

# Beachwood Buzz

March 2024

Every Day. Every Week. Every Month.

MAGAZINE



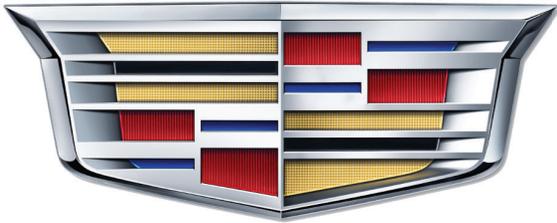
## 2024 Spirit of Success Awards Banquet

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- Beachwood City Insider
- Beachwood City Schools
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- Run for Their Lives
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- Demystifying Masala
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# Letter from THE EDITOR

By Debby Zelman Rapoport

Last month I celebrated my 65th birthday. Wow! I feel as though I've batted my eyes and morphed from my 40s to this milestone, one that I'm grateful to have reached. Each year, I celebrate my children, now in their 30s, and support them on their paths. For some reason, I feel that I'm aging on a slower timeline!

With each year that approaches, I recognize the increased importance of taking intentional steps to keep my my sharp. Lifelong learning is one aspect. With in-person and online opportunities available on just about any topic, there's no reason to limit our knowledge on topics of interest.

One of the courses I'm currently taking is The Science of Well-Being, offered by Yale University, which delves into various factors that contribute to happiness.

This course, taught by Laurie Santos, focuses on psychological research and practical strategies for enhancing well-being. It's interesting. Some of the things that we think will make us happy, like material wealth, success, comparison, avoidance of negative emotions, and pursuit of perfection are misconceptions. Although they may make us happy initially or for a short while, the happiness fizzles over time.

The next items are scientifically proven to support long-term happiness and well-being:

- **Building and maintaining meaningful relationships:** Spending time with friends and family, cultivating supportive relationships, and engaging in meaningful social interactions contribute significantly to overall well-being.

• **Gratitude:** Cultivating gratitude and appreciation can lead to increased happiness.

• **Acts of Kindness:** Engaging in acts of kindness, helping others, and volunteering contribute to a sense of purpose and fulfillment.

• **Mindfulness and Meditation:** Mindfulness and meditation help us become more aware of the present moment and reduce stress, leading to a greater sense of happiness.

• **Exercise:** Physical activity releases endorphins and reduces stress, which improves our mood and contributes to overall well-being.

• **Goals:** Setting and working toward meaningful goals can provide a sense of purpose and fulfillment. Pursuing activities that align with our values and interests can enhance happiness and life satisfaction.

• **Savoring:** When we savor enjoyable moments, we amplify feelings of happiness and satisfaction. Savoring can be looking forward to something, sharing, and/or reliving positive moments.

To increase happiness, Laurie recommends creating a daily journal and tracking what we're grateful for. She also suggests writing down what we did in the above categories, every day, that is over and above what we normally do.

Logically, it makes sense to maximize actions in the above categories. Nonetheless, many of us don't. Laurie refers to the G.I. Joe Fallacy: The common idea that knowing is half the battle. It's not. Merely knowing something will not change our behaviors. You have to walk the walk to reap the benefits.

As we walk down this path called life, it is never too late to implement actions that will

increase our happiness. Ralph Marston said it best in his Daily Motivator email:

### Life Well Lived

You have the time.

Do the work.

You have the opportunity.

Fulfill its promise.

You have the knowledge, the skills, the resources.

Bring about the achievement.

You have the understanding, the sense of purpose, love, kindness.

Create new, life-enhancing value.

You have the potential.

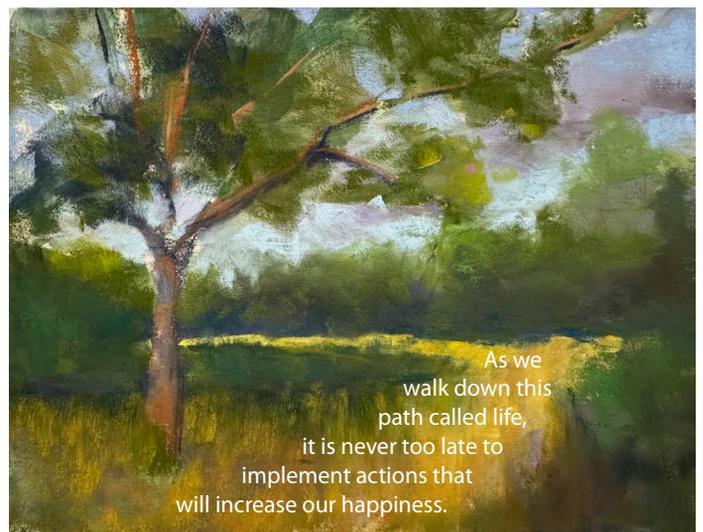
Transform it into richness, into beauty.

With your time, make meaning.

With your actions, speak the truth of life well lived.

*I dedicate this column to my mom, Harriet Zelman, with love. Mom lead a life well lived. She left this world on Feb. 9, 2022.*

Laurie refers to the G.I. Joe Fallacy: The common idea that knowing is half the battle. It's not. Merely knowing something will not change our behaviors. You have to walk the walk to reap the benefits.





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

### Article Submissions

If you have a story idea or photos you would like to share, email [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com).

### Subscriptions

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### General Information

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## 2024 Spirit of Success Awards Banquet

Written by Debby Zelman Rapoport. Photos by Scott Morrison, Discovery Photo



The Beachwood Chamber of Commerce recently hosted its Spirit of Success Awards Banquet, an event that honored local businesses, entrepreneurs, and staff who truly shine and make our community a better place in which to live, work, and play. The event took place on Jan. 18, at Cleveland Marriott East. Story begins on page 7.



Presented by **CLEVELAND Jewish News** and **ROCK THE HOUSE RTH**

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**Sunday, April 14 from 12 p.m. to 3 p.m.**  
**Adrenaline Monkey**

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**Tickets include access to vendor tables and 1.5 hours of adventure attractions during your session.**

**Register at [cjn.org/mitzvahshowcase](http://cjn.org/mitzvahshowcase)**

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Contact Gina Lloyd at 216.342.5196 or [glloyd@cjn.org](mailto:glloyd@cjn.org) for additional information.

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- Steven Smylie

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Congratulations to 2024 Spirit of Success awardees. *Sitting:* Dr. Lori Christian, Nadine Glatley, Sadigoh Galloway, Leigh Goldie, and Kanika Christian. *Standing:* Scott Morrison, Sherika Hamilton, Erika Rudin-Luria, Amy Simon, Aaron Bane, Staci PurPose Kirk, and Kelly Geringer. *Not pictured:* Margie Orth.



# BCC 2024 Spirit of Success Awards Banquet

by Debby Zelman Rapoport · Photos by Scott Morrison, Discovery Photo

**T**he Beachwood Chamber of Commerce recently hosted its Spirit of Success Awards Banquet, an event that honored local businesses, entrepreneurs, and staff who truly shine and make our community a better place in which to live, work, and play. The event took place on Jan. 18, at Cleveland Marriott East.

David Lapiere, BCC executive director, welcomed guests. He said, "The success of this banquet reinforces existing partnerships and builds new collaborations within our community. The event serves as a platform for members to connect, share insights, and explore opportunities for future collaboration, which contributes to overall business growth. The positive stories and achievements that will be highlighted during the event are inspirational. We are very proud to recognize award recipients from a diverse group of business areas."

Robert Grant Perry, emcee, introduced keynote speaker Fred Koury, co-founder of the Smart Business Network, a national media and events company.

Robert is a dynamic speaker with more than 20 years of sales success. His professional focal points include business development, leadership training, strategic

planning, cross-functional team leadership, complex problem solving, marketing, and data analytics.

Fred's topic, What is Your Goliath, focused on adversity and how we each have the ability to keep pushing and never give up. At the start of his presentation, he noted Victor Frankl, author of *Man's Search for Meaning*, who always had hope, even during the Holocaust, his darkest hours.

Fred's lessons? We each have the power to overcome adversity by believing in something larger than ourselves, by fasting, and by communicating and trusting the people around us. When someone we know is facing adversity, we have the ability to encourage them and let them know there is hope.

Following Fred's presentation, Robert shone the spotlight on each of the 2024 Spirit of Success awardees. With charismatic flair, he



David Lapiere, BCC executive director, welcomed guests at the 2024 Spirit of Success Awards Banquet.

skillfully kept everyone's attention throughout the evening.

2024 Spirit of Success co-chairs were Michelle Ryb, Zhenni Jackson, Scott Morrison, Kathryn Jenkins, Tina Turick, Michael Lewin, and Brian Ritzenberg.

The purpose of the Chamber is to further collective business interests while advancing the economic well-being of our community, region, and state.

## Small Business of the Year:

This award recognizes a business or organization that demonstrates all-around excellence in business and overall service to the community.



### Your Recovery Counseling

Sadigoh Galloway, MSW, LSW, LICDC-CS, GAMB, SAP, ICGC-II • *President / CEO*

Your Recovery Counseling is a Beachwood-based community behavioral health agency that is Better Business accredited and certified via the Ohio Department of Mental Health and Addiction services. It is a member of the Beachwood Chamber of Commerce, Mental Health and Addiction Advocacy Coalition, Problem Gambling Network of Ohio, and so much more. YRC helped more than 65 individuals struggling with addiction and/or mental/behavioral health challenges in 2023.

Its mission is to help people recover from mental, emotional, and behavioral health challenges, and to treat individuals with substance-use disorders. Counselors and staff devote their efforts to help clients modify behaviors, find happiness, and enjoy

the life they're living. YRC values the utilization of professional frameworks grounded in ethics to support clients' dignity and self worth. Its goal is to bring high-quality, supportive, and effective behavioral healthcare to the community. Its vision is to be a premier provider that families and the community can rely on to meet their needs through the lens of unconditional positive regard by using evidence-based interventions.

"Our philosophy is that you are worth the effort and we are here to help," said Sadigoh. "Our tagline, 'Healing Begins With You,' was developed to honor our clients' right to self determination."

Sadigoh invites you to start your recovery journey with YRC today by calling 216.483.1001.

## Business of the Year (50+ employees):

This award recognizes a business or organization that demonstrates all-around excellence in business and overall service to the community.



### Jewish Federation of Cleveland

Erika B. Rudin-Luria • *President*

For 120 years, the Jewish Federation of Cleveland has created the critical scale necessary to drive meaningful social change and provide relief in times of crisis in ways no one person or organization could do alone. As Jewish Cleveland's hub for innovative solutions and collaborative services, the Federation is able to change and improve lives in Cleveland, Israel, and around the world.

"It is a privilege to accept this award on behalf of the Jewish Federation of Cleveland, our board of trustees, and our entire staff," said Erika. "This has been a very difficult time for our community and world. Hate toward the Jewish people is at levels unseen at any point in most of our lifetimes. Confronting these challenges requires more than

the Jewish community. We depend on our partners and municipalities to stand strong with us.

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"Our Jewish community is one of the most caring, safe, vibrant, and engaged communities in the country in no small part because of our partners in Beachwood."

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"Our Jewish community is one of the most caring, safe, vibrant, and engaged communities in the country in no small part because of our partners in Beachwood. We are appreciative of the Chamber, Mayor Justin Berns, the entire City Council, and Beachwood law enforcement. Thank you all!"

## Bright Star Chamber Member of the Year:

This award recognizes an outstanding individual who has made a significant contribution to their local Chamber and community.



### Scott Morrison

Discovery Photo • Owner

Scott is a longtime Chamber member and supporter. He currently serves as secretary, is a member of the executive board, and is very active on several committees. Scott also spends countless volunteer hours photographing BCC events. He was recently recognized by the Northern Ohio Area Chamber of Commerce as a Bright Star recipient for being positive, creative, and dedicated to supporting the Chamber and city of Beachwood.

"The Beachwood Chamber of Commerce is a great organization. I have been a member for more than 20 years," said Scott. "I have been very active over the years by attending events,

being on several committees, and being a board member. The best way to get the most out of your membership is to participate in as many chamber activities as you can. It is a great way to network, make friends, and expand your business."

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## Nonprofit of the Year:

This award recognizes a nonprofit organization that has significant and positive impact on the Beachwood community and its clients.



### Empowering Epilepsy

Leigh Goldie • CEO / Founder / Executive Director

Leigh founded Empowering Epilepsy in 2014 out of her home, with the goal to create and maintain a caring community that empowers people with epilepsy and their families by providing education, care, support, and family-friendly events at every age and stage.

Programs offered include free or low-cost conferences, sessions, and support groups led by epilepsy specialists from level 3 and 4 epilepsy centers. The organization's headquarters also hosts art therapy, special events, educational sessions, and classes aimed at improving participants' mind, body, and spirit. Their mission is to show people

with epilepsy and their loved ones what they can do to take charge of their lives.

"This award is a testament to the tireless efforts of our team, volunteers, and supporters," said Leigh. "We are honored to be acknowledged by the Chamber and are grateful for the opportunity to continue making a positive impact in the lives of those affected by epilepsy."

Empowering Epilepsy is a grassroots organization founded by people with epilepsy, for people with epilepsy. "There is so much more to epilepsy than just the seizures, so we truly understand what those who are living with epilepsy are personally experiencing every single day," added Leigh.

## Extra Mile Awards:

These awards recognize individuals who go above and beyond in their line of work to serve customers or the public.



### Amy Simon

Omnirition International, Inc. • Owner

Nutrition is one of today's most exciting fields of endeavor due to progressive discoveries and health-conscious lifestyles. Omnirition International is proud to play a part in helping people make the best nutritional decisions for their health, mind, and body. With healthcare costs rising, it has become more important than ever to take control of our own nutritional needs.

As a nutrition and wellness coach, Amy loves to help people change their lifestyle. Her products work from the inside out and she coaches clients every step of the way. Amy always puts in the extra time. She has helped thousands of clients feel healthy and look their best. Her weekly meetings guide clients on their wellness journey to

eat clean, renew their energy, support their bodies to give them the foundation they deserve, and get a better night's sleep.

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Amy always makes herself available to her clients throughout their journey to ensure success that lasts a lifetime. "We must protect what cannot be replaced," she said.



### Kanika Christian

Life Time • Fitness Director

Kanika started her journey at Life Time in 2010 as a club member, training and living a healthy way of life before becoming a team member in 2017. Kanika, who has her MBA in applied management from Indiana Wesleyan University, has been interested in health and wellness her entire life, and holds numerous certifications within group fitness, personal training, and Pilates. She has grown her career with Life Time, becoming one of their most inspirational, impactful, dynamic leaders.

Kanika is also an ambassador of Life Time's Inclusion Council, helping to integrate inclusion as a core value within every level of the company. She consistently delivers a positive, energetic, caring leadership approach that has helped grow

team members' careers while keeping them driven to deliver incredible results. Kanika receives consistent high praise from members on her ability to coach, train, and change people's lives. She always puts in the extra effort that makes her a winner.

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"When I first walked through Life Time's doors, I knew it would be life changing and it was," said Kanika. "I'm proud to be part of a team that helps people live a healthy way of life."

## Women of the Year:

These awards recognize to women business leaders who have demonstrated achievement in ownership or management, or who have made significant contributions to the business environment in the Beachwood area. They exemplify the qualities of effective leadership, and the importance of social and cultural awareness. They have a commitment to the wider community.



### **Staci PurPose Kirk** Let's Win Sis • CEO

For more than 20 years, Staci has served as an inspirational leader, motivational speaker, and business operations strategist in both corporate America and the world of entrepreneurship. Staci, also known as Coach Staci, utilizes her corporate skills to help individuals and small businesses thrive.

In 2020, Staci created the Let's Win Sis community, which now has more than 1,000 members. The community's purpose is to provide women with a positive safe haven where they can build, grow, develop, and network their life to the next level of success.

Staci uses her talent, passion, and purpose to change lives across the Greater Cleveland community. She has been through the

fire, and through the storm, and is still standing. She walks and talks with strong determination and motivation to be the voice of inspiration to every woman, man, boy, or girl she meets.

Staci is an achiever with an inspirational intellect who uses her creative words of expression to inspire, motivate, empower, and educate. Her words captivate people and draw them in, connecting with the mind, body and soul.

"If you came here today with self doubt or fear – not sure about making your next big move – I'm here to tell you that you can do it," said Staci. "If I can beat cancer five times, you can do anything."



### **Margie Orth** Home Instead Ohio • Owner/President

Margie possesses a unique talent for inspiring the best in people through her inclusive and empowering leadership style. Her positive approach has fostered a safe and highly productive environment within the Home Instead Ohio team, where collaboration and leveraging individual strengths have become integral to achieving remarkable results.

As an exceptional listener, Margie invests time in understanding the perspectives, ideas, and challenges of those around her. Under her guidance, the team has learned to collaborate more effectively, showcasing the power of unity in achieving common goals.

Margie's character goes beyond her professional role; she exemplifies kindness and generosity in all aspects of her life. Always seeking opportunities to brighten someone's day, her acts of selflessness are truly noteworthy. Margie stands as a shining example of a true friend, devoted wife and mother, and an exceptional human being who honors family and embraces the values of faith.

In expressing gratitude for the recognition, Margie humbly credits the strength of the team and the shared values that drive their collective efforts. She acknowledges the immense compassion of her staff, emphasizing the collaborative power that makes a meaningful impact in the community.

# Young Professionals of the Year:

These awards recognize the outstanding achievements of young professionals who are considered role models for others, both personally and professionally.



## Aaron Bane

Maltz Museum • *Manager of Collections and Exhibitions*

In 2014, Aaron began working for the Maltz Museum in Beachwood as a part-time Visitor Services associate, and later took on the role of Manager of Volunteer & Visitor Services, as a full-time employee. For seven years, he worked with volunteers to strengthen the partnership between the museum and community. Today, Aaron serves as the Museum's Manager of Collections & Exhibitions, which includes overseeing the special exhibitions committee and presenting new plans for Museum exhibitions to the board of trustees. Prior to this role, Aaron worked on curatorial projects at the Temple Museum of Jewish Art, Religion, and Culture, and as an art research and multimedia associate at the Michael Schwartz Library. He currently serves on the Cleveland Jewish Archives Advisory Committee and as a judge

for Ohio's National History Day competition.

Aaron holds a master's degree with distinction in art history and visual culture from Tiffin University. Currently, he is pursuing a second master's degree in library and information science in archival studies. His easy-going personality has established him as one of the nicest people to work with internationally, according to the curator of a recent special exhibition that traveled from Krakow, Poland.

Aaron would like to thank the museum's board of trustees, chaired by Reneé Chelm, and the chair of the special exhibitions committee, Sarah Spinner Liska, for their thoughtful leadership. Also worthy of praise are David Schafer and all Aaron's colleagues at the Maltz Museum, who make going to work a delight.



## Kelly Geringer

Stark Enterprises • *Marketing Coordinator*

As Eton Chagrin's new marketing coordinator, Kelly has demonstrated exceptional dedication and leadership, spearheading all events, meetings, and tenant initiatives as well as all website, social media, digital, and traditional marketing on property. Her remarkable commitment to innovation and tireless work ethic have played a pivotal role in the growth and success of the mixed-use center with in-person visits up year-over-year.

Kelly's capacity to navigate changing market dynamics, coupled with her passion for community engagement and adeptness in connecting with tenants, restaurants, and shops, along with her strong interpersonal skills, position her as an excellent candidate for this award.

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"I extend a huge thank you to my incredible team at Stark Enterprises for nominating me for this award and for their continuous support, encouragement, and making work an absolute pleasure."

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"I extend a huge thank you to my incredible team at Stark Enterprises for nominating me for this award and for their continuous support, encouragement, and making work an absolute pleasure," said Kelly. "I am sincerely grateful for the privilege of being a part of this outstanding team."

Struggle leads to strength. Adversity leads to growth. Obstacles lead to improvements.  
Setbacks lead to comebacks. Tests lead to testimonies.  
The challenges you face are part of the growth plan for your life.  
— Jon Gordon

# Health Heroes:

These awards recognize individual healthcare professionals who have made remarkable contributions to the industry, exhibited exceptional patient care, or served as true heroes for their communities.



## Nadine Glatley

Rent a Daughter Senior Care • Owner

Nadine has experienced firsthand that finding the right person to care for a respective family member is not an easy task. When dealing with other caregivers, she found that companies were sending her and her family non-qualified, non-professional caregivers to interview. She and her family asked themselves, "Where are the compassionate, understanding, and knowledgeable individuals to care for someone in need?"

She immediately recognized a need and, one year later (2003), started Rent A Daughter,

a home-care agency that is committed to providing compassionate care services for clients. It specializes in Alzheimer's and dementia, but provides full care based on personal assessments of each client's needs.

"Our clients come first," says Nadine. "They say if you do what you love it doesn't feel like work. I can relate to that because this is my passion.

"We are extremely grateful to be recognized by the Beachwood Chamber of Commerce for our efforts," she added. "We continue to do our best to serve the community that we love."



## Dr. Lori Christian

Chagrín Chiropractor and Wellness • Owner / CEO

Dr. Lori Christian grew up in a family that used traditional medicine. She intended to follow in her grandmother's footsteps as an occupational therapist. Then, as a teenager, she injured both knees and was told she would be disabled permanently. That's when she changed her lifestyle and belief system: She was treated with chiropractic care, exercised regularly, and began a "healthy diet for life."

Through her own experience, Dr. Lori found that often, when given the right direction, and help from Mother Nature and chiropractic care, the body could heal itself. Having had her own health restored, she realized her passion was

chiropractic care. That was 38 years and tens of thousands of patients ago.

Dr. Lori has always gone above and beyond to help her patients. She takes time to treat the whole person, focusing on long-term healing, not just her patients' daily symptoms.

She said, "I am humbled and honored by this award. Our team of office professionals is truly a 'we' and our patients are kind, loyal, good people."

Dr. Lori commends Beachwood for their 18 years of support for her annual Toy Drive to benefit Beechbrook. She is continually overwhelmed by the generosity of the Beachwood community and is grateful to be part of such a wonderful city.



## Sherika Hamilton • Home Health Aide

Home Instead Ohio, Oakwood

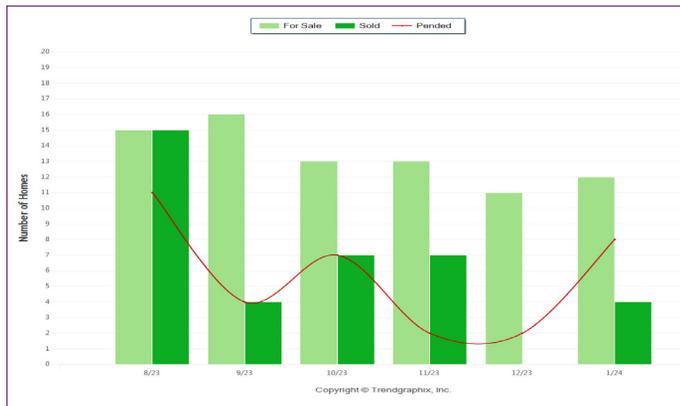
Sherika takes her position as a state-tested nursing assistant seriously. She is always willing to work whatever shifts are needed in order to offer the best possible care for her clients. If that means accepting a 15-hour assignment for three days in a row, you can count on her. Even more incredibly, she always does it with a smile on her face.

Sherika also takes initiative: She prepares meals, makes sure the client is looking their best, cleans up around the home, changes linens, does laundry, and will even walk the dog

if called for. She makes sure to spend time with other family members too, not just the client. No matter what size the task, Sherika unfailingly gets it done, then gets up the next morning to do it again. She has a passion for helping the elder community and their families, a beautiful, unique gift.

"I just want to make a difference," Sherika said. "I take pride in what I do for the elderly; I always have their best interests at heart and am humbled to have received this award."

# Real Estate Statistical Update by Sharon Friedman



## Homes SOLD in Beachwood

### November 12, 2023 – February 12, 2024

Street	Days	List	Sold	LP/SP%	Bed	Bath	Built
Bryden	0	\$200,000	\$200,000	100%	2	2	1950
E Groveland	6	\$210,000	\$225,000	107%	4	2	1954
E Groveland	3	\$249,000	\$300,000	120%	5	2	1940
Bryden	56	\$365,000	\$352,000	96%	3	3	1957
Lyndway	49	\$358,200	\$363,000	101%	3	3	1963
Meldon	75	\$495,000	\$450,000	91%	4	3	1962
Annesley	35	\$489,000	\$475,000	97%	3	4	1970
Halburton	4	\$515,000	\$515,000	100%	4	4	1956

"We remain in an overall neutral home sales market as we begin 2024. The traditional slow period during the end of the year was in full effect, although the number of homes placed under contract increased by a significant amount in the month of January. The average sold price vs. list price for the quarter is 102%, indicating that sellers are getting their asking price or slightly better, in many instances. As mortgage rates stabilize, buyers are becoming more willing to move forward with pent-up demand. The sustained lack of homes for sale, combined with a softening of prices, will lead to increased sales as we enter the spring selling season. Northeastern Ohio continues to be a desirable location, attracting new residents from out of state, while Beachwood remains very competitive due to the quality and age of the housing stock and the excellence of schools and community amenities."

— Sharon Friedman

### Beachwood Market Update

This data was 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.

Thank you Beachwood!



## SHARON LISTS AND SELLS BEACHWOOD!

<p><b>FOR SALE!</b></p>  <p><b>23700 Halburton Road</b> List price \$575,000 4 Bed, 3.5 Bath COLONIAL</p>	<p><b>NEW LISTING!</b></p>  <p><b>23100 E Groveland Road</b> List price \$399,000 4 Bed, 1.5 Bath COLONIAL</p>
<p><b>FOR SALE! BEACHWOOD SCHOOLS</b></p>  <p><b>23425 Bryden Rd in Shaker Hts</b> List price \$299,000 3 Bed, 1.5 Bath RANCH</p>	<p><b>SOLD 11/23!</b></p>  <p><b>25404 Bryden Road</b> List price \$365,000 3 Bed, 2.5 Bath RANCH</p>

### Sharon's Recent Beachwood Listings & Sales

- SOLD 10/23** 24423 Bryden Road  
listed at \$350,000
- SOLD 10/23** 19 Deerfield Lane in The Village  
listed at \$409,900
- SOLD 10/23** 7 Deerfield Lane in The Village  
listed at \$375,000
- SOLD 9/23** 24301 Bryden Road  
listed at \$399,900
- SOLD 6/23** 24410 Greenwich Lane  
listed at \$850,000
- SOLD 6/23** 3 Hyde Park in The Village  
listed at \$549,900
- SOLD OVER LIST IN 3 DAYS 6/23** 24860 Bryden Road  
listed at \$475,000
- SOLD OVER LIST IN 4 DAYS 5/23** 2745 Sulgrave Road  
listed at \$574,900
- SOLD IN 1 DAY 4/23** 2426 Brian Drive  
listed at \$549,900



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# From Beachwood Arts Council



## Ileen Kelner Juried High School Art Show

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Beachwood Community Center

Gallery Hours: Monday – Friday • 8 a.m. – 4 p.m.

Weekends: Call 216.292.1970 for available hours

This special exhibit features inspiring artwork from students representing 20 high schools in Northeast Ohio.

Judges were professional local artists Augusto Bordelois, Joyce Morrow Jones, and Susan Cone Porges.

## The Moss Stanley Jazz Trio

Sunday, March 24 • 2-3 p.m.

Beachwood Community Center

Moss Stanley was born and raised in England and at a very young age was able to play whatever he heard with no formal training on the piano. At the age of 19, he moved to the United States to begin his new life as a musician. In the early 1980s, he formed one of the city's top bands, Nitebridge, which still performs at many Cleveland venues and private events.

The Moss Stanley Jazz Trio includes Moss on piano, John on drums, and Jess on vocals. This event, free and open to the

community, is sponsored by a grant from Cuyahoga Arts & Culture. Refreshments to follow the concert.



## FLAG

Beachwood's Free Little Art Gallery (FLAG) is located outside at the Beachwood Community Center's side entrance. Stop by – you are invited to take a piece of art or leave one!



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# Run for Their Lives • Weekly Walks

**Building community to send a message: We care. Immediately release all hostages now!**

**R**un for Their Lives is a movement started by a group of Israelis in the Bay Area in California, in collaboration with the Hostage and Missing Families Forum (#BringThemHomeNow). This movement, now global, was created to show world leaders that people all over the world care about the hostages and that together, we support the movement's goal of calling for the immediate release of all hostages held by Hamas.

Beachwood resident Alee Abraham learned of the movement on social media and created a Cleveland group, here in Beachwood. "I follow the account of Rachel Goldberg-Polin, mother of Hersch, whose arm was blown off before he was dragged into Gaza as a hostage," Alee said. "I started this one because I had to do something."

There are currently 167 Run for Their Lives groups. The Cleveland group, created just before the 100-day mark of Oct. 7, meets at LaPlace on Sunday mornings, at 9 a.m. "We will walk every Sunday until every hostage is released," Alee said. "Every week our group grows. We want to show hostage families that we're thinking about them. They're not alone."

Participants also create videos and post them on social media to spread awareness. "We invite people of all religions and backgrounds to join us," Alee said. "This isn't a religious or political movement. It's about humanity. It's about innocent civilians being held by terrorists. It's not about the war. These innocent people should be brought home and we will walk until every one of them is released."

"It is an 18-minute walk. It's not a protest, rather a peaceful demonstration of solidarity with the families whose loved ones have been ripped from them. It's a plea to the leaders of the world to recognize this dire

need for them to act and push for their release before it is too late. The Beachwood Police are present," Alee added. "After the walk, we gather and say a short prayer for their release."

At the walk on Sunday, Feb. 11, Mayor Justin Berns said, "The organizers and community members who have been attending this event are extremely committed to raising awareness about this horrific situation. They've braved brutal weather to stand up for what is right and to highlight the injustice surrounding the captivity of abducted people hidden in Gaza. With them, I pray for the release of all hostages and for peace."

---

"We invite people of all religions and backgrounds to join us," Alee said. "This isn't a religious or political movement. It's about humanity. It's about innocent civilians being held by terrorists. It's not about the war. These innocent people should be brought home and we will walk until every one of them is released."

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Community members at LaPlace, Sunday, Feb. 11. Alee is wearing the red shirt and red hat, to the right of the Israeli flag.



# Nice Jewish Runners: Community. Connection.

**N**ice Jewish Runners (NJR) is a running club that was created in New York, after Oct. 7, to provide a Jewish space in the running community and memorialize the victims of the Oct. 7 attack in Israel, including members of a running club who were killed while out on their regular run.

Beachwood resident Noah Leavitt recently started the Cleveland chapter of NJR with his friend, Noam Polster, as an avenue for Jewish runners to celebrate their Jewish identity and to help build community.

The group meets on Sundays, 8:15 a.m., at LaPlace. They head toward Acacia, run through the park, and then back to LaPlace, in time to walk with participants of Run for Their Lives. Each week since they started in mid-January, they've had new runners join them.

"It's an easy-paced, social 3-mile run," Noah said. "This is about people coming out and connecting. It's a nice way to start the day.

"It was heartbreaking to hear stories about the Oct. 7 terrorists killing people while they were on their morning run. It touched a nerve. People were brutalized doing things that we do every day and take for granted.

"Running is a peaceful, rejuvenating activity. It's hard to visualize the reality of it turning violent and deadly. It's horrific," Noah said. "Running together makes sense. This is a way of memorializing victims, particularly those who were killed while doing something they loved."

Everyone is welcome to join NJR, and shorter routes are available.

Noam is an avid marathon runner who has qualified for the Boston Marathon multiple times. Noah, also a marathon runner who has run in the New York City Marathon, is the senior rabbi of Oheb Zedek Cedar Sinai Synagogue.

For more information, contact Noah at [rabbileavitt@oz-cedarsinai.org](mailto:rabbileavitt@oz-cedarsinai.org) or Noam at [npolster@gmail.com](mailto:npolster@gmail.com). You can also follow NJR Cleveland on Instagram at [@nicejewishrunners\\_cle](https://www.instagram.com/nicejewishrunners_cle).



Noah Leavitt, Joe Leavitt, Alee Abraham, Matt Hildebrand, Gavi Polster, and Noam Polster. Noah and Noam started Nice Jewish Runners Cleveland chapter.

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# Beachwood Board of Education Welcomes New Member Rini Ghosh

The Beachwood Board of Education named Rini Ghosh to serve on Beachwood School Board. Rini, an experienced public policy researcher and post-secondary educator, steps into the role vacated by Jillian DeLong, now serving on the Beachwood City Council. Rini was sworn in on Jan. 18 by Matthew Brown, Beachwood Schools' treasurer, with a ceremonial swearing in by George Carr, a longtime resident of Beachwood and friend of Rini's during the Jan. 22 board meeting. Her term extends through Dec. 31, 2025.



Chosen from a pool of nine applicants, Rini's extensive involvement in the community, particularly her leadership in the Indian American Family Affinity Group and her advocacy for equity and inclusion, were key factors in her selection, said Board President Megan Walsh. "Rini understands the immeasurable value of ensuring every student feels they belong," she said. "Her priorities are very much aligned with the values of the district."

Megan characterized Rini as "open-minded and a good listener who possesses a willingness to grow and learn as a board member."

Rini's interest in becoming involved in this capacity stems from her dedication to public service and passion for helping all students reach their full potential. "Service has been a running theme throughout my life. With my background in education and policymaking, the Board of Education seems like a natural space for me," she said. "Ever since I've had kids, I am even more interested in issues of equity, diversity, and inclusion in public education."

"For a district as diverse as ours, I have a lot to learn," she added. "My immediate priority is to go through the orientation process, meet as many of the stakeholder groups as possible, and to listen and learn."

As a senior research associate and project manager at Case Western Reserve University, Rini works on reducing cancer disparities experienced by vulnerable communities across Greater Cleveland. Her academic career includes teaching more than 23 courses in public health, health policy, human rights, and global health at Northeastern University and the Northeast Ohio Medical University. She earned her Master of Public Policy from Northeastern University and a bachelor's degree in South Asian Studies at the University of Toronto.

Rini and her husband, Abhishek, a cancer researcher at The Cleveland Clinic, have lived in Beachwood since 2019. They have two young children in the district: Their daughter, Raaya, attends Bryden and their son, Aarysh, will attend the Fairmount Early Childhood Center this fall.

Since moving here, Rini has been an active supporter in our schools by supporting the elementary facilities project, the Issue 1 levy campaign, and PTO. She is also a member of the Beachwood Democratic Ward Club.

Rini is a second generation Canadian/American citizen. She was born in Toronto, grew up in India, moved back to Canada, and then to the U.S. "Feeling included is a big deal," she said. "When I see my daughter feel

so comfortable in her skin, sharing her culture proudly, it is very special for me. Bryden has provided that safe space for her.

"Beachwood has been a special place for us since we moved here, almost five years ago. We feel welcomed and included. Plus, the school district has been amazing for our daughter. We've fallen in love with this community," she added. "There were many qualified individuals who would have fit in this role and I feel very privileged and honored to have been selected."

"We have five board members who are deeply invested in the future of Beachwood Schools," Megan added. "I look

forward to working with my colleagues to ensure that we listen to our community, put students first, and continue our commitment to our three focus areas: academic achievement, intercultural awareness, and mental wellness."

---

"There were many qualified individuals who would have fit in this role and I feel very privileged and honored to have been selected."

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During her spare time, Rini can often be spotted at Barkwood with her favorite four-legged companions, Onyx and Oreo.



Rini Ghosh, accompanied by her two children, is ceremonially sworn in during the Jan. 22 School Board meeting.

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# Unlocking the Benefits of Sports Physical Therapy: A Comprehensive Approach to Athletic Wellness



Engaging in sports and physical activities is not only exhilarating but also essential for maintaining a healthy lifestyle. However, the pursuit of athletic excellence often comes with its fair share of physical challenges and injuries. This is where sports physical therapy emerges as a crucial component in ensuring athletes recover effectively and perform at their peak.

**Let's delve into the multifaceted benefits of sports physical therapy offered at Balance Solutions:**

## 1. Injury Prevention

Prevention is always better than cure. Our sports physical therapists assess an athlete's biomechanics, identify potential areas of weakness or imbalance, and design personalized exercise regimens to enhance strength, flexibility, and stability. By addressing these underlying issues, athletes can reduce the risk of injuries during training and competition.

## 2. Injury Rehabilitation

Injuries are inevitable in sports, but effective rehabilitation is key to a swift and complete recovery. Our sports physical therapists employ a variety of techniques, including manual therapy, therapeutic exercises, neuromuscular re-education and modalities such as

laser therapy and dry needling, to accelerate healing, restore function, and alleviate pain.

## 3. Improved Performance

Optimal physical function is fundamental for achieving peak performance. Through targeted interventions, our sports physical therapists help athletes enhance their strength, endurance, agility, and coordination, thereby maximizing their athletic potential. Additionally, they provide guidance on proper biomechanics and movement patterns to optimize efficiency and reduce the risk of overuse injuries.

## 4. Individualized Care

Every athlete is unique, and so are their needs and goals. Sports physical therapists tailor their interventions to address the specific demands of each sport and the distinct characteristics of every athlete. Whether it's a professional athlete recovering from surgery or a recreational enthusiast striving to stay active, personalized care ensures optimal outcomes and long-term success.

## 5. Pain Management

Persistent pain can significantly impair athletic performance and quality of life. Sports physical therapists employ evidence-based



strategies to manage pain effectively, including manual therapy techniques, massage, therapeutic exercises, kinesio taping, dry needling, and deep tissue laser therapy. By addressing the root cause of pain and promoting tissue healing, they empower athletes to return to their activities pain-free.

## 7. Mental Well-Being

Injuries not only affect the body but also take a toll on the mind. The rehabilitation process can be mentally challenging, leading to frustration, anxiety, and even depression. Sports physical therapists serve as mentors and motivators, offering support, encouragement, and guidance throughout the recovery journey. By fostering a positive mindset and promoting resilience, they help athletes overcome obstacles and regain confidence in their abilities.



In conclusion, sports physical therapy plays a pivotal role in enhancing athletic performance, preventing injuries, facilitating rehabilitation, and promoting overall well-being. By embracing a holistic approach that encompasses physical, psychological, and emotional aspects, Balance Solutions sports physical therapists empower athletes to unleash their full potential and achieve enduring success in their chosen endeavors.

*- Kelly Beaudoin, CEO  
Balance Solutions Physical Therapy, Inc*

# A Lesson in Leaving a Legacy

by Dahlia Fisher

## Former Building Commissioner Bill Griswold's Stamp of Success Is All Around Us

There is no one quite like Bill Griswold, the City of Beachwood's building commissioner who recently retired after 30 years at the helm. He leaves behind a legacy far beyond the buildings he helped construct in a city admired by so many. Bill's co-workers and colleagues shared that he will be remembered not only for the job he did but also the way in which he did the job.

Bill got his start in Beachwood in 1994 as an inspector. He learned every rule and regulation needed to succeed in developing commercial and residential projects in the city; so, it surprised no one when he was promoted to assistant building commissioner and then selected for the prestigious role of building commissioner in 2007. For nearly two more decades, he would work with architects, real estate developers, construction crews, contractors, and others to offer his wealth of knowledge and insight from a building perspective and insight from a city perspective to help everyone succeed.

"Bill did everything he could to make things better," said architect Jim Heller, who completed around 50 building projects in Beachwood and many more in cities across the country.

"I've worked in 30 other states and met many other commissioners," said Jim. "Bill was unique among them. There were numerous projects that happened because of Bill's backing and support that might not have happened somewhere else."

Jim recalled the projects they worked on together over the decades. Although Bill would get excited about every opportunity, it didn't mean he liked every project.

"Bill was very conscientious that a project was right for the city. He loved Beachwood and was devoted to making it better. You could see it in his eyes," Jim said. "There aren't other commissioners who I can talk about like I can Bill Griswold."

Other local real estate developers similarly expressed



Jim Heller with Bill Griswold, working on one of many projects. Photo by Scott Morrison, Discovery Photo.

that the work Bill did was unique. He was an advocate for developers, especially when there were vacant buildings. He was proactive because he didn't want buildings to fall into the wrong hands.

Bill's leadership interests were not only focused on external relations, however. He was also equally passionate about mentoring staff.

Veronica Muth, program coordinator for the Beachwood Building Department, worked with Bill for 19 years, from the time she was hired in 2005 until his retirement in 2023.

As Veronica's boss, Bill offered her the chance to assist in all tasks related to department projects. "He was dedicated to helping me advance my career," she said.

Veronica noted that in the past 30 years, Bill played a key role, from beginning to end, in important projects like the expansion and renovation

of Beachwood City Hall and Community Center, and the relocation and renovation of the Public Works Department. He worked directly with the Economic Development director on the creation and incorporation of Beachwood's Community Reinvestment Area and Beachwood's Community Improvement Corporation – just a few examples of places where Beachwood residents and visitors could find Bill's stamp of success.

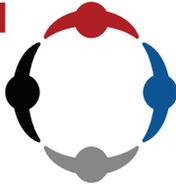
In fact, the Bill Griswold stamp of success is everywhere in this city: commercial projects, residential homes, office parks, cultural venues, community centers, and even City Hall. He's given Beachwood a lesson in leaving a legacy.

If you ask Bill, however, he will tell you he did not do any of it alone. Of his many projects, and there were many, none would have been possible without collaboration. He recalls leading

the development of "about one billion dollars' worth of construction over the past 15 years, with thousands of new employees added to our workforce. It certainly took the efforts of so many to accomplish this. The mayor, City Council, all department directors, and of course, a dedicated Building Department"

And what does he want to say about the experience? He wants to give thanks. "I am very appreciative of the opportunities afforded to me by the city of Beachwood for personal and professional growth."

Bill, the city of Beachwood also thanks you. In acknowledgement of your remarkable 30-year journey, Mayor Justin Berns said, "Thank you, Bill Griswold, for your dedicated service to our city. Your commitment has left a lasting impact on our community and we are grateful for your valuable contributions."

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# Will Abortion Rights Be Back on the Ballot in 2024?

By State Senator Kent Smith

**W**e all know that Abortion Access and Bodily Autonomy got enshrined into the Ohio Constitution when Issue 1 passed back in November 2023. But what you may not have noticed was the vehement opposition to the will of the people by GOP leaders, followed by the whiplash-causing, 180-degree pivot that those same Republicans made just about a week later, and what it really says about the GOP's plans to reinstall an abortion ban in Ohio.

Let's look back.

On the night of Issue 1's passage, Ohio House Speaker, Republican Jason Stephens, said, "As a 100% pro-life conservative, ... The legislature has multiple paths that we will explore ... This is not the end of the conversation."

Republican Senate President Matt Huffman said something very similar: "This isn't the end. It is really just the beginning of a revolving door of ballot campaigns to repeal or replace Issue 1."

But by Nov. 15, both had changed their tune.

So what made them change their mind so fast? The short answer is because they lost in 2023.

The reason they lost and reproductive freedom won was because a ton of Ohioans went to the polls to restore the rights of Roe in 2023. Voter turnout was record high for an off-year election because people wanted their rights back.

Both of these Republicans knew that if they put abortion access back on the ballot in 2024, two Democrats who they hope lose will probably win, being the President and Ohio's Senior Senator.

Having lost the fight to ban abortion in Ohio in 2023, they are hoping that Washington, D.C., will ban abortion nationwide after the 2024 election. That can only happen if Trump is back in the White House appointing far right judges to the U.S. Supreme Court, being approved by a Republican U.S. Senate.

But Stephens and Huffman know that if they put abortion back on the ballot in 2024, Sherrod Brown will get reelected to the U.S. Senate and Joe Biden can win Ohio, which

would prevent Washington, D.C., from enacting a national abortion ban.

Abortion will be on the Ohio ballot in 2024, but not like it was in 2023 because, if you listen closely, the GOP leadership in Columbus has already told you how they are going to do it.

*State Senator Kent Smith represents Ohio's 21st Senate District which includes most of the East Side suburbs of Cuyahoga County and about 33% of the City of Cleveland.*

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MARCH 2024

## THE MAYOR'S MESSAGE ENSURING SAFETY & SECURITY

When it comes to the success of our city's safety and security, it's not just about individuals—it's about the collective effort of our dedicated Police Department (PD). Under the leadership of Chief Kate McLaughlin, our PD has consistently risen to the challenge, ensuring the protection and well-being of our community.

One source of evidence exists with a letter I received from Jewish Community Federation leaders to express their gratitude for the Beachwood PD's outstanding level of security provided to the Jewish community since the terrorist attack on Oct. 7. To quote the letter:

"Police Chief Katherine McLaughlin's strong commitment to helping protect the Beachwood Jewish community during a time of rising antisemitism is greatly appreciated. Chief McLaughlin has earned the respect and admiration of the Jewish community for the outstanding security support by the Beachwood PD to ensure our community's safety. We are fortunate to have such a professional law enforcement organization, led by Chief McLaughlin, and we thank you for a job well done."

**"Chief McLaughlin has earned the respect and admiration of the Jewish community for the outstanding security support by the Beachwood Police Dept. to ensure our community's safety."**

*Letter from the Jewish Community Federation's Leadership*

As we progress, it's imperative to recognize the evolving landscape of technology-based resources within the law enforcement community. These resources play a pivotal role in augmenting our officers' capabilities, enabling them to observe and accomplish tasks beyond the scope of traditional methods. While it's essential to preserve the human element in policing, integrating these tools can significantly enhance officers' effectiveness in their daily duties.

With this understanding, the PD recently purchased a drone and led the way for the Police and Fire Departments to partner on this initiative. This technology will be useful for missing person searches, locating fugitives, crime/crash scene photography and during large-scale events. The drone is equipped with a speaker and spotlight that will be helpful in addressing large crowds, and/or spotlighting an object or people.

In order to fly a drone, pilots need to take an approved training course and pass a licensing test, administered through the FAA. The city will soon have an officer on each shift who is a certified pilot, as well as several members from our Fire Department.

We also recently purchased a mobile Surveillance Trailer Camera. This can be used throughout the city for large scale events, security details and

surveillance. It offers additional eyes in the sky, and the video feed will go directly into our dispatch center. Expected delivery is later this month.

Beachwood Place also stands as a testament to our ongoing commitment to safety. It serves as a focal point where Chief McLaughlin's vision for enhanced security has come to fruition. Through strategic partnerships and dedicated resources, such as the grant facilitating the assignment of two full-time officers stationed within CoHatch, our city has bolstered its proactive approach to safeguarding public spaces.

While the grant's expiration looms in November 2024, collaboration with Beachwood Place management remains paramount as we navigate the next steps. The resounding success of this new initiative underscores our resolve to maintain a heightened, permanent police presence, ensuring the continued safety and well-being of employees and visitors alike.

Yet another impactful initiative recently introduced is a strategic crime prevention program. This invaluable resource takes the form of a complimentary, classroom-based self-defense course facilitated by our officers. Designed to empower community members with the skills and awareness necessary to thwart crime in everyday scenarios and settings, this program has garnered significant interest.

Under the leadership of Chief McLaughlin, the PD's commitment to leveraging technology alongside its unwavering dedication to the human aspect of policing ensures that our community remains secure, setting a standard of exceptional service for law enforcement agencies everywhere.



Left to right: Jeff Robertson, JFC's Deputy Director of Training; Chief McLaughlin; Matt Capadona, JFC's Deputy Director of Operations; Jim Hartnett, JFC's Director of Community Wide Security

Mayor Justin Berns | [MayorBerns@beachwoodohio.com](mailto:MayorBerns@beachwoodohio.com)

## BEACHWOOD CITY COUNCIL



HOW TO EMAIL A COUNCIL MEMBER: [FIRSTNAME.LASTNAME@BEACHWOODOHIO.COM](mailto:FIRSTNAME.LASTNAME@BEACHWOODOHIO.COM)



ALEC ISAACSON  
COUNCIL PRESIDENT  
216.291.2797



DANIELLE SHOYKHET  
COUNCIL V.P.  
216.212.9212



JILLIAN DELONG  
216.509.3514



JOSHUA MINTZ  
650.464.6788



ALI STERN  
240.706.7478



ERIC SYNENBERG  
216.401.0074



JUNE TAYLOR  
216.533.7640

Beachwood City Hall  
25325 Fairmount Blvd.  
Beachwood, OH 44122



216.464.1070



BeachwoodOhio.com



@BeachwoodOH

**AUDITOR**  
216.595.3712

**BUILDING DEPARTMENT**  
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**  
216.464.2343

**PUBLIC WORKS**  
216.292.1922

**EMERGENCY**  
Dial 9-1-1 or  
216.464.1234

# LEGISLATIVE UPDATE

The legislative update below includes the January 22 and February 5 council meetings.

In the recent 2024 State of the City presentation, Mayor Berns articulated six pivotal focus areas essential for Beachwood's advancement. These areas not only served as the cornerstone for our accomplishments of 2023, but were also used to articulate our path for 2024. In this legislative update, we've highlighted these key focus areas and the measures we're implementing within each category.

## Fiscal Responsibility – Fostering Accountability and Efficiency

In addition to our normal business of approving the professional service bills, City Council passed **Ordinance 2024-21** amending appropriations and the transfer of funds to create the Revolving Loan Fund introduced by the Department of Economic Development.

Council also passed **Resolution 2024-1** authorizing the Mayor to enter into an Agreement with NOPEC, Inc., the Northeast Ohio Public Energy Council for an Energized Community Grant. As a NOPEC community, the City of Beachwood can utilize this grant for energy-related projects, and the first step of the 2024 process is to enter into this agreement.

## Infrastructure Improvements – Enhancing Quality of Life and Community Service

Council recently approved motions to authorize the clerk to advertise for bids for two separate projects in this category:

1.) A motion authorizing the clerk to advertise for bids for a changeable copy sign to be located at the corner of Richmond and Fairmount. The administration has been working with Guide Studios, experts in wayfinding, to design a signage package to make our city more navigable, cohesive and visually appealing. This is the first step in a larger program that will be implemented over time.

2.) The city annually reviews which streets will be part of our road program – prioritizing them based on a number of criteria and balancing it with the annual budget for such improvements. The city has determined the 2024 program and is seeking qualified bids.

Council also passed **Ordinance 2024-23** accepting a Certain Bid from J.D. Striping Services, Inc. for our annual Street Striping Program.

**Ordinance 2023-144** was adopted providing preliminary site plan approval and approval of a conditional use permit to allow multi-family residential apartments above the first floor of the property located at 23240 Chagrin Blvd.



A rendering, provided by Guide Studios, of the changeable copy sign.

## STAY ENGAGED IN YOUR COMMUNITY:



Meeting agendas, minutes including legislation, live and recorded meetings are available on our website at [BeachwoodOhio.com](http://BeachwoodOhio.com) or please attend an upcoming meeting.

## Economic Development – Stimulating Growth and Prosperity

Council approved **Ordinance 2024-18** authorizing and expanding the Beachwood Economic Impact Program. The administration recommended this move in an effort to expand financing and loan resources for the purpose of supporting small businesses and new employment opportunities, as well as stimulating economic development and business growth for our city.

## Public Safety – Strengthening Community Resilience

Council passed **Ordinance 2023-102** to create a buffer and not allow certain small box discount stores to directly abut residential areas (single family homes [U1] or attached single family homes [U2A]). Some examples of a small box store include second-hand stores, pawn shops, vape shops, tattoo parlors, etc. The legislation also provided additional definitions for second-hand and thrift shops.

Council placed **Ordinance 2024-22** on first reading and referred it to the Planning and Zoning Commission for review. This ordinance suggests reclassifying several properties presently utilized for institutional and public assembly purposes. The proposed rezoning would assign these properties to the U-5 zoning category, which is specifically designed to accommodate institutional activities, and to provide appropriate safety regulations for gatherings held at these locations.

For a complete list of all our ordinances, resolutions, or motions passed by City Council, or for more information regarding these agenda items and backup materials, please visit our website: [BeachwoodOhio.com/AgendaCenter](http://BeachwoodOhio.com/AgendaCenter).

## LIVE & RECORDED MEETINGS

Scan the QR code or visit our website at [BeachwoodOhio.com/WatchMeetings](http://BeachwoodOhio.com/WatchMeetings).



## UPCOMING CITY MEETINGS

**City Council:**  
March 4 at 7:00 p.m.  
March 18 at 7:00 p.m.

**Planning & Zoning:**  
March 21 at 6:30 p.m.

**Architectural Board of Review:**  
March 4 at 4:30 p.m.  
March 18 at 4:30 p.m.

# WORK - LIVE - LEARN - THRIVE

## FIRE DEPARTMENT HONORS 2023 FIREFIGHTER OF THE YEAR

Fire Department Chief Steven Holtzman recently announced that the 2023 Firefighter of the Year is Dan Wochele. He was honored at a City Council meeting in February with family and friends present. He has become the department's fifth Firefighter of the Year and has worked as a respected member of the Fire Department for just over 20 years.

"Since day 1, he has always had a great demeanor and positive attitude and served as a great role model within our department," states Chief Holtzman.

The legacy of other department members' contributions is important, so over the past several years, Mr. Wochele also has worked with the administration and has spent countless hours compiling over 40 years of members' history and the material was put on display in the city's firehouses. This celebrates past members' service to the City of Beachwood, and they are thankful for being recognized.



2023 Firefighter of the Year, Dan Wochele



Left to right: Mayor Berns, Dan Wochele and Chief Holtzman

Mayor Justin Berns expressed his gratitude for Mr. Wochele's service. "We are deeply thankful for all of Mr. Wochele's hard work serving the entire Beachwood community. Our lives depend on his skills and judgment, and for that we owe him our tremendous appreciation."

**BEACHWOOD ART GALLERY:** Ileen Kelner Juried H.S. Art Show | Open through March 29 | Presented by Beachwood Arts Council  
Out of this World Exhibit | April 6-27 | Artists' Reception, April 14, 1:00-2:30 p.m.

## NEW HIRES, BEACHWOOD FIRE

The City of Beachwood recently welcomed two new members to the Fire Department. Quentin Brown joined after serving as a full-time firefighter for the Cleveland Division of Fire since 2018, where he also served on the SWAT team as a SWAT medic. Zach Tisdale, who will serve as a firefighter/paramedic, previously worked as a part-time firefighter for the Richfield Fire Department and recently completed paramedic training.



Quentin Brown pictured with his family, Mayor Berns and Chief Holtzman.



Left to right: Mayor Berns, Christina Tisdale, Zach Tisdale and Chief Holtzman

## FIRE DEPARTMENT PROMOTIONS

Beachwood Fire Department Chief Steven Holtzman recently announced the promotion of two members of the department, Don Balog and Rob Searles, to lieutenant.

Don Balog just surpassed his 25-year anniversary in Beachwood and is well known in the area, having served in many roles, including team leader for the East Tech Technical Rescue Team, as well as commander for the Beachwood Honor Guard, for which he also is a member of the training committee. Additionally, he was awarded 2022's "Firefighter of the Year."

Rob Searles has served with the department for almost 12 years while filling many roles, including CPR instructor, Rescue Task Force instructor, a member of the Social Media Committee, as well as the training committee. Lt. Searles also is a member of the newly formed Drone Team.

Mayor Justin Berns congratulated both men at a recent City Council meeting. "We look forward to Lt. Balog and Lt. Searles' continued skilled service and their loyalty to our fire department. They both help strengthen the city's rescue capabilities."



Left to right: Mayor Berns, Lt. Balog, Margie Balog and Chief Holtzman



Left to right: Mayor Berns, Lt. Searles, baby Bo, Sarah Searles and Chief Holtzman

# CITY EMPLOYEES RECOGNIZED FOR SERVICE MILESTONES

In January, the City of Beachwood held its annual employee appreciation event at the Beachwood Truck Park. During this gathering, employees are recognized for achieving service milestones. The dedication of these individuals and all city employees is greatly appreciated, making Beachwood a great place to work, live, learn and thrive.

## 5 Years of Service

Kimberly Gall – Dispatch  
Lindsay Kay Nelson – Dispatch  
Jessica Nevison – Fire  
Christopher Titterington – Fire  
Luke Combs – Police  
Michael Neibecker – Police  
Derik Rodriguez – Police  
LaCameron Workman – Police  
Jason Ambrose – Public Works  
Joseph Jenkins – Public Works

## 10 Years of Service

Vyredia Williams – Crossing Guard  
Emily Joseph – Dispatch  
Michael McDermott – Fire  
Luke Ockenden – Fire  
Wesley Unger – Fire  
Brittany Rutkowski – Mayor's Office  
Benjamin Bouw – Police  
Anthony Gray – Police  
Robert Love – Police  
Robert Scott – Police  
Antonio Settles – Police  
Ronnie Bryant – Public Works  
Davidson Taylor – Public Works

## 15 Years of Service

Therese Ferritto – Fire  
Andrew Calvey – Police

## 20 Years of Service

Robert Santucci – Building  
Judy Defrench – Community Services  
Matthew Domanos – Fire  
Anthony Kustra – Fire  
Chad Russell – Fire  
Andrew Spisak – Fire  
Daniel Wochele – Fire  
Robert Moore – Police  
Sherri Wilcox – Police  
Thomas Smith – Public Works  
David Trentanelli – Public Works

## 25 Years of Service

Kelly Hill – Dispatch  
Susan Gordon Merdler – Community Services  
Charles Piro – Police

## 30 Years of Service

Charles Durand – Police  
Timothy Kolat – Public Works

## 35 Years of Service

Tina Turick – Mayor's Office

## 40 Years of Service

Annette Patterson – Public Works



Mayor Justin Berns with Robert Santucci (left) and Therese Ferritto (right).

I returned to my home in January to find my three basement drains backing up. When I called the Public Works Department on a Sunday, the message indicated to call the Police to have someone from Public Works dispatched. Within minutes, I received a call from Tim who said he would do everything in his power to get a crew dispatched from their residences ASAP. Five minutes later, Tim called me back to say a crew was on its way. Within 45 minutes, a crew arrived at my house, diagnosed the problem and immediately fixed it. I hope they know how much I appreciated them coming out at 11 p.m. in the freezing cold and after a painful Browns loss!

I always say that Beachwood has the best Public Works Department, and between Tim and the crew, they were simply amazing. We're very lucky to live in Beachwood, they do an amazing job. Kudos to your crews!

Alan Feuerman, Resident

## HERITAGE HOME PROGRAM

The City of Beachwood is participating in the Heritage Home Program (HHP) of the Cleveland Restoration Society (CRS) again this year. This program provides owners of homes that are over 50 years old with access to guidance and low-cost financing for home improvement and maintenance projects.

The Heritage Home Program provides free technical assistance for home repair and maintenance projects, including remodeling advice, locating contractors, color consultation for painting and more. The technical assistance and advice offered by the Heritage Home Program is free, impartial and independent. CRS does not have any products or services that it sells to the homeowners and does not charge the homeowner for advice.

The Heritage Home Program also offers low-interest equity loans for home improvement projects. At fixed rates as low as 2%, these loans are made by local banks to homeowners for interior and exterior improvements.

The City of Beachwood is hosting a HHP Information Session at City Hall on Wednesday, May 1, at 6:00 p.m. Invitations will be mailed to homeowners in early April. Residents can learn more about the Heritage Home Program by calling 216-426-3116 or visiting [heritagehomeprogram.org](http://heritagehomeprogram.org).



Contractor installing new flooring.

## BUILDING DEPARTMENT WELCOMES INSPECTORS

The Building Department has filled two positions made available by recent promotions from within the department. Scott Davis will serve as the city's Electrical Inspector, bringing 30 years' experience in the electrical trades. He holds Electrical Safety Inspector and Residential Building Official certifications, and he is currently studying for his Commercial Building Inspector Certification.

Sean Graham will serve as the city's Plumbing Inspector. He brings 35 years' experience in the plumbing trade, and he's studying for his Commercial Building Inspector Certification.



Scott Davis



Sean Graham

# MARCH RECREATION GUIDE



BEACHWOOD  
**BLACKOUT**  
2024

**SOLAR ECLIPSE  
WATCH PARTY**

*Monday, April 8*  
*2:00-4:30 p.m.*  
Beachwood High School Stadium

*Games, Crafts, Movie Truck  
DJ, Snacks, Refreshments*

*Free eclipse viewing glasses, courtesy of Crestmont, while supplies last!*

CITY OF *Beachwood*  **CRESTMONT**  
AUTOMOTIVE

## UPCOMING PROGRAMS

- Youth Baseball & Softball**  
 Summer Leagues 2024  
 Ages 5-14, Beachwood & Surrounding Cities  
 Residents \$75, Non-Residents \$95
- Progress with Chess Programs**  
 Sundays, April 7-May 19, Various Levels  
 Grades K-12, Beachwood Community Center  
 Residents \$99/\$139, Non-Residents \$119/\$167
- After School Sports**  
 Mondays, April 8-May 13, 3:25-4:25 p.m.  
 Grades K-2, Bryden Elementary  
 Residents \$95
- Adult Pickleball Lessons**  
 Mondays, April 8-May 13, One-Hour Sessions  
 Various Levels Available, 5:00-8:00 p.m.  
 Beachwood Pickleball Courts  
 Residents \$149, Non-Residents \$179
- Pre-School Adult & Me Baking Class**  
 Tuesdays, April 9-May 21, 1:00-1:45 p.m.  
 Ages 3-5, Beachwood Community Center  
 Residents \$131, Non-Residents \$157
- Beginner Footskills**  
 Wednesdays, April 10-May 22, 3:25-4:25 p.m.  
 Grades K-2, Bryden Elementary  
 Residents \$144, Non-Residents \$179
- Mad Science STEM Odyssey**  
 Wednesdays, April 17-May 22  
 Grades K-2, 3:25-4:25 p.m., Bryden Elementary  
 Grades 3-5, 2:35-3:25 p.m., Hilltop Elementary  
 Residents \$131, Non-Residents \$157
- Photography for Parents**  
 Monday, May 6, 7:00-8:30 p.m.  
 Beachwood Community Center  
 Residents \$45, Non-Residents \$54



## FAMILY AQUATIC CENTER MEMBERSHIPS

From splash pads to water slides, you can find it all at the Beachwood Family Aquatic Center! We're looking forward to another great summer as your go-to destination for fun in the sun. **Memberships go on sale Monday, April 8, at City Hall. Save 20% with early bird rates through Friday, May 24.** For more information and a membership application, visit [BeachwoodRec.com](http://BeachwoodRec.com).

Type	Early Bird (4/8-5/24)	Summer Rate
Children 3 & Under	Free	Free
Individual	\$60	\$72
Family of 2	\$115	\$138
Family of 3	\$165	\$198
Family of 4	\$175	\$210
Each additional member	\$25	\$30
Seniors 60+	\$35	\$42

# FEBRUARY FREEZE, A SWEET SPECTACLE

Photography by Discovery Photo.

Beachwood's third annual February Freeze offered a sweet escape from the winter blues on Thursday, Feb. 15, despite the windy conditions. Staff worked tirelessly to bring as much of the event indoors as possible, creating a stunning atmosphere for all to comfortably enjoy. Over 750 attendees were welcomed by a unique Candy Land theme, illuminated by the glow of colorful lights. One special house in Candy Land was designed by 9-year-old resident Orli May Schwartz, winner of a February Freeze coloring contest.

In addition to the delicious ambiance, attendees enjoyed crafts, giveaways, trackless train rides, LED performers, photos with costume characters and a blazing spectacle by the Ohio Burn Unit. February Freeze was proudly sponsored by Crestmont, Beyond Healthcare and Sher Smiles Orthodontics & Periodontics.



Orli showcasing her winning design brought to life.



LED performers put on a glowing show inside the Community Center.



The Ohio Burn Unit turned up the heat for a grand finale outdoors.



A crowd favorite, Frozen!



Attendees of all ages enjoyed both indoor and outdoor festivities throughout the event.



## BEACHWOOD SENIORS

### UPCOMING PROGRAMS & TRIPS

- The Mind Challenge - Join Team Beachwood!**  
 If you are interested, call 216.292.1911 by March 31.  
 Represent our Beachwood team in a regional trivia competition against surrounding Northeast Ohio communities. Last year, Beachwood finished fourth and will be looking to make another strong run!
- Mahj Tournament**  
 Monday, May 6, 12:30-4:30 p.m., Community Center  
 Residents \$17, Non-Residents \$20  
 An annual crowd favorite! Last year, over 75 participants competed in this exciting event. Don't miss out, join in the fun today. Registration includes snacks and prizes.

### CALL FOR 50-YEAR RESIDENTS

The City of Beachwood would like to invite residents who have lived here for 50 years to join us for a moment of special recognition at the upcoming May 20 City Council meeting. Newly minted 50-year residents will receive a commemorative gift. If you have not been previously recognized at a 50-year resident salute, please RSVP by calling Community Services at 216.292.1970 by Friday, May 10.

### SENIOR DAY OUT

**Hello Spring**  
**Thursday, March 21, at Noon**  
**Beachwood Community Center**

Residents \$13  
 Non-Residents \$16  
 Program Only \$5

Register by March 13.

Join in as we celebrate the spring equinox (March 19) and shine the light on the solar eclipse (April 8) with Greg Piscura, an out-of-this-world entertainer! Enjoy a star-studded repertoire of upbeat songs sure to put a spring in your step and illuminate your day!

Meal choices include a Napa Valley turkey sandwich (turkey breast, mixed field greens tossed in cherry balsamic dressing, tomato, red onion and arugula mayo on a croissant roll) or angel hair pasta primavera. All entrees served with a beverage and dessert.

**April Senior Day Out:** A musical program that tells the unique history of Ohio on April 18!

Register for events at [BeachwoodRec.com](http://BeachwoodRec.com), City Hall or call 216.292.1970.

# WHERE BUSINESS IS BOOMING!

THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

## BEACHWOOD REINSTATES COMMUNITY IMPROVEMENT CORPORATION

The Economic Development Office has reinstated the Beachwood Community Improvement Corporation (CIC). The CIC Board of Directors can advance the City of Beachwood's development goals by being flexible and proactive. The role of the CIC is important in overall community revitalization. The board of directors held its first meeting on Feb. 9 to review the current by-laws and formed two committees: a Loan Review Committee to evaluate loan programs and make recommendations to the CIC Board of Directors and city administration relating to loan considerations; and an Innovation Committee to foster new ideas around cluster initiatives in commercialization, innovation, technology, research and development. The CIC Board of Directors will continue to meet quarterly and dates for upcoming meetings will be listed on the city's website.



## ONE-STOP RESOURCE CENTER, MARCH COFFEE HOUR

The Beachwood One-Stop Resource Center will be hosting a coffee hour on Friday, March 22, at 9 a.m. at Beachwood City Hall. The roundtable discussion will include information on business financing, incentives and key resources in the city and local area to support your specific growth needs. The City of Beachwood is here to provide you those resources, so come prepared with some thoughts on areas that would help grow your company.

## WOMEN BUSINESS OWNERS NETWORKING IN BEACHWOOD

There is a strong group of women-owned businesses in Beachwood that are networking and sharing resources monthly. The Beachwood Chamber of Commerce hosts this dynamic group on the second Thursday of every month. This group is sharing ideas, bringing together top speakers and providing a strong mix of resources geared toward supporting women entrepreneurs. The city's One-Stop Business Resource Center also has a Women's Resource Page offering information on women's networking, business development, financing, education and key industry support.



For more information, visit the city's One-Stop Resource Center at [BeachwoodOhio.com](http://BeachwoodOhio.com) or call the Office of Economic Development to schedule a meeting to discuss resources that support your growth at 216-292-1915.

## JOB FAIR, APRIL 3 AT TRI-C

The City of Beachwood will co-host a Job Fair on April 3 from 11 a.m. to 2 p.m. at Tri-C Eastern Campus in the Mandel Theater Lobby. Employers may register via a link at [BeachwoodOhio.com](http://BeachwoodOhio.com) or by calling 216-777-8240. Registration for this event is available through March 4.



Tri-C Student Services Building entrance.

**ALWAYS BE AN INSIDER,  
STAY CONNECTED!**

OFFICIAL SOCIAL MEDIA PAGES



### Facebook Pages:

@BeachwoodOH  
@BeachwoodPolice  
@BeachwoodFire  
@BeachwoodOHRec  
@BeachwoodPublicWorks  
@BarkwoodDogPark

### X Accounts:

@BeachwoodOH  
@BeachwoodPolice

### Instagram Account:

@BeachwoodOhio

### LinkedIn Account:

@CityOfBeachwood

## When Should You Begin Colon Cancer Screenings?

Colonoscopy is considered the gold standard for colon cancer screenings. Not only can it find cancer early, it often prevents cancer from occurring in the first place by finding and removing polyps before they become cancerous – a transition that can take 10 or more years.

Because colon cancer often appears without symptoms until quite advanced, screenings are essential to find and stop the disease early when it is treatable and beatable.

Polyps are fairly common. About 30 percent of the population has them. Some of them develop into cancer. During a colonoscopy, these polyps are removed to prevent cancer from developing.

Even though many people dread the prep, it's a small inconvenience for a potentially life-saving test.

### When to Get Screened

In 2019 the American Cancer Society updated its colorectal cancer screening guidelines, which have been adopted by the UH Digestive Health Institute, that colorectal cancer screening should begin at age 45 for all people at average risk. Previous guidelines said screening started at 50 years of age and at age 45 in African-Americans.

Colon cancer can occur at any age, but it is more common in older adults, so merely being older than 50 will usually put you in the average risk category. Talk to your doctor about your medical and family history to determine your risk level.

Men and women at an increased or high risk of colorectal cancer may need to start colon cancer screenings earlier and/or be screened more often. These conditions make your risk higher than average:

- A personal history of colorectal cancer or adenomatous (noncancerous) polyps
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A strong family history of colorectal cancer or polyps
- A known family history of a hereditary colorectal cancer syndrome such as familial adenomatous polyposis (FAP) or Lynch syndrome (hereditary non-polyposis colon cancer or HNPCC)

Individuals with any of these colon cancer risk factors may be advised to begin screening procedures at age 40, or even younger. If you have a first degree relative (parent, sibling or child) who was diagnosed with colon cancer, your first colonoscopy may be recommended when you are age 40 or 10 years younger than your family member was at diagnosis, whichever is earlier – for example, if your mother was diagnosed at 45, you may be advised to begin screenings at age 35.

**Even though many people dread the prep, it's a small inconvenience for a potentially life-saving test.**

### Screening Frequency

The time between colonoscopies will depend on your risk factors and what is found during your initial screening.

If you are at average risk and your colonoscopy reveals no abnormal findings, it is likely you won't need another screening for 10 years. If there are findings, or if you fall into one of the high-risk categories, your doctor will explain your results and decide when you should next be screened, which is usually every five years.

### What Happens During a Colonoscopy?

During a colonoscopy, your gastroenterologist uses a scope to look at the inside of your colon for polyps or evidence of cancer. Your doctor will talk with you about sedation options to make the procedure as comfortable as possible.

If polyps are found, they are removed during the exam and sent to a lab for further examination.

The exam takes about 30 minutes to complete, and requires a full colon cleansing on the day before the test. The colon prep is considered to be the most difficult part of the procedure, but your doctor can give you some helpful tips to make the prep easier.

### Alternatives to Colonoscopy

Other tests are available to look for colon cancer but colonoscopy is considered the most effective way to find, treat, and prevent the disease. Other methods include:

- **Fecal immunochemical testing (FIT).** This involves collecting a small sample of stool to check for the presence of blood, which could be a sign of colon cancer. It is relatively easy to do but needs to be done on a yearly basis to be most effective. Because a positive FIT does not indicate what the source of blood is, a colonoscopy is needed to evaluate positive tests.
- **Stool DNA testing.** This involves collecting a whole stool sample which is then mailed to a central laboratory that can detect DNA mutations that are seen in colon cancer and large polyps. It is relatively easy to do and is recommended to be performed every 3 years. If the test is positive, a colonoscopy is required to evaluate further.
- **Virtual colonoscopy.** Also known as CT colonography, this screening test uses x-ray technology to examine the colon. It also requires the complete colon prep.

To learn more about colon cancer screenings, visit [UHhospitals.org/ColonScreening](http://UHhospitals.org/ColonScreening).

# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

## Beachwood Schools Launches Community-Based Learning Partnership for Students with Special Needs

Beachwood Schools has launched a community-based learning program designed to prepare students with special needs for a successful transition into the workforce and independent living after graduation. Supported by grants from the State of Ohio and the Educational Service Center of Northeast Ohio, the program offers real-world work experience and skill development in both education and healthcare environments.

Thanks to a partnership with University Hospitals Ahuja Medical Center, students are working side-by-side with hospital staff in diverse roles such as reception and nutrition services. Students interested in education are acquiring practical experience by assisting in classrooms at Bryden Elementary and Fairmount Early Childhood Center. As the program grows, Valerie Parker, Beachwood Schools' transition coordinator, envisions involving more community partners. "We are excited about the prospect of branching out into more opportunities within the community," says Ms. Parker. "We're starting on a small scale to ensure that we're building a program based on integrity."

Launched in January, the community-based learning opportunities are already showing clear benefits, with students developing not only technical skills but also essential soft skills. Job Coach Joseph Marino notes,

"Students are learning to take initiative, make appropriate judgments, and advocate for themselves."

A student participating in the program shared her excitement about the hands-on learning opportunities at Ahuja. "I like getting to talk to different people and learning what they do," she said. "This is a good opportunity for students to have an experience that they probably have never had before."

This initiative reflects Beachwood Schools' commitment to transition planning within students' Individualized Education Programs, benefiting students who may not fit into traditional vocational routes and strengthening community ties. "The opportunity to keep our students engaged within our community is fantastic," says Jennifer Polak, director of pupil services at Beachwood Schools. "It opens up wonderful prospects for their future, particularly in terms of securing competitive employment after graduation."



Photo by Jessie Gao

## Beachwood Celebrates the Lunar New Year

The Beachwood community welcomed the "Year of the Dragon" with a Lunar New Year celebration that drew nearly 600 attendees. The event, organized by the Chinese Family Affinity Group and the Beachwood High School Asian Americans and Pacific Islanders Club, featured a dragon eye-dotting ceremony. During the ceremony, Mayor Justin Berns and Board of Education President Megan Walsh helped awaken the dragon, ushering in good luck and prosperity. The evening was filled with artistic performances, crafts, games, and a potluck dinner. Schools were closed February 9 in observance of the holiday. Reflecting the district's commitment to promoting intercultural awareness, the Beachwood Board of Education has recognized Lunar New Year, Eid al-Fitr, and Diwali on the academic calendar. These holidays are designated as days off for students when they fall on a weekday.

## EVENTS CALENDAR



### Hope Heals Teddy Bear Party

March 3, 1 - 3 p.m.

Beachwood Community Center  
25225 Fairmount Blvd.

### ElderClass

March 7, 12 - 2:15 p.m.

Beachwood High School  
25100 Fairmount Blvd.

### Bison Theatre Presents *The Little Mermaid*

March 15 - 17, times vary

Beachwood High School  
25100 Fairmount Blvd.

Purchase Tickets: [www.beachwoodschoools.org](http://www.beachwoodschoools.org)



**VIEW THE  
FULL CALENDAR**

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## Principal Spotlight

School principals are the ultimate multitaskers. As mentors, innovators, and community connectors, they're the driving force behind top-notch teaching methods. Beachwood's leadership team stands out for their unique passion and pursuit of excellence.



### Arianna DeGeorge

As principal of the Fairmount Early Childhood Center and Bryden Elementary School, Arianna DeGeorge's leadership is defined by open communication and active involvement. "I'm a big believer in doing the work together, so I support my staff by learning alongside them," she explains.

This past year, Ms. DeGeorge spearheaded Bryden's adoption of the science of reading, an evidence-based literacy approach that incorporates foundational skills such as phonological awareness, phonics, word recognition, and oral language comprehension. "Together, we have worked hard to make shifts in our instruction to support this new research," she says. "I have been so proud of my staff for how quickly they have put this new learning into practice to enhance our teaching and learning in the classroom."

For Ms. DeGeorge, the joy of being a principal lies in the opportunity to make a positive impact on students' lives and to support the development of passionate educators. She explains, "I am all-in with my schools and strive to be part of everyone's journey, working alongside them and doing the work with them."



### Dr. Octavia Reid

Dr. Octavia Reid, principal of Hilltop Elementary, is committed to creating a welcoming environment where all students and staff feel valued. Her focus on inclusivity shapes every aspect of her educational approach. Under her leadership, Hilltop places a strong emphasis on writing as a core aspect of the curriculum, aiming to bolster students' writing skills and improve

comprehension in math, science, literacy, and social studies. "I am a firm believer that writing is the biggest form of comprehension," says Dr. Reid, "and every teacher is a literacy teacher."

Dr. Reid has been key in launching the positive behavioral interventions and supports program at Hilltop, creating a Harry Potter-themed "house system" based on the Be H.E.A.R.D. values: Be Honorable, Encouraging, Accountable, Respectful, and Determined. This system organizes students and staff into five houses that participate in monthly team-building activities and earn rewards for positive behaviors. Dr. Reid engages families by inviting them to participate in house meetings and chants to bolster school-family partnerships. "We're exploring more creative ways to engage families to strengthen our partnership," she notes.



### Dr. Tony Srithai

Dr. Tony Srithai, principal at Beachwood Middle School, finds daily inspiration in his students' resilience and curiosity. "Middle school is a time of rapid growth and development academically, emotionally, and socially," says Dr. Srithai. "Seeing this in our students reminds me of the profound impact effective teaching and mentoring can have on shaping youth."

Dr. Srithai champions continuous improvement, adaptability, and data-driven decision-making through a multi-tiered system of support. This approach includes both in-person and virtual tutoring, along with after-school homework clubs that offer students flexible and accessible assistance with their assignments and learning goals. Teachers use student data to identify and address academic challenges early on and provide targeted support for students. "These varied approaches rely on our dedicated teams of teachers and empower students with the resources they need to thrive academically," says Dr. Srithai. "I love witnessing the growth and success of our students as they navigate their unique educational journey."



### Paul Chase

Every day brings exciting challenges and learning opportunities for Beachwood High School principal Paul Chase. His commitment to fostering a caring community has transformed the educational experience for students and staff alike.

Under his direction, the high school implemented a 1-to-1 mentoring program, reflecting Mr. Chase's belief in the power of personalized support and the importance of nurturing relationships between staff and students. The program enlists various school personnel, including teachers, administrators, and support staff, to mentor individual students over the course of the year. These mentorship pairs meet several times a month, and students have fun earning incentives as they reach their goals. By pairing students with mentors from across the school community, the program underscores a holistic approach to education that values both academic achievement and personal growth.

For Mr. Chase, the most fulfilling aspect of being a principal is observing the lasting effects of his efforts on the lives of his students. He explains, "It is incredibly rewarding to see Beachwood High School graduates several years later and to know that I was a small part of their success and accomplishments."

# BEACHWOOD CITY SCHOOLS

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## The Little Mermaid Splashes Onto Stage at Beachwood High School

Bison Theatre brings the magic of Disney's *The Little Mermaid* to life, from March 15-17 at Beachwood High School. This enchanting underwater adventure, which has captured hearts from screen to Broadway, inspires audiences with the courage to dream big.

Directed by Johnathan Luster and produced by Topher Helm, this production brings together a talented cast and crew of 41 high school and middle school students. The principal cast features: Zeynep Yazar, Elijah Ward, Aidan Ward, John D. Henz, Alexander Johnson, DeShaun Williams, Michael Karas, Romi Balkan, Erika Marquardt, Rachel Kantarovich, Arielle Epstein, Annika Molloy, Zarah Berenson, Alissa Mannikin, and Maya Karas. The ensemble includes Fatima Alrasheed, Laura Coker, Pooja Narayanan, Zara Razzak, and Anna Stephens.

*The Little Mermaid* follows Ariel, the youngest daughter of King Triton, as she embarks on a daring adventure to follow her heart and discover a world beyond the sea. After making a bargain with Ursula the Sea Witch, Ariel enlists the help of her undersea friends - Flounder the fish, Scuttle the seagull, and Sebastian the crab - in a quest that challenges her spirit and tests the power of love and friendship.

"It's a classic tale of true love, sacrifice, and putting the needs of others before your own," says Mr. Luster. "The story is timeless, and the music is a fan favorite. Families of all ages will love this show."

Showtimes vary. Secure your seats for a magical journey under the sea at [www.beachwoodschoools.org](http://www.beachwoodschoools.org).



## Pre-Med Club Supports Global Health with MedWish Supply Drive

The Pre-Med Club at Beachwood High School is organizing a supply drive in collaboration with MedWish International from March 1 - 22. Students are collecting essential medical supplies such as adhesive bandages, cotton swabs, medical tape, thermometers, and toothpaste. Drop off donations at the main office of any school building within our district. MedWish International, a nonprofit organization, repurposes donated medical supplies and equipment for humanitarian aid, benefiting individuals in need both locally and globally. For a detailed list of items that are needed, please refer to MedWish International's website at [www.medwish.org/donate-supplies](http://www.medwish.org/donate-supplies).

## Social Scene @BeachwoodBison

**Beachwood Schools**  
February 2 at 5:41 PM · 🌐  
Today marks a remarkable milestone for our kindergartners at Bryden Elementary! 🌟 100 days smarter, 100 days of friendships, and 100 days filled with curiosity and joy. It's been an incredible journey watching our students grow, explore, and embrace a love of learning. 📖 🌱



**Beachwood Schools**  
February 5 at 3:32 PM · 🌐  
Congratulations Seniors! We celebrated Senior Night for girls and boys basketball and cheer at our games on Friday night.



**Beachwood Schools**  
February 2 at 1:15 PM · 🌐  
Ms. Miller's classroom has been participating in the Great Kindness Challenge to see how many kind acts we can complete in one week. They are participating with more than 19 million students globally to build a culture of kindness in our communities. So far, they have smiled at more than 25 people, made flower bouquets for the front office staff, and created kindness posters for the hallways. Your Kindness Matters!



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## Alumni Spotlight: Jing-Jing Shen (Class of 2019)



Jing-Jing Shen (Class of 2019) is making waves in the field of renewable energy as a Fulbright Scholar in Denmark. With a dual degree in chemistry and government from Harvard University, Jing-Jing has taken her expertise to the Technical University of Denmark. Here, she is engaged in a year-long research project focusing on solid oxide fuel cells for clean electricity production.

Jing-Jing's interest in renewable energy began as a student at Beachwood High School. Her curiosity about putting solar panels on windows led to her first research project in clean energy, developing transparent solar cells in a chemistry lab at Case Western Reserve University. This early exploration set the stage for her ongoing mission: to harness science and policy in making clean energy accessible worldwide.

### Shaping a Brighter Future

As an undergraduate, Jing-Jing stood out for her contributions to scientific research and civic engagement. She investigated energy technologies at world-renowned labs, including Harvard, Argonne National Laboratory, and the National Renewable Energy Laboratory. Beyond her academic pursuits, she volunteered at the national Crisis Text Line, a nonprofit that offers free mental health support and crisis intervention. As chair of the Harvard Public Opinion Project, Jing-Jing led the creation of two nationwide surveys of young Americans, resulting in briefings with the press and President Biden at the White House. Jing-Jing culminated her senior year by writing two theses: one investigating electrocatalysts and another examining how policy shapes research priorities.

These experiences are guiding her work as a Fulbright Scholar, where Jing-Jing is drawn to Denmark's energy innovation, commitment to sustainability, and focus on well-being. "Studying renewable energy feels incredibly motivating and purposeful," she says. "With its impact on everything from air pollution to energy poverty, bringing to life reliable energy for everyone is among humanity's most pressing challenges."

### Finding Her Voice

Jing-Jing credits her love of learning to the supportive community at Beachwood Schools, which she attended from preschool to 12th grade. "Growing up in the Beachwood Schools community taught me to stay curious, to learn widely, and to be inspired by others and their stories," she says. "I am grateful for the kind and caring teachers at the heart of the schools, who brought so much joy to classes and encouraged each student to persevere, be thoughtful, and remain inquisitive."

At Beachwood High School, Jing-Jing thrived amid the camaraderie of her cross-country team, sharpened her problem-solving and critical thinking skills in Science Olympiad, and seized leadership opportunities in the student council. "Beachwood helped me find my voice," she says, "to not just learn about important issues but also harness my energy to do something about them."

As she looks to the future, Jing-Jing is set to continue her research while pursuing a Ph.D. in chemistry at Stanford University. Her ultimate goal is to become a professor, policy advisor, and advocate dedicated to furthering clean energy technologies, particularly in regions facing energy poverty and humanitarian needs.

Her advice to current students? "Try to discover your personal light to make the world a little brighter. You have a unique contribution, so believe in yourself, work hard, and seek to empower others along the way – you never know the magnitude of the impact you could have."

*Alumni: Share your story!*

*Go to [www.beachwoodschoools.org](http://www.beachwoodschoools.org)*

## BOARD OF EDUCATION NEWS



### Recent Resolutions

- Approved out-of-district trips for the baseball team and math club
- Approved the hiring of the director of human resources
- Heard presentation on Beachwood High School's 1-to-1 mentoring program

### Upcoming Board Actions

- Approve resignations for retirement
- Approve Guaranteed Maximum Price for tree clearing for elementary facilities project
- Approve landscaping services company

### Board Meeting Calendar

- Monday, March 11 @ 7 p.m.



## VIEW AGENDAS & MINUTES

[beachwoodschoools.org/BOE.aspx](http://beachwoodschoools.org/BOE.aspx)



# The Amen Effect

By Jen Stern

Sitting at my desk on a cold and dreary Monday morning, having just finished a Zoom call with my first client of the day, I received a text from my friend, Rabbi Josh Caruso. It read, "Good morning. I thought this piece was so beautiful and relevant to the work we both do." He must have somehow known the weight of what I often feel when holding space for someone's pain. A humble sense of powerlessness. The sacred responsibility of creating space for others to feel seen, heard, held.

Grief can be so lonely, overwhelming, depleting. So many unanswered questions. Endless moments spent with magical thinking (if only, should have, could have, shattered wishes, and unanswered prayers). My hope is that for 45 minutes I can hold just some of their pain, just enough for them to have a little space to exhale.

Josh shared an essay written by Rabbi Sharon Brous, entitled, *Train Yourself to Always Show Up*.

Her message is important: You are not alone.

Sharon describes an ancient ritual in which several times each

year, hundreds of thousands of people would ascend to Jerusalem, climb the steps of Temple Mount, enter the plaza, turn right, and circle counterclockwise. The brokenhearted, those who were sick, grieving, or alone, would circle in the opposite direction.

As eyes connected, walking toward one another, the person walking toward the one in pain would ask, "What happened to you? Why does your heart ache?" In response, the person would share their pain and suffering. Then, a blessing of comfort was offered and they would continue on their way.

His thoughtful gesture of sharing made a difference to me. I felt seen. This is something each of us can try to do for each other. We can reach out to say, "I see you. I care." Let us not accept the world as it is. Let us try to heal the world, one person at a time. Amen.

We live in a world filled with suffering. No one should have to walk the path of anguish alone.

Sharon's message: This year, you walk the path of the anguished. Perhaps, next year, it will be me. I hold your broken heart knowing that one day you will hold mine.

She continues: On your good days, the days when you can breathe, show up then, too. Because the very fact of seeing those who are walking against the current, people who can barely hold on yet ask with an open heart, "Tell me about your sorrow," may be the deepest affirmation of our humanity, even in terribly inhumane times.

I have read this essay countless times and each time my heart swells at the notion of deep and authentic compassion, of the courage to share personal pain as well as the powerful gift of asking about and listening to the pain of others.

This is so profound. So beautiful. It is also a wonderful reminder of the courage and faith it takes to share pain with others. It is our responsibility to not turn away from each other. To show up for each other, even when it feels scary, uncomfortable, or overwhelming.

I wish I had a magic wand to take away pain and suffering. I cannot fix or repair broken hearts.

I can ask, listen, and hold sacred space to bear witness of

the courage and grace it takes to show up in pain. I can be present.

Sharon calls for a spiritual rewiring. To imagine a society in which no person is disposable. One in which we see humanity in one another. One in which we hold each other's pain. She refers to this as the amen effect: Sincere, tender encounters that help us forge new spiritual and neural pathways by reminding us that our lives and our destinies are entwined, because, ultimately, it is only by finding our way to one another that we will begin to heal.

I am so grateful that Sharon's essay found its way to my friend and that he thought to share it with me. It was exactly the right message at the right time. His thoughtful gesture of sharing made a difference to me. I felt seen. This is something each of us can try to do for each other. We can reach out to say, "I see you. I care." Let us not accept the world as it is. Let us try to heal the world, one person at a time. Amen.

To read Sharon's essay in its entirety, visit <http://tinyurl.com/SharonsEssay>.

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

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# How to Find the Right Caregiver



## Dear JFSA:

*My 90-year-old parents refuse to move into assisted living. They want to remain at home for as long as possible. However, they are very nervous and reluctant about bringing in help to assist them with maintaining their household, which they desperately need to keep them safe. How can we be sure the person we hire is experienced, compassionate, and legitimate?*

Great question! There are many types of caregivers and it can be confusing to sort through all of the options as you try to find the right fit. When you are looking to hire caregivers, it is important to distinguish between direct hire caregivers and agency providers.

- **Direct hire caregivers** are individuals who are hired directly by you and do not work for an agency. They often work alone or as part of a small team. Experience varies. Because they are not part of a parent agency and have little oversight, when working with direct hire caregivers, it is critical to verify experience, credentials, training, and insurance protection. It is recommended that you obtain and check references.
- **Agency providers** are established businesses with expertise in caregiving. Agency providers should be licensed by the state. If you intend on using a long-term care insurance policy, it is important to verify the agency has a license. The license helps hold the agency to a higher standard in hiring and training practices; agencies are required to verify work history and licenses as well as conduct background checks.

Once you have hired a caregiver, there are several things you should do to make sure your parents are content with the services:

- **Know Your Rights and Responsibilities:** Familiarize yourself with the rights of your parents as clients and understand your responsibilities in the care arrangement.
- **Understand the Plan of Care:** Ensure that the comprehensive plan of care is tailored to your parents' specific needs, and recognize that a plan of care is flexible and should adjust as needs change.
- **Understand Preferences:** In-home supports can feel very invasive and hard to adjust to. It is important to be patient and recognize your parents' feelings about the type of help they are receiving and who their provider is.
- **Monitor the Care:** Initially, you may want to monitor the care more closely. This can involve regular check-ins, occasional visits during the aide's working hours, or installing a home camera system for safety.
- **Feedback and Evaluation:** Provide feedback and be open to receiving it as well. Regularly evaluate the quality of care and discuss any concerns or adjustments needed with the aide or agency.



Contact Laura Dales, JFSA executive director of Home Care Services, at 216.378.8660 with your questions about home health care. If you would like to submit a question to "Ask JFSA," email it to [info@jfsa-cleveland.org](mailto:info@jfsa-cleveland.org).



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# Demystifying Masala

by Rini Ghosh

Indian food isn't all curry. It's not all the same spices. It's not all just naan and butter chicken.

Indian food is diverse – made up of cuisines from more than 30 different states and territories in a sub-continent that boasts continental and coastal cuisines, tribal and urban influences, and frozen mountains that exist alongside tropical jungles with flowing rivers.

The richness of the Indian sub-continent's history coupled with geographic diversity has woven a beautiful tapestry of food heritage. My hope is to make

Indian food accessible to every kitchen in Beachwood. Many recipes are kosher. Others have kosher-friendly variations.

This Chicken Tikka recipe is simple and delicious. We have perfected it over a few years and it is always a hit. It is also kosher friendly.

Since spice mixes may not always be kosher friendly, I've shared a quick North Indian Garam Masala recipe for you to make at home.



## North Indian Garam Masala

### Ingredients:

½ cup of coriander seeds  
¼ cup of cumin seeds  
2 tbsp whole green cardamoms  
2 tbsp cloves  
1 tbsp whole peppercorns  
8 cinnamon sticks,  
2-3 inches each

### Directions:

Oven roast the spices on a sheet pan in an oven at 100 F for 45 minutes to an hour or until the spices turn crunchy and aromatic. Let the spices cool completely and grind to a powder. This can be stored in a clean, dry jar for a long time.



**HOTTIP:** Making your own ground spice at home is a really good way to save money and always have fresh/pungent spices on hand. You can buy whole spices from any Indian store or from any dedicated spice store. Buy a coffee grinder with a detachable cup for easy washing and use this solely for grinding spices.



## Chicken Tikka Masala

### Ingredients:

2 tbsp oil (mustard oil is traditionally used)  
2 tbsp vinegar  
2 tbsp lemon juice (this provides tanginess in the absence of yogurt)  
1 tsp black pepper powder  
1-2 tsp red chili powder (sharp paprika if you don't want it spicy)  
¼ tsp turmeric  
1 tsp cumin powder  
1 tsp coriander powder  
½ tsp garam masala powder  
1 tbsp ginger garlic paste (you can grate the ginger and garlic. If using a food processor do not add water. You can add the vinegar and the lemon juice in the food processor).  
1 ½ tsp salt  
A few drops of orange food coloring for color. You may skip this.  
1 ½ lbs boneless chicken  
(preferably thighs or 5-6 pieces of bone-in thighs or drumsticks)

### Extra ingredients listed below

### Directions:

Mix all the ingredients for the marinade. It should be thick, not runny or watery. It will taste very acidic and salty. Pour marinade on the chicken and rub it in. Marinate for at least 4 hours, overnight is best.

Cook chicken in a smoker, cast-iron pan, air fryer, on a grill, or in the oven until internal temperature is 165° F. Smoking gives the chicken a lovely smoky flavor that cannot be replicated. If baking or roasting, cook at 400° F to seal in the juices without burning the skin. This chicken freezes extremely well. Freeze individual portions and take out as needed.

Serve with red onions, a wedge of lemon, and/or a quick green chutney made with cilantro, green chilies, garlic, lemon juice, and salt. Enjoy with store bought naan, white rice, or even on a salad. Make a whole chicken and shred it up to make sandwiches, or wraps. This recipe can be enjoyed in many different ways.

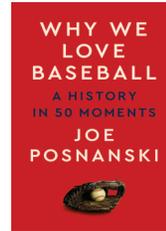
**Vegetarians and/or Vegans:** This marinade works well with cauliflower or paneer. Kosher paneer is available at Costco. The cauliflower can be roasted in an oven or in a smoker, while the paneer should be pan fried, grilled on skewers, or air fried.

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# Celebrating Coach Brad Burget

by Missy Bystrom

How does a swimming community celebrate the important milestone of a beloved coach?

**O**n Jan. 28, Beachwood High School Swim Team coach Brad Burget was doing what he does best – coaching! Unbeknownst to him, a large group of past and current swimmers and parents paraded on deck to surprise him with song and a binder of written notes from swimmers and grateful parents who have worked with Brad for the past decade.

Grady Bystrom, who swims in Tallahassee, Florida, said, “Brad was a great coach with a unique training program. He was able to cater workouts to all skill levels and age groups. Practices were always fun and interesting, and never felt repetitive. He made us laugh and taught us lifelong lessons. Brad was always supportive and I saw him as a mentor. I know I can still text him today if I need him.”

“Brad was an amazing coach. Swimming under him was my favorite time ever to be a swimmer. I have lifelong friends who I wouldn’t have met had it not been for him,” said Yale swimmer Gabe Colmenares. “Brad has immensely helped me get to where I am today, both in swimming and with my work ethic, which I bring to everything I do. He provided an excellent environment to work hard, test myself, and have fun, which is why he’s the best!”

“My son struggled to find a team sport that he could

connect with. When he was younger, he started swimming over the summer in Coach Brad’s club program just to stay active,” said Natalie Keyerleyber. “Coach Brad slowly worked with him on skill development and goal setting, and his mentoring has helped my son develop into a fine swimmer who now competes on the BHS swim team, which happens to be one of the most competitive programs in the area.”

Brad began coaching at Beachwood High School in 2010. He has put Beachwood on the map at the state level, taking swimmers individually and in relays to compete for the past 10 years. He has coached at a national level and his training regimen has been utilized by Olympic hopefuls.

Manjit Dhillon, a parent whose kids were swimmers, concludes, “Brad is absolutely amazing. Beachwood has no idea how fortunate we are.”

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“Brad is absolutely amazing. Beachwood has no idea how fortunate we are.”

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– Manjit Dhillon



**Above:** Swim parent Sanford Hong with Michael Dong, assistant coach Dali Dong’s son, and Coach Brad. Sanford, whose parents own Siam Cafe, brought Brad his favorite mango cake, one of many homemade desserts at the restaurant that are baked by Sanford’s mom.

Photos by Matthew Keyerleyber



Students and parents celebrate Coach Brad.

# Dr. Ponsky Awarded Castle Connolly

**D**r. Diana Ponsky was awarded Castle Connolly's Exceptional Women in Medicine for 2024. Castle Connolly, a peer-reviewed directory of doctors and hospitals, released its 2024 list of Top Doctors, a recognition that only goes to the top 7% of all U.S. board-certified physicians.

Dr. Ponsky of Ponsky Facial Plastic Surgery in Beachwood was named a Top Doctor for the eighth year in a row, and has held the honor since 2016. Those on the list are nominated by their peers and validated by Castle Connolly's research team to ensure they deliver the highest quality patient care.

"It is such an honor to have

been chosen for this award and I am grateful to my fellow peers for selecting me," said Dr. Ponsky. "Congratulations to my fellow nominees – I am honored to be among this esteemed group of dedicated and talented physicians."

Dr. Ponsky is double board certified in facial plastic and head and neck surgery, carrying certifications from both the

American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. She has over 10 years of experience in cosmetic surgery of the face.

She completed her Doctor of Medicine degree and her residency in head and neck surgery at Georgetown University, graduating in



2005, with the honor of the distinguished Roy Sessions Exemplary Chief Resident award. For a full list of doctors on the list, visit [castleconnolly.com](http://castleconnolly.com).

# Grant Keilin Earns High School All American, Coach Brian Greene Named USA Regional Coach of the Year

**E**leventh grader Grant Keilin and head boys soccer coach Brian Greene received national recognition for their outstanding athletic achievements. In Anaheim, California, Grant was celebrated as a High School All American, a title awarded to only 80 high school boys soccer players across the United States.

This is the highest honor you can earn as a high school soccer player. Coach Greene was distinguished as the USA Regional Coach of the Year, the highest honor a high school coach can attain.

Grant has been playing soccer for 13 years, since age 3. Standout moments of his career include winning back-to-back district titles, breaking our scoring and assist records, and scoring a goal in overtime, in both regional semi-final games.

"I was extremely surprised. As a Division 3 player, I didn't know that I was even looked at for this honor," Grant said. "I was overwhelmed with excitement when I found out."

To grow as an athlete, Grant says, "Be open to criticism; many great players have potential but think they got it all down. It's OK to listen and learn from everyone around you, including your teammates, coaches, and – believe it or not – even your parents."

Brian is a Beachwood High School grad, class of 1985. He started coaching in Beachwood in 1989 and has been head coach since 1996. His ongoing motivation is to teach the game he loves.

"I love sharing my passion and love for the game with my players. It gives them structure and discipline in a fun and safe environment, like Beachwood gave to me," he said. "It's about giving back and sharing my passion with the players."

"It is very nice to be recognized, but that is a byproduct of my team's and players' success," he added. "I'm proud to share the award with my tremendous staff of coaches."

To succeed in coaching, Brian says, "You have to check your ego at the door and make coaching about the athletes. If they are not enjoying it, you are doing something wrong. You need to create a

positive environment for them to be successful and never set an athlete up to fail. Too many coaches make it about themselves, which is a shame. The winning takes care of itself if you create the right environment.

You have outstanding years like last year when you have standout athletes, but I enjoy every year, no matter the results!"

He added, "I would love the community to come out and support all our student athletes."



Josh Lowe, assistant coach; Grant Keilin, and Brian Greene, head coach celebrate Grant and Brian's honors.

## Beachwood Chamber Networking Lunch

Join us for a networking luncheon at Heck's Café, 3355 Richmond Rd., Beachwood, featuring guest speaker William "Bill" Koehler, CEO of Team NEO.

Bill will share insights on regional and local business growth strategies. As CEO, he is focused on seeing the Northeast Ohio Region grow and thrive.

Don't miss this opportunity to connect, gain valuable knowledge, and network.

The luncheon will take place from 11:30 a.m. - 1 p.m. The cost for members is \$25. Non-members are \$30. Please register at [www.beachwood.org](http://www.beachwood.org). Click on the calendar. Seating is limited so register early.

## Train to Become a Master Rain Gardener

The Cuyahoga Soil & Water Conservation District invites you to attend its Master Rain Gardener program at the Beachwood Community Center, 2-4 p.m. The four-week program includes classes on March 15, 22, and 29, and April 5.

Throughout the program, you will learn to design and install your own rain garden and become the rain-garden expert in your neighborhood.

This course includes four classes over a four-week period. The end time may extend depending on the optional field trip location(s).

- March 15: Location, sizing, and soil considerations
- March 22: Digging and drawing
- March 29: Plant selection and design
- April 5: Graduation day! Provide your final design and present to the class

Classes also include homework, quizzes, and individualized feedback. Light snacks will be provided.

### Certification Routes

This course will provide you with the information and experience to build your own rain garden and become a Certified Master Rain Gardener. Since not everyone can build a rain garden on their own property, you can also become certified by participating in a public rain garden building, volunteering at a public rain garden, or passing along your new expertise to the public (i.e., presenting to your garden club, at a public library, etc.).

Upon certification, you'll receive a Master Rain Gardener t-shirt, sign, and certificate, which are included in the cost of registration.

For more information, email [kchapel@cuyahogawcd.org](mailto:kchapel@cuyahogawcd.org), or call 216.503.1257, or visit <http://tinyurl.com/2mav724y>.



## Gunselman's Tavern Leprechaun Chase Supports Empowering Epilepsy

**Gunselman's Tavern Leprechaun Chase 5K and 1-mile run/walk on Saturday, March 9, 9 a.m.**

Can you run faster than a Leprechaun? Celebrate St. Patrick's Day early by joining the Fifth Annual Gunselman's Tavern Leprechaun Chase 5K and 1-mile run/walk benefitting Empowering Epilepsy on Saturday, March 9, 9 a.m., in Fairview Park.

The start and finish will take place on the Fairview High School track and, during the race, a leprechaun will appear on the course. The first 300 racers will receive a custom finisher medal, T-shirt, and pin. Racers who finish ahead of the leprechaun will receive an additional award.

The mission behind this event is to support Empowering Epilepsy, a nonprofit 501(c)3 public charity organization, with headquarters based in Beachwood. Empowering Epilepsy provides free or low-cost educational programs and services to show people living with seizures what they can do.

One in 10 people will have a seizure in their lifetime, and 1 in 26 will be diagnosed with epilepsy. Your support for this walk/run will help over 65,000 people living with epilepsy and their loved ones live well with

seizures. Gather your friends and family to run, walk, donate, or fundraise to support Empowering Epilepsy and help change the conversation about epilepsy and seizures in Northeast Ohio.

Gunselman's Tavern will host a post-race party featuring Irish music to continue the Saint Patrick's Day celebration. Register at <https://runsignup.com/LeprechaunChase>. The event costs \$35 for adults and \$30 for children 13 and under.

To learn more about Empowering Epilepsy, visit [www.empoweringepilepsy.org](http://www.empoweringepilepsy.org).



Change The Conversation

The mission behind this event is to support Empowering Epilepsy, a nonprofit 501(c)3 public charity organization, with headquarters based in Beachwood.



If your business can help people spruce up their home, email Adam today at [beachwoodbuzzsales@gmail.com](mailto:beachwoodbuzzsales@gmail.com) to learn about our April promotion.

# East Side Blades' Skaters Score Well

**B**eachwood Schools Figure Skating Club recently competed in the 2024 Ohio High School Team Championship at Thorton Park Ice Arena, in Shaker Heights.

Fifteen high school groups from all over Ohio competed in this competition that took place Feb. 2-4. Congratulations to East Side Blades for a job well done!

Each team member placed in their respective categories. They

also received high marks in the maneuvers categories. They won first place in the middle school total-points category, second place in the small high school total-points category, and first place in the small ensemble group category.



Front row: Sarah Berns, Yuka Hashiba, Allison Berns, and Jacob Issacson. Back row: Maria Tonyuskin, Avery Fuerman, Anna Tonyuskin, Sophia Nagy-Oleski, Lorena Tovanche, and Dominic Herjan.

### First Place:

**Maria Tonyuskin** • Free Skating, Excel Pre-Juvenile Plus MS

### Second Place:

**Lorena Tovanche** • Free Skating, Excel Pre-Preliminary Plus HS

**Jacob Issacson** • Free Skating, Excel Pre-preliminary Plus MS

**Dominic Herjan** • Free Skating, Excel Pre-Juvenile Plus MS

**Yuka Hashiba** • Figure Skating, Aspire 2 FS Middle School

### Third Place:

**Avery Fuerman** • Free Skate, Excel Preliminary Plus FS MS

**Allison Berns** • Free Skating, Excel Pre-Juvenile Plus HS

**Sophia Nagy-Oleski** • First Dance, Preliminary Solo Pattern Dance,

Rhythm Blues HS

**Anna Tonyuskin** • Free Skate, Excel Intermediate Plus HS



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There are many camp opportunities in and around Beachwood.  
Please review offerings that are displayed below and on the following pages.  
If you select one of these camps, please say you saw it in *Beachwood Buzz!*



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# SUMMER CAMP SCHOLARSHIPS AVAILABLE

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Have an unforgettable summer and make new friends while learning about Jewish values and traditions.

**This scholarship program is a unique opportunity for Jewish children living in Greater Cleveland with at least one Russian-speaking parent.**

**APPLY NOW FOR A SCHOLARSHIP UP TO \$750 PER CAMPER**

At Jewish overnight camp, kids discover who they are and who they want to become – while having the time of their lives!

This scholarship program has been made possible with the generous support from:



Visit [www.jecc.org/rsjcamp/](http://www.jecc.org/rsjcamp/) for more information and to apply, email [campgrants@jecc.org](mailto:campgrants@jecc.org) or call 216-371-0446

## Summer Camp Grant Program for Russian-Speaking Jewish Campers

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

Russian-speaking Jewish families make up an important part of our community, but are often underrepresented at Jewish overnight camps. We're hoping to connect with families and demonstrate what a great value Jewish camp can be for their child's development.

Greater Cleveland-area campers with at least one Russian-speaking parent are eligible for the grant, which is up to \$750 per camper. While both first-time and second-time campers can apply, priority will be given to first-time campers.

At camp, in addition to arts and crafts, swimming, sports, and Hebrew, campers learn skills like leadership, teamwork, independence,

and problem solving, all of which are extremely important and applicable to life year-round. They try out new things and find the best version of themselves. Furthermore, Jewish overnight camp provides the opportunity to connect with Jewish peers and role models.

This grant is available through a partnership between the Foundation for Jewish Camp, the Jewish Federation of Cleveland, and the Jewish Education Center. Cleveland is one of the first communities to have been offered this partnership.

For more information, please visit [www.jecc.org/rsjcamp](http://www.jecc.org/rsjcamp), email [campgrants@jecc.org](mailto:campgrants@jecc.org), or call 216.371.0446.

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The Michael & Anita Siegal  
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For more information visit [www.onehappycamper.org](http://www.onehappycamper.org),  
email [onehappycamper@jecc.org](mailto:onehappycamper@jecc.org) or call 216-371-0446.



## 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 12 days or more, may be eligible for a grant of up to \$1,000, regardless of need.

Grants are also available for second year campers attending denominational camps, such as Ramah camps, URJ Goldman Union Camp 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, podcasting, and much more! Campers are encouraged to discover new skills and interests.

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.

Families can find camps and apply for grants by visiting [www.jecc.org/onehappycamper](http://www.jecc.org/onehappycamper).



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# March Programs at the Beachwood Library

**Hearing Loss and Its Impact on Your Memory**  
Thursday, March 7 • 2-3 p.m.  
Kathy Kilpatrick, a hearing-speech pathologist, will help you learn to address the memory implications of hearing loss. Register at <https://attend.cuyahogalibrary.org/event/9304610>.

**Blood Drive**  
Saturday, March 9 • 10:30 a.m. - 3:30 p.m.  
Donate blood today. For more information or to make an appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call the American Red Cross at 800.733.2767.

**Tuesday Book Chat**  
Tuesday, March 12 • 7-8 p.m.  
Enjoy a discussion of *Halcyon*, by Elliot Ackerman. Registration is not necessary.

**Mindfulness Meditation**  
Wednesday, March 13 • 2-2:30 p.m.  
Embark on a journey of inner calm and self-discovery at this beginner-friendly mindfulness meditation class. Register at <https://attend.cuyahogalibrary.org/event/9653412>.

**Through the Eyes of the Artist: Vincent Van Gogh**  
Friday, March 15 • 10-11 a.m.  
Art historian Felicia Zavarella Stadelman will present on the life and works of the popular artist. Register at <https://attend.cuyahogalibrary.org/event/9604109>.

**Embracing Life in Your Garden**  
Tuesday, March 19 • 7-8 p.m.  
A master gardener will give you techniques for welcoming pollinators and other beneficial insects to your vegetable garden and landscape. Register at <https://attend.cuyahogalibrary.org/event/9536829>.

**Third Wednesday Book Discussion**  
Wednesday, March 20 • 2-3 p.m.  
Enjoy a discussion of *Hello Beautiful*, by Ann Napolitano. Register at <https://attend.cuyahogalibrary.org/event/9597362>.

**Author Téa Obreht**  
Thursday, March 21 • 7-8 p.m.  
Author Téa Obreht will visit to discuss her latest novel, *The Morningside*. Register at <https://attend.cuyahogalibrary.org/event/9618151>.

**A Girl for You: Revival and Revision of Company's Bobbie**  
Thursday, March 28 • 7-8 p.m.  
Enjoy a presentation on the iconic role of Bobbie, in the musical, *Company*, and how the gender switch challenges and reframes the story in the 2018 *revisal*. Register at <https://attend.cuyahogalibrary.org/event/9653324>.

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