

## THE BEACHWOOD FAMILY AQUATIC CENTER OPENS MEMORIAL DAY WEEKEND!

Resident Memberships are to be purchased in advance at the Beachwood Community Center, Monday through Friday between 9:00 — 11:00 AM and 4:00 — 6:00 PM beginning Monday, May 3. Passes will not be available to buy at the Aquatic Center.



Beachwood residents are eligible to purchase a Season Membership. Proof of residency is required at the time of registration. Two (2) forms of proof of residency identification must be presented:

A current utility bill AND current driver's license OR current picture ID with address. Falsification of residency will result in the forfeiture of all fees. Complete information available at [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com). COVID restrictions may apply.

## MASKS REQUIRED INDOORS & OUTDOORS

As we prepare for a safe and fun summer, we ask that you do your part. We all want to be with our families and neighbors at the pool, the park or a backyard BBQ, but to reach that point we must continue to work together until it is safe to reduce restrictions. In Beachwood, we believe in science. Please continue to wear your mask, wash your hands and practice social distancing.

A graphic for the Regional Income Tax Agency (RITA). It features the RITA logo at the top, followed by the text "REGIONAL INCOME TAX AGENCY". Below that, it says "MAKES IT EASY TO FILE YOUR MUNICIPAL TAXES". At the bottom, it states "MUNICIPAL TAXES ARE DUE MAY 17, 2021" with a "LEARN MORE" button.

## RITA EXTENDED TAX DATE

The Regional Income Tax Agency (RITA) reminds you that your municipal taxes are due **Monday, May 17**.

Learn more about filing your municipal taxes simply and securely at <https://ritaohio.com/Individuals/Home/File>.

**DATE EXTENSION!**



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[Facebook.com/BeachwoodOH](https://www.facebook.com/BeachwoodOH)  
[Facebook.com/BeachwoodPolice](https://www.facebook.com/BeachwoodPolice)



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

REGISTER FOR BEACHWOOD eLIST  
[elist@beachwoodohio.com](mailto:elist@beachwoodohio.com)

EMAIL YOUR COUNCIL MEMBER  
[firstname.lastname@beachwoodohio.com](mailto:firstname.lastname@beachwoodohio.com)  
Ex: [barbara.janovitz@beachwoodohio.com](mailto:barbara.janovitz@beachwoodohio.com)

MAYOR  
**MARTIN S. HORWITZ**



216.292.1901  
[mayor@beachwoodohio.com](mailto:mayor@beachwoodohio.com)

**JAMES PASCH**



COUNCIL PRESIDENT  
216.630.9671

BARBARA  
**BELLIN JANOVITZ**



COUNCIL V.P.  
216.406.5914

**JUSTIN BERNIS**



216.509.6509

# Beachwood DELIVERS

Beachwood Delivers ended March 31. We delivered more than 1,600 meals, saving restaurants about \$23,000 in delivery fees. We also estimate that residents saved about \$45,000 in service and delivery fees, and menu up-charges. We thank all residents who participated and continue to support our Beachwood restaurants. Special thanks to Shannon Diamond for managing this program.

## RED CROSS BLOOD DRIVE

Blood donations are **by appointment only**. Please call the Red Cross at (800) 733.2767 or visit [www.redcrossblood.org](http://www.redcrossblood.org) to schedule your appointment.

**BEACHWOOD COMMUNITY CENTER**  
**Friday, June 18**  
**Friday, July 16**  
**1:00 — 7:00 PM**



**SAVE A LIFE. GIVE BLOOD.**

## KEEP OUR CITY BEAUTIFUL

The snow has melted and flowers are blooming. Please take a few minutes to walk your property and pick up litter that may have accumulated over the winter. Let's each do our part to keep Beachwood beautiful!



We thank Diane Calta for her service as Law Director for the past 3 years and wish her continued success in all future endeavors.

*Thank you*

## MEMORIAL DAY

City Hall will be closed on Monday, May 31, in observance of Memorial Day. Rubbish and recycling will not be collected by the City on May 31. Collections will be delayed one day: regular Monday collections will shift to Tuesday, regular Tuesday collections will shift to Wednesday, and so on.



## AUTISM AWARENESS

Last month, the Beachwood Fire Department bought and wore custom duty shirts to support Autism Awareness. Proceeds will be donated to a program for children on the Autism Spectrum.

Special thanks to Firefighter Coyne for designing the t-shirts.



Public City meetings are now held online and can be viewed on the City website. For information on how to participate or submit a comment, please email [whitney.crook@beachwoodohio.com](mailto:whitney.crook@beachwoodohio.com). For information about Planning & Zoning and the Architectural Board of Review, please email [veronica.muth@beachwoodohio.com](mailto:veronica.muth@beachwoodohio.com).

## UPCOMING MEETINGS

### CITY COUNCIL

Monday, May 3 at 7:00 PM  
 Monday, May 17 at 7:00 PM  
 Monday, June 7 at 7:00 PM  
 Questions? Call 216.595.5462

### PLANNING & ZONING COMMISSION

Thursday, May 27 at 6:30 PM  
 Questions? Call 216.292.1914

### ARCHITECTURAL BOARD OF REVIEW

Monday, May 3 at 4:00 PM  
 Monday, May 17 at 4:00 PM  
 Monday, June 7 at 4:00 PM  
 Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

# SPRING/SUMMER UPPERCLASSMEN & RECREATION GUIDE

Our online Spring/Summer Upperclassmen and Recreation Guide includes many programs for residents of all ages!

## Youth Programs

- Fitness
- Safety Town
- Pottery
- Karate
- Yoga
- T-Birds T-Ball (Ages 3-4)
- Baseball, Softball, Soccer
- Tennis

## Teen Camps:

- Chef's Camp
- CSI Camp
- Travel Camp

## Youth Enrichment:

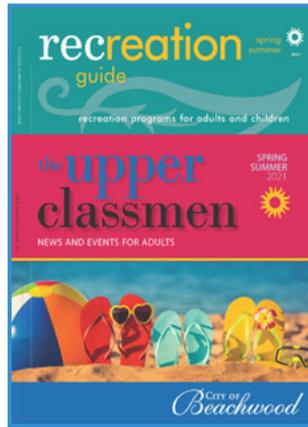
- Challenger Sports British Soccer Camps
- Skyhawk Sports Academy
- Snapology
- Mad Science
- Classroom Antics
- Challenge Island
- Progress with Chess

## Adult Programs:

- Fitness
- Cooking
- Karate
- Tennis
- Pottery
- Woodworking

## Senior Adult Programs:

- Exercise
- Art
- Movies
- Salute to Summer
- Brown Bag Buddies
- Mind Challenge



For details on these programs and more, visit [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com) or call 216.292.1970.

## Save the Dates!

Pet Fire Safety Day – July 15  
National Night Out – August 3  
Honkin' Haulin' Hands-on Trucks – September 12  
Beachwood Fall Festival – October 3

MORE INFORMATION COMING SOON!

## HYDRANT FLUSHING

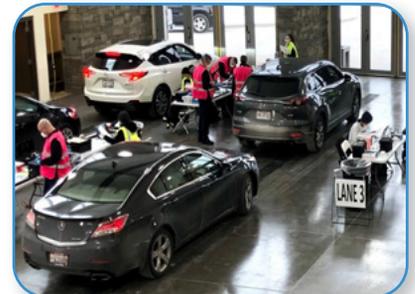


The Fire Department will be conducting hydrant flushing from **Saturday, May 22 – Saturday, May 29**. Signs will be posted. Hydrant flushing may occur on your street on any day during that week. Should you encounter discolored water, please run the COLD water until it runs clear. For more information, call 216.292.1965.

# City Insider

## VACCINATION CLINICS

More than 5,300 vaccinations were administered during six drive-through vaccination clinics at Beachwood Fire Station #2. Special thanks to Mayor Horwitz, Beachwood Fire Department, Beachwood Police Department, Cuyahoga County Board of Health, medical volunteers, and everyone involved to make these clinics run smoothly. Also thanks, to everyone who got vaccinated to work toward achieving herd immunity.



## TENNIS INFORMATION

Tennis lessons for all levels and ages begin in early June. Sign up at [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com).

The tennis courts will be sealed and resurfaced at the end of May. During this time, the courts will be closed to the public. Check the City website or social media for exact dates.



# BARKWOOD MEMBERSHIPS FOR BEACHWOOD RESIDENTS



Barkwood applications are available at our homepage Quick Link for Barkwood Dog Park. Beachwood residents can email the application and payment information, **proof of residency**, and vaccination records to [Recreation@BeachwoodOhio.com](mailto:Recreation@BeachwoodOhio.com). Vaccination records may be faxed directly from your veterinarian's office to Community Services at 216.292.1976. Annual membership requires a \$25 fee for key fob access. Barkwood is considered an outdoor-gathering area; face coverings are required for all people over age five. Questions? Call 216.292.1970.

## SAFETY REMINDER

Always remember to lock your car and take your keys or key fob with you. There have been a number of vehicles stolen in the area. Also, don't leave valuables in plain view: Remove valuables, remove keys, and lock the doors.



## RECYCLING BASICS

When recycling, know the rules.

**Please do not bag your recyclables.**

For complete recycling details, please visit:



[WWW.CUYAHOGARECYCLES.COM](http://WWW.CUYAHOGARECYCLES.COM)

## BEACHWOOD VAN SERVICE

The Beachwood Community Services Department continues to provide van service to resident seniors and residents with disabilities to get to medical appointments or to pick up pre-paid grocery and pharmacy orders. For more information, please call 216.292.1971.



## OUTDOOR CONCERTS

June 15, 22, 29 • July 6, 13, 20, 27

**ADDITIONAL INFORMATION COMING SOON!**

## SENIOR TRASH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your rubbish and recycling bins? We can help. Call 216.292.1922 to register.

## BARKWOOD SPECIAL REVENUE FUND

The Barkwood Special Revenue Fund was created to enhance Barkwood Dog Park. To donate, please write your check to City of Beachwood, note the fund on the memo line, and drop it off at City Hall or mail it to: Beachwood City Hall, 25325 Fairmount Blvd., Beachwood, Ohio 44122. If you have an idea about how you would like the funds applied, please note your suggestion. Funding ideas to date include: benches, shade, maintenance, agility equipment, and a water-bottle dispenser. Suggestions are welcome!



*Jump hurdles, donated by Rick Fishman and his dog Crispy*

## STORYWALK IN THE PARK



The May book featured on the StoryWalk® in Beachwood City Park East is *Some Bugs*, written by Angela Diterlizzi and illustrated by Brendan Wenzel. This zippy rhyming exploration of backyard-bug behavior is sure to have young insect enthusiasts excited!

The StoryWalk® Project was originally created by Anne Ferguson of Montpelier, VT, and developed in collaboration with the Kellogg-Hubbard Library to help build children's interest in reading, while encouraging healthy activity for children and adults. StoryWalk® is a registered service mark owned by Ms. Ferguson.



## NEW ART EXHIBITS



BEACHWOOD COMMUNITY CENTER

*VISIONS IN COLOR*

April 5 — May 24

Featuring work by:  
Michael Winston  
Howard Hitchcock

*CREATIVE EXPRESSIONS*

May 28 — June 28

Featuring work by:  
Mara Krause, Rachelle Neher,  
James Hillier & Leslie Iammarino



BY APPOINTMENT ONLY

Visit the exhibit online or call 216.595.3733 to schedule an in-person visit. Hours of operation are:  
Monday — Friday, 9:00 AM — 3:00 PM.



## BEACHWOOD SHRED DAY

Bring all your personal documents, mail, files and have them shredded on-site for FREE!

Service is available to all Beachwood Residents (Proof of residency required)

Shred up to 6 bankers boxes OR 12 blue grocery bags at no charge.

Staples, paper clips, metal or plastic binders accepted.

### **DUE TO COVID REGULATIONS:**

- ALL ITEMS MUST BE PLACED IN TRUNK, NOT BACK SEATS
- BOXES WILL NOT BE RETURNED
- WHAT WE TAKE OUT GETS SHREDDED
- EVERYONE MUST STAY IN CAR

**RAIN OR SHINE!**

**SUNDAY, MAY 16**

**9:00 AM – 12 Noon**

**COMMUNITY CENTER  
PARKING LOT**



BEACHWOOD OUTDOOR

# Movie Nights

**FREE**

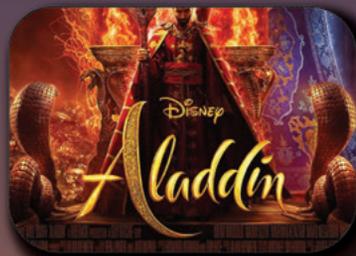
Join us for a FREE movie night!  
Bring your blankets and lawn chairs.

June 27



**Croods 2**

July 18



**Aladdin**

August 15



**Onward**

Beachwood Community Center Parking Lot • 5:00 PM

**Purchase dozens of popcorn flavors from Amaize Gourmet Popcorn Truck**



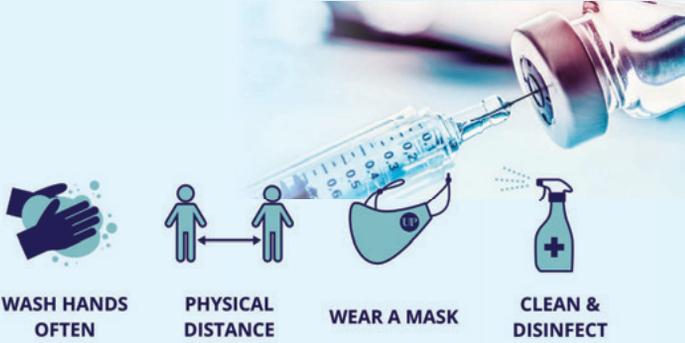
CITY OF  
*Beachwood*

# BEACHWOOD CITY SCHOOLS

## BOARD OF EDUCATION

Dr. Brian Weiss, President, (216) 464-6678, bw@beachwoodschoools.org  
Maria E. Bennett, Vice President, (440) 725-1450, mbennett@beachwoodschoools.org  
Jillian DeLong, (216) 509-3514, jdelong@beachwoodschoools.org  
Josh Mintz, (650) 464-6788, jmintz@beachwoodschoools.org  
Megan Walsh, (216) 287-4657, mwash@beachwoodschoools.org

## 2021-2022 School Year Preview



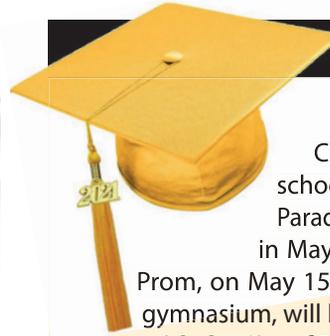
Plans for the format and schedule of the 2021-2022 school year are taking shape. The accelerating distribution of COVID vaccines to a wider and wider range of people has solidified our confidence in planning a full return to school at all grade levels. Well over 80% of our school staff are now fully vaccinated and we know that many Beachwood students 16-years-old or older have received at least the first of two vaccine doses. We are hopeful that younger students will become eligible for vaccines and that this will provide an even greater level of comfort in safe school operation.

The district's planned staffing levels and school schedules will adopt the Centers for Disease Control's three-foot distancing recommendation for classrooms and buses. We intend to retain our masking requirement and disinfecting protocols in order to safely get to the point when the virus is under control. Feedback from staff, students and parents throughout this school year has pointed to some of the positive outcomes of how school and learning were structured during the pandemic. We will continue to maintain efforts to build strong classroom and school cultures, and close relationships with staff. We also continue to focus on solutions that reduce stress and anxiety for students and staff, help struggling students stay engaged, and improve mental and physical wellness in our school community.

Many staff note that planning for next school year has been a bright, hopeful light during this challenging time. Your Beachwood Schools' staff are looking forward to a 2021-2022 school year where we connect with our students in person and inspire learning, excitement, and unity. Thank you for all your support as we weathered the challenges of the past year.



## Class of 2021 Milestones



Join us in celebrating Beachwood's Class of 2021 as they move on from high school. The Class of 2021's prom, Senior Car Parade, and Awards Ceremony will take place in May, followed by graduation on June 1st. Prom, on May 15th, in and outside of the high school gymnasium, will be a memorable event. ***In partnership with the City of Beachwood, the Senior Car Parade will roll through Beachwood on Friday, May 21st, beginning at 5:45 pm. Please mark the date on your calendar, come out to the parade route, and cheer on our seniors and their families!*** On May 25th, the Senior Awards Ceremony will take place virtually, with dozens of generous donors presenting scholarships and awards to this deserving group. The public can watch this streamed event live on the district's YouTube channel. Finally, the Senior Class will receive their diplomas, in person, at the high school main stadium, on June 1st at 5 pm, cheered on by their families.

## Beachwood Legend Allen McCullough Passes Away



Allen McCullough with Robert Hardis and Ken Veon

We are saddened to announce the passing of Allen McCullough, a Beachwood administrator from 1961 - 1987. Allen always held a special place in his heart for Beachwood. Beachwood's main stadium field was named for Mr. McCullough and you can find a marker in his honor at the bottom of the stairwell entrance to the field. This photo was taken when Mr. McCullough was honored at our renovated stadium in 2018.

## ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org  
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org  
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org  
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org  
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschoools.org  
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org  
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 x264 • vparker@beachwoodschoools.org  
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



## Best Communities for Music Education

For the 16th straight year, Beachwood has been named one of the Best Communities for Music Education in the nation. This distinction was awarded to just 686 districts total across the country. We thank all administrators, teachers, students, parents and community members for their support of music education!



## Beachwood Sisters Impress at NEOSEF



Kaajal Krishnan



Karina Krishnan

**Kaajal Krishnan**, Grade 10, won three prizes at the recent Northeastern Ohio Science and Engineering Fair (NEOSEF) for her project titled *Investigating Clinical and Imaging Biomarkers in the Effectiveness of Biologics and Need for Surgery in Pediatric Crohn's Disease*:

- 3rd place in the Health/Medicine Category
- The Cleveland Clinic Lerner Research Institute Award
- The NEOSEF Science News Magazine Award

Her sister **Karina Krishnan**, Grade 7, won two NEOSEF prizes for her project titled *The Predictive Power of Average*:

- 1st place in the Math/Computer Science Category
- The NEOSEF Science News Magazine Award

Congratulations to these amazing siblings and to their parents!

## Board of Education NEWS

### Recent Resolutions:

- Hired Fairmount Early Childhood Center Summer Camp staff
- Hired 2021-2022 Fall and Winter sports coaches
- Approved guaranteed maximum price for facility projects
- Approved continuing contracts for five teachers
- Hired Transportation Coordinator

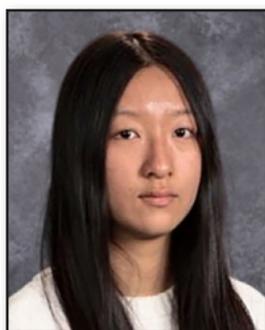
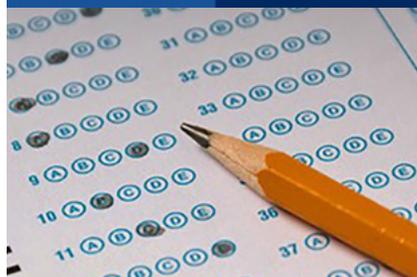
### Future Resolutions:

- District's five-year financial forecast
- Hire elementary teachers
- Extended school year services for students with disabilities
- Hire staff for summer "Extended Learning" programs
- Hire student workers for summer IT and grounds work
- Summer curriculum writing and training for staff

### Board Meeting Calendar:

- Monday, May 10, 2021 @ 7 pm
- Monday, May 24, 2021 @ 7 pm

# SAT ACT



## Perfect SAT and ACT scores!

Beachwood High School's **Evelyn Zhang**, Grade 11, did it again! Earlier this year, we learned that Evelyn had joined **Ilan Haas**, **Michael Karpov** and **David Kuang** in earning a perfect score on the ACT, a feat achieved by only .33% of test takers. Just a few weeks ago, we were stunned to learn that **Evelyn also earned a perfect SAT score**, a mark met by fewer than .5% of test takers! Unbelievable, Evelyn – congratulations!

Visit us at [www.beachwoodschoools.org](http://www.beachwoodschoools.org)



[www.facebook.com/BeachwoodBison](https://www.facebook.com/BeachwoodBison)



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

# Iris November's Pandemic Knitting Projects

Last March when the world as we knew it shifted, Iris November thought about how she might create something that would document the times. By her birthday, May 22, she decided to create a temperature scarf and temperature runner, projects often used to visualize climate change.

Each project is produced by knitting or crocheting one or two rows in a specific color that represents the temperature of each day for a year. Iris, an avid knitter who founded Yarn Over Beachwood, formerly a local chapter of Women-4-Women Knitting-4-Peace, chose to select her daily color based on the temperature at 3 pm.

"I created a color chart based on temperature," Iris said. "For

example, if the weather was above 90 degrees, I knitted two red rows. If it was between 85 and 89 degrees, I knitted two orange rows."

Every five-degree span had been assigned a color. Iris also added embellishments – like white funny fur when it snowed.

"I wanted to do something that would make the year special, so I started both projects on my birthday and will

complete them on May 22," Iris said. "These projects helped me survive and thrive – *surthrive* – this difficult year!"

"These projects helped me survive and thrive – *surthrive* – this difficult year!"

## Iris's Color Chart

Degrees	Yarn Color
90+	Red
85-89	Orange
80-84	Yellow
75-79	Pink
70-74	Purple/Green Mix
66-69	Sea Spray
60-65	Army Green
55-59	Aqua
50-54	Light Blue
45-49	Medium Blue
40-44	Dark Blue
30-39	Lilac
25-29	Purple Sparkle
20-24	Magenta
10-19	Gray
9/Below	White
Snow	Color + White Funny Fur

"Knitters use knitting to value-add to the world."  
– Stephanie Pearl-McPhee

## INSTRUCTIONS

### Scarf

Size 8 needles, cast on 20 stitches.

### Table Runner

Size 10 needles, cast on 50 stitches.

Knit each color for 2 rows, leaving a 3-inch tail.  
Double tie the tails together.

You may want to select one color to use as a border at each end (Iris used purple on her runner). The completed scarf will measure about 66 inches and the runner around 76 inches, because of the difference in needle sizes. The fringe length is based on personal preference. Iris used longer fringe on the runner.



Yarn Over Beachwood continues to meet via Zoom on the first Friday of each month at 10 am. Upcoming meetings are scheduled on May 7 and June 4.

Demand is strong and new members are welcome!

For details, contact Iris at 216.375.9111 or [lbtyclub@gmail.com](mailto:lbtyclub@gmail.com).



Join  
US

**SAVE THE DATE  
REGISTER TODAY!**  
Sunday, July 11 • 8 a.m.

Beachwood Chamber of Commerce  
30th Anniversary

**5K/1 Mile Fun Walk**

with Vendor Village and Kids' Fun Zone  
Starts and Ends at Beachwood Place

## Upcoming Events

Join us and boost your 2021 business network!

Wednesday, May 12 • 12-1 p.m. • Virtual Luncheon  
Scott W. Fedor – How a Broken Neck Strengthened My Spirit

May 20 • 8:30-9:30 a.m. • Women's Connection  
Kristine Kolzing with The Alignment Tribe  
Maximizing Your Momentum to Avoid Burnout

To register and for complete details, visit [www.beachwood.org](http://www.beachwood.org)!

Are you a Young Professional (age 20-39)  
living or working in Beachwood?  
We are launching YP programming this spring.  
Let us know if you would like to be involved by emailing [chamber@beachwood.org](mailto:chamber@beachwood.org)!

Please check our online calendar or sign up for our eblasts to learn about our  
Annual Golf Outing, Taste of Beachwood and more as details unfold!

Visit us at  
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**Check out our website at [beachwood.org](http://beachwood.org)!**  
Join a committee and make your voice heard!

**Missed anything?** Check out recordings from past events,  
such as our Diversity and Inclusion series, on our **NEW** website!



# Beachwood Historical Society Contest

The Beachwood Historical Society is committed to preserving the dynamic history of Beachwood, educating people of all ages, and sharing historic collections. It preserves and promotes artifacts, documents and photographs; educates people about the history of Beachwood, from "Beechwood" to Beachwood; sponsors events; and researches and archives information.



**This month's challenge:**

What was the nickname given to our Water Tower that is located on Chagrin Boulevard?

Please email answers to beachwoodbuzz@gmail.com with the words "Beachwood Historical Society Challenge" on the subject line.

All correct answers received by May 15 will be entered in a raffle for a \$50 gift card.

**Last month's challenge:**

Who painted this utopian version of Beachwood, Ohio? Where is this painting located?

**Answer:** Former Beachwood

Schools art teacher Leon Katz. The painting is located on the lower level of LaPlace, near Ho Wah, by the escalator.

**Congratulations to last month's winner, Gary Brown.**

All correct answers received by May 15 will be entered in a raffle for a \$50 gift card.



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- Restoration and repair of frames and artwork
- Gold and silver leaf frames
- Custom mirrors – any size
- Photo frames – silver, gold, leather and acrylic
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- Oil paintings and prints

By Appointment Only

**Bring in this ad and receive \$25 off framing over \$100**

Offer expires May 31, 2021. Not good with other offers.



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Remember Our Teachers & Graduates with Catstudio Cleveland Pillows, Glasses & Towels  
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 New Hours: Mon - Saturday 10 to 5 • Sun noon to 4

Sandhia Varyani, MD



## What to Ask at Your Next Well-Woman Visit

**Y**early well-woman visits with your health care provider – often with an obstetrician/gynecologist (OB/GYN) – offer much more for your well-being than the pelvic exam and Pap test that likely come to mind when scheduling a typical annual exam.

Your OB/GYN, a physician who specializes in the care of women, can provide a wide range of health-related education, counseling and services throughout your lifetime.

### Depending on your needs at the time of the well-woman visit, you can address:

- Screenings, such as those for breast and cervical cancers and sexually transmitted diseases (STDs)
- Pregnancy prevention
- Prenatal, pregnancy, childbirth and postnatal care
- Infertility evaluations and procedures
- Perimenopausal and postmenopausal care
- Surgery, including abdominal and vaginal procedures

“While OB/GYNs are specialists, they can also provide many primary care services, such as immunizations and blood pressure screenings,” says Sandhia Varyani, MD, an OB/GYN at University Hospitals (UH) Ahuja Medical Center. “You can even work together to reach health goals, like starting an exercise routine, losing weight, practicing safe sex, having a healthy pregnancy, transitioning through perimenopause and managing menopause.”

### Track Your Health History and Symptoms

Talking about your health history is a key component of each well-woman exam. You may be asked personal questions about the following topics:

- Menstrual periods
- Sexual health and partners
- Health conditions that run in your family
- Current use of medicines, vitamins and herbs
- Mental health history, including depression and anxiety
- Substance use, such as alcohol and tobacco
- Symptoms you’re experiencing, such as nipple discharge, pelvic pain or pain when urinating
- Coordination of care with your primary care provider

### Just as important – be ready to ask your own questions!

“No topic is off-limits during a well-woman visit,” Dr. Varyani emphasizes. “Remember that your provider discusses sensitive issues every day.” Feel free to ask anything, including:

- Do I need any vaccines?
- How can I protect myself from STDs?
- What are my birth control options?
- How can I tell if my relationship is safe and healthy?

- Should I be concerned about my alcohol, tobacco or other drug use?
- What can I do to maintain a healthy lifestyle?
- Where can I get help for depression (or another mental health issue)?

Consider writing your questions down before the day of your appointment. Record the answers at your visit. And remember, you can contact your provider after you leave if you feel confused or have new questions or concerns.

“The annual well-woman visit is meant to address some basic women’s health topics,” Dr. Varyani adds. “If you have health concerns beyond what is typically covered in a well-woman visit, be sure to schedule follow-up visits with your OB/GYN so we can spend dedicated time addressing those issues and putting an appropriate plan of care in place.”

*UH has a large network of women’s health experts throughout Northeast Ohio. To schedule an appointment with OB/GYN & Women’s Health Services at UH Ahuja Medical Center, call 216.545.7222.*

“No topic is off-limits during a well-woman visit,” Dr. Varyani emphasizes. “Remember that your provider discusses sensitive issues every day.”

### Upcoming Health Talks

UH is bringing our health experts to you through a series of virtual health talks. The virtual seminars will include presentations by our experts and Q&A sessions. These events are free, but registration is required. Visit [www.UHhospitals.org/Health-Talks](http://www.UHhospitals.org/Health-Talks) to learn more.

# 2021 Stop the Hate Contest Finalists

The Maltz Museum of Jewish Heritage is proud to announce the 2021 cohort of Northeast Ohio students and schools competing as finalists in the 13th Annual Stop the Hate® Youth Speak Out & Youth Sing Out Contest, in which middle and high school upstanders use individual essays and classroom songs to stand up and speak out against bias and bigotry. The contest annually awards \$100,000 in scholarships and prizes. Winners will be announced in mid-May via the museum's website ([www.maltzmuseum.org](http://www.maltzmuseum.org)).

Rooted in the Jewish value of respect for all humanity, the Maltz Museum is known for its excellence in using object-based learning to explore complex histories in order to better understand the present and consider a more inclusive future. Connecting with young audiences is at the heart of this work.

The Stop the Hate contest is comprised of two components: Youth Speak Out Essay Writing for individual students and Youth Sing Out Songwriting for school classrooms. Both celebrate Northeast Ohio upstanders in grades 6-12 who are committed to creating a more accepting, inclusive society by standing up and speaking out against bias and bigotry. Since the contest began 13 years ago, the Maltz Museum has awarded \$1.3 million to students and schools in 12 counties across Northeast Ohio, with an estimated reach of nearly 40,000 young people.

To recognize educators who are Stop the Hate advocates and allies for their students and in the classroom, the Maltz Museum has introduced a new award this year. Two educators will be named "Stop the Hate Educator of the Year" and each will receive a \$1,000 cash prize.

## Top 20 Finalists for 2020 Stop the Hate® Youth Speak Out

Through a rigorous judging process that includes over 400 volunteer readers in Ohio and beyond, 20 finalists have been named. Finalists are divided into two categories: Grades 6-10 and 11-12. Also noteworthy, the grand prize winner's high school will receive a \$5,000 anti-bias

education grant to support future anti-bias programming.

Congratulations to Beachwood High School students Lauren Clar, grade 12, and Bowen Zhang, grade 11, on being named finalists, competing for the grand prize of a \$20,000 college scholarship; and Beachwood Middle School student, Shreya Chellu, grade 8, for being a finalist, competing for a \$500 cash prize.

Special thanks to year's panel of Youth Speak Out judges who scored the top ten essays written by the 11th- and 12th-grade finalists: Greer Gibbons, project manager, The Lubrizol Corporation; Phyllis Seven Harris, executive director, The LGBT Community Center of Greater Cleveland; Eduardo Kim, partner, Thompson Hine; Gregg Levine, consultant, Ratliff & Taylor; Momyka Price, chief of education, City of Cleveland; and Cecilia H. Render, executive director, Nordson Corporation Foundation.

## 2021 Stop the Hate® Youth Sing Out Finalists

This year, 700+ students from 35 classrooms penned original songs to be entered into the Youth Sing Out contest. A panel of musical experts judged the song lyrics to determine the following middle- and high-school finalists.

Thank you to this year's panel of Youth Sing Out judges, as follows: Taylor Barnes, director of Resource Development, YWCA of Greater Cleveland; Joe Butler, manager of education, Rock and Roll Hall of Fame; Edward P. Gallagher, MT-BC – director of education, The Beck Center for

maltz museum of jewish heritage



the Arts; Jeff Niesel, music and film editor, Cleveland Scene; and Christelle Saint-Fleur, community outreach manager, Center for Arts-Inspired Learning.

## By the Numbers

Together with its partners, the Maltz Museum delivered anti-bias education to the classrooms of 3,000 young people through Stop the Hate workshops and received upstander essays from 1,500 students in grades 6-12. An estimated 4,000 students participated in the Stop the Hate digital tour, and 300 educators and mentors downloaded the Stop the Hate learning guide. In total, this program exceeded expectations with an estimated 8,800 student and educator touch points in 2021.

More information about these resources may be found online at [www.maltzmuseum.org/learn](http://www.maltzmuseum.org/learn).

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Announcement of Stop the Hate winners will occur in mid-May on the Maltz Museum's website, where visitors can also read the emotional and inspiring essays and listen to the empowering songs penned by Northeast Ohio students.

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To be notified when winners are announced, register online at [www.maltzmuseum.org](http://www.maltzmuseum.org)

The Maltz Museum thanks its partners: Lake Erie Ink, Roots of American Music, and the Rock and Roll Hall of Fame for helping to create this year's digital learning tools and delivering Stop the Hate writing workshops to Northeast Ohio classrooms. Additional thanks to educators and mentors for accessing the new Stop the Hate recommended reading list, the learning guide, and digital tour.

Stop the Hate® is made possible by the generous support of Presenting Sponsors: The Semi J. and Ruth Begun Foundation and Dworkin & Bernstein; For Youth Speak Out: Dealer Tire, Dominion Energy, the Nordson Corporation Foundation, and the Helen F. Stolier and Louis Stolier Family Foundation; For Youth Sing Out: The Martha Holden Jennings Foundation. The Maltz Museum is generously supported by Cuyahoga Arts and Culture, Jewish Federation of Cleveland, and Ohio Arts Council.

# Fun Video for Spring!

Before your next visit to the Beachwood City Parks, please visit <https://youtu.be/daln6eW8wbo> and view the video. Nancy Howell of the Cleveland Museum of Natural History will be your tour guide. She will teach you all about the plants and animals found in the parks. This informative resource is brought to you by the Beachwood Historical Society and Cleveland Museum of Natural History, with support from Cuyahoga Arts and Culture.

For more information about nature and what's in your own backyard, visit [www.cmnh.org](http://www.cmnh.org) and type "protect CLE," (protect Cleveland's Living Environment) in the search bar. Resources are listed, along with activities to do at home. Also, to identify plants, Nancy recommends that you download the iNaturalist app, which identifies plants and connects you to a social network of naturalists, citizen scientists, and biologists who map and share observations of biodiversity across the globe.



## The Maltz Museum of Jewish Heritage Announces Access Program for Low-Income Families

### ***Museums for All increases accessibility of quality museum learning resources in Northeast Ohio***

The Maltz Museum of Jewish Heritage joined Museums for All, a signature access program of the Institute of Museum and Library Services (IMLS), administered by the Association of Children's Museums (ACM), to encourage people of all backgrounds to visit museums regularly and build lifelong museum-going habits. The program supports those receiving food assistance (SNAP) benefits visiting the Maltz Museum by providing FREE ADMISSION for up to four people, with the presentation of a SNAP Electronic Benefits Transfer (EBT) card.

Similar free and reduced admissions are available to eligible members of the public at more than 500 museums across the country. Museums for All is part of the the Maltz Museum's broad commitment to seek, include, and welcome all audiences. More than 500 institutions participate in the initiative, including art museums, children's museums, science centers, botanical gardens, zoos, history museums, and more. Participating museums are located nationwide, representing 48 states. See a full list at [www.museums4all.org](http://www.museums4all.org).

**NOW ON VIEW AT THE MALTZ MUSEUM**



# NOTORIOUS RBG

THE LIFE AND TIMES OF  
RUTH BADER GINSBURG

presented locally by PNC BANK

## THIS MONTH'S FEATURED RBG INSPIRED PROGRAMS

**THURSDAY, MAY 6 AT 1:00 PM**

Script Reading Club: Gloria – A Life, by Emily Mann

**TUESDAY, MAY 11 AT 12:00 PM**

Reader Series: Two Books on Ruth Bader Ginsburg  
– My Own Words by Ruth Bader Ginsburg

**WEDNESDAY, MAY 12 AT 4:00 PM**

Virtual Gallery Talk: RBG'S Official Robe & Jabot  
with Dr. Einav Rabinovitch-Fox

**WEDNESDAY, MAY 19 AT 4:00 PM**

I DISSENT: Discussion on Reproductive Rights

**SUNDAY, MAY 23 AT 1:30 PM**

Family Fun: Judge for Yourself

**WEDNESDAY, MAY 26 AT 4:00 PM**

Women Who Roar: A Panel on Roaring Women Writers



**216.593.0575 | WWW.MALTZMUSEUM.ORG**

## Shavuot Ice Cream Social-ish

May 16  
1 – 2 pm or 3 – 4 pm

Shavuot is a harvest festival that celebrates the giving of the Torah. It is a Shavuot tradition to eat dairy on the holiday. To celebrate with other families with young children, join PJ Library, jHUB, and Mandel JCC for an outdoor Shavuot Ice Cream Social-ish!

### Choose your own event!

#### Ice Cream and Concert:

Drive-thru to get a delicious ice cream treat and a special Shavuot package, then join us on the lawn for a socially distant family-friendly concert by Jesse Jukebox. Limited to 30 family units per concert.

#### Ice Cream Only:

Drive-thru to get a delicious ice cream treat and a special Shavuot package.

**Mandel JCC - Stonehill Parking Lot and Safran Park**  
26001 S. Woodland Rd.  
Beachwood, OH 44122

Ice cream will be provided (kosher dietary laws observed). No cost to attend. Registration is required. Register early at [www.jewishcleveland.org](http://www.jewishcleveland.org).



## Cleveland's Raquel and Michael Haas Named 2021 JNF-USA Tree of Life™ Award Recipients

Cleveland residents Raquel and Michael Haas have been selected as the 2021 recipients of Jewish National Fund-USA's (JNF-USA) prestigious Tree of Life™ Award for their exceptional contribution to the Jewish community and the land and people of Israel.

"Raquel and Michael Haas have partnered with Jewish National Fund-USA for a number of years. Their philanthropic investments have been vital in supporting critical environmental and nation-building activities in Israel's north and south. They are heavily involved in the Cleveland community and deeply in touch with their Judaism, so we are honoring them for all they do locally, nationally, and overseas," said Mindy Feigenbaum, JNF-USA director of Northern Ohio.

The JNF-USA Tree of Life™ Award is a humanitarian award given in recognition of outstanding community involvement, professional leadership, and dedication to the cause of American-Israeli friendship with the devotion to peace and the security of human life.

Raquel co-chairs the Parent Leadership Council for the Basser Center. She is also a member of the Lion of Judah Society at the Jewish Federation, where she worked for more than seven years and was integral to the creation of its corporate sponsorship program. Michael is the global co-chair of real estate for Latham & Watkins LLP. He also sat on the board of B'nai Jeshurun Congregation and was a member of the UJA National Young Leadership Cabinet and of Leadership Cleveland.

"We are both so honored to be the JNF-USA Tree of Life™ Award recipients this year," said Raquel and Michael. "The values that JNF-USA cherish mirror our values. It is a big-picture organization that has withstood



2021 JNF-USA Tree of Life™ Award recipients Raquel and Michael Haas.

the test of time. JNF-USA doesn't just plant trees. It cares about people with special needs. It cares about providing water to all in Israel. It cares about houses and parks. It funds agricultural and scientific research. It directs grants to medical and trauma centers. JNF-USA cares about connecting the next generation of people to Israel and so do we. It is with these shared values that we eagerly align ourselves with JNF-USA's mission. We couldn't be more excited to know that there's a little bit of love from Cleveland being sent to Israel via JNF-USA."

The couple will be celebrated at a virtual award reception on June 8, at 8 pm. The spectacular ceremony will feature an intimate dialogue with Emmy Award-winning actor, director, producer, and best-selling author Henry Winkler, and Academy Award-winning actress, producer, and activist Marlee Matlin.

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Event co-chairs are Rebecca Bar-Shain, Bart Bookatz, Barry Feldman, Michael Jacobson and Chuck Whitehill.

To register, please visit [www.jnf.org/treeoflifecleveland](http://www.jnf.org/treeoflifecleveland). For more information, contact Mindy at [mfeigenbaum@jnf.org](mailto:mfeigenbaum@jnf.org) or 216.292.8733, ext. 790.

# 2021 Virtual Community-wide Tikkun Leil Shavuot

**B**'nai Jeshurun Congregation is offering a Virtual Community-wide Tikkun Leil Shavuot in celebration of Shavuot, which marks the wheat harvest in the Land of Israel (Exodus 34:22). According to the Sages, it also commemorates the anniversary of the giving of the Torah by God to the Children of Israel at Mount Sinai.

The free virtual study options are open to the community. All classes are in English and no prior knowledge is needed.

There are two components: **Tikkun@Home** comprises 18 new professionally recorded presentations that will be released on Thursday, May 13. The pre-recorded lessons provide an option for those who do not use technology on the holiday or cannot stay up all night. Last year's lessons attracted more than 3,000 views, which are also available to view. **Shavuot Night Live** (SNL) includes live lessons taught on Sunday, May 16, from 7:30 pm to 2 am. There will be concurrent lessons via streaming and Zoom.

To view a full schedule, a listing of speakers, and links for the recorded and live sessions, please visit [www.bnajeshurun.org/tikkun2021](http://www.bnajeshurun.org/tikkun2021). You may also pre-register online for Shavuot Night Live stream and Zoom links by Sunday, May 16, noon, as required for security reasons.

B'nai Jeshurun Congregation presents the Tikkun with support from three BJC endowments: Estelle and Dr. Milton Rosenberg (of blessed memory) Tikkun Leil Study Session Fund, Dobres-Berkowitz Israel Programming Fund, and Rabbi Michael and Sheila Hecht Limmund Funds. There are 22 additional co-sponsors (synagogues, organizations and individuals) all dedicated

to providing a premier adult Jewish learning opportunity to Northeast Ohio. The Tikkun brings diversity, unity, and connections to the community through this unique event. Co-sponsors and presenters reflect Reconstructionist, Reform, Conservative, and Modern Orthodox branches of Judaism as well as those unaffiliated with a denomination.

*The Tikkun brings diversity, unity, and connections to the community through this unique event.*

The Tikkun has tremendous support from Beachwood. Co-sponsors located in Beachwood include *Cleveland Jewish News*, Mandel Jewish Day School, Shaarey Tikvah Congregation, Cleveland Partnership Minyan, Suburban Temple, and Lynn and Allen Danzig. Ten presenters are Beachwood residents.

Harriet Rosenberg Mann and Richard Berkowitz serve as Tikkun chair and vice chair, respectively. For questions, contact at B'nai Jeshurun Congregation Rabbi Hal Rudin-Luria at [rabbirudinluria@bnajeshurun.org](mailto:rabbirudinluria@bnajeshurun.org), or Shani Kadis, membership and program director, at [shanikadis@bnajeshurun.org](mailto:shanikadis@bnajeshurun.org). Both may be reached at 216.831.6555.



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## Is That Really You?



From top:  
Leona Polster and Betty Lev

### Decades Later, Childhood Friends Meet on Elevator at R.H. Myers

Shortly after moving to the R.H. Myers Apartments, Betty Lev was stepping onto the elevator, when another passenger exclaimed, "Betty Brooks!" Betty had no idea who this person was, or how she knew her maiden name.

Leona Polster introduced herself, and reminisced about their childhood friendship. Leona and Betty Lev knew each other when they were six years old! They attended playschool together, but seldom connected in the many years that followed, until they each chose R.H. Myers Apartments as their new home.

Now, every time they see each other, they are reminded of their childhood, and their friendship continues to grow!

## Helping Stay Sharp

**W**ith increasing incidences of strokes, early onset Alzheimer's, and now with COVID-19 in the mix, the human brain is taking a proverbial beating. Even those with mild cases of COVID-19 report experiencing neurological side effects such as brain fog and short-term memory loss, which surprised experts, since it's classified as a respiratory disease. There are techniques to help strengthen the brain, and memory.

**Stay oriented:** Look at your calendar first thing in the morning, plan your day accordingly. Keep your calendar within reach and refer back to it to make notes.

**Be strategic:** Use memory helpers such as writing information down, repeating it, and visualizing it (putting it where you will see it). These will be helpful in learning and remembering how to use medical devices such as an insulin pen, upcoming appointments, and taking medications (checklist/pill box).

**Stay informed and practice recall:** Read an article in the newspaper and then share what you learned with a friend or loved one. You can also write down comprehension questions about the article or take notes of important information. This improves immediate and short-term memory skills.

### Organize your life while strengthening your brain:

Write down grocery lists and a meal plan for the week to improve categorization, organization, and planning skills. Practice sorting medications into a pill box and then make notes about each medication, when to take it, how many per day, and any side effects to each medication. Also put an emergency telephone list by the phone.

**Make it fun:** Complete puzzles daily, including jigsaw, word searches, crosswords, and Sudoku. Also, for socialization, include a friend, even if by phone. Read more books and join a book club.

**Play games:** Many experts agree that participating in speed of processing games (games that require your quick reflexes, speedy retrieval, and increased visual and mental stimulation) is very powerful for the brain.

**Exercise your body to help the brain:** The secret is to elevate your heart-rate and increase oxygen intake and blood flow. For additional help, ask the experts at the Peter B. Lewis Aquatic & Therapy Center 216.595.7345.



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## Older Americans Month

**E**very May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is Communities of Strength.

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, let's celebrate the strength of older adults, with special emphasis on the power

of connection and engagement in building strong communities.

There are many things we can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important – it plays a vital role in our health and well-being.

From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, let's take time to celebrate ourselves and each other. Older Americans truly add to the flavor of our Beachwood community. Please share your stories with *Beachwood Buzz!*



## BEACHWOOD DEMOCRATS

Beachwood Democrats invite you to join them the second Wednesday of each month at 7 pm to learn

more about Democratic candidates who will be on our ballot. There is no fee to attend. To vote at meetings, you must be a member. Membership is \$20 per year. For more information, email [beachwooddemocrat@gmail.com](mailto:beachwooddemocrat@gmail.com) or follow the group on Facebook at BeachwoodDems.

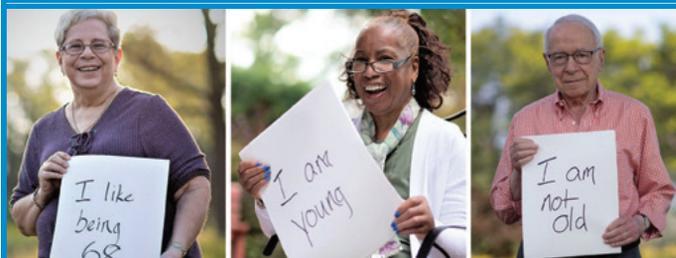
## Age isn't chronological. IT'S PERSONAL.



At Menorah Park, we think that the age on your driver's license is only a small part of who you are. It doesn't tell the whole story. We believe you're never too old to be young. That's why we're here: to help keep you dreaming, learning, living. To help you keep being you.

Menorah Park is dedicated to offering a wide variety of programs and support to meet each individual's needs . . . from therapy to brain health, to residential care and more.

*Join our community today. Explore our many residential options for a place that's perfectly you!*



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

**Auditions Open  
Through June 13  
for Shining Star  
CLE 2021!**



If you love to sing or know a high school student who does... if you can imagine yourself performing for thousands of viewers... you'll want to audition for Shining Star CLE 2021. The Virtual Finals Performance & Competition, live-streamed and open to the public, will be held on Sunday, August 29, at 7 pm.

This unique solo-singing competition gives high school students from NE Ohio the chance to compete for college scholarships and be part of an exciting evening of amazing talent, professional judges, and thousands of viewers. First-place winner will also have the opportunity to perform with The Cleveland Pops Orchestra at Severance Hall (pandemic permitting).

All participants must have a 2022-2025 high school graduation date. There are no entry fees, and all music genres welcome! It's easy to audition. Just record yourself singing your favorite song and upload your video audition, three minutes max, to [shiningstarcle.org](http://shiningstarcle.org) through June 13 (at 11:59 pm).

Virtual live auditions will follow. Piano accompaniment, personal instrument usage, or acapella are welcome. Throughout the process, the safety of students is and will remain a number one priority. All social distancing and COVID-19 protocols will be strictly adhered to and followed.

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singing your favorite song  
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audition, three minutes  
max, to [shiningstarcle.org](http://shiningstarcle.org)  
through June 13  
(at 11:59 pm).*

For more information, visit [www.shiningstarcle.org](http://www.shiningstarcle.org) or contact Renee Greller, director, Planned Giving and Special Events, Menorah Park Foundation, at 216.839.6623 or [rgreller@menorahpark.org](mailto:rgreller@menorahpark.org). This event is a benefit for memory care services and programs offered by Menorah Park.



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# Anshe Chesed Fairmount Temple Transitions Members of Leadership Team

**A**nshe Chesed Fairmount Temple (ACFT) is instilling confidence for its bright future while taking another step to enhance Jewish life as one of Cleveland's leading institutions for nearly 180 years. The synagogue announced that two members of its leadership team, Diane Lavin and Rabbi Elle Muhlbaum, will each transform their roles within the congregation.

Diane has a renowned reputation within the Cleveland Jewish community. At ACFT she has served in a range of different Jewish educational roles: administrating, programming, leading students, and families of multiple ages and being the catalyst for adult Jewish growth as a master teacher. Diane has a remarkable reputation and exemplary career. As her personal family expands to include grandchildren, Diane is excited to transition her duties at ACFT to part-time consultant. This decision allows her to spend more time with her family, while continuing to share her expertise and knowledge.

As ACFT leadership considered who could seamlessly and effectively strengthen, grow, and enrich the range of Jewish educational experiences, and the temple, it was evident that Rabbi Muhlbaum was the ideal choice. With the educational team's full support, Rabbi Muhlbaum will increase her responsibilities with a new title of associate rabbi.

"I am excited for the entire congregation to meet Rabbi Muhlbaum and encounter her as the new associate rabbi, for

she is both a talented rabbinical leader and a powerful champion for lifelong learning – a critical part of our temple's mission," said Rabbi Robert Nosanchuk, ACFT Senior Rabbi. "Her talents were apparent as soon as her family moved to Cleveland last summer and she began her current role as lower school director."

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"Rabbi Joshua Caruso, Cantor Laureate Sarah Sager and our new Cantor Vladimir Lapin feel fortunate to have Rabbi Muhlbaum already part of our team and our temple."

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In her associate rabbi position, she will assist clergy with High Holy Days, temple rituals, and monthly Simchat Shabbat programs for preschoolers and their families. She will also teach the weekly Shabbat morning Torah class. Additionally, Rabbi Muhlbaum will be the first leader of the Tamid Initiative, ACFT's unique and innovative program that will empower and enable young adults to be more involved in the synagogue.

Rabbi Muhlbaum, an Ohio native and a graduate of The Ohio State University, is energized by returning to her home state. Before moving to Cleveland, she was the associate rabbi of Temple Beth-El of Great Neck, New York. There, she worked with community members of all ages, creating dynamic prayer experiences, accompanying families through the fullness of their life cycles, and providing comforting, pastoral care. She has proven her passion for working to foster intergenerational experiences and has led impactful family day programs for each grade in the lower school, even during the pandemic.

"To carry on established traditions and build upon the successes that Diane and our team have already accomplished, as well as grow with the congregation as both an educator and associate rabbi, while bringing study groups, students and families together in education, is a great honor," shared Rabbi Muhlbaum.

While the leadership team hopes to grow its resources to further develop Rabbi Muhlbaum's role in the years ahead, the associate rabbi position remains part-time.



From top:  
Diane Lavin and  
Rabbi Elle Muhlbaum

"Rabbi Joshua Caruso, Cantor Laureate Sarah Sager and our new Cantor Vladimir Lapin feel fortunate to have Rabbi Muhlbaum already part of our team and our temple," continued Rabbi Nosanchuk. "Beginning in July, she will have the opportunity to increase her presence within the congregation, share more with the community, and enhance her ability to shine. This will truly be a blessing."



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# Registration Open for 2021 Master Rain Gardener Courses

Cuyahoga Soil & Water Conservation District, Chagrin River Watershed Partners, and Lake County Soil & Water Conservation District are offering the following Master Rain Gardener courses. Online courses are \$50, the In-Person course is \$75, and the Professional Track is \$100 (Fall In-Person Course only). Scholarships are available. These programs are open to all residents in Northeast Ohio.

Master rain gardeners earn their certificate by taking the class and building a rain garden. The class trains people to design and install rain gardens themselves, and to serve as their neighborhood expert. Master rain gardeners help friends and neighbors to learn about, design and plant rain gardens.

The five classes, taken over the course of a five-week period, teach participants how to design, install, and maintain residential rain gardens. Rain gardens are bowl shaped gardens filled with plants that like it a little wet. They are designed to collect, filter, and soak up stormwater runoff from roofs, driveways, and lawns.

- Fall In-Person Course: Wednesdays from 10 am - 2 pm, beginning July 21, at the Holden Arboretum. Professional track offered. [www.crwpa.org](http://www.crwpa.org) Click on Events – July 21

- Fall Online Course: Recorded online content beginning August 23, with five live zoom check-ins, each Friday at noon. [www.cuyahogawcd.org](http://www.cuyahogawcd.org) Click on Events – August 23

- Self-Paced: For those who need flexibility, a recorded self-paced option is available

with feedback provided. [www.cuyahogawcd.org](http://www.cuyahogawcd.org) Click on Events – December 29 (webinars available all year)

Both the in-person courses and online courses will include optional field trips to residential rain gardens, public rain gardens, and native plant nurseries.

Programs are funded by Northeast Ohio Regional Sewer District, Lake Stormwater Management Department, Ohio EPA Section 319 Program, Western Reserve Land Conservancy Dominion Watershed Mini-Grant Program, William Bingham Foundation, and George Gund Foundation.

\* The Master Rain Gardener program will continue to monitor the on-going COVID-19 situation and will follow recommendations provided by the Center for Disease Control and the State of Ohio. Therefore, in-person courses may be offered online to ensure the safety of its participants.



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# Milestones Autism Resources 2021 Virtual National Conference

Remote annual event to feature two keynote speakers, more than 90 sessions, sponsor and exhibitor expo and networking breakout sessions



**M**ilestones Autism Resources will be presenting the Milestones National Autism Conference, June 16-17, as a completely virtual experience, with on-demand access for all registrants through August 15. Registration is now open for the annual conference targeted toward autism professionals, individuals with Autism Spectrum Disorder (ASD) and their family members. Offering practical strategies to use at work, school and home this year, the highly anticipated and renowned 19th annual conference will feature:

- Discounted registration fees.
  - Financial scholarships available.
- 90 pre-recorded and/or live sessions led by one or more of 120 leading speakers across the U.S.
- Two keynote speakers, both on the autism spectrum:
  - Morenike Giwa Onaiwu June 16
  - Alix Generous June 17
- CEU credits within 12 disciplines, including:
  - Adult Services
  - Behavioral Analyst Certification Board (BACB)
  - Counseling
  - County Board Members
  - Early Intervention
  - Education
  - Marriage & Family Therapy
  - Occupational Therapy
  - Psychology
  - Service & Support Administration
  - Social Work
  - Speech-Language Pathology
- Virtual networking opportunities
- Sponsor and exhibitor expo
- Virtual art exhibit featuring the work of individuals on the autism spectrum from across the world

“Going into our second year presenting the conference as a virtual event, our team has found ways to improve an already amazing online opportunity for autism professionals, students, individuals with ASD, and their families,” said Ilana Hoffer Skoff, MA, executive director, Milestones Autism Resources. “The content is cutting-edge, the world-class experts will impress, and opportunities to learn and engage will be nonstop – all from the safety and comfort of a computer, phone or tablet.”

Individuals, families and groups may learn more and register at [www.milestones.org](http://www.milestones.org). Click on the “Learn More” tab at the top of the homepage. To become a sponsor, exhibitor or advertiser, contact Vanetta Perry at [vperry@milestones.org](mailto:vperry@milestones.org). For more information about Milestones Autism Resources’ mission and services, please visit [milestones.org](http://milestones.org) or contact 216.464.7600, ext. 200.

Founded in 2003, Milestones improves the lives of individuals on the autism spectrum by educating, coaching and connecting the autism community with evidence-based information. Each year, Milestones serves more than 2,000 parents, professionals, and individuals with autism through its conference, free autism helpdesk, trainings and coaching services. In addition, [milestones.org](http://milestones.org) has more than 1,400 autism resources.

## Beachwood Library Virtual Storytime Programs

**T**he Beachwood Library offers the following programs the weeks of May 17 - June 14. Enjoy rhymes, songs, fingerplays and stories. Registration is required. Visit [attend.cuyahogalibrary.org/events](http://attend.cuyahogalibrary.org/events) to register.

Zoom Virtual Storytime  
(Family)  
Mondays, May 17 – June 14  
3:30 - 4 pm

Zoom Virtual Storytime  
(Preschool)  
Thursdays, May 20 – June 17  
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# 45th Cleveland International Film Festival CIFF 45 Streams Wrap-Up Facts and Stats



The 45th Cleveland International Film Festival (CIFF45 Streams) has come to a close after a two-week online run, April 7 – 20, during which it showcased 117 feature films and 182 shorts films, representing 63 countries. CIFF45 Streams is proud that 46% of its films – including 49% of its feature films – were directed by female-identifying filmmakers.

The CIFF45 Streams audience cumulatively watched an astounding 2,316,784 minutes of film with an impressive 51,216 streams throughout the Festival. Based on an average of two individuals watching any given stream, this means that CIFF45 Streams had 102,432 viewers. At this year's Festival, a stream was counted if at least 70% of the feature or short was viewed.

"We are overwhelmed with gratitude for our community's support of CIFF45 Streams. And we are incredibly happy for our filmmakers who were able to share their amazing work with so many film lovers," said Marcie Goodman, CIFF Executive Director.

Cash prizes for the Festival's esteemed 34 competitions and other awards totaled \$114,500.

Among the top honors for short films were the three films that will qualify for consideration in the Short Films category of the annual Academy Awards®, as determined by jury deliberation. The Cleveland International Film Festival is one of only a few dozen film festivals in the world that are Oscar® qualifying in all three short film categories.

New to the Festival was the Groundbreaker Award and Program. The Groundbreaker Program not only offers educational opportunities about structural racism, but also elevates and supports BIPOC (Black, Indigenous, and people of color) filmmakers. The Groundbreaker Program was sponsored by Case Western Reserve University and Puffin Foundation West. The Groundbreaker Award was sponsored by CoverMyMeds.

In addition to the impressive slate of films, CIFF45 Streams hosted 64 Q&As and conversations, with participation from 250 filmmakers and other special guests. Pre-recorded

Filmmaker Conversations were presented by PNC. Live Happy Hours were presented by Great Lakes Brewing Company.

Also of note, the Festival's Community Engagement Program, sponsored by Strassman Insurance Services, included 142 Community Partners. These non-profits, whose missions lined up with films in the Festival, hosted and produced 34 events spotlighting the subject matter, themes, and individuals from their partnered films.

FilmSlam Streams – the online version of FilmSlam, the Festival's longest running educational program for students in grades 5-12 – had an especially impressive run during CIFF45 Streams. The program welcomed 56,750 registrations from 160 schools spanning across 29 Ohio counties. Students and educators had the opportunity to view five feature films and 42 short films. The program also included 41 accompanying filmmaker Q&As, which involved more than 75 filmmakers and other special guests.

The Festival's annual Challenge Match, which launched in March 2021, will continue through the summer. In partnership with Cuyahoga Arts & Culture, every dollar donated is matched. To make a donation, please visit [clevelandfilm.org/support-us/donate](http://clevelandfilm.org/support-us/donate).

CIFF45 Streams and FilmSlam Streams were made possible through the generosity of our 116 sponsors and funders, 1,196 members, our Board of Directors, volunteers, staff, and most of all – our audience.

For full information on CIFF45 Streams, please visit [clevelandfilm.org](http://clevelandfilm.org).

The Cleveland International Film Festival is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture. Also, the Cleveland International Film Festival is made possible in part by state tax dollars allocated by the Ohio Legislature to the Ohio Arts Council (OAC). The OAC is a state agency that funds and supports quality arts experiences to strengthen Ohio communities culturally, educationally, and economically.

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