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JULY 2020



**LOOKING UNDER THE HOOD
OF THE ETTINGER CREW**

Cover photo by Dan Patchin

 Best Version Media

Welcome NEIGHBORS



Summer is here! I hope that you are all enjoying backyard cookouts, fireworks, bike rides, walks, fire pits, and soaking in the sun!

Until next month,

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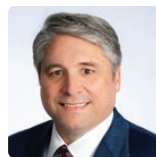
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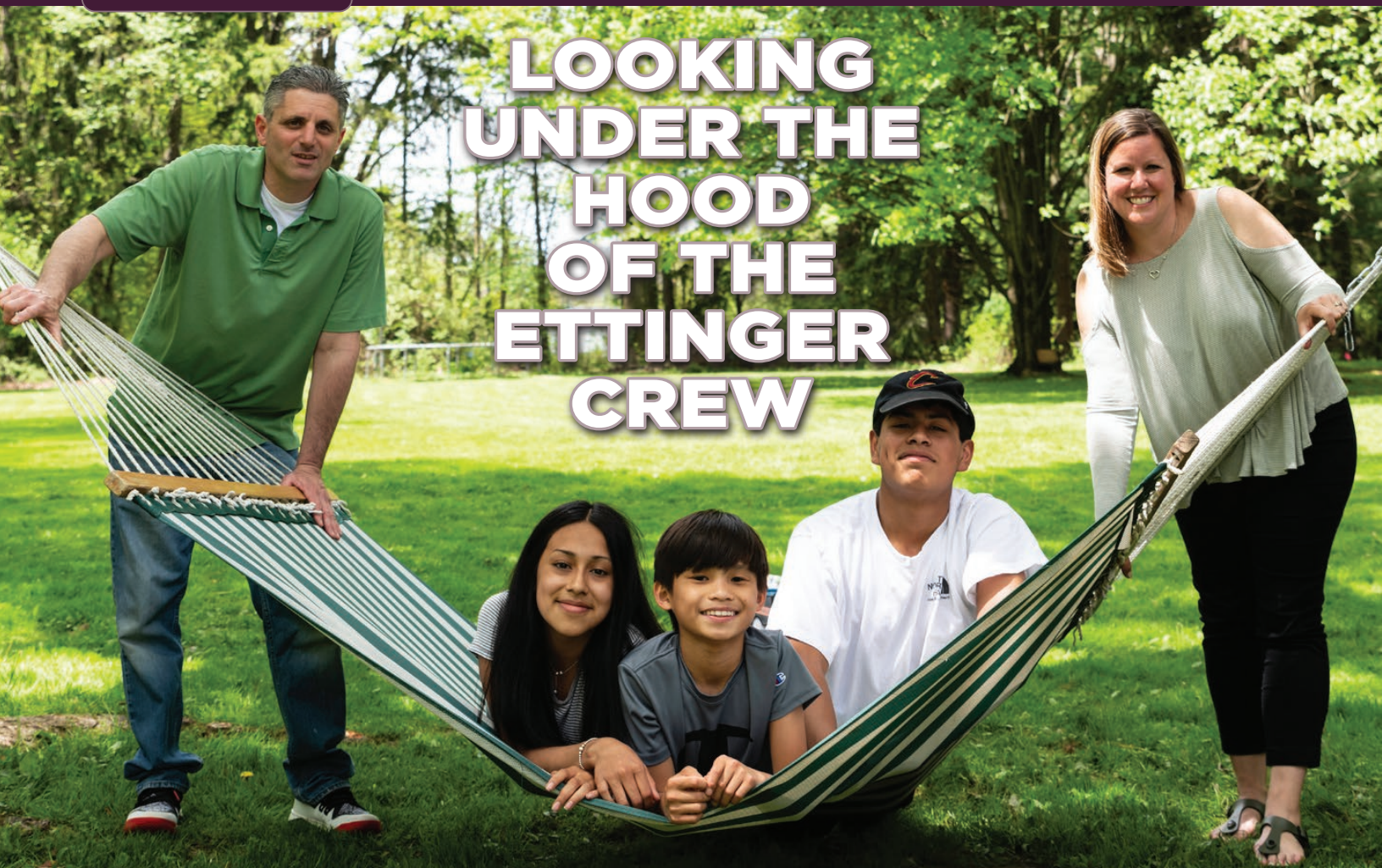
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LOOKING UNDER THE HOOD OF THE ETTINGER CREW



By Amy Sonia Richards, Content Coordinator | Photos by Dan Patchin

Their story began in 2000, when Stacie's coworker, Shari, set her up on a blind date with her brother, Brian Ettinger. Stacie and Brian went to a Monster's game and dinner. They married two years later.

A year after marrying, they decided to expand their family. Although Brian had grown up with older sister Shari, Stacie was an only child. "I didn't like being an only child. It was lonely. I wanted lots of kids," Stacie explains.

In 2004, they went to Guatemala to adopt five-month-old Cole. While there, they traveled the country. Two years later, they returned to adopt five-month-old Libby. "It was a very different experience when we went back," Stacie explains. "*Survivor* had just filmed there, and there was a

lot of anti-American sentiment. So, we only left our hotel to go to the embassy to get Libby." Two years later, they adopted three-year-old Ben from China.

Now, the kids are grown and in school. Cole, 16, will be a junior at Chagrin Falls High School in the fall. Libby, 14, will be a freshman. Ben, 12, will be in sixth grade at Chagrin Falls Intermediate School.

They all have different interests and hobbies. "I like to play football, hike, fish, and swim in the neighborhood lake," says Cole. He is anxiously awaiting news that football practice is resuming.

Libby runs cross country and track, plays soccer, and is a violinist in the school orchestra. She likes to ride her bike and play with Bear, one of the family's two dogs. "I trained Bear when he was a puppy. I am



Brian and Stacie

probably his favorite,” Libby admits. Their other dog, Brock, loves walks. Ben says, “If you say the word ‘walk,’ Brock gets so excited.”

“I like to play soccer, the drums, and ride my bike,” says Ben. This summer, he is helping to plant a garden. “We are planting beans, squash, zucchini, tomatoes, peppers and carrots,” he says.

Stacie teaches at Solon High School. Born in Dayton, she attended Hillel Academy except for freshman year, when her family briefly lived in Nashville. Her graduating class had only 12 students. “It is hard to relate to things my kids say about their school experience. I didn’t feel self-conscious or have new kids in class each year. It was very different from what they have,” she says.

“I loved English and took Hebrew and Spanish. I did only-child things, like read, write, and do crafts,” she explains.

After high school, she started at Bradley University, a very small college in Peoria, Illinois. “I wanted a big college, but my parents couldn’t make the jump to a big school, so I went to Bradley. I wanted anonymity at a bigger school though, so after a year and a half, I withdrew without telling my parents. Then I started at OSU, which I loved,” she recalls.

“I majored in home economics but was planning to go to law school. When I did my student teaching, however, I fell in love with it and ended up teaching home economics.” Her first job was at Garfield Heights Middle School. Her district technology coordinator was Brian’s sister.

From Garfield Heights, she went to Berea Schools and then to Solon High School where she taught home economics for two years. After getting a master’s degree and a reading endorsement at John

Carroll and additional licensure in intervention at Baldwin Wallace, she became an interventionist.

In addition to teaching at Solon High School, Stacie usually spends summers working at Camp Wise. Since camp is cancelled this summer, Stacie will have time to focus on the things she loves, like going for walks in the park, reading, painting, doing chalk drawings in the driveway, and cooking.

In contrast, Covid-19 has made Brian’s business more demanding. Born in Beachwood, then moving to Geauga and attending Geauga Schools, Brian owns and runs Finn Tire and Automotive, the family business that his father bought 55 years ago from his partner, Leonard Finesilver, shortened to Finn.

The business, located in Bedford Heights, is in Brian’s blood. “It fits me. I have always enjoyed working on anything. As a kid, I took apart the tractor and learned how cars worked. It is really the only job I have ever had. I used to go in with my dad when I was little and worked there throughout high school,” he says.

After high school, Brian enrolled at Ferris State University in Big Rapids Michigan because, as he explains, “it was the number one automotive school in the country.” He received an associate degree in automotive service technology and a bachelor’s degree in small business management.

Ferris State was in a small town surrounded by state grounds, so Brian spent a lot of his free time hunting, fishing, and camping—things he still loves.

After graduation, Brian came back to work at Finn with his dad, who still comes into the shop from time to time.

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Chef Holly

SUMMER SIZZLIN' ON THE GRILL

By Chef Holly Strauch

Since we are all staying at home more, this summer is the perfect time to switch up what you normally grill. Have you ever grilled fresh mozzarella or grouper? Grilling pineapple brings out the sweet juice, which caramelizes on the outside surface. Say no more...let's start grilling!

GRILLED FISH TACOS

(Makes 4-6 servings)

Use firm white fish fillets without the skin, such as grouper, mahi mahi, haddock, cod, or halibut. Don't marinate the fish any longer than 25 minutes per side, or the citrus will start to "cook" the fish.

MARINADE

- Grated zest of 1 lime
- 2 tablespoons fresh lime juice
- 2 tablespoons fresh orange juice
- 2 tablespoons tequila *(optional)*
- 1 teaspoon honey
- 2 pounds skinless, firm white fish (or medium-sized shelled shrimp)



TACOS

- Vegetable oil for the grill grate
 - 1/4 cup mayonnaise
 - 12-24 corn tortillas, about 6-inches in diameter
 - 2 cups finely shredded green cabbage or coleslaw mix
 - Salsa of your choice (drain off excess juice)
 - 1/2 cup fresh cilantro leaves, coarsely chopped
- In shallow baking dish, whisk together all marinade ingredients. Pat fish dry; season on both sides with salt and pepper. Add fish to marinade; turn to coat. Marinate at room temperature 15-25 minutes; flip fish; marinate 15-25 minutes more.
- Heat grill to high heat.
- Lightly oil wadded up paper towel and use tongs to carefully wipe oil on grate.
- Remove fish from marinade; brush both sides with mayonnaise.
- Place fish on grill directly over fire and cook, turning once, until opaque and flakes when prodded gently. Transfer fish to platter.
- Place tortillas on grill, flipping them often with tongs, until warm. Stack tortillas and wrap in kitchen towel to keep them warm and pliable.
- Using a fork, break fish into bite-sized pieces.
- For each taco, top a tortilla (or double up with 2 tortillas per taco) with fish, cabbage, salsa (drain off liquid) and cilantro.

ITALIAN GRILLED CHEESE SKEWERS

(Makes 6 skewers)

Crisp bread, melted mozzarella, and fresh tomatoes-count me in! This works equally as a vegetarian entrée or an appetizer.

- 1 loaf country bread, cut into 1-1/2 x 1-1/2-inch cubes
- 8 oz. Bocconcini (small fresh mozzarella balls)
- Olive oil



- 12 wooden skewers, soaked in water for at least 30 minutes
 - Salt and pepper
 - 1 pint cherry tomatoes, cut in half
 - 1/3 cup basil pesto
- Heat grill to medium-low heat. The skewers need to be cooked using indirect heat.
- Coat bread cubes with olive oil; set aside.
- Using 2 skewers per kebab, one on each side of food, thread bread cubes and Bocconcini balls, alternating them. Sprinkle skewers with salt and pepper; place on grill.
- Cover; grill 3-6 minutes, turning once halfway through to toast both sides of bread and warm cheese.
- Divide tomatoes among 6 plates; drizzle with pesto.
- Remove skewers from grill; place 1 kebab on each plate, directly over tomatoes.
- Sprinkle with salt; enjoy immediately.

GRILLED PINEAPPLE WITH MAPLE AND RUM

(Makes 6 servings)

Once you make this, it is sure to become a favorite. I like to serve this over salted caramel ice cream. This is also delicious over cake, French toast, as part of a fruit salsa...etc.

- 1 fresh pineapple, peeled and cored, cut into 1/2 rings
 - 1/2 cup dark rum or orange juice
 - 1/4 cup butter, melted
 - 1/4 cup maple syrup
- Heat grill to medium-low heat.
- Combine rum, butter and syrup in small bowl; brush both sides of pineapple with rum mixture.
- Grill pineapple 2-4 minutes per side; pineapple should have grill marks on both sides.
- Transfer pineapple to platter; serve over ice cream.



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Continued from page 5

Finn keeps Brian busy. “Things change at a moment’s notice, but mornings are usually filled with car drop offs, loaner cars, getting cars to technicians, talking to customers, and dealing with the logistics of cars as they go through the shop from start to finish. Then there is car pick up at the end of the day,” he says.

Covid-19 has impacted operations. “When Covid began, we were picking up and dropping off cars at houses,” Brian says. “Also, people haven’t driven much, so we are seeing problems that wouldn’t be happening if cars were driven,” he explains. Covid-19 has also changed the way things are done at the shop. “We are doing no-touch car repair. We disinfect all touch points when a vehicle comes in, then put mats and steering covers on. We have gloves on while in the car. When we are done with service, we disinfect the car again. Right now, our offices and waiting room are closed, so we take all payments online, and we text or email inspection reports with photos before work is done,” he adds.

Finn does complete automotive repair and maintenance, sells tires, and specializes in classic cars. Right now, Brian is working on a 1974 Cadillac Eldorado convertible.

When not at Finn, Brian tries to spend a lot of time with family and outdoors. Usually, he plays softball every Sunday morning, but, right now, the fields aren’t open. He and Stacie typically spend a lot of their time watching the kids’ sporting events, but for now those are on hold also. Like the rest of us, they are hoping to get back to those things soon.



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WHEN SOMEONE HAS A STROKE, EVERY SECOND COUNTS.

Submitted by University Hospitals

“Time is brain” is a saying that emphasizes the importance of every second that passes after a person has a stroke.

“The longer you wait to get treatment, the more of your brain that is likely to be damaged—and the damage could become permanent,” says Mark Rorick, MD, neurologist and stroke director at University Hospitals Geauga Medical Center.

Stroke—a disease that affects the arteries leading to and within the brain—is the fifth leading cause of death and a leading cause of disability in the United States, according to the American Stroke Association. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or ruptures. When that happens, part of the brain cannot get the oxygen it needs, and brain cells can die.

“When you have symptoms of a possible stroke, you should immediately call 9-1-1 and be taken to the emergency room,” Dr. Rorick advises. “That’s the fastest way to get treatment.”

Paramedics can save precious time by starting the initial triaging and alerting the hospital that a stroke patient is on the way, he says.

“FAST” is a useful acronym that can help you remember some common stroke symptoms:

- **F**acial drooping;
- **A**rm weakness;
- **S**peech difficulty;
- **T**ime to call for help.

However, Dr. Rorick cautions, “Other symptoms can include difficulty walking and clumsiness, double vision, or even loss of vision,” he says. “I’ve seen people actually have a stroke, and their only problem is they can’t walk or they’re off balance.”

Another symptom, he adds, can be “the worst headache of your life. I’m not talking about somebody who has a history of migraines,” he explains. “I mean somebody who rarely gets headaches and has an excruciating headache that could be a sign of bleeding in the brain.”

Because time is critical, Dr. Rorick cautions, don’t wait around to see whether symptoms get worse—or even go away.

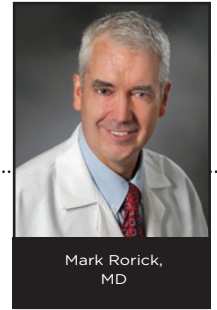
“Sometimes symptoms seem to subside, but you may have experienced a ‘mini-stroke’ or transient ischemic attack (TIA),” he says. “People who have TIAs are more susceptible to strokes down the road, so they should still go to the emergency room for assessment. Don’t wait to make an appointment with your primary care provider.”

At the hospital, blood tests, CT scans, and other diagnostic tools may be used to diagnose a potential stroke patient. Ischemic strokes—those that are caused by arterial blockages—can typically be treated with an intravenous clot buster called tPA (tissue plasminogen activator) if it can be administered within three, sometimes four-and-a-half, hours after the stroke occurs, Dr. Rorick explains.

UH Geauga Medical Center is a primary stroke center that is able to do most stroke treatment procedures. If a patient requires a complex treatment, such as using a catheter to remove a blockage in the brain, he or she can be quickly transported by helicopter to the main UH campus, UH Cleveland Medical Center, Dr. Rorick explains.

“Nobody wants to go to the ER, but you shouldn’t take chances with a stroke,” he says. “You can be assured that we take every precaution to ensure that our facility is clean and safe for all of our patients and staff.”

It’s important to note that it is safe to come to the hospital amidst the coronavirus pandemic, and it’s important not to put off the care you need as it can lead to later problems down the road. UH Geauga, like the entire University Hospitals system, is extremely proactive with safety precautions, including universal screening, masking and social distance policies. Cleaning and sanitation of high-touch surfaces are 24-hour-a-day activities as well. Telehealth appointments are also available to ensure you’re keeping up to date with your preventive health care needs.



Mark Rorick,
MD

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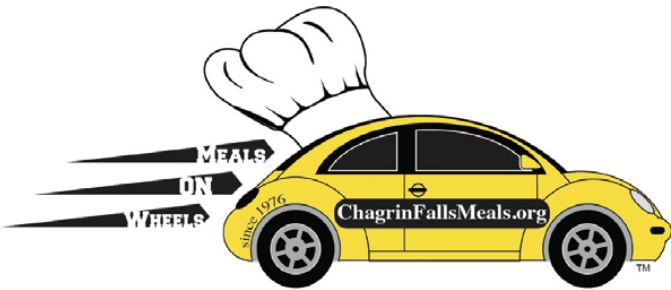
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Submitted by Meals on Wheels



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CHERISHED COMPANIONS RECEIVES 2020 BEST OF HOME CARE - LEADER OF EXCELLENCE AWARD

by Doug Wilber, Owner of Cherished Companions

Cherished Companions announces its receipt of the distinguished 2020 Best of Home Care - Leader in Excellence Award from Home Care Pulse. The Leader in Excellence Award is the highest recognition awarded by Home Care Pulse, the leading firm in quality assurance for home care. This award is given to select home care businesses that consistently rank among the very highest in 10 or more quality metrics. As a Leader in Excellence, Cherished Companions is ranked among the top 15% of home care providers participating in the nationwide Home Care Pulse Satisfaction Management Program.



*back row l-r: Kim Garred, Tracy White, Chris Voinovich, Ame Meikle, MyRanda Washington, Lisa Whitmer, Camden Mollohan, Lisa Mollohan, Rebecca Ugwu
middle row l-r: Kaitlyn Wilber, Terry Pece, Amanda Mormile, Mary Mikolanis, Lena McFarland
front row l-r: Molly Patel, Douglas Wilber, Erin Pfenning*

This accomplishment demonstrates Cherished Companions' long-term dedication to excellent care and quality improvement. To qualify for this award, 10% of Cherished Companions' clients and caregivers were interviewed each month by Home Care Pulse. Over a 12-month period, Cherished Companions received exceptionally high client and caregiver satisfaction ratings in areas such as caregiver training, compassion of caregivers, communication, scheduling, client/caregiver compatibility, etc. Using feedback from clients and employees, as well as quality benchmarks from Home Care Pulse, the Cherished Companions management team set goals to reach the highest level of excellence possible.

"We are very proud to win this significant award for three years out of the last four. Cherished Companions was founded as a mission-based company, and we are always trying to improve as an organization. I have found that 'you get what you measure,' and this is one way we can measure how we are meeting the needs of our clients and employees. We are driven to provide wonderful care by employees who care, and this feedback helps us make this happen," says Douglas Wilber, president and founder of Cherished Companions.

The Best of Home Care - Leader in Excellence Award highlights the top-performing home care businesses in the nation. Home Care Pulse believes that by honoring these providers, families looking for in-home care for a loved one will be able to recognize and choose a trusted home care provider.

To find out more about Cherished Companions' commitment to excellence, please visit CherishedAgency.com or call 440-484-5390.

ABOUT CHERISHED COMPANIONS

Founded 11 years ago by Douglas Wilber, Cherished Companions' goal is to provide unsurpassed compassionate care at an outstanding value, thus allowing more people to enjoy independence in the comfort of the home.

ABOUT HOME CARE PULSE

Home Care Pulse is the home care industry's leading firm in satisfaction research and quality assurance. On behalf of home care businesses across North America, Home Care Pulse gathers unbiased satisfaction ratings from clients and caregivers and detailed feedback to ensure the best in-home care possible can be provided. Powerful online reports allow businesses to identify needs and take action to increase satisfaction, reduce caregiver turnover, and address client needs. For more information, visit www.homecarepulse.com.



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By Mike Henry, Lead REALTOR® and President, HG Agents - EXP Realty

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LEGEND LARRY MORROW GUEST EMCEE DURING VIRTUAL 2020 MIND CHALLENGE

by Score Communications, Cleveland, Ohio

The Mind Challenge for the New Majority, a trivia competition for active seniors, now in its second year, was proud to have noted author and educator Larry Morrow act as guest emcee during the virtual championship round that took place on June 23, 2020.



"Larry was the perfect choice to be our guest emcee key-noting the 2020 Mind Challenge Championship which culminated in crowning the 2020 Mind Challenge for the New Majority Champion team. He represents everything that is positive for our active seniors, while embracing the spirit of this fun competition," stated founders Art Greenberg and Phil Levine.

What began in January with 75 teams and over 500 participants representing 34 cities (up from 16 in 2019), had been narrowed to 300 players for the selection of the top 4 teams who competed for the 2020 Mind Challenge Championship. Greenberg and Levine, along with Trivia Host Lana Oriani of Get Lucky Trivia, conducted the tournament on Facebook Live. Founders Greenberg and Levine realized that the current COVID-19 pandemic had played havoc with the senior community, forcing area senior centers to close leaving active seniors yearning for stimulating activity and socialization while maintaining safe protocols. "We made the decision to go with completing the tournament in a virtual environment after receiving numerous correspondence from the senior community urging us to do so," they explained.

SEMI-FINAL RESULTS

THE EAST REGION:

- Mentor 91
- Partnership on Aging 81
- Chagrin Falls 80
- Chardon/Chesterland 67
- Fairport 66
- Willowick 63

THE SOUTHEAST REGION:

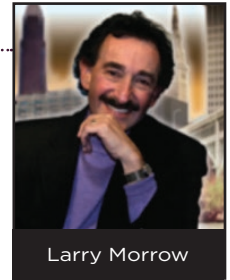
- Cleveland Heights 112
- Solon 78
- Maple Heights 75
- Cleveland Heights-Wit 67
- Beachwood 65
- Shaker Heights 64
- Warrensville 60

Congrats on another fine season. They say the third time is a charm so I am sure we will win it all next year.

Respectfully yours,
Mark A George
Secretary



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Larry Morrow

The 2020 Mind Challenge for the New Majority is presented with the support of the following sponsors:

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For more information about the 2020 Mind Challenge for the New Majority, please visit our website at www.themindchallenge.com.

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THE SHOW MUST GO ON AT CHAGRIN VALLEY LITTLE THEATRE

By Christine Weiss

Like many local arts groups, Chagrin Valley Little Theatre was forced to make broad changes to its schedule this year, cancelling the remainder of its milestone 90th season. However, beginning with *The Turn of the Screw* in late June, the Theatre tested digital theatre and plans several more productions.

CVLT anticipates more online events to come. “We are working creatively to remain a safe, viable venue for our patrons and the community,” says CVLT’s President Julia Wolff. The theatre has negotiated to secure the rights to present additional virtual programs including an approval for an encore streaming of Jeff Baron’s *Visiting Mr. Green*. First presented at the theatre in 2016, the production will be a donation-based online event held on July 25 and 26. This performance will raise funds to maintain the Main Stage and River Street Playhouse buildings, along with the reduced staff. Visit cvlt.org online for more information.

SOGI ESTABLISHED IN GEAGA COUNTY

By Christine Weiss

The Geauga SOGI Support Network is excited to introduce itself to the Geauga community. The organization works together with individuals, families, friends, and the Geauga community to embrace Sexual Orientation and Gender Identity. Through collaboration, education, and advocacy, Geauga SOGI Support Network will provide PFLAG Cleveland-Geauga support groups for individuals, families, and friends, assistance to schools, agencies, businesses, and churches, as well as family and community events and community education.

The network is an independent, non-profit organization and a sub-chapter of PFLAG Cleveland. Support groups are open to residents outside of Geauga County. For more information, visit the Geauga SOGI Support Network Facebook page or email GaugasOGI@gmail.com. Currently all groups and meetings are being held virtually.

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GEUGA FRESH FARMERS MARKET IS UP AND RUNNING, SAFELY DISTANCED

By Christine Weiss



As of June 13th, the Geuga Fresh Farmers Market is open for foot traffic. After a month of drive-through shopping, the market has shifted to a walkable model that takes precautions. Vendors have returned as has live music. All attendees are asked to please wear a cloth face covering, remain safely distanced from others, and be aware of rules that are in place to maintain a safe atmosphere. Shoppers are directed to please exercise patience, not handle produce, and keep conversations with vendors brief. A few vendors do require pre-ordering. Visit geugafarmersmarket.com for information about ordering options.

Summer vendors include: BB Farm, Bigfoot Mushrooms, Birdsong Farm, Chickabuzz Apiary, Cleveland Field Kitchen, Falls Practical Paleo, Good Stuff Soap, Fresh outdoors, Great Harvest Bread Company, Harvest Bell, HippieChick Noms, Lucy's Premium Ice Cream, Melanie's Masks, Noon Sharpening, Ogden Maple Farm, Pepper-Licious, Sandee River Farms, Short & Sweet, Sweet Crumb Pastries, Tame Rabbit Café and Roaster, That Hawaiiin Guys BBQ, Voytko Farms and Wright Family Farm.



BAINBRIDGE AREA FOOD FOR FRIENDS SAYS THANK YOU

By Christine Weiss

In April, The Bainbridge Area Food For Friends was named the non-profit of the year by the Chagrin Valley Chamber of Commerce. The pantry helps provide food to families in need who may not qualify for governmental assistance. As recent demand for food has increased, community partners have stepped up. The pantry would like to thank all community members who have donated, including Nestle, Chagrin Valley Jaycees, Chagrin Valley Chamber of Commerce, Chagrin Valley Women's League, Bainbridge Civic Club, Solon Chinese community, Lyndall Insurance, and The Blind Squirrel Winery.



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