

Beachwood Buzz

March 2022

Every Resident. Every Business. Every Month.

MAGAZINE



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Letter from THE EDITOR

By Debby Zelman Rapoport



"Life is like a book. There are good chapters, and there are bad chapters. But when you get to a bad chapter, you don't stop reading the book. If you do ... then you never get to find out what happens next."

– Brian Falkner, Author



My parents,
Harriet and
Jerry Zelman.



My sister, Darcy Alter, my mom,
Harriet Zelman, and me.



This month I turned the page in my book of life to start a new chapter, one without my mom, Harriet Zelman, who passed away on February 9. My mom was the glue who held our family together. Many people described her as a "force of nature." Family was her number one priority, and strength, determination, and optimism were her superpowers. She overcame major illnesses and lost a child, my sister, Darcy Alter, yet persevered to stay strong and positive.

My mom and I had a lot in common, especially when it came to mindset – the glass is half full – and creativity. We shared passions for cooking, knitting, and gardening, although Mom's cooking was on a level of its own! As Rabbi Rob Nosanchuk from Fairmount Temple said in his eulogy, "[Each week, she went to] four different markets, plus her synagogue – COSTCO! – to create a multiple entrée Zelman feast, which if on a small night, only fifteen were expected, Harriet made enough for forty."

My mom adopted the principles from *The Power of Positive Thinking*, by Dr. Norman Vincent Peale, well before self-help books were all the rage. Some of you may know her as Harriet Shaw, her professional name, when working for decades at Satellite employment as a permanent and temporary employment counselor. She interviewed applicants, advised them, made sure they knew their worth, and often encouraged them to start their own businesses. She believed in people, and shared her belief in working hard to get what you want.

Mom loved people. Nobody was a stranger. She could have a conversation with anyone, and would truly listen and care. Whether caregivers in the hospital or dealers at the casino, she would make friends.

Mom always believed in me and everyone in our family. Once she knew her days were limited, she had one-on-one conversations with each of us to share her gratitude for the role she had the privilege of playing in our lives. She let us know that she believed we will each have continued

happiness, fulfillment, and success moving forward. She wasn't afraid to die. Rather, she was sad that she wouldn't be around to start a new chapter and see what would happen next.

"When we lose someone we love, we must learn not to live without them, but to live with the love they left behind."
(Author unknown)

Jen Stern, a longtime contributing writer to this magazine, sent me this quote after Mom's passing: "When we lose someone we love, we must learn not to live without them, but to live with the love they left behind," (author unknown). As I pen my next chapter, I keep this quote in mind, and carry with me a lifetime of memories and a vision of Mom and Darcy reunited ❤️.

When you love someone, tell them, and be sure to hug them a little tighter.



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46

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Beachwood Buzz

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Buzz
MAGAZINE

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Beachwood Buzz
Every Resident. Every Business. Every Month. MAGAZINE

HOPE SOARS OHIO



Hope Soars Ohio, a creative marketing campaign developed by the Beachwood High School Marketing/Junior Achievement students, seeks to inspire hope and uplift our local and global communities through a pop art installation featuring five 15-to-20-foot inflatable butterflies. Be sure to follow the migration of butterflies across Northeast Ohio!

Pictured on the cover, from left: Hope Soars Ohio board members Daniel Uria, co-CEO; Avery Solomon, co-CEO; and Sydney Burkons, VP.

Written by Shana Wallenstein
Photos by Scott Morrison, Discovery Photo

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Robon Vanek, CNP
Cleveland Clinic
Willoughby Hills Family
Health Center

Too little sleep – even for just one night – can leave you feeling irritable, sleepy, unable to focus or concentrate, anxious or depressed. And when you don't get enough sleep night after night over the long term, it can have an impact on your heart health, mental health and cognitive abilities.

"If you're experiencing poor sleep, you are not alone. It's estimated that more than 70 million Americans experience sleep issues that affect their quality of life," says Robon Vanek, CNP, a sleep medicine specialist who treats patients in the Sleep Disorders Center at Cleveland Clinic Willoughby Hills Family Health Center. "Left untreated, sleep problems can cause serious health issues like high blood pressure, heart disease and stroke."



Kassandra Bernard, CNP
Cleveland Clinic
Beachwood Family
Health Center

Finding out if you are at risk for a sleep disorder may be easier than you think thanks to a free smartphone app developed by Cleveland Clinic. SLEEP by Cleveland Clinic™ features a sleep assessment tool that can calculate your risk for the most common sleep disorders that affect sleep

patterns and sleep quality in adults:

- Obstructive sleep apnea.
- Insufficient sleep.
- Shift work sleep disorder.
- Insomnia.

"The app also provides easy access to the latest information on treatment options and offers useful tips and strategies for improving your sleep habits and sleep quality," says Kassandra Bernard, CNP, who treats patients with sleep disorders at Cleveland Clinic Beachwood Family Health Center.

For more information or to download SLEEP by Cleveland Clinic™ (currently available for iPhone/iOS only), go to ClevelandClinic.org/SleepApp. To schedule an appointment with a sleep specialist, call 216.444.2165.

New Chief Nursing Officer at Hillcrest Hospital.



Sue Behrens, DNP, RN, ACNS-BC, NEA-BC
Cleveland Clinic
Hillcrest Hospital

Sue Behrens, DNP, RN, ACNS-BC, NEA-BC, was recently named Chief Nursing Officer (CNO) of Cleveland Clinic Hillcrest Hospital.

Most recently, Behrens served as CNO of Cleveland Clinic Abu Dhabi, where she oversaw Cleveland Clinic's most diverse nursing team and led the hospital to the

first-ever ANCC Magnet Recognition Program® for the United Arab Emirates medical sector.

Behrens has more than 30 years of experience in nursing. She received her Bachelor of Science in Nursing from the University of Saint Francis. She obtained Master of Science in Nursing and Doctor of Nursing Practice degrees from Saint Francis Medical Center College of Nursing.



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Congratulations on Ace Hardware Opening!

Congratulations to Jason and Shana Wallenstein on the opening of their Ace Hardware store in Aurora, Ohio. Residents of Beachwood, Jason and Shana live on Halburton Road with their son, Jack, a second grader at Bryden Elementary School.

Jason is a Beachwood High School graduate, class of 1993, and Shana is a contributing writer for this magazine.

The store is located off Route 306, at 55 Barrington Town Square Drive, across from Heinen's. Open now, the grand opening celebration will be held April 29 - May 1.



We wish Jason and Shana success in their new venture, and they invite you to stop by and say hello!



Jason, Shana and Jack Wallenstein invite the community to visit them at their new Ace Hardware location!

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WE'VE GOT YOU COVERED

HOPE SOARS OHIO

by Shana Wallenstein

Hope Soars Ohio, a creative marketing campaign developed by the Beachwood High School Marketing/Junior Achievement students, seeks to inspire hope and uplift our local and global communities through a pop art installation featuring five 15-to-20-foot inflatable butterflies.

Each year, Greg Perry, Beachwood High School's marketing teacher, along with a Junior Achievement advisor, works with Excel TECC students from 10 schools to create a program that inspires and prepares young people to succeed in a global economy and, each year, the group creates an out-of-the-box, nationally recognized program that provides students with real-world experiences and draws in the community. This year's advisor is Shannon Diamond, City of Beachwood's program manager for events and camps. Her assistant advisor is Karen Carmen, former Junior Achievement advisor.

Hope Soars Ohio builds off of the success of Hope Blooms Ohio, the campaign developed by last year's students. The project, which created a platform for students to raise more than \$40,000 for the Greater Cleveland Food Bank, included seven installations across Northeast Ohio communities of giant inflatable flowers to inspire unity, hope, and joy. The campaign's tagline was, "One seed, one hope, a global garden." This year's tagline, "Fly Forward Together," recognizes the metamorphosis of butterflies, as well as the students' hope that communities unite as we emerge from the pandemic.

Hope Soars Ohio will feature five inflatable butterflies created and installed by Inflatable Images. A colorful, inflatable backdrop, 10-feet high by 15-feet wide, will provide a space for people to take

photographs to share on social media. Visitors will also be encouraged to take yard signs home and plant them in their front yards to further spread the Hope Soars Ohio messages.

"Hope Soars Ohio is a visual exhibit that reminds people that they have the power to make the world a more positive place."

Last year's project came to fruition because Greg knew about the inflatable flowers created by Inflatable Images for a public art installation sponsored by the Avenue of the Americas Association in New York City. This year's class modified the idea, designed the butterflies with the help of Sean Higgins of The Bubble Process, and contracted with the company to manufacture them.

Hope Soars Ohio is a visual exhibit that reminds people that they have the power to make the world a more positive place. Butterflies, long considered a metaphor for transformation, hope, rebirth, resurrection, and triumph of spirit, were a natural choice



for this year's design. The butterflies will spread their wings and soar through five communities in Northeast Ohio: Rocket Mortgage Field House in downtown Cleveland, Beachwood, Orange (Pinecrest), downtown Chagrin Falls, and Westlake (Crocker Park). The kickoff installation will take flight at the Cavs-Clippers game at Rocket Mortgage FieldHouse on Monday, March 14, where a specially designed balloon will first be revealed.

The students are responsible not only for the project design and placements, but also to raise funds to pay for the project and make a substantial donation to the Food Bank. Gold sponsors for Hope Soars Ohio currently include: The J.M. Smucker Company, Cleveland Cavaliers, Elk and Elk, Pinecrest, and Stark Enterprise's Crocker Park.

"Our hope is to help those in need throughout Northeast Ohio by supporting the Greater Cleveland Food Bank," said Greg Perryman, vice president of finance for Hope Soars Ohio. "Every dollar raised provides four meals. Our goal is to raise a minimum of \$40,000 to feed more families."

To assist toward that goal and spread more awareness about the campaign, merchandise is available, with a portion of the proceeds going toward the Greater Cleveland Food Bank.

To learn more, get directions to the installations, purchase Hope Soars Ohio attire, or make a donation to the Greater Cleveland Food Bank, visit www.hopesoarsohio.com. To support fundraising efforts, you may also mail a check, made payable to Junior Achievement, to Beachwood High School, 25100 Fairmount Blvd., Beachwood, Ohio 44122, Attention: Greg Perry. Sponsorships and underwriting opportunities are still available. For more information, contact Greg Perry at gwp@beachwoodschoools.org.

Follow the Butterflies as They Migrate Across Northeast Ohio

March 14-26

Rocket Mortgage Field House

March 28 - April 7

Beachwood

Installation will be installed along Richmond Road, at the Beachwood Library, Beachwood High School, and Beachwood City Hall.

April 7-18

Pinecrest

April 21-May 2

Downtown Chagrin Falls

May 5-16

Crocker Park



Students from the Marketing program were asked, "What does 'Fly Forward Together' mean for you?"

Jordyn Zucker (Orange):

"Fly Forward Together" means that as a community, we are coming out of the pandemic together. We want to make Northeast Ohio a united place.

My hope for Hope Soars is that we will make a difference in our community by providing entertainment with our inflatable pop-art and also combat food insecurity by providing over 160,000 meals to local families in need.



Aaliyah Edwards (Beachwood):

"Fly Forward Together" means that we work together to make the world a better place. Especially right now, when we are going through so much, we really need to make sure to stay together.



Gregory Perryman (Beachwood):

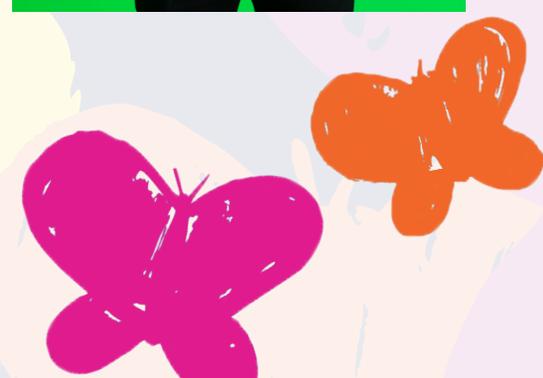
"Fly Forward Together" means to come together, not just despite our differences, but through the embrace of them. I believe there is transformational power when we come together to tackle the challenges in front of us with the goal of making things better for everyone. Hope Soars' commitment to tackling food insecurity in Northeast Ohio through raising over \$40,000 for the Greater Cleveland Food Bank seeks to do this. When we each hold a little hope in our heart, collectively we have the motivation to transform our community and the world.

My hope is that Hope Soars Ohio inspires a greater appreciation for the beauty of the world around us in people from all walks of life. I hope it will be a pick-me-up for countless unnamed people having a tough day, and a forever memory for all those in awe of the amazing scale of the inflatable butterflies. Most of all, I hope that it serves as a reminder that hopelessness will never prevail.



Isabel Garcia-Molina (Beachwood):

I hope that Hope Soars Ohio inspires people in Cleveland and the surrounding areas to come together and spread positivity through their communities.



Below are a few of their answers:



Maddie Rosenblitt (Beachwood):

Our community has been struggling economically, emotionally, and mentally due to the pandemic. "Fly Forward Together" means getting back on our feet and having a fresh start. To me, this means emerging out of this pandemic together, like a butterfly emerging from its cocoon.

My goal for Hope Soars is to bring a smile to our community's face. I hope that people either walk or drive through our inflatable butterfly displays and feel joyful. I also hope that people take a moment to look at our website and scroll through the numerous companies that have generously supported Hope Soars Ohio. It would mean so much to me if people could take home a yard sign, and scan the QR code to donate to the Greater Cleveland Food Bank. I have many goals for our company to succeed, and have no doubt that they all will happen, thanks to the help and support of our community.



Alan Travis (Beachwood):

"Fly Forward Together" is a simple reminder that we are all in this together and we all can get through anything if we believe in the power of the community.



Ivan Thal (Beachwood):

"Fly Forward Together" means uniting people and local communities to make a better day for the future. Right now it feels like there is a huge divide between people, and we need to come together and fix it to provide a brighter tomorrow.

My hope for Hope Soars is to be able to impact someone's life. I want to impact people's lives in a positive way that will get us back to our normal day-to-day lives before the pandemic.



Ryan O'Neil (Chagrin Falls):

My hope for Hope Soars Ohio is that it inspires others to make a positive impact in their community. In August 2021, our marketing class included 40 high school seniors from 10 different school districts who had never met each other. Now we are poised to have a successful campaign to bring our communities together.





Spring's Arrival

by Jen Stern



"The promise of spring's arrival is enough to get anyone through the bitter winter!"

– J. Selinsky

Spring reminds us of our resilience, our ability to grow through darkness to weather any storm. Spring shows us the importance of respite as well as our capacity to begin again in strength.

Spring forward by intentionally putting energy into what you can control, yourself and your mindset.

A positive mindset inspires a fluid, open approach to living, to being present. A positive mindset exists in the present, not in the past and not in the future. To be present is to be in the moment you are in, intentionally making choices that maximize positive emotions.



In this moment, choose to be HEALTHY:

- Exercise daily, from (virtual) boot camp to gardening, step out of your mind and into your body. This practice allows you to appreciate your surroundings and connect to your body in a way that brings you gratitude and strength awareness.
- Practice mindful eating, slow down and enjoy.
- Do not put energy into the past as it cannot be changed or undone.

- Stop worrying about the future. We do not have a crystal ball so why borrow worry from the future?
- Practice meditation. Breathe.
- Be present in this moment. In this moment I choose, I can, I will ...
- Practice positive distraction: puzzles, music, movies, online games, TED Talks, podcasts. Read books that take you away, teach, inspire, make you think, laugh, dream.

- Connect with others around hobbies, activities, and ideas: Join a book or knitting club, take a photography or art class, sign up for a college course, learn a new skill, try pickleball, tennis, etc.

In this moment, choose to be POSITIVE IN YOUR AWARENESS

- Practice gratitude awareness. Notice what is.
- Focus on the can instead of the cannot.
- Focus on your resilience, adaptive coping, and accomplishments (big and small).
- Give yourself permission to sit, relax, and recharge without guilt. These are gifted moments of being, not doing.
- Practice affirmation. When an intrusive (negative) thought comes, let it pass, then counterbalance it with strengths awareness. Attach two positives to every one negative.

TO BE practices will allow you to feel calmer, more content, more productive, and more fulfilled as you welcome the spring season.

In this moment, choose to be PURPOSEFUL

- Find meaning and purpose in your work. Think of the impact it has on others.
- Do one thing each day that makes you feel proud, inspired and productive.
- Volunteer: get involved and give back.
- Practice solution-focused action. Each day, ask yourself what choice can be made for personal growth and change. Then make that choice, without circular thinking or over analysis.

In this moment, choose to be CONNECTED

- Practice compassionate awareness of yourself and others.
- Connect to strengths in yourself and in others.
- Seek commonalities while accepting differences.



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Jewish Federation of Cleveland's Young Leadership Division Names New Board Chair, Adds Seven New Members to Its Board

The Jewish Federation of Cleveland's Young Leadership Division (YLD) announced that Ryan Levine has succeeded Abbie Pappas as the division's board chair, effective January 2022. YLD connects Jewish young adults, ages 22 – 45, to each other and the community through social, volunteer, leadership, and philanthropic activities.

Ryan, 34, is a certified public accountant and director of financial analysis at Creekside Financial Advisors. He previously served as YLD Campaign chair and YLD Business Networking co-chair. He currently serves on Federation's Properties Committee and is a big brother with Bellefaire JCB's Jewish Big Brother Big Sisters program. He is an alumnus of University of Maryland and lives in

Beachwood with his wife, Arica, and dog, Penny.

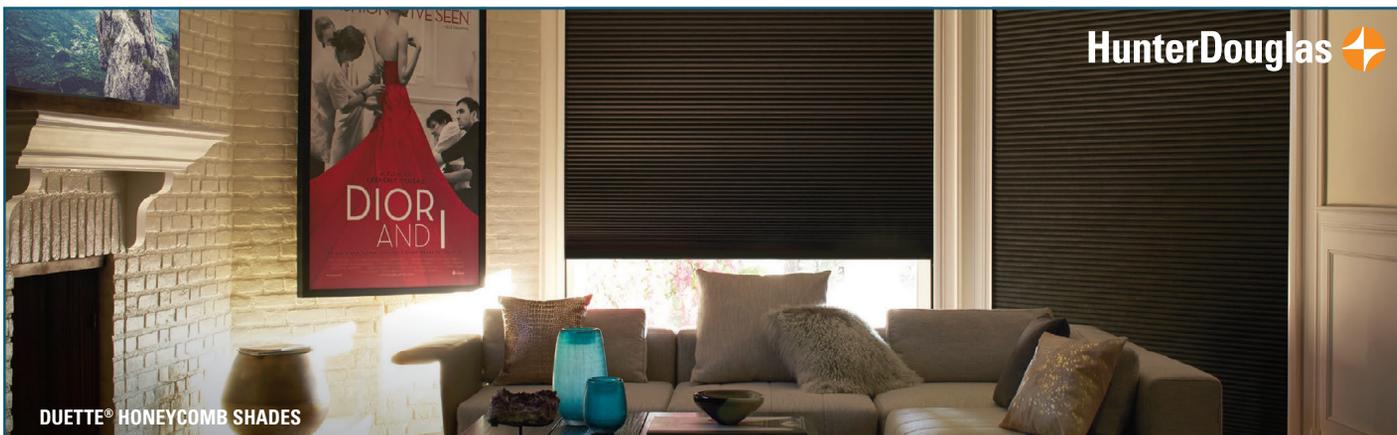
"I am honored to serve Federation's Young Leadership Division in this capacity, and I look forward to collaborating with the terrific individuals who make up our YLD board to create interesting programs and initiatives that will engage the diverse next generation of Jewish Cleveland leaders," Ryan said. "I want to thank my predecessor, Abbie, for leading

our YLD community during an unprecedented year. I'm excited to see what 2022 has in store!"

YLD also announced the addition of seven new members to its board, which has 39 total members: Jason Brown of Shaker Heights, Allison Gross of Beachwood, Rabbi Doovie Jacoby of University Heights, Liz Kershner of Beachwood, Jillian Nataupsky of Hudson, Roee

Perry of Pepper Pike, and Stefanie Shoag of Beachwood.

YLD is where young people connect, to Jewish life, and to each other, and to Cleveland's vibrant, diverse, welcoming Jewish community of young adults, ages 21 to 45. For more information, including how to get involved with YLD, please contact Leah Markowicz at lmarkowicz@jcfccleveland.org or 216.593.2905, or visit www.jewishcleveland.org/yld.



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Mandel JCC Cleveland Jewish Book Festival Event

Joshua Jay, *How Magicians Think and Why Magic Matters*

Sunday, April 3 • 4 pm • Mandel Jewish Community Center • \$10; \$5 students/seniors



Joshua Jay, professional magician and best-selling author, will bring us inside magic, revealing the artistry, history, and fascinating traditions of a subject long shrouded in mystery during an exciting live presentation. He will reveal the mindset behind the magic – what it’s like to practice an art that so many love yet so few understand.

His book is not a how-to book, nor a how-do-they-do-it expose. Written as a series of short, lively essays, *How Magicians Think* describes the making of illusions, the psychology behind them, and the characters who create them. He writes about how technology

influences the world of magic; the aesthetics of performance; his contemporaries, including David Copperfield, Penn & Teller, and David Blaine; and how magicians hone their craft, answering questions like, “Can a magic trick be too good?” and, “How do you saw a person in

half?” (It depends ...) Compelling, thoughtful, and written by an insider, *How Magicians Think* is a rare excursion into a truly secret world.

Joshua Jay has performed on stages in more than 100 countries. He is a headliner at Hollywood’s Magic Castle and a former World

Champion in Sleight-of-Hand. He is the author of *Magic: The Complete Course*, and for children, *Big Magic for Little Hands*. He consulted on illusions for *Game of Thrones* and helped the U.S. Postal Service with its Art of Magic postage stamps. Joshua has performed on *The Tonight Show* with Jimmy Fallon and *The Late Show* with James Corden; he fooled Penn & Teller on their hit show, *Fool Us*; and he starred in his own off-Broadway magic show, *Six Impossible Things*.

You may register for this event at www.mandeljcc.org/bookfest.

Beachwood Schools Foundation



THE BEACHWOOD SCHOOLS FOUNDATION
CREATING A LEGACY FOR TOMORROW

The sensory room at Hilltop will be designed for students to calm and focus themselves so they can be better prepared for learning and interacting with others and the world around them. Research shows that sensory rooms can build a child’s confidence and cognitive abilities, allowing for unrestrained play and exploration, enabling all staff to provide better support. The money from BSF will be used to create an active zone, a calming zone, and an interactive zone, so different needs and skills can be addressed.

The “Inchy the Inchworm” book vending machine at Bryden is an innovative and fun way to spark students’ love of reading. The machine holds up to 300 books, which students may retrieve with a special token that is earned through

Beachwood Schools Foundation is proud to announce the funding of two new projects in the Beachwood schools. BSF board members have voted on two initiatives for elementary education: a sensory room at Hilltop Elementary School and an “Inchy the Inchworm” book vending machine at Bryden Elementary School.

positive behavior or incentives. The machine will be delivered to Bryden in time for the start of the new school year in August.

“We are incredibly grateful to Beachwood Schools Foundation for bringing these projects to life. They will both be such valuable tools for us to use with our students,” said Sherry Miller, lead elementary principal.

“Students benefit greatly from learning about tools and strategies that promote a calm and focused demeanor. These techniques extend beyond the classroom and can be utilized for a lifetime,” added Ali Ciccone, assistant principal. “We are beyond excited to have the opportunity to create a sensory space for our students at Hilltop and equally thankful for the book vending machine for our students at Bryden. The vending

machine will promote expected behaviors while simultaneously putting more books in our students’ hands to strengthen their love for literacy. Thank you, BSF, for funding these initiatives for our students!”

Lauren Raff, BSF vice president, echoed the principals’ sentiments, saying, “It is an honor and a privilege to provide funding for programs that enhance our students’ experiences.”

In addition to school- and classroom-based projects, BSF manages nearly 30 endowed scholarships for graduating seniors. This year’s scholarships will be announced at a Senior Class Awards Night in May.

Plus, BSF recently partnered with Cathy Posner, founder of Transition Consulting and Coaching, to fund resume

by Shana Wallenstein

workshops for Beachwood High School juniors and seniors. The workshops will help students develop a resume, promote themselves, and leverage networking tools.

For more details about BSF, visit www.beachwoodschoools.org/Foundation.aspx.





Legislative Lessons Learned While Fighting for Lake Erie

by State Representative Kent Smith

As a member of the minority party in Columbus, sometimes it is hard to know if your efforts are making a difference. But that’s when I have to remind myself that the goal is results – not necessarily getting legislation passed into law.

There are two examples of this that revolve around the Great Lakes. Since joining the Ohio General Assembly, I have been a member of the Great Lakes/St. Lawrence Legislative Caucus (GLLC), a multi-state, bipartisan, international group of Canadian and American legislators who meet frequently to discuss Great Lakes’ issues. In 2018, I served as GLLC’s legislative lead for Ohio.

In 2015, I sponsored legislation to ban microbeads, which are tiny plastic particles often found in health and beauty products. The problem with microbeads is they would wash off and go down the drain into our wastewater system. They were too small to be filtered out, so they would subsequently be returned into the Great Lakes ecosystem, where fish would often mistake them for food.

My legislation (House Bill 400 in the 131st General Assembly) gained some attention, but it was met with an unusual delay. While I waited to get a committee hearing in Columbus, federal lawmakers

passed a similar bill in the U.S. House and Senate, which was signed into law by President Obama on December 28, 2015, that protected the Great Lakes from microbeads.

In 2018, I introduced legislation (HCR 27) to highlight the threat of Asian carp fish species to the Great Lakes, with a possible solution of strengthening water control technologies at the Brandon Road Lock and Dam in Joliet, Illinois. In 2014, a study by the U.S. Army Corp of Engineers identified Brandon Road as the choke point that could keep Asian carp out of the Great Lakes. Although the necessary investment would have been over \$200 million, costs would have been in the billions if the fish entered the Great Lakes.

Again, my proposal generated attention, but there was no legislative action in Columbus. Thankfully, Great Lakes’ supporters in Washington, D.C. were also advocating for the Brandon Road project, and in January 2022, the U.S. Army

Corp of Engineers announced that the Asian carp barrier improvements were included in the Infrastructure Investment and Jobs Act.

So, the lesson is, do the work, fight the good fight, and remember your ultimate goal. You may find success in a manner that you don’t expect.

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.

So, the lesson is, do the work, fight the good fight, and remember your ultimate goal. You may find success in a manner that you don’t expect.



Asian Carp, Illinois, 2010 • Photo by Debby Zelman Rapoport



SILVER FAMILY DENTAL

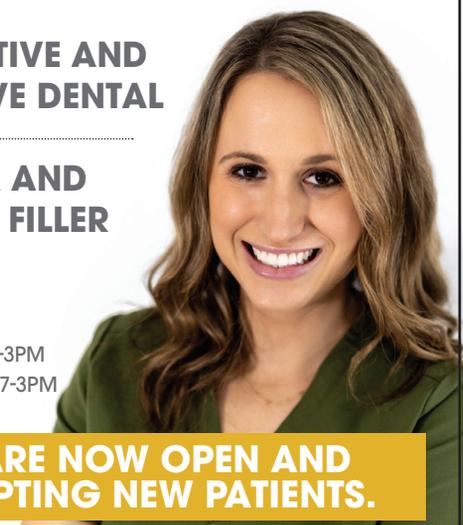
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BAKED by Abbie

BUCKEYES

Officially, Buckeyes are our football heroes and state tree. Unofficially, they are our state dessert.

Who created these treats? In 1964, West Virginian reporter Anita Gail Tabor married OSU Ph.D. student Steve Lucas, an avid Bucks fan. After receiving some chocolate-covered peanut-butter-ball candy that her mom made, Anita replicated the treats. When dipping the peanut butter balls into her chocolate batter, Anita realized the partially dipped candy resembled buckeyes!

Legend has it that Anita did not want to share the recipe

as she wanted to be the one who served these treats during games. When her husband graduated in 1972 and they moved out of state, Anita relented in sharing the recipe with the wife of one of her husband's students. Cunningly, that woman claimed she created the confections in an alumni magazine. In 1983, Anita set the record straight in her Arizona paper column.

As an OSU mom, I feel these treats should be enjoyed any time of year. GO BUCKS!



BUCKEYES

Courtesy of OSU

Ingredients

- 2 cups sifted powdered sugar
- ¾ cup smooth full fat (or ½ cup lower fat) peanut butter
- 4 tablespoons (½ stick) unsalted butter, melted
- ½ teaspoon vanilla extract
- ¼ teaspoon table salt
- 12 ounces semisweet chocolate, finely chopped
- ½ teaspoon vegetable shortening (can be omitted)
- 1 teaspoon neutral oil (for shaping the dough)

Instructions

- Line baking sheet with parchment or waxed paper and set aside.
- Combine powdered sugar, peanut butter, butter, vanilla and salt in large mixing bowl and mix well with wooden spoon (or knead by hand) until smooth and pliable, but not sticky. With lightly oiled hands, roll dough into 1-inch balls and transfer to prepared baking sheet. Freeze until firm, 15-20 minutes.
- Melt chocolate, and shortening if using, in small heat-safe bowl set over saucepan of simmering water, stirring often, until smooth. Remove from heat.



- Insert thin wooden skewer or toothpick into the center of each ball and dip about three-quarters of it into melted chocolate, leaving a small circle of peanut butter exposed at the top.
- Transfer to baking sheet.
- Remove toothpick and repeat dipping process with remaining peanut butter balls and chocolate, reheating chocolate if necessary. If you'd like, dip your finger in water and lightly smooth the tops to cover up the holes.
- Refrigerate 15-20 minutes to set chocolate. Yields 24 candies.

Abbie Nagler Sender, a licenced, award-winning baker, is the owner of BAKED by abbie, a Beachwood-based home bakery that offers customized baked goods with a Jewish twist. For more information, visit www.BAKEDbyabbie.com and like her Facebook business page, BAKEDbyabbieCLE.

As an OSU mom, I feel these treats should be enjoyed any time of year. GO BUCKS!

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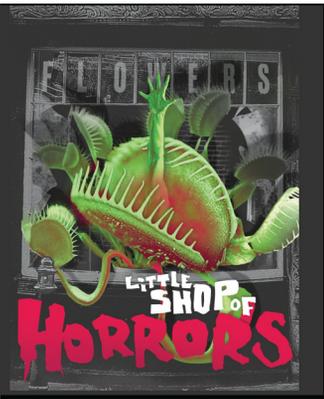


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JFSA Volunteer Opportunities



If you're interested in lending a hand and giving back to our greater Cleveland community, JFSA is seeking volunteers who are interested in any of the following opportunities:

- Delivering meals for JFSA's home-delivered meals program
- Delivering groceries through the Cleveland Chesed Center
- Volunteering at JFSA's vaccination clinics
- Making friendly phone calls to older adult clients
- Visiting with older adult clients to brighten their days

If you are interested in volunteering or if you have any questions, please contact Laura Kestin at 216.378.3475 or volunteer@jfsa-cleveland.org.

Additional Help Needed

Please help ensure Cleveland families can celebrate Passover with dignity. Volunteers are needed at the Cleveland Chesed Center this Passover season to pack food boxes, make deliveries, help with distributions, or make phone calls from home! For more details or to sign up, visit www.clevelandchesedcenter.org/ volunteer or call 216.932.3115.

All volunteers receive virtual training and continued support throughout their volunteer experience. Volunteer opportunities can be ongoing or done in a day!

Little Shop of Horrors

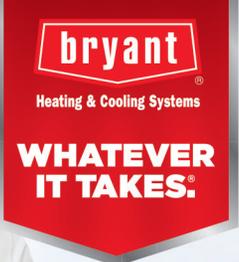
Beachwood High School's Bison Theatre will be performing the rock-and-roll horror comedy, *Little Shop of Horrors*, on Friday, March 11, at 7 p.m. and Saturday, March 12, at 1 p.m. and 6 p.m.

Director Marc Chalice, Assistant-Director Casey DeMay, Student-Director Jonah Kaminsky, and Musical Director Taylor Mortensen have been hard at work with the amazing cast and crew to develop a charming, seductive, hilarious performance.

The cast features actors from the successful November performance of *Clue* – Ian Ward, Alexia Roush, Jonah Kaminsky, and Julian Landes – as well as talented newcomers Catherine Mayer, Ja'Niya Rahman, Megan Wooley, and Michael Karas, as the sadistic dentist, Orin Scrivello.

Tickets are \$20 for adults, \$15 for seniors, and \$10 for students. You may purchase tickets at www.beachwoodschoools.org/Tickets.aspx.

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Aveni's Signs Guide City Toward Success

By June Scharf

Tony Aveni takes great pride in his work for Beachwood, and the signs of his achievements are present in every part of the city. As the creator of nearly all signage here, he is ensuring that everyone has clarity when locating their destinations.

Tony has served on the Beachwood Public Works staff for 34 years. He works out of the department's office on Mercantile Road where he has the tools and equipment to create signs and other visual cues. The scope of his creations includes interior and exterior building signage, streets signs, police and fire vehicle decals, mile markers in parks, speed limit signs, and other necessary notifications.

He uses Flexi, the complete sign design and print software, which allows him to customize the projects. He also has equipment to cut the signs and transfer them to the required surfaces.

Tony says he enjoys his work because it has great impact, and it involves collaboration. He cites the Police Department as one example. "They will consult with me about signage, particularly in areas where there have been accidents, and we'll work with the traffic engineer to address those issues," he explains.

He also oversees projects that require outsourcing, such as updating all of the carved wooden signs to feature the name of new mayor, Justin Berns.

Another very visible project is at Science Park, where he created new skins and added light to the signage there.

Other signage that falls within his purview is the 100 flags that he installs along Richmond Road, between Cedar Road and Concord Drive.

"Since the time when I started working here (34 years ago), we have acquired much better equipment which has improved our ability to complete assignments."

Tony also is involved with other city work such as hanging city lights, spring planting, and snow plowing, which can require long shifts, knowledge of the routes and is especially challenging during the dark nighttime shifts.

When he began working in 1987, at the age of 24, there were fewer employees on the Public Works staff, so they were spread thinner. Back then,

he completed landscaping projects, rubbish retrieval ("a tough job"), sewer repairs, curb painting, and leaf pick up, to name a few of his tasks.

"Since the time when I started working here, we have acquired better equipment, which has improved our ability to complete assignments," he notes. One example is how the crews initially picked up leaves with tarps. Now they use leaf vacuums, increasing efficiency exponentially.

Tony says he likes the challenges associated with his job, and he enjoys seeing

his work displayed in very visible locations. He also says that Beachwood is unique in how it's well managed and well staffed, but also how its equipment is top notch and well maintained.

When he's not busy in Beachwood, Tony likes spending time at home in Concord with his family, including wife, Lisa; daughters, Sophia, 16, and Ashley, 15; and their energetic 3-year-old dog, S'Mores, who is part Boxer. His favorite family trips are the ones they've taken to the Outer Banks in North Carolina.



A Message from the Beachwood Fire Department



Stay Safe!

Due to the snowfall, make sure your exhaust vents for your furnace, hot water heater, and any other appliances are clear. If they become blocked by snow they can cause deadly carbon monoxide to build up in your home.

Real Estate Statistical Update by Sharon Friedman



"We remain in a seller's market as we have been in for the past 24 months. From January 2021 to January 2022, sold listings increased by 1.7%, with sold price per square footage up by 9.7%."

- Sharon Friedman

Beachwood Market Update From December 18, 2021 – February 9, 2022. Data provided by Sharon Friedman, courtesy of NEOHREX. Data provided was accurate at the time of reporting. The source for the spreadsheet is MLS Now. The market data is from Trendgraphix, Inc. Information is believed to be accurate, but not guaranteed. Data does not reflect sales of property not included in MLS. Consult a Realtor® if you have questions about the market.

Homes SOLD in Beachwood

December 18, 2021 - February 9, 2022

Street	Days on Mkt.	List	Sold	LP/SP%	Bed	Bath	Year Built
E Silsby	106	219999	218000	99%	3	2	1954
Cedar	78	229500	220000	96%	4	3	1953
Concord	154	230000	225000	98%	5	2	1956
Beachwood	103	239900	235000	98%	3	2	1947
Glenhill	60	275000	250000	91%	4	2	1953
Lyndway	30	269900	255000	94%	3	2	1953
Edgewood	10	274900	274900	100%	3	3	1947
Richmond	12	299900	295000	98%	5	3	1958
Halworth	42	309000	296500	96%	4	3	1952
Cedar	6	350000	302500	86%	4	3	1954
Shaker	4	299000	303000	101%	3	3	1959
Halworth	149	317000	317000	100%	4	3	1958
Cardington	83	339000	370000	109%	3	4	1965
Edgehill	50	379900	379900	100%	4	3	1965
Greenlawn	230	380000	380000	100%	4	3	1952
Halburton	67	434900	384000	88%	5	3	1976
N Woodland	136	415000	394000	95%	5	3	1956
Deborah	81	429900	395000	92%	3	2	1958
Wimbledon	7	399000	400000	100%	4	3	1949
Madison	69	449000	400000	89%	3	3	1989
Hazelmere	26	449900	405000	90%	4	3	1969
Annesley	3	419900	420000	100%	4	3	1970
Wendover	120	449900	423000	94%	4	3	1959
Bridgeton	5	485000	496000	102%	4	3	1969
Richmond	164	539000	500000	93%	3	3	2018
Penshurst	6	585000	550000	94%	4	3	1958
Deerfield	35	550000	550000	100%	3	3	1987
Cedar	33	549900	565000	103%	4	3	1950
Wimbledon	45	695000	645000	93%	5	4	1979
Bornset	70	760000	760000	100%	5	6	1960
Bernwood	28	745000	775000	104%	4	4	1988
Orchard	1	750000	800000	107%	5	6	1990
Twickenham	3	1250000	1300000	104%	5	6	2021

SHARON LISTS AND SELLS BEACHWOOD!

SHARON'S FEATURED LISTING

25300 Letchworth Road listed at \$839,000

Stunning 4 Bedroom; 3 Full and 1 Half Bath Soft Contemporary Updated Kitchen with dining area, granite and stainless steel appliances. Family room with dual fireplace. Visit www.25300-Letchworth.com.



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3 BEDROOMS, 1 FULL & 1 HALF BATHS**

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Sharon's 2021/2022 Beachwood Listings & Sales

COMING SOON: 24400 Union Cir, Community Gardens, listed at \$2,200,000

SOLD: 24100 Woodside Lane, listed at \$1,050,000

SOLD: 24640 Cedar Rd, Community Gardens, listed at \$549,900

SOLD: 3305 Havel Drive, listed at \$489,900

SOLD: 11 Kenwood Court, The Village, listed at \$479,900

SOLD: 24061 Halburton Road, listed at \$459,900

SOLD: 2402 Brian Drive, listed at \$449,900

SOLD: 1 Sherwood Court, The Village, listed at \$349,900

SOLD: 21514 Halburton Road, listed at \$349,900

SOLD: 4 Hanover Lane, listed at \$299,900

SOLD: 5 Windrush Lane, The Village, listed at \$294,900

SOLD: 2651 Edgewood Road, listed at \$274,900

The Market is Hot! 🔥

Call me for a complimentary evaluation of your home if you are thinking of Selling!

-Sharon



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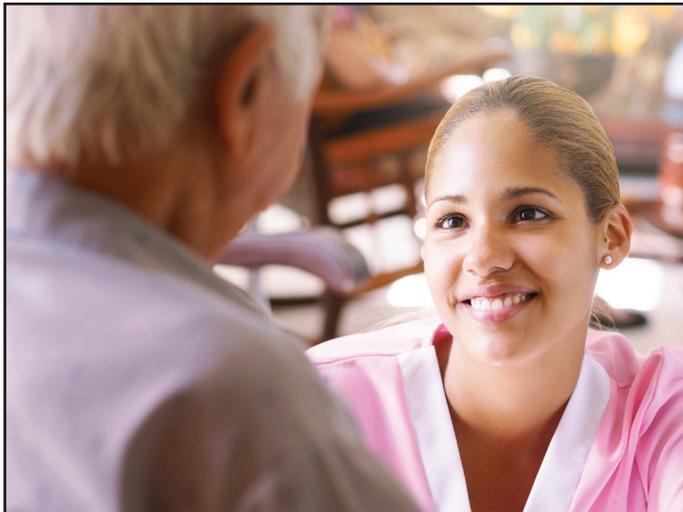
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Beachwood Arts Council Presents:

Ileen Kelner Juried High School Art Show

**NOW through Friday, March 18
Beachwood Community Center**

This special exhibit features inspiring artwork by students representing 24 regional high schools. Judges were well-known local artists Augusto Bordelois, George Kozmon, and Susan Cone Porges.

Beachwood K-12 Art Show

**Thursday, March 24 –
Thursday, April 21
Beachwood Community Center
Open House:
Thursday, March 24
6-7:30 p.m.**

View the creative talents of Beachwood K-12 students at this exhibit of collages, paintings, drawings, and sculptures.

Gallery hours for both shows are Mondays through Fridays, 9 a.m. - 4 p.m. For information on extended hours, please call the City of Beachwood at 216.292.1970. Free. Masks are required.

Cleveland History Center/ Western Reserve Historical Society

**Sunday, April 3
1 p.m.**

**“Honoring Our Past Masters:
The Golden Age of Cleveland
Art 1900-1945”
10825 East Boulevard
Cleveland**

This docent-led tour of the works of Cleveland’s most remarkable artists from this period provides an opportunity to reflect on and celebrate the cultural achievements of Cleveland. Participants can visit the entire museum after the tour. \$15/person (maximum 15 people). RSVP by March 27 by calling 216.595.3400. Masks are required.

For more information about the shows, the event, or Beachwood Arts Council, please call 216.595.3400 or visit www.beachwoodartscouncil.org.



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Empowering Epilepsy Opens New Headquarters in Beachwood

Empowering Epilepsy, founded by people with epilepsy for people with epilepsy, invites the community to attend its grand opening celebration, March 26, at 23500 Mercantile Road, Suite D, Beachwood. There will be a ribbon-cutting ceremony at 1 p.m., followed by an open house until 4 p.m. This event celebrates the organization's move into its 2,700-square-foot location that contains a large meeting space, an art therapy room, and a multipurpose room in which weekly programs, events, and support services will be held.

"Many people with epilepsy live with seizures alone. Empowering Epilepsy is the place where people with epilepsy and their loved ones can feel comfortable, knowing they will feel understood, accepted, and validated," said Leigh Goldie, founder and executive director of Empowering Epilepsy. "Our goal is to bring people together who understand epilepsy and show them what they can do while living with seizures."

Programs include age-based virtual support groups featuring an hour of Q & A with an epilepsy specialist, an Empower Your Life Conference, A SUDEP Action Day Talk, a Non-Epileptic Seizure Conference, an Art Therapy Program, and location-based support groups that include an hour of talk time and an hour of restorative yoga.

The new center will be outfitted with a multimedia studio to offer these programs virtually, as many people with epilepsy are not able to drive or find adequate transportation.

To learn more, visit www.empoweringepilepsy.org.

Empowering Epilepsy's goal is to create a caring community that allows people with epilepsy and their families to find active ways to manage their seizures and take charge of their lives.

About Empowering Epilepsy

Since its 2014 founding in Cleveland, the nonprofit organization has provided free or low-cost programs, events, conferences, and services to help people with epilepsy discover

what they can do while living with seizures.

The facts about epilepsy illustrate the need for Empowering Epilepsy's services at its new headquarters:

- Epilepsy impacts over 65,000 people and their families in Northeast Ohio and more than 3.4M people nationwide.
- 1 in 10 people will experience a seizure in their lifetime, 1 in 26 people will develop epilepsy.
- Every year, according to the CDC, more people die from epilepsy (50,000) than breast cancer (40,000).

Epilepsy is a chronic disease that is not easily understood, with more than 40 different types of seizures and syndromes. Since people cannot always see or detect the seizures, many people who have never experienced them have a difficult time understanding epilepsy. Empowering Epilepsy's goal is to create a caring community that allows people with epilepsy and their families to find active ways to manage their seizures and take charge of their lives.



Individuals learn more about living well with epilepsy and seizures at Empowering Epilepsy's annual Empower Your Life Conference.

You are invited to Empowering Epilepsy's

GRAND Opening

SATURDAY, MARCH 26, 2022
23500 Mercantile Road, Suite D
Beachwood, Ohio 44122

1:00pm RIBBON CUTTING | 1:00-4:00pm OPEN HOUSE

Tour our new facilities, meet other members of our Empowering Epilepsy community, and learn more about our programs, services, and events.

RSVP: calendly.com/EmpoweringEpilepsy/Grand-Opening




Change The Conversation

leigh@empoweringepilepsy.org | 216.536.5889 | empoweringepilepsy.org

Artist Finds Her Path ... At Last

By Arlene Fine

As an ob/gyn hospital nurse, Suzanne Filsinger witnessed the births of thousands of new lives. When COVID hit, she was suddenly involved in a personal deliverance – the rebirth of her artistic soul.

“The pandemic disrupted our home and forced me to leave nursing to homeschool my three young children,” said Suzanne, 51, who had majored in graphic design in college. “Even though COVID has been challenging, it made me slow down and evaluate my life and my priorities. In the process, I made the decision to pursue my passion to create art, poetry, and literature.”

With the full support of her husband, Paul, and her children, Suzanne converted a spare room in her Beachwood home to an art studio, allowing her to begin the joyful process of experimenting with different mediums as she found her niche as an abstract, mixed-media artist.

Suzanne’s current work process involves the use of acrylic, ink, pastels, water color, metal, gold leaf, pieces of paint brushes, and found objects that she decoupages into her paintings.

“My art is constantly evolving as I explore different avenues of expression,” she explained. “My inspiration comes from dreams, nature, and my surroundings.

I keep experimenting, no two pieces are alike.”

After only two years of perfecting her technique, Suzanne had her first gallery opening at the Negative Space Gallery in Asian Town Center. “A friend introduced me to Gadi Zamir, the gallery owner and known artist,” she said. “He liked my work enough to arrange this show. I feel so fortunate that my paintings are now being seen and the show is a success. As a result, it has been extended to run through March 25.”

With her artistic energy in high gear, Suzanne has recently self-published a book of haiku, *For the Love of Words*, that includes her black and white illustrations of flowers, and she is now writing a children’s book.

With her kids back in school, Suzanne has gone on an art frenzy to make up for lost time. “I’m a perfect example that no one is ever too old to start something new or follow their dreams,” she said. “Don’t be afraid to ask for help - you never know where even a casual conversation can lead.”



“I feel so fortunate that my paintings are now being seen and the show is a success. As a result, it has been extended to run through March 25.”

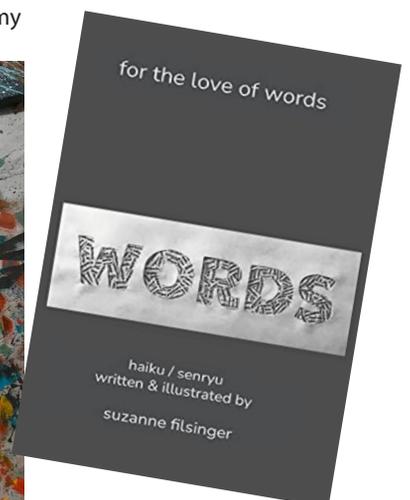
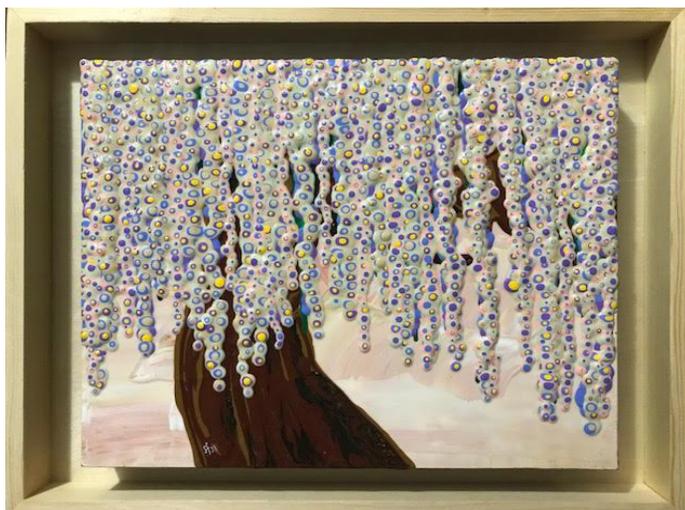
Living in Beachwood has been a blessing for Suzanne and her family. “This is such an arts oriented, diverse community that provides so much for young families and people of all ages,” she said. “It is the place where I was able to embrace my

creative self and I’m having the time of my life.”

As COVID restrictions begin to ease, Suzanne is looking forward to spending more time at the Cleveland Museum of Art where she can study the work of the great masters.

“Right now I have a major crush on Leonardo da Vinci,” she said.

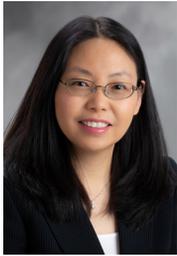
For the Love of Words may be purchased on Amazon. To view Suzanne’s art, visit Suzanne Filsinger on Facebook.



Beachwood School Board Welcomes Josephine Chan

by Shana Wallenstein

Dr. Josephine Chan has long thought about how best to serve her adopted community of Beachwood, where she and her husband, Ricky, moved nine years ago, when their oldest, Ethan, was starting kindergarten.



Now, the proud mom of Ethan (seventh grade) and Julianna (third grade), Josephine serves

on the district's Equity and Engagement Committee as a parent representative, after being recommended by Principal Sherry Miller.

"As a first generation American, I remember my parents being hesitant about their involvement in the school community. They didn't always understand this new way of life and, as such, limited their involvement. I knew at a young age that I wanted that experience to be different for my own children," Josephine explained.

Since she finds her role in this capacity to be illuminating

and rewarding, she considered other ways to get involved. Then, when a vacancy was created on the School Board, following Josh Mintz's election to City Council, Josephine knew immediately that she wanted to apply for the seat.

"I want to be part of the change in our district, helping to bridge the communication between our parents and the schools," Josephine told us. "There is so much necessary focus on diversity and equity – a conversation that is happening nationally and in our own backyard – and I feel I have something to offer."

School Board President Megan Walsh shared her perspective. "Josephine has already proven to be an asset on the board. She is building relationships, asking insightful questions, and is a complementary addition to our collaborative team."

Both Josephine and her husband are scientists. Ricky is the director of the Bioinformatics Core in the Institute for Computational Biology at CWRU's School of Medicine, and Josephine is the director of Clinical Trials at Seidman Cancer Center at University Hospitals. Like many families, they moved to Beachwood in large part because of the strength of the school district.

"I look at my own children's experiences. They've missed so many milestones over the last few years, due to COVID. No sixth-grade camp for Ethan, no field days or parents coming in for class parties. But the kids are so resilient and our district has done

an amazing job of navigating the unprecedented waters of the pandemic," Josephine said.

"This is my chance to give back, to help us grow, and to strengthen the bonds between our families, our schools, and our district."

"This is my chance to give back, to help us grow, and to strengthen the bonds between our families, our schools, and our district," she added. "I'm lucky to have this opportunity to serve, and I look forward to being an ambassador for all of our families!"

Dr. Chan and her colleagues will each serve as a representative to one of Beachwood's five school buildings. Each member looks forward to engaging with parents and the community at upcoming events. This year, the board has set priorities of increased board engagement, visibility, and accessibility.

Fairmount: Dr. Josephine Chan

Bryden: Megan Walsh

Hilltop: Wendy Leatherberry

Beachwood Middle School: Jillian DeLong

Beachwood High School: Kim Allamby



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BHS Grad is Cooking!

By Arlene Fine

Even the twists and turns of the pandemic could not stop the forward trajectory of Swerve Grille. One of the newer additions to Beachwood's burgeoning culinary scene, Swerve Grille, co-owned by Chef Darrell Richardson, a Beachwood High School graduate ('07), is attracting a growing crowd of admirers to its first-floor location in The Vantage Apartments (formerly The Hamptons).

As head chef, Darrell offers up traditional food along with an ever changing, seasonal menu that brings fresh, delicious meals to the table. "Along with bar food, we have popular menu items like honey glazed salmon, grits layered over a deep fried shrimp cake topped with a jalapeno sauce, and other chef specials that I pull out of my culinary bag each week," said Darrell.

Cooking for others comes naturally to the Beachwood native. "When I was growing up, my family owned and ran a diner, and I was fortunate to spend time in the kitchen, where I felt at home from a young age," he added. "As I got older, my family let me experiment with new dishes featuring soul food and American cuisine."

Seeing Darrell's potential, his dad's friend, a professional chef, took him under his wing. "He taught me so much about the art of cooking and presentation," Darrell told us.

With that knowledge, along with the culinary classes Darrell took at BHS, he started his own catering business during high school, a business that continues to grow and flourish to this day.

In 2013, Darrell and his partner opened the original Swerve in Shaker Heights and stayed there until January 2020 when they moved to their current Beachwood location. Within a few months, COVID hit, and Darrell faced a major crisis.

"COVID was a bad blow to a new business," said Darrell. "It's amazing we were able to make it through that first year,

with indoor dining closures, contractor delays, and the inability to get a liquor license until Oct. 15, 2020. It was a struggle, but we persevered. We made home deliveries and had a carry-out menu, which kept us afloat."

Our customers come here for the laid back environment, happy hour, great cocktails, and amazing food.

Now, with his COVID troubles behind him, Darrell is pleased with Swerve's growing popularity. "Our customers come here for the laid back environment, happy hour, great cocktails, and amazing food," he said. "It's great to see how this new location has caught on."

Darrell's advice for other budding entrepreneurs who set their sights on owning their own restaurant is to love what they are doing and put their heart and soul into the business.

"This is a hard, time-consuming business, and you have to keep pushing yourself to bring people in the door," he said. "But cooking good food that people enjoy is enormously satisfying and makes all the hard work worthwhile."

Swerve Grille
The Vantage Apartments
27040 Cedar Rd.
Beachwood
216.450.1546
www.swervegrillecle.com

SWERVE
GRILLE



Swerve Grille Head Chef Darrell Richardson is a creative cook who enjoys preparing dazzling culinary creations.

Nearest Locations: Beachwood, Solon, Twinsburg

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- 0.50%



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CITY OF *Beachwood* Insider

March 2022

Contact Info

BEACHWOOD CITY HALL
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 or
216.464-1234

Departments

AUDITOR
216.595.3712

**BUILDING & COMMUNITY
DEVELOPMENT**
216.292.1914

CLERK OF COUNCIL
216.595.5493

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

MAYOR'S MESSAGE

Beachwood residents and business community members,

After serving as your mayor for nearly two months, **I am happy to report that the transition to a new administration is going very smoothly.** With everyone's help here at City Hall, including city department directors, City Hall staff and City Council members, **I believe we have pulled together and are building a strong team** that is truly interested in Beachwood's progress and success.



STAFF

As you can see on these pages, we recently **added some new people to our staffing, and I can assure you that they all are fully committed to the City of Beachwood.** As part of an administrative office reorganization, I'm pleased to report that **Brittany Rutkowski** will serve in the new position of executive assistant, and she will work along with **Tina Turick**, who manages city operations. Also, **June Scharf** will serve in the new position of public relations consultant. Further details about each are in this section.

We also devoted great time and energy to selecting **our newest City Council member, Danielle Shoykhet** (details on next page). She is filling the vacant seat created when I was elected mayor. Council members interviewed a number of candidates and deliberated at length over this decision. There were many well-qualified residents, and we hope those who pursued this opportunity will continue to stay involved with the city.

I'm in daily contact with our **city directors who work hard every day to keep this city running efficiently.** We cover issues they face and accomplishments they've achieved. You too can learn more about their work when they share information at our City Council meetings. We invite you to attend our Council meetings in person, tune in live or watch recordings at your convenience. Live and recorded streaming is available on the city's website.

CITY HALL POLICIES

I have reviewed, updated and enforced several city policies. Generally, administrative employees report to the office between 8 am – 4:30 pm. **I believe it's essential for our administrative employees to work normal business hours and to be present with a polished image. It's important for us to be available and bring back the customer service that you have come to expect and that you deserve.**

INFRASTRUCTURE

We plan to **replace our 30-plus-year-old traffic signals with decorative poles and stanchions.** As part of this project, we will relocate the traffic signal poles so they are out of the crosswalk ramps and upgrade them to meet current standards. We anticipate starting this project in 2024.

A real step forward in Beachwood exists with the financial support we received in the form of a **grant to acquire electric vehicle charging stations.** We are in the process of obtaining them, and we already identified convenient public areas in which we will locate them. We anticipate that one station will be installed in the area adjacent to the end of the BFAC parking lot near the tennis courts, and the other in an area next to the Barkwood parking lot.

We are continuing our **sewer improvement program** to provide relief to residents from flooding.



LIKE US ON FACEBOOK
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Facebook.com/BeachwoodPolice



FOLLOW US ON TWITTER
Twitter.com/BeachwoodPolice
REGISTER FOR BEACHWOOD eLIST
elist@beachwoodohio.com

EMAIL YOUR COUNCIL MEMBER
firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

**MAYOR
JUSTIN BERNs**



216.292.1901
MayorBerns@beachwoodohio.com

ALEC ISAACSON



COUNCIL PRESIDENT
216.291.2797

ERIC SYNENBERG



COUNCIL V.P.
216.401.0074

MIKE BURKONS



216.832.6771



COLLABORATION

We are working with various nonprofit organizations and are pursuing some health initiatives for our residents.

Potential ideas include nutrition and medical messaging, new exercise equipment in our parks, and programming.

The Beachwood Chamber of Commerce has met with us to determine ways we can work together to ensure that our existing businesses and new arrivals thrive. We want to know that they have the tools they need to succeed. We also want to expand our economic development outreach.

Beachwood Place's mall security is regularly in touch with our safety forces and we are very pleased with Chief Kate Dolan's team's recent drug, cash and weapon seizure.

COMMUNICATIONS

We will be **reenergizing the content on these pages inside the Buzz** with a fresh look and expanded coverage. **We also will be communicating with you in new ways, such as reaching you through video content** when appropriate, which will be disseminated through social media and the city's website. You can continue to rely on our **digital communications** through our website, Facebook and Twitter for current city information as well.

My door is always open, literally and figuratively, to hear your concerns, but also to learn what is making you happy about living here in Beachwood. I look forward to exchanging news and other information with you again soon!

Mayor Justin Berns

DANIELLE SHOYKHET APPOINTED TO CITY COUNCIL

Beachwood City Council unanimously appointed Danielle Shoykhet on Feb. 7 to fill the vacancy created when Justin Berns was elected Mayor in the Nov. 2 election. She will serve until Dec. 31, 2023. Danielle was one of 12 people interviewed by City Council in executive session, Feb. 1 and 2.



She says she is very happy to assume this new post. "I'm interested in working with my fellow City Council members, and I'm especially proud to be an additional representative of the second largest demographic in Beachwood, the millennials, and to offer a female perspective."

Danielle is a senior manager in global merchant services at American Express. She previously worked as a business development officer for UPS Capital. She has lived in Beachwood since 2010. She earned her bachelor's

degree in business from Miami University in Oxford, Ohio, and she holds an American Express & Harvard Certificate in Leadership Excellence.

Danielle points out that she has "a proven track record, both personally and professionally, of bringing a diverse group of people together for creative problem solving and critical thinking," as she stated in her application for the position. Additionally, she noted her top three goals are economic development, public safety and citizen engagement.

Initially, 16 candidates applied, including Ali Amini, George Carr, Alexander Cohen, Dr. Howard Darvin, Steven E. Eisenberg, Alan L. Erenrich, Jen Ferns, Maggie Keenan, Anthony Hill-McShepard, Karen Saidel, Steve Sender, David J. Seiger, Danielle Shoykhet, Brad Swimmer, David Weinstein and Ami Zukowsky. Ali, Maggie and Steve withdrew their candidacies, and David's written responses were not received in time for the deadline.

GOT AN ISSUE? TEXTMYGOV!

Need to report a pothole, request a special rubbish collection, etc.? Use our new TextMyGov communications system by texting "Hi" (no quotes) to 216.545.0041.

All public meetings are now held in-person at Beachwood City Hall.

UPCOMING MEETINGS

CITY COUNCIL

Monday, March 7 at 7:00 PM
Monday, March 21 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, March 31 at 6:30 PM
Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, March 7 at 4:30 PM
Monday, March 21 at 4:30 PM
Questions? Call 216.292.1914

BARBARA BELLIN JANOVITZ



216.406.5914

JOSHUA MINTZ



650.464.6788

JUNE TAYLOR



216.533.7640

CIVIL SERVICE COMMISSION APPOINTMENT

We are pleased to announce the appointment of Larry Gordon to serve as a member of our Civil Service Commission. He has served in fire safety for the majority of his career, with 41 years invested in a range of capacities, including a firefighter paramedic for the City of Pepper Pike. He has resided in Beachwood for 51 years, and is member of Beachwood High School's Class of 1971.

Larry is more than qualified to assume this post because he has a complete understanding of the

issues involved with public safety work. His keen perspective was shaped, in part, from working as an instructor at the Fire Training Academy for 29 years. Our own Fire Chief Steven Holtzman attended the Fire Academy when Larry was one of the instructors. He's seen a lot of people enter the program, and he's had to evaluate them.

It takes a high level of commitment to perform well in civil service work, and Larry has a long, successful track record.



Larry Gordon being sworn in by Mayor Justin Berns.

ADMINISTRATIVE STAFF REORGANIZED Adds Scharf, Rutkowski

The City of Beachwood announces two hires to strengthen its administrative staff. June Scharf has been selected to serve as the Public Relations Consultant and Brittany Rutkowski has been promoted to become Mayor Justin Berns' Executive Assistant.

June's duties include contributions to content across all platforms, including social media, website, print and broadcast/digital



June Scharf



Brittany Rutkowski

publications; media relations; marketing outreach; speech planning; support for economic development initiatives; editing of department materials; and generation of public relations initiatives based on city activities and events.

Formerly, June was the director of communications and activities for the City of Warrensville Heights.

She is a regular contributor to *Beachwood Buzz*, and she serves as a writing coach to clients

seeking to publish materials. She also has hosted more than 50 podcast episodes, and she has created websites for multiple clients. She graduated from Beachwood High School with the Class of 1987.

Brittany formerly worked in Beachwood as an administrative assistant in the Public Works Department, starting in 2014. Previously, she worked for KeyBank as a relationship manager.

She earned a bachelor's degree in speech pathology and audiology from the University of Akron. During college, she worked summers and Christmas breaks at the Cuyahoga County Engineers Office in its Fiscal Department.

Free Residential Mulch Program Suspended

Nearly eight years ago, the City of Beachwood started a program to distribute to our residents the excess mulch the city produces from the brush it collects. The city allowed residents to purchase, on a first-come, first-serve basis, a limited amount of bagged mulch. Eventually, the program was upgraded, and residents lined up to receive their bagged mulch free of charge, which increased the demand. Last year, the demand for mulch far exceeded the city's supply, and we received a number of complaints from those residents who were shut out from receiving any mulch.

Foremost among the program's present challenges is diminished space available in the city's Public Works building to process mulch, combined with the city's increasing need to utilize this mulch for its beautification program.

While we understand some residents may be disappointed that we can no longer provide free mulch, rest assured that this mulch will go to good use and our grounds and facilities will continue to be maintained in a manner of which we can all be proud.

NEW MOBILE APP!

The City of Beachwood's NEW mobile app is now available for iOS and Android. The new app features a streamlined design, and includes immediate access to Beachwood's new TextMyGov function, city departments, activity registration, government updates and more. The app was coded by CivicPlus, and we encourage people who live, work and play in Beachwood to download it!



MUNICIPAL TAXES



Beginning January 1, 2022, employers must withhold municipal income taxes based on where their employees work. If a Beachwood resident is working from home in Beachwood 100% of the time, then all of his or her withholdings should be for Beachwood.

If an employee is working a hybrid work schedule, the employer must withhold for both municipalities. For example, if a Beachwood resident is working from home four days a week and in the office in Solon one day per week, the employer should be withholding 80% of the Beachwood resident's salary for Beachwood and 20% for Solon.

As for 2021: If a Beachwood resident did work from home in 2021 and his or her employer withheld for the city where the business is located, for example Macedonia, the Beachwood resident would be allowed to request a refund from Macedonia. However, the Beachwood resident would then be required to pay

income taxes on those wages to Beachwood. As an example, if the Beachwood resident was paid \$50,000 in wages, the withholdings for Macedonia would be \$1,250 (2.5% rate). The Beachwood resident would then file a Beachwood return for the same \$50,000 and the amount due would be \$1,000 (2.0% rate). Therefore, the Beachwood resident would pocket the \$250 difference.

If an employee is working a hybrid work schedule, the employer must withhold for both municipalities.

If there are any questions, please call and speak with Finance Director Larry Heiser at 216.292.1903, Audit Director Harvey Rose at 216.595.5492, or Tax Administrator Robert Forester at 216.595.3716 to discuss the various situations and concerns.

SENIOR RUBBISH 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.



RED CROSS BLOOD DRIVE

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

BEACHWOOD COMMUNITY CENTER
Friday, April 22 • 1:00 — 7:00 PM



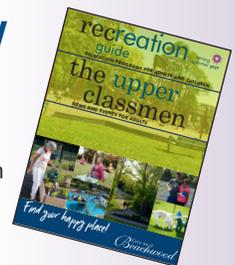
SEVERE WEATHER



When Beachwood City Schools are closed due to severe weather, all Beachwood Recreation and Upperclassmen programs will be cancelled.

SPRING REC GUIDE/UPPERCLASSMEN

The Spring Recreation Guide/Upperclassmen will be delivered later this month! Be sure to check out our programming!





Meet the Mayor Luncheon



Wednesday
March 23
11:30am - 1pm

Meet with Mayor Justin Berns
Learn about his vision for our city, ask questions and get to know our new administration

Cost
\$20 - Chamber members
\$25 - Non-members

Open to businesses and residents

Location
Beachwood Community Center
25225 Fairmount Blvd.
Beachwood, OH 44122

Register at www.beachwood.org

Limited tickets available

ART EXHIBITS

BEACHWOOD COMMUNITY CENTER

BEACHWOOD ARTS COUNCIL ILEEN KELNER JURIED HIGH SCHOOL ART SHOW

Now - March 18

This special exhibit will feature inspiring artwork by students who represent more than 20 regional high schools. Judges are well-known local artists Augusto Bordelois, George Kozmon and Susan Cone Porges.



BEACHWOOD K-12 ART SHOW

March 24 - April 21

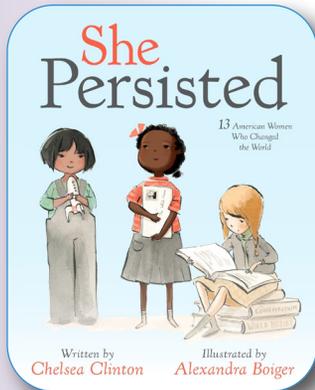
Open House: Thursday, March 24 • 6 - 7:30 p.m.

View the creative talents of Beachwood K-12 students at this exhibit of collages, paintings, drawings and sculptures.

Gallery Hours: Monday – Friday, 9:00 AM – 4:00 PM

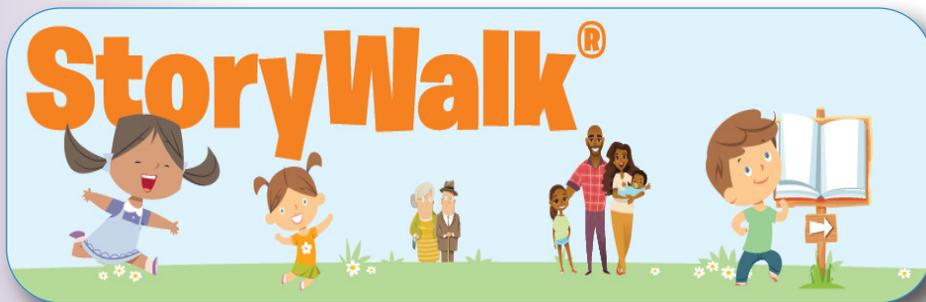
For weekend appointments, please call 216.292.1970.

STORYWALK



The March book featured on the StoryWalk® in Beachwood City Park East is "She Persisted," by Chelsea Clinton, illustrated by Alexandra Boiger. This story profiles the lives of thirteen American women who have left their mark on U.S. history, including Harriet Tubman, Helen Keller, Margaret Chase Smith and Oprah Winfrey.

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.



SNOW SAFETY

Please make sure your exhaust vents for your furnace, hot water heater and any other appliances are clear. If they become blocked by snow, they can cause deadly carbon monoxide. Also, after the last storm, Beachwood firefighters were out clearing hydrants for three days. Please help us keep them clear.



INTRODUCING NEW RECREATION WEBSITE AND FACEBOOK PAGE

Beachwood Community Services has a new website, www.BeachwoodRec.com, and Facebook page, www.Facebook.com/BeachwoodOHRec, to enhance your experience. It is now easier to find information about programs, special events and registration deadlines, and view photos from past events. We invite you to visit our website, 'like' our Facebook page, and participate in all we offer!

USE CAUTION AND BE SEEN

Use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing. When and if it is necessary to walk in the street, please walk facing traffic and if in a group, single file.



NOW HIRING!

Looking for a FUN summer job with competitive wages?

Join the Community Services Team as a DAY CAMP COUNSELOR or a LIFEGUARD!

For job descriptions and to apply, visit www.BeachwoodOhio.com/jobs



Be
Part
of Our
Team!

BEACHWOOD SUMMER DAY CAMP REGISTRATION

Registration is now open to Beachwood residents and non-residents! Register for Kidz, Bison, Sports, Teen Travel and Theater Camp between 8:00 AM and 4:00 PM, Monday through Friday, at Beachwood City Hall. Phone, fax or online registrations are not accepted. For more information, please refer to the current Recreation Guide or call 216.292.1970.

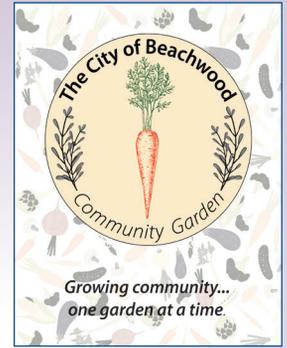


BEACHWOOD VAN SERVICE

The Beachwood Community Services Department provides van service to disabled and senior residents for medical appointments and to pick up pre-paid grocery and pharmacy orders. For more information, please call 216.292.1971.

COMMUNITY GARDEN AVAILABILITY

Interested in gardening? Community Garden plots are available! Call 216.292.1970 for details, and come grow with us!



SAVE THE DATES!

Cleveland Pops Orchestra • May 15
More info in next month's Buzz!



Light Ohio Blue (Police Week) • May 15-21

Stop by Beachwood City Hall, beginning May 2, to pick up your blue light bulb to place in your porch light for the week (May 15-21) to show your support. Can't change your bulb? Wrap your tree with a blue ribbon, place a blue spotlight in your yard, or wrap blue cellophane around your light.

May 22 • Shred Day

Beachwood Community Center Parking Lot

Bring all your personal documents, mail and files to be shredded on-site for FREE! Service is available to all Beachwood residents (proof of residency required). Shred up to 6 banker boxes OR 12 blue grocery bags at no charge. Staples, paper clips, metal, or plastic binders accepted. Event will take place, rain or shine.

RX DRUG DROP BOX

A prescription drug drop-off box is located in the Police Department lobby. Residents can deposit unused, unwanted or expired prescription pills Monday – Friday between 8:00 AM and 4:30 PM. No liquids or needles are allowed.

BEACHWOOD FAMILY AQUATIC CENTER PASSES



Passes go on sale **March 14** at **Beachwood City Hall**, Monday through Friday from 8:00 AM – 4:15 PM.
Please remember to bring your driver's license and a current utility bill as proof of residency.

SAVE 20% ON MEMBERSHIPS IF PURCHASED AT CITY HALL PRIOR TO POOL OPENING!

Rates	Prior to May 28	May 28 & After
Per Person	\$ 60	\$ 72
Family of 2	\$115	\$138
Family of 3	\$165	\$198
Family of 4	\$175	\$210
Each additional member	\$ 25	\$ 30
Senior (60+ years of age)	\$ 35	\$ 42
Governess	\$ 70	\$ 84
Employed in Beachwood*	\$110	\$132

* Restrictions apply



MIND CHALLENGE FOR THE NEW MAJORITY



Introduced in 2019, this program involves a series of trivia contests held at community centers throughout Northeast Ohio. Modeled after the NCAA's basketball tournament, community center teams are asked a series of trivia questions and competing teams must make their way through six tournament rounds.

There are four to six players per team, and teammates collaborate to find solutions, a true team activity. Last year, Team Beachwood advanced through several rounds!

The City of Beachwood will be hosting the competition for the Southeast region, starting with team formations on Monday afternoon, May 16.

We welcome you to be a part of this exciting program that promises to enlighten and energize you. Come use your knowledge, share in your friendship, cheer on others, and join Team Beachwood!

For more information, call Senior Adult Manager Susan Gordon Merdler at 216.292.1911 before May 8.

FOLLOW US

Stay informed by following the City of Beachwood online:

- WWW.BEACHWOODOHIO.COM
- FACEBOOK.COM/BEACHWOODOH
- TWITTER.COM/BEACHWOODOH



We continue to encourage residents to claim a free CodeRED emergency communications account.
Click the red circle on www.BeachwoodOhio.com

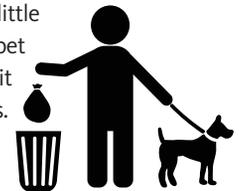
LAKE ERIE: DON'T WASTE IT!

Don't Poop Up the Water

Pet waste is teaming with E. Coli and other harmful bacteria including fecal coliform bacteria, which causes serious kidney disorders, intestinal illness, cramps and diarrhea in humans.

There are more than 90,000 dogs in Cuyahoga County creating around 45 tons of waste per day (NEORS). There are 23 million fecal coliform bacteria in a single gram of pet waste – over 10 million more per gram than human waste. When our pets leave those little surprises, rain or melting snow washes all that pet waste and bacteria into our storm drains. Then it flows into Lake Erie and pollutes our waterways.

Please pick up pet waste and dispose of it properly. **Pick it up. Bag it. Trash it.**



2022 BEACHWOOD SCHEDULE



- April 13th
- May 11th
- June 8th
- July 13th
- Aug 10th
- Sept 14th
- Oct 12th

**4p-8p Wednesday Night
Food, Shopping, Fun**

**25325 Fairmount Blvd
City Hall Lot**





Prep: The Most Important Thing You Can Do for Colonoscopy Success

Despite being one of the most treatable forms of cancer when it is diagnosed early, colorectal cancer is the second most common cause of cancer death among Americans. March is national Colorectal Cancer Awareness Month, and the perfect time to invest in your digestive health. In addition to regular checkups with your primary care physician, there are a number of ways to prevent disease and stay healthy.

First and foremost, the key to preventing colon cancer is scheduling routine colonoscopies. While there are many different options for colon cancer screening, meaning detection of colon cancer, colonoscopy is the only test that can actually prevent colon cancer. A colonoscopy is a painless procedure done under sedation, during which a doctor examines the inside of a patient's colon using a small camera at the end of a flexible tube. At the same time, any polyps – or abnormal growths – that are detected can be removed, eliminating the chance that they might eventually evolve into cancer.

It's important to have colonoscopies scheduled at specific intervals, generally starting at the age of 45 or younger if you have a history of cancer in your family or if you experience symptoms like bright red blood in your stool, changes in your bowel habits, bloating, and unintentional weight loss. Follow-up screenings can range between six months to ten years later, depending on your physician's advice.

Prep for Success

If it's time for your colonoscopy, it's time for the prep. Everyone agrees: It's not the most pleasant thing. But ensuring a good bowel prep

is actually the most important thing you can do as a patient to make the colonoscopy a success.

Proper bowel preparation beforehand ensures that your doctor will be able to detect any growths, lesions, or abnormalities in the colon that could be cancerous, says gastroenterologist Brooke Glessing, MD, Medical Director of the Digestive Health Institute at University Hospitals (UH) Ahuja Medical Center and Director of Endoscopy of the Digestive Health Institute at UH Cleveland Medical Center.

"If your colon is not clean, your doctor will not have a clear view of your colon and could miss something important," Dr. Glessing explains.

Dr. Glessing also has some helpful tips to help you prepare:

- Try eating lighter in the days leading up to the procedure.
- Avoid high-residue foods such as nuts, corn, peas and seeds at least three days before your exam.
- The day before your procedure, you can only have clear liquids, such as water, tea, black coffee, apple juice, and broth. You may also eat popsicles and gelatin.
- Don't eat or drink anything red or purple, as it may leave a residue in the colon that could be mistaken for blood during the test.

- Chill the liquid laxative in the refrigerator before you drink it. Bypass your taste buds by drinking it with a straw.
- You can follow each sip of laxatives with water or clear juice to take away the taste, or suck on lemon slices between sips.

Talk To Your Doctor About Your Medications

Before your colonoscopy, it's important to tell your doctor all of the medications and supplements that you are taking. "You may be asked to stop taking some. Also, ask your doctor about which medications you can take on the day of the procedure," Dr. Glessing says.

The day before your test, you will begin to take the laxative your doctor prescribed for you. Follow the directions closely.

"The liquid laxatives can taste gritty and unpleasant, and you may feel like you need to throw up. This is normal," Dr. Glessing says. "While the prep has come a long way from what it used to be, there is no easy way around it."

Pamper Yourself on Prep Day

The laxatives will cause you to have loose, frequent bowel movements and eventually watery diarrhea, Dr. Glessing says. So you will want to stay close to a bathroom. A proper prep will result in light yellow to clear liquid stool.

Don't plan any outings on the preparation day, she emphasizes. "Instead, pamper yourself, watch movies, read, nap, and keep drinking those clear liquids to avoid becoming dehydrated."

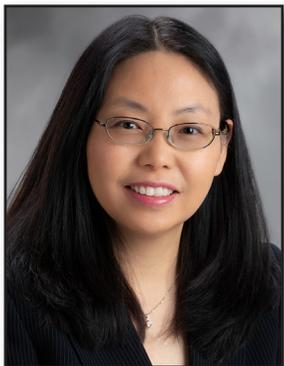
If your doctor prescribes a split-dose prep, this means you will have taken part of your solution the night before and you'll take the rest the morning of your procedure.

Board-certified gastrointestinal physicians and surgeons at University Hospitals are leaders in screening, diagnosing, managing, and treating all types of colon polyps, colon cancer, and other gastrointestinal conditions.

To learn more and schedule an appointment with a provider at the UH Digestive Health Institute, call 216.595.7997 or visit UHhospitals.org/Colonoscopy.

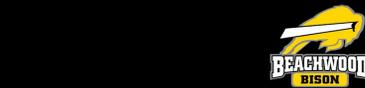
UH is bringing our health experts to the community through a series of virtual health talks. The virtual seminars include a presentation by physicians who are experts in their field, followed by a Q&A session. These events are free but registration is required. Visit UHhospitals.org/Health-Talks to learn more about health talks related to colonoscopies and other medical procedures.

Dr. Josephine Chan Appointed to Board



On January 24, 2022, **Dr. Josephine Chan** was appointed to the Beachwood Board of Education to replace **Joshua Mintz** who was elected to City Council. Josephine earned her bachelor's degree in Biological Sciences at University of Chicago. Her drive toward academic excellence brought her to Cleveland where she earned her Doctorate degree in Genetics at

Case Western Reserve University School of Medicine. Her passion for learning led her to pursue a second post-graduate degree in a completely different field, a Master of Business Administration from the Weatherhead School of Management. Josephine has over 20 years of cancer research experience. Since 2014, Josephine has served as the Director for the Clinical Trials Unit at UH Seidman Cancer Center. This position allows her to combine her love for science while using her leadership and administrative skills for the advancement of treatment and helping to improve the lives of patients. She enjoys mentoring the next generation of scientists and is a mentor for the Engage! Cleveland Women's Mentorship program. Josephine and her husband, Ricky, moved to Beachwood in 2013. They have two children, Ethan and Julianna, in the Beachwood Schools.



Beachwood Schools Recognizes

**BLACK
HISTORY
MONTH**

Black History Month Recognized

During February, students and staff across the district recognized Black History Month through programs and activities that highlighted African Americans' contributions, stories and achievements integral to America's past and present. Among these was a recognition program preceding the February 15, 2022, Beachwood boys basketball game against archrival Orange. The program featured seniors **Will Owens** and **Brooklyn Bennett**, sophomore **Ja'Niya Rahman**, and freshman **Taylor Greer-Jones**. Thanks to the staff and students who initiated and led these programs.

BMS Student's Poetry Published

6th Grader, **Rhea Shankar**, had her poetry selected for publication in the Young Writers Pandemic Poetry Contest.

Can it be that way again?

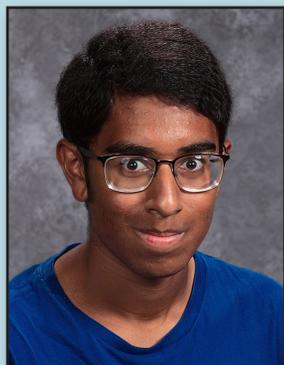
*I remember when we didn't have to wear masks
 Our mouths were free
 And our glasses were clear
 Can we ever leave without them again?*

*I remember before we had
 To sanitize our hands
 Our hands didn't smell like chemicals
 Will they ever smell like that again?*

*I remember when every day was happy
 We never received bad news so often
 Nothing bad happened to the ones we love
 Can we be that happy again?*

*I remember when we could be
 Standing right next to someone
 No three feet distance
 Can we ever sit next to others again?*

*I remember our old lives
 Happy and carefree
 Not a single worry in the world
 Can it ever be that way again?*

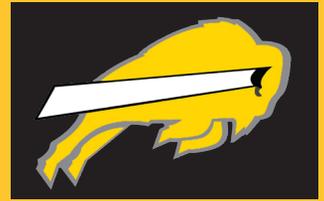


**Perfect
ACT[®]
Score**

Congratulations **Dhruv Seth**, Beachwood High School Junior, for earning a PERFECT ACT SCORE! Dhruv joins an elite group of .313% of the almost 1.3 million test takers across the country to have set this mark. You'll see in this section that Dhruv is also a prolific award-winner on our fantastic Science Olympiad Team. We should also mention that this multifaceted young man is a dangerous matchup for the Boys Varsity Tennis Team and plays a mean clarinet in the band!

ADMINISTRATION

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BEACHWOOD HIGH SCHOOL

GALLERY OF SUCCESS

2022

Gallery of Success Induction - April 8, 2022

Two years ago, ten amazing Beachwood High School graduates were selected by a committee of community members to be inducted into our Gallery of Success. In order to properly honor them in person, we delayed their induction, but now it's finally time to do so. On Friday, April 8, 2022, we will honor these ten inductees through a variety of events during the school day including the formal ceremony, lunch for the inductees and their guests, and opportunities for our high school students to meet the inductees in small groups. The ceremony will be live-streamed on the District's YouTube channel and the inductees will be interviewed in the Bison TV studio. Many thanks to Gallery of Success organizer **Paula Rollins** (Class of '71) for her persistence making sure this induction class receives the distinction they deserve!

Our ten inductees:

Ms. Fran Bulloff

Mr. Eric Desatnik

Ms. Sophia Hall

Mr. Judson Kline

Mr. Jay Lurie

Mr. Aaron Marks

Mr. Robert Marks

Mr. David Ostro

Dr. David

Rosenberg

Ms. Emily Yahr

Board of Education NEWS

Recent:

- Appointed Board Member to Vacant Seat
- Approved 2023-2024 School Calendar
- Approved Renewal of Medical and Prescription Health Insurance

Future:

- Presentation on Facilities Maintenance Plans
- Approved End-of-Year Retirements of Certificated Staff
- Approved Continuing Contracts for Certificated Staff

Board Meeting Calendar:

- Monday, March 14, 2022 @ 7 pm

BHS Science Olympiad Team Awards

In January, the BHS Science Olympiad team competed in three large tournaments and placed 7th out of 61 schools at the Westlake Invitational, 8th out of 67 schools at the Solon/Kenston Invitational and 4th out of 81 schools at the Ohio State University Invitational. The team is coached by middle school science teacher **Alise Kulbago**.



Notable individual placements include:

1st place - Experimental Design
Dhruv Seth, Bowen Zhang, Evelyn Zhang

1st place - Gravity Vehicle
Kai Zheng

1st place - Wifi Lab
Henrik Burda, Kai Zheng

1st place - Bridges
Dhruv Seth, Grace Yan

1st place - Ping Pong Parachute
Henrik Burda, Allen Yu

2nd place - Cybersecurity Trial
Evelyn Zhang, Kai Zheng

2nd place - Ping Pong Parachute
Nishan Shrestha, Jeye Thiam

2nd place - Trajectory
Evelyn Zhang, Kai Zheng

3rd place - Detector Building
Grace Yan, Kai Zheng



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What is Long COVID?

COVID-19 has impacted many of us over the past two years. As the acute symptoms of a COVID-19 infection wane, between one-third to one-half of recovered individuals will continue to experience persistent symptoms that can impact their ability to perform daily activities. These persistent symptoms have been termed “long COVID” and individuals who experience these symptoms may be referred to as COVID “long haulers.”

The World Health Organization’s definition for long COVID includes symptoms that occur three months after an initial infection and last for at least two months. They also specify that these symptoms can persist following the onset of the initial infection or may even develop months after. While many people recover within a few weeks, these persistent long COVID symptoms can be challenging to overcome and may last for months.

Long COVID Symptoms

The symptoms of long COVID are wide ranging and can impact various body systems, including the heart, kidneys, lungs, and brain. The most common symptoms include fatigue, breathlessness, and cognitive dysfunction. Additional symptoms include:

- Weakness
- Poor Endurance
- Post-Exertional Symptom Exacerbation (PESE)
- Orthostatic Intolerance or POTS (Postural Orthostatic Tachycardia Syndrome)
- Dysautonomia or Dysfunction of the Autonomic Nervous System
- Difficulty Concentrating
- Headache
- Sleep Problems
- Gastrointestinal Symptoms
- Anxiety or Depression
- Fast or Pounding Heartbeat

What Causes Long COVID?

There are still a lot of unknowns when it comes to the cause of long COVID and why some people develop persistent symptoms while others do not. Recent research suggests there may be a link to type 2 diabetes, reactivation of the Epstein-Barr virus, certain antibody features, or from COVID-19 virus that persists in the organ systems after recovery. Although we don’t have clear answers yet, more research is being done to help determine the exact cause of long COVID.

Treatment

In addition to medical management, the Center for Disease Control and Prevention (CDC) has recommended a comprehensive rehabilitation approach to address the management of symptoms of long COVID. Depending on the symptoms, this can include physical, occupational, and/or speech therapy.

Physical Therapy

Physical therapy can assess gross motor function and help to improve physical functioning. For long COVID, physical therapists can help to address symptoms including ongoing weakness, impaired endurance, and fatigue to help individuals return to their previous functional and activity levels. Physical therapists can also teach breathing exercises to assist with shortness of breath and breathlessness.



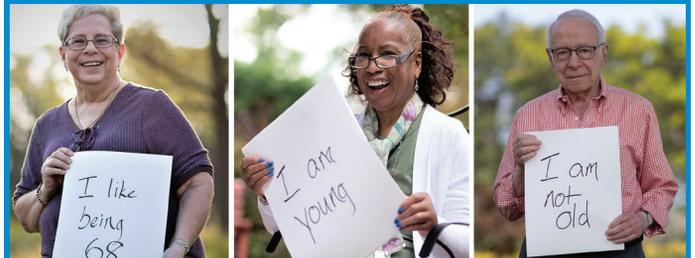
Age isn't chronological. IT'S PERSONAL.



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!



Occupational Therapy

Occupational therapy can assess fine motor control and the ability of an individual to perform activities of daily living. For long COVID, occupational therapy can also help to address pain, weakness, fatigue, or impaired endurance that may impact an individual's ability to return to these activities.

Speech Therapy

Speech language pathology is a vital part of recovery from many illnesses. Speech language pathologists help to manage conditions that affect your memory, eating, speech, and voice. One of the most common long COVID symptoms is cognitive dysfunction, which can include brain fog, difficulty concentrating, or memory issues. Working with a speech language pathologist can help to address any memory or cognitive deficits, voice, swallowing, or upper airway respiratory issues that linger after a COVID infection.

Post-Exertional Symptom Exacerbation (PESE)

Some COVID long haulers may experience post-exertional symptom exacerbation, which is when symptoms get worse during physical activity and they don't improve with rest. Worsening symptoms may occur from minimal cognitive, physical, emotional, or social exertion. Symptoms of PESE can worsen 12 to 48 hours after activity and can last for days, even months.

PESE can include:

- Fatigue
- Brain Fog
- Pain
- Breathlessness
- Heart Palpitations
- Fever
- Sleep Disturbance
- Exercise Intolerance

Activity management and pacing should be used to safely manage exertion and prevent PESE throughout recovery. A therapist can provide education on safely resuming activity levels, and will closely monitor your symptom response and vital signs, including heart rate, blood pressure, and oxygen saturation, to help with safely resuming exercise and activity.

Consulting with a therapist is the best way to determine an individualized treatment program for effectively managing your symptoms.

Consulting with a therapist is the best way to determine an individualized treatment program for effectively managing your symptoms. For more information about therapy and long COVID, or to schedule an appointment, call 216.595.7345 or email mgroesch@menorahpark.org.



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Locations in Beachwood and Chagrin Valley

March To Your Own Beat!

by Preeti Venkataramani

The U.S. workforce has been going through a great upheaval as millions of Americans self-reflect about how they spend their working hours. “The Great Resignation” or “Great Realization” are terms coined for Americans quitting jobs at a record pace during the second half of 2021, a trend that continues to rise. About 23% of employees will seek new jobs in 2022, while 9% have already secured a new position, according to a December ResumeBuilder.com poll of 1,250 American workers.

More people realize that pursuit of money as a primary goal is not enough. For real fulfillment, dollars earned have to be combined with the pursuit of purpose. It’s striking to note that in today’s hyper-commercialized culture, the core message of Viktor Frankl’s book, *Man’s Search for Meaning*, is still as relevant as it was 100 years ago.

So how do we pursue meaning? How do we align ourselves to roles that stretch and expand us? A good way is to take stock of our personality, our strengths, and our talents, and then match them to suitable professions.

I sat down with Nicholette Leanza, a clinical counselor in Beachwood, at LifeStance Health, to understand how to undertake this process.

The first thing Nicholette suggests is to take one or more self-assessment tests. We are emotional beings with a thinking brain. Therefore, aligning our emotions with the capacity to think will help us figure out the right careers and responsibilities. For example, if you are a hands-on person, a profession that includes tinkering and experimenting, such as research and development, will be more fulfilling than a profession like accounting, where everything is rule based and well structured. Some of our traits and strengths come from childhood, while others show up as we age, because of evolving circumstances.

The biggest challenge is that we often suppress who we are to fit into cultural or external expectations.

While some level of fitting in is required to have a smooth functioning society, too much of it can dim our potential.

The most common personality trait/strength models are:

- **Big 5 (Openness, Conscientiousness, Extroversion, Agreeableness, Neuroticism)**

<https://www.truity.com/test/big-five-personality-test>

- **Cattell’s 16 Personality Factors, DISC (Dominance, Influence, Steady/Supportive, Cautious/Conscientiousness)**

<https://openpsychometrics.org/tests/16PF.php>

- **Myers Briggs**

www.xpersonalitytest.com

- **Clifton Strengths Finder**

<https://www.gallup.com/cliftonstrengths/en/strengthsfinder.aspx>

- **RIASEC (Holland Codes):**

<https://openpsychometrics.org/tests/RIASEC/>

All of the above tests are free, except the Clifton Strengths Finder. The results will give you a base evaluation to dig further. Some will validate your prior hunches, some will surprise you, and some will feel flat-out wrong. In any scenario, it’s beneficial to be curious about your traits and strengths. How do they help you and how do they hurt you? The irony is that strengths in any trait can become weaknesses if they are taken to extremes.

“The best investment you can make is in yourself.”
– Warren Buffet

For example, if you are highly agreeable, you will do well in roles where empathy is required, such as healthcare. However, if you are always agreeable, you will then tend to ignore your own needs and desires to please others, which will eventually make you unhappy, taken for granted, or resentful.

It is essential to respect and acknowledge your strong traits. If you are high in extraversion, a role where you meet and interact with people frequently, such as hospitality, will provide higher job satisfaction. It will fuel your productivity and your results will stand out. However, instead, if you take on a job with lots of administrative paperwork, it will drain your energy and enthusiasm very quickly.

Every role and profession involves hard work, but when your traits fit well with your responsibilities you will have extra energy to persist and persevere, especially when the going gets tough.

If you are seeking a career change or are just curious to know more, explore the career profiles outlined in the *Occupational Outlook Handbook*, by the U.S. Bureau of Labor Statistics, at <https://www.bls.gov/ooh/>.

When we feel stuck, confused, and helpless with self-sabotaging thoughts and behaviors, it prevents us from bringing our best selves forward and restrains us from connecting and contributing at the highest levels.

Why does this happen? Possible reasons include trauma, abuse, unexpected calamity, social expectations, or environmental conditioning.

Irrespective of the root cause, the reality is that it is holding you back. Your best self is not able to express itself fully and there is a sense of unease. The best act of self-care you can do in such a scenario is to give yourself permission to get unstuck. To admit that it is okay to accept help, to improve with guidance, and progress with confidence. The joy of such freedom, letting go of debilitating past conditioning, is absolutely priceless!

The best act of self-care you can do in such a scenario is to give yourself permission to get unstuck. To admit that it is okay to accept help, to improve with guidance, and progress with confidence.

If you need guidance and are ready to get unstuck, LifeStance Health can help with in-person and virtual therapy. With qualified and experienced clinicians specializing in different facets of mental well-being, you will be able to pursue self-development in a safe and secure environment. For details, visit <https://lifestance.com> or call 216.468.5000.

With every facet of work, careers, and lifestyles adapting at a rapid pace, now is the right time to get unstuck and leverage the new normal!



SUMMER

CAMP

Options for Campers and Staff



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Now**



BEACHWOOD DAY CAMPS

Kidz Camp	Grades K-2
Bison Camp	Grades 3-6
Theater Camp	Grades 2-8
Sports Camp	Grades 4-8
Teen Travel	Grades 6-8

Before/After Camp Care available
Camps begin June 13

Resident registration available NOW!
Non-resident registration on Sunday, March 6
See page 15 of Winter Recreation Guide
at www.BeachwoodRec.com for details!

Questions? Call 216.292.1970

*CITY OF
Beachwood*

Be sure to check out our Specialty Camps
in our upcoming Spring/Summer Guide
due out in mid-March!

The Odyssey Program: Filmmaking Summer Camps for Teens

Established through a generous gift from Lee and Ageleke Zapis, the Odyssey Program at Cleveland State University's School of Film & Media Arts offers a summer of fun, friends, and filmmaking for students (13-18 years of age) who are interested in learning about the wonderful world of film.

Students can choose between four sessions of in-person camps during June and July. With options for both day camp and residential students, the summer includes an experiential three-week camp from June 13-July 1, followed by three one-week intensive camps that focus on acting and directing (July 11-17), documentary production (July 18-24), and screenwriting (July 25-31).

Through interactive workshops, film screenings, focused activities, special guest speakers, and site visits to real-world media

environments, Odyssey participants will learn storytelling, screenwriting, acting, directing, cinematography, editing, and much more as they create their own original films in a fun and collaborative environment.

During these activity-packed days, students will experience behind-the-scenes opportunities and learn how the film industry actually works.

Outside of class, residential students will get a preview of college life by staying in Cleveland State University dorms and experiencing Cleveland's robust cultural

offerings through scheduled trips and activities.

During these activity-packed days, students will experience behind-the-scenes opportunities and learn how the film industry actually works.

With access to the film school's professional soundstages, Mac editing labs, and vast inventory of film production equipment, students will also work with expert instructors and CSU

camp counselors to hone their skills, find their creative community, and make friends along the way.

Lia Polster, age 15, who attended last year's three-week experiential program, had this to say about the program: "I thought it was a really awesome and informative experience! Everyone there was interested in some aspect of film, so I loved being in a group of people whose interests aligned with mine."

To learn more about The Odyssey Program or to register, visit www.csufilmodyyssey.com.

Residential and day camp options — Choose to commute or stay in CSU dorms!

ODYSSEY PROGRAM

2022 FILMMAKING SUMMER CAMPS FOR TEENS

CREATE YOUR OWN ORIGINAL FILMS AND EXPLORE ACTING, DIRECTING, EDITING AND MORE WITH THE STUDENTS AND FACULTY AT CSU'S SCHOOL OF FILM & MEDIA ARTS!

- Four sessions for ages 13-18
- 1-week and 3-week camps

Call 216.687.5087 or email odyyssey@csuohio.edu to register today!

Odyssey Program Experiential 3-Week Camp
June 13 – July 1

Odyssey Intensive: **Acting And Directing**
July 11 – July 17

Odyssey Intensive: **Documentary Production**
July 18 – July 24

Odyssey Intensive: **Screenwriting**
July 25 – July 31

MAKE FRIENDS AND GAIN SKILLS FOR LIFE!



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Schechter in the Sun ²⁰²²

Dates: June 14 – July 29, 2022

Choose Some or all Seven Weeks!

Hours: 8:30 am–1 pm/3:30 pm
 \$265/week for 5 days (1:00 pickup)
 \$375/week for 5 days (3:30 pickup)

Ages: 18 month - 6 year old

New for 2022: K & 1 Hebrew Immersion Group

Register Today: grossschechter.org/sun



For more information
 email Camp Director
 Iris Granot:

igranot@grossschechter.org



Schechter in the Sun

Under the leadership of our camp director, Iris Granot, Schechter in the Sun will offer an engaging and immersive camp experience with a wide variety of indoor and outdoor activities, including sports, arts & crafts, music, dance, baking and more. Learning Ivrit (Hebrew), Jewish values and traditions will be woven into every activity.

The camp schedule will keep campers excited and energized while providing plenty of opportunity for them

to develop skills, relationships, and confidence. The sprawling outdoor fields, playgrounds, and full-size gym are the perfect spaces to make Schechter in the Sun the place to have fun.

This summer, Schechter in the Sun will be offering a Hebrew immersion program for rising kindergarteners and 1st graders, led by Israeli Shlichim (counselors). This experience will enhance the learning that has taken place the past year and serve as a bridge to the Fall.



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Apply now for a scholarship for your children to attend Jewish summer overnight camp this year.

This new scholarship program is a unique opportunity for Russian-speaking Jewish children living in Greater Cleveland to have fun outdoors and make new friends, while learning about Jewish values and traditions.



**GENESIS
PHILANTHROPY
GROUP**

This scholarship program has been made possible with the generous support of Genesis Philanthropy Group and the following:



FOUNDATION FOR
**JEWISH
CAMP**
Community by the Cabinful



**Jewish Federation
OF CLEVELAND**



**Jewish
Education
Center
OF CLEVELAND**

Email Emily Jennings at
campgrants@jecc.org for more information

Special Camp Grant Program for Russian-Speaking Jews Going to Jewish Camp

A new scholarship is available for campers from the Russian-speaking Jewish community attending a Jewish camp.

This grant is available through a partnership between the Foundation for Jewish Camp, the Genesis Philanthropy Group, the Jewish Federation of Cleveland, and the Jewish Education Center. Cleveland is one of the first communities to be included in this initiative.

“Russian-speaking Jews make up an important part of our community, but are often underrepresented at Jewish camp,” said Emily Jennings, grants processor at the Jewish Education Center. “We’re hoping to connect with families and demonstrate what a great value Jewish camp can be for their child’s development.

“At camp, besides arts and crafts, swimming, sports, and Hebrew, campers learn skills like leadership, teamwork, independence, and problem solving, skills that are extremely important and applicable to life year-round. In addition, campers have the opportunity to connect with Jewish peers and role models,” Emily added.

“At camp, besides arts and crafts, swimming, sports, and Hebrew, campers learn skills like leadership, teamwork, independence, and problem solving, skills that are extremely important and applicable to life year-round.”

Greater Cleveland-area campers with at least one Russian speaking grandparent are eligible for the grant, which is for up to \$2,000 per camper. Priority will be given to first- and second-time campers. Both overnight campers and day campers are eligible.

Families should contact Emily Jennings at campgrants@jecc.org to learn more and apply.

Genesis Philanthropy Group (GPG) aims to advance Jewish engagement into the 21st century to create a more diverse and connected global Jewish community. Its work is inspired by its founders’ deep commitment to:

- Strengthening Jewish identity of Russian-speaking Jews worldwide.
- Fostering bonds and common understanding among Jews living in Israel and in the Diaspora.
- Developing innovative formats geared toward the expansion of Jewish engagement opportunities.
- Expanding local and global Jewish connection opportunities in the UK and Spain.

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We Offer Skill-based Learning in Leadership, Mentoring and Communication

As a summer camp counselor for J-Day Camps, individuals in grades 10 and above earn money doing what they love – sports, creative arts, song leading, photography, lifeguarding and outdoor adventure – while making a positive impact on kids entering kindergarten through grade 8.

- Resume building
- 40-hour orientation and training
- Free Mandel JCC membership
- Weekdays 8:15 am – 4:15 pm
- Competitive salary



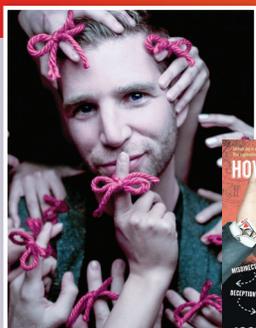
GREAT BENEFITS INCLUDING REFERRAL AND COMPLETION BONUSES

mandeljcc.org/daycampjobs



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\$10; \$5 Seniors/Students



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SUMMER ARTS CAMPS

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Half & Full Day Options
On-site & Online Programs



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Camps Offered **June 1-July 29**
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ENRICHING LIVES THROUGH THE ARTS
FAIRMOUNT
CENTER
Celebrating 50 Years
for the Arts



Fairmount Center for the Arts Announces A Summer of FUN – Summer Camps 2022

Fairmount Center for the Arts announces a summer of arts, learning, and fun! Summer programs immerse campers in the arts, trying new activities, meeting new friends, and growing in and through the arts. Full program information and registration for camps opens Monday, March 7.

Summer 2022 offers a variety of camps for children ages 3 through 13 years. Programs are offered from June 1 through July 29. Camps include half day, full day, one day, and one week options.

Camps immerse school-age campers in all the art forms – dance, music, theater, and visual arts – EACH day. Camps are led by professional faculty, and include outdoor explorations and lunchtime. Plus, each

session ends with a Sharing Day program for family and friends.

For preschoolers, Early Childhood Arts Camps provide one week, half-day camps filled with a variety of arts discoveries, including music, dance, theater, and art. A snack break and outdoor play provide time with friends too. Camps end with a Sharing Day for family and friends.

Specialty camps in all art forms – dance, music, theater, and visual arts – provide campers with immersive experiences designed to build skills in specific art forms. These immersive half- and full-day programs explore specific art forms.

All camps take advantage of beautiful summer days by using outdoor spaces.

Fairmount Temple's Early Childhood Center is Excited to Welcome Your Preschoolers to our Summer Camp and Fall Preschool Program



- Programs for 18 months to Pre-K, summer & fall registration open
- Childcare available before and after camp and school
 - New outdoor playground and interactive garden
- Year-round programs, like virtual Simchat Shabbat for families with children from 0-5.

To learn more or for a tour, contact Jane Mayers
at Jmayers@fairmounttemple.org or 216-464-1752.



23737 Fairmount Blvd.
Beachwood, OH 44122
www.fairmounttemple.org

Farimount Temple's ECC

Preschoolers at Anshe Chesed Fairmount Temple's Early Childhood Center (ECC) experience a warm and inviting environment that encourages each child to grow and flourish with the help and direction of trained early childhood educators. Together, we help each child grow socially, cognitively, emotionally, and spiritually. The ECC includes a new discovery garden, indoor and outdoor playgrounds, and options for flexible extended day care and other programs including summer camp.

Jane Mayers, director of the ECC, noted that Fairmount Temple's preschool welcomes a diverse student body including many Jewish and non-Jewish students.

"Ours is a nurturing, dynamic, educational, and musical early childhood community and we welcome your child to join us."



"Ours is a nurturing,
dynamic, educational,
and musical early
childhood community
and we welcome your
child to join us."

To learn more about Fairmount Temple's early childhood program, or other opportunities like the monthly Simchat Shabbat for families with children from birth-5, which is free and open to all, contact Jane at Jmayers@fairmounttemple.org or 216.464.1752..

Michael & Anita Siegal One Happy Camper Program Offers Incentive Grants for Overnight Jewish Camp

Families with children attending one of over 160 nonprofit Jewish overnight camps for their first summer may be eligible for a grant of up to \$1,000, regardless of need.

Grants are also available for 2nd year campers attending denominational camps, such as Ramah camps, URJ Goldman Union Camping Institute (GUCI), and Camp Stone.

Summers at overnight camps are packed with a wide range of activities – aquatics, arts and crafts, sports, dance, music, cooking, archery, drama, outdoor adventure and hiking, podcasting, and much more! Campers are encouraged to discover new skills and interests they never knew they had.

At camp, Jewish and Israeli culture is celebrated through song, food, art, and dance.

Jewish camp weaves Jewish values, culture, and traditions into the fabric of camp, helping campers to connect to their own identity and the larger Jewish community. Dynamic staff members use experiential learning to reveal what makes Jewish religion and culture special in today's world. At camp, Jewish and Israeli culture is celebrated through song, food, art, and dance.

Families can find camps and apply for grants by visiting www.jecc.org/onehappycamper.

FAIRMOUNT Early Childhood Center



Fairmount Early Childhood Center is a private, district-sponsored learning center within the Beachwood City Schools.

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(entering preschool through entering 2nd grade)

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 June 13th – July 29th 

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www.beachwoodschoools.org/fairmount.aspx

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Restrictions may apply. Visit www.onehappycamper.org
for more information, or contact Emily Jennings
at campgrants@jecc.org or call 216-371-0449.





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Fencing Fun and Fitness:
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 July 18-22 + July 25-29, 9:30am-4pm
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 June 20-24 + June 27-30, 11am- 3pm
2022-2023 Season Pre-Season Tune Up:
 August 1-5 + August 8-12, 11am- 3pm
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Red Cross Has Urgent Need for Volunteers and Blood Donors

The Red Cross encourages individuals in the community to become volunteers or donate blood. Volunteers carry out 90 percent of the organization's humanitarian work, and the Northern Ohio Region has an urgent need for volunteers in the following roles:

The need for blood never stops and it is only through the generous giving of people in the community that the needs of local hospitals can be met.

- **Disaster Action Team Members** respond to local disasters and provide immediate assistance, including shelter, food, and comfort following a home fire or other emergency.
- **Blood Transportation Specialists** transport and deliver lifesaving donated blood.
- **Blood Donor Ambassadors** greet, check in, and thank blood donors at blood drives.

To explore these opportunities and others, and to fill out an application, visit www.redcross.org/volunteer, call 216.431.3328, or email NEOVolunteer@redcross.org.

The Red Cross also continues to face historically low blood supplies, as fewer donors come forward to give. The need for blood never stops and it is only through the generous giving of people in the community that the needs of local hospitals can be met. To find a blood drive near you

and make an appointment to donate, visit RedCrossBlood.org, call 1.800.RED CROSS (1.800.733.2767) or download the free Blood Donor App.

Follow Red Cross Northern Ohio Region on Social Media

- redcross.org/noh
- nohredcross.org
- facebook.com/NOHRedCross
- twitter.com/RedCrossNOH
- instagram.com/NOHRedCross

CIFF Announces This Year's Theme: Shine On

The 46th Cleveland International Film Festival is delighted to unveil its theme: SHINE ON. The campaign, designed by the team at Type Twenty Seven, is a nod to the Festival's stunning new home at Playhouse Square and a celebration of the vibrant spark of excitement ignited by the return of CIFF's in-person format.

Brittyn DeWerth, creative director and owner of Type Twenty Seven, stated, "One aspect of the Film Festival that has always resonated with our team is the dedication of the patrons and their unwavering love for the Festival. During the last few years of uncertainty, they persevered. This year, our goal was to express this dedication with a tagline that encapsulates their resilience with the beauty of the location. Everyone is a beacon of light celebrating together as they all 'shine on.'"

The Festival is once again working with Fusion Filmworks to produce the CIFF trailer, which

will be released on Opening Night, Wednesday, March 30, which is generously sponsored by Dollar Bank.

"Working with the creative powerhouses at Type Twenty Seven and Fusion Filmworks is an honor for the Festival," said Debby Samples, CIFF marketing and media director. "Their collaborative spirit combined with their passion for our community and the Festival shine through each year. We are so fortunate to have such strong creative talent here in Cleveland."

CIFF46 will take place March 30 – April 9 at Playhouse Square, followed by CIFF46 Streams, which will take

place April 10-17 on the CIFF streaming platform. The Festival will showcase more than 300 films, as well as a slew of accompanying filmmaker Q&As and audience engagement opportunities.

The 46th Cleveland International Film Festival will announce its program lineup on Friday, March 4. Tickets go on sale to CIFF members Friday, March 11, and to the public on Friday, March 18. To become a member, please visit clevelandfilm.org/membership. For more information on CIFF, please visit 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. It is also made possible in part by state tax dollars allocated by the Ohio Legislature to the Ohio Arts Council, a state agency that funds and supports quality arts experiences to strengthen Ohio communities culturally, educationally, and economically.

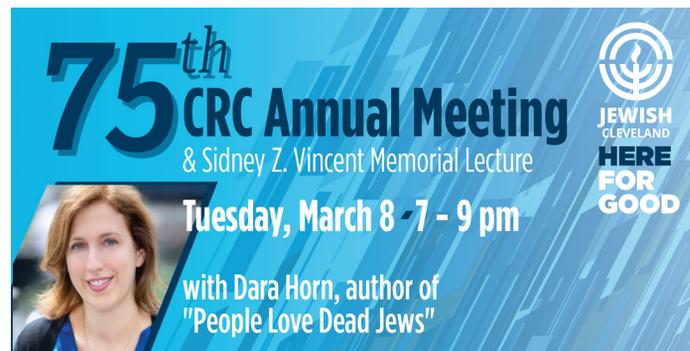
Jewish Federation of Cleveland's Community Relations Annual Meeting to Focus on Antisemitism

The Jewish Federation of Cleveland's Community Relations Committee will host its 75th Annual Meeting and Sidney Z. Vincent Memorial Lecture on Tuesday, March 8, at 7 p.m. The event will feature Dara Horn, author of *People Love Dead Jews: Reports From a Haunted Present*. Both virtual and in-person options are available for this free community event.

Dara will join Noah Bickart, Ph.D., visiting assistant professor of theology and religious studies at John Carroll University, in conversation about her award-winning book about contemporary antisemitism. Dara is the award-winning author of six books and the essay collection *People Love Dead Jews* (Norton 2021). One of *Granta* magazine's Best Young American Novelists, she is the recipient of two National Jewish Book Awards,

the Edward Lewis Wallant Award, the Harold U. Ribalow Award, and the Reform Judaism Fiction Prize. Her nonfiction work has appeared in *The New York Times*, *The Wall Street Journal*, *The Washington Post*, *The Atlantic*, *Smithsonian*, and *The Jewish Review of Books*, among many other publications. She is also a regular columnist for *Tablet*.

"In a time when antisemitism is on the rise in the United States and worldwide, we are



grateful to host Dara Horn in Cleveland for what will surely be a thought-provoking look into contemporary antisemitism," said Jennifer Tramer, event co-chair.

"I look forward to gathering with the Jewish and Greater Cleveland community, both online and in-person, to explore this timely topic and recognize the Community Relations Committee's milestone 75th year," added Kevin Lurie, event co-chair.

The in-person event will take place at Green Road Synagogue (2437 South Green Rd., Beachwood). In-person attendees have the option of pre-ordering a signed copy of Dara's book to receive at the event for \$18. Masks will be required for all individuals attending the event and all eligible adults must be vaccinated.

Pre-registration is required to attend. For more information or to register, please visit www.jewishcleveland.org.

Celebrate Purim with Fairmount Temple, Virtually!

Anshe Chesed Fairmount Temple in Beachwood is celebrating a virtual Purim on Wednesday, March 16, 6:15 p.m., and everyone is invited. Following a brief Purim service led by the Fairmount Temple clergy, it's time to put on your dancing shoes! This year's Purimspiel will be based on the music of ABBA.

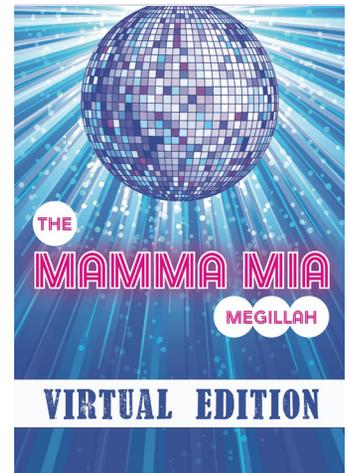
"Mamma Mia Megillah: Virtual Edition" brings the music of ABBA together with the fateful tale of Esther, Mordechai, Haman, and Achashverosh. The live-streamed spiel will feature the Fairmount Temple clergy and many temple members

performing ABBA hits, like *Mamma Mia*, *Dancing Queen*, and *Take a Chance On Me*.

All are welcome to enjoy the virtual Purimspiel, which will have you laughing and singing along. The event will be live-streamed at www.fairmounttemple.org, on the temple's Facebook page, and on the free Fairmount Sanctuary app on Roku.

For any questions about Purim or to learn more about Fairmount Temple, call 216.464.1330.

fairmounttemple.org, on the temple's Facebook page, and on the free Fairmount Sanctuary app on Roku.



Park Synagogue Programs

The Ties that Bind Us:

400 Torah Binders Rescued from Europe

Wednesday, March 23 • 1 p.m. on Zoom

In the 14th-20th centuries, Torah binders, the cloth that wraps around the Torah scroll to keep it closed, were an ornate and personal gift to the synagogue. After the birth of a baby boy, the swaddling cloth used at the bris was torn, reassembled to make a sash, and decorated with colorful symbols and other information about the baby. The binder was then given to the synagogue to use for special family occasions. Hear Lois Roman, a trustee of the Memorial Scrolls Czech Torah Collection, share their extensive Torah Binders collection that was

recovered, along with the Torah scrolls each was binding, from Czechoslovakia after World War II. Don't miss seeing and hearing about this fascinating Jewish family tradition.

The program is free and open to the community. Pre-registration is required by March 21 to receive the Zoom link. Please register at www.parksynagogue.org or by contacting Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

This program is sponsored by the Park Senior Adult Group.

Not Your Bubbie's Pesach!

Featuring Jeremy Umansky, Chef/Owner of Larder Delicatessen & Bakery
Wednesday, March 30 • 7:30 p.m. on Zoom

Join Chef Jeremy Umansky and Park Synagogue for a Passover cooking extravaganza! Chef Jeremy will be cooking up some amazing seasonally inspired dishes that you can use to enlighten and enliven your Passover table, whether for the Seder or for a dinner during the week of Pesach. All participants will receive the recipes before the cooking demo so you can follow along while Jeremy prepares the innovative dishes.

All proceeds will benefit the Cleveland Kosher Food

Pantry and Cleveland Chesed Center to help provide Passover food for people in need in our community.

The suggested donation per person is \$15 for Park members and \$18 for guests. Prepaid reservations are required by March 23 to receive the recipes and Zoom link. Please register at www.parksynagogue.org or by contacting Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

This program is co-sponsored by Park's Neshama and Women's Rosh Chodesh Groups.

Taking Violent White Supremacy to Court: The Charlottesville Trial

Featuring Amy Spitalnick, Executive Director of Integrity First for America, in conversation with Moderator Steve Dettelbach
Thursday, April 7 • 7:30 pm on Zoom

In 2017, some of America's most notorious neo-Nazis and white supremacists meticulously planned and carried out a violent racist and anti-Semitic attack on Charlottesville, Virginia – resulting in dozens of injuries and the death of Heather Heyer.

Integrity First for America (IFA), along with a world-class legal

team, took the organizers of the attack to court and won – securing multi-million dollar damages and holding the extremists accountable for the violence they orchestrated.

Join IFA Executive Director Amy Spitalnick in conversation with Steve Dettelbach, an IFA Advisory Leadership Council and former U.S.

Attorney for the Ohio Northern District, for a conversation about this landmark court case and the broader fight against violent white supremacy. You won't want to miss this important program that is free and open to the community!

Pre-registration is required by March 31 to receive the Zoom link. Please register

at www.parksynagogue.org or by contacting Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

This program is co-sponsored by Park Synagogue's Social Action Committee, American Jewish Committee-Cleveland, the Urban League of Greater Cleveland, and NAACP Cleveland.

Beachwood Library Programs

To register for these programs or learn more, visit <http://attend.cuyahogalibrary.org/events> or call 216.831.6868. Online registration is required for all programs. Be sure to check with the library before attending in-person programming.

Tuesday Book Chat

Virtual
Tuesday, March 8 • 7-8 p.m.
A discussion of *My Remarkable Journey: A Memoir*, by Katherine Johnson
<https://attend.cuyahogalibrary.org/event/5737546>

Meet Author Greg Lukianoff

In-Person
Tuesday, March 8 • 7-8 p.m.
Greg Lukianoff, co-author of *The Coddling of the American Mind*, discusses his work on the issue of free speech.
<https://attend.cuyahogalibrary.org/event/5895230>

Through the Eyes of the Artist

In-Person
Friday, March 11 • 10-11 a.m.
Felicia Zavarella Stadelman presents the story behind artist Pierre-Auguste Renoir.
<https://attend.cuyahogalibrary.org/event/5919823>

Pruning: When, Why, and How

Virtual
Tuesday, March 15 • 7-8 p.m.
The Cuyahoga County Master Gardeners discuss proper pruning techniques.
<https://attend.cuyahogalibrary.org/event/5714256>

Third Thursday Book Discussion

Virtual
Thursday, March 17
2-3 p.m.
Enjoy a discussion of *Leave the World Behind*, by Rumaan Alam.
<https://attend.cuyahogalibrary.org/event/5918141>

Knit and Lit

In-Person
Monday, March 21
6:30-8 p.m.
Join us for knitting and informal chats about what everyone is reading.
<https://attend.cuyahogalibrary.org/event/5592581>

Deep Cover Cuyahoga County

In-Person
Thursday, March 31
2-3:30 p.m.
Join Laura Peskin as she draws from her *Deep Cover Cleveland* book series.
<https://attend.cuyahogalibrary.org/event/5929573>

Meet Author Alan Winter

In-Person
Thursday, March 31
7-8 p.m.
Join Alan Winter as he talks about his latest historical novel, *Sins of the Fathers*. Call to register.

Children's Programming

Baby & Me Storytime

In Person
Birth – 18 months, with caregivers
Thursdays, March 31 – April 28
10-10:30 a.m.
Join us for rhymes, songs, fingerplays, and stories.

Zoom Virtual Pajama Storytime

Family Program
Thursdays, March 31 – April 28
6:30-7 p.m.
Put on your pajamas and join us for rhymes, songs, fingerplays, and stories.

Toddler & Preschool Storytime

In Person
19 months – 5 years, not yet in kindergarten, with caregiver
Mondays, March 28 – April 25
2-2:30 p.m.
Join us for rhymes, songs, fingerplays, and stories.

Toddler & Preschool Storytime

In Person
19 months – 5 years, not yet in kindergarten, with caregiver
Mondays, March 28 – April 25
6:30-7 p.m.
Join us for rhymes, songs, fingerplays, and stories.

Art Explorers

Grades 2-5
Virtual
Tuesday, March 8
3:30-4:15 p.m.
Get creative while learning something new! Hear about the life of a famous artist and get inspired to create your own works of art.

STEAM Tuesday

Grades 2-5
Virtual
Tuesday, March 15
3:30-4:15 p.m.
Learn, build, experiment, and create during each month's fun activity. Supported by Friends of the Beachwood Library.

The Baby-Sitters Club Trivia

Grades 3-6
Virtual
Tuesday, March 22
3:30-4:15 p.m.
Test your knowledge of *The Baby-Sitters Club* graphic novels, by Ann M. Martin, with other fans of the series. Questions will be from the whole series, currently available as graphic novels.

Beachwood Democratic Ward Club



Beachwood Democrats invite you to join them the second Wednesday of each month at 7 p.m. 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 or follow the group on Facebook at BeachwoodDems.

Yarn Over Beachwood

Members of Yarn Over Beachwood knitting and crochet group normally meet at the Beachwood Library the first Friday of each month, from 10-11:30 a.m. Because of COVID, these meetings may take place on Zoom.

The group, which continues to grow, is making shawls, scarves, baby caps, baby blankets, veterans' lapghans, dolls, and blue caps for the anti-bullying project.

Participation is very rewarding! For details, contact Iris November at lbtyclub@gmail.com or 216.375.9111.



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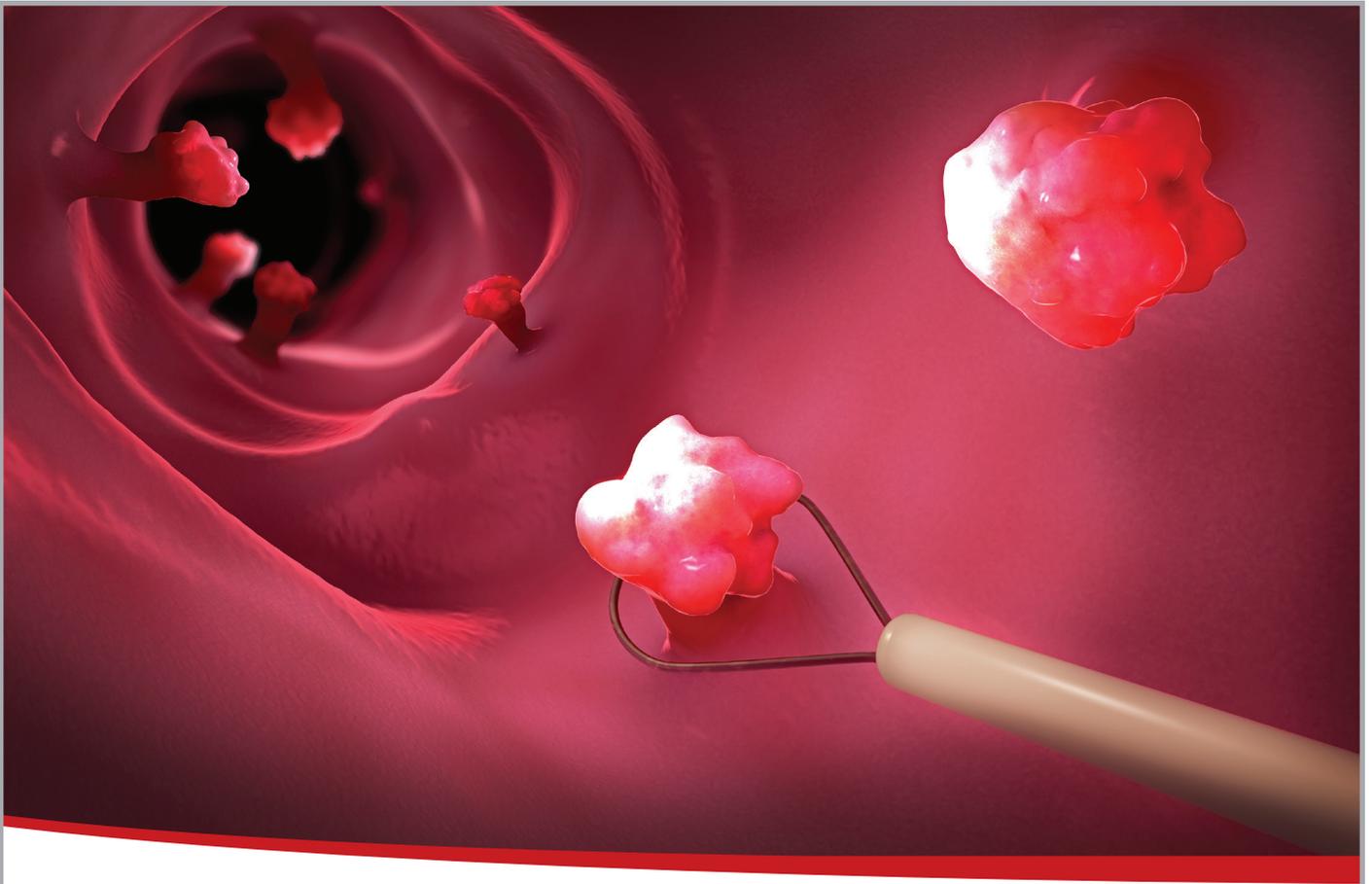
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