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JULY 2022



THE DOCTORS DELZELL

Cover photo by Nellie Park

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How could it already be July? Summer seems to fly by faster and faster every year. I have really tried to make it a point to cherish this summer-to appreciate every sunny day, every barbeque with friends and family, and every stolen moment of relaxation whether it be hiking through the Metroparks or enjoying mouthwatering food on a patio somewhere in the area. I hope that your summer has been full of memorable moments so far and that you each have a few minutes to stop and smell the beautiful summer flowers that are overflowing in gardens, window boxes, and planters all around the Chagrin Valley.

Until next month,

Until next month,
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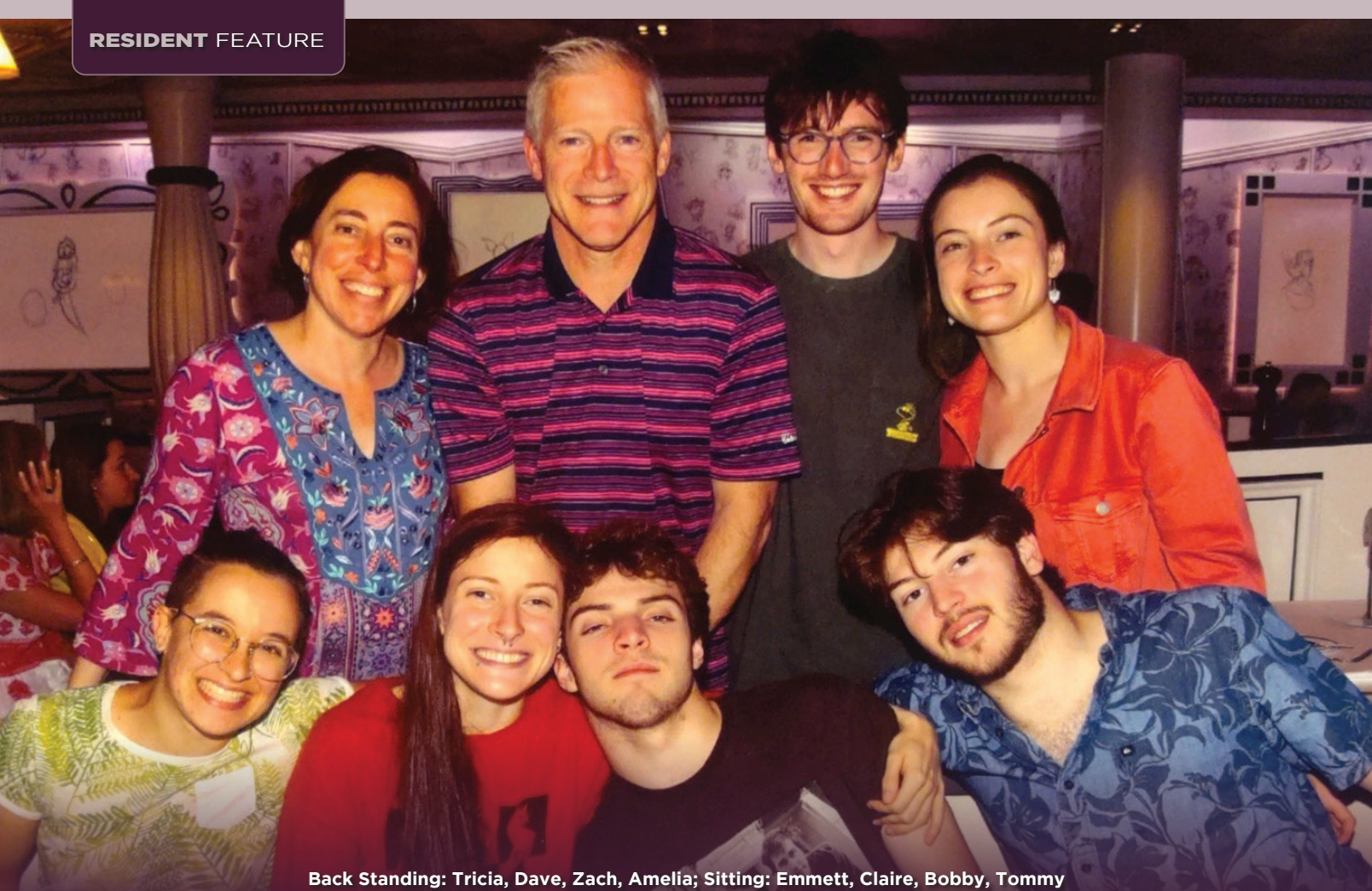
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The Anchor Team
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Back Standing: Tricia, Dave, Zach, Amelia; Sitting: Emmett, Claire, Bobby, Tommy

THE DOCTORS DELZELL

By Amy Sonia Richards, Content Coordinator | Photos by Nellie Park

Drs. Dave and Tricia Delzell followed in their fathers' footsteps and became physicians. Dave's father was a family practitioner in Minneapolis, and Tricia's father was a prominent local cardiologist. Physician couples meet in medical school all the time, but the unusual part is that they met when they were partners in the cadaver lab during medical school at Case Western Reserve University. As Tricia jokingly says, "Maybe formaldehyde is an aphrodisiac?"

Tricia was born and raised in Cleveland Heights, one of seven children. "I was the youngest, the tiebreaker," she recalls. "It was so much fun for me to have such a big family. One year only four of us kids were home for Christmas, and I remember crying to my mom about everyone not being there," she reminisces.

Tricia graduated from Laurel and was a competitive figure skater and ice dancer through high school. While a student at Wellesley College in

Massachusetts, she taught skating. "I loved skating! I continued to teach lessons while I was in medical school, even teaching Michael Stanley's daughters," she recalls.

Although Tricia trained as a radiologist, practicing for 20 years in "traditional" radiology, in 2019 she left her position with the Cleveland Clinic and opened her own integrative pain management practice, realizing that so many people had chronic pain that wasn't being treated comprehensively. "I went into integrative medicine to incorporate traditional medicine with holistic medicine. I use traditional skills, such as high-end ultrasound to diagnose and treat conditions like scarring and nerve entrapment, but add lifestyle medicine such as nutrition, stress management, sleep management, stretching and yoga, etc., to optimize my patients' bodies for healing," she explains. "It is so much more gratifying than temporary treatment," she adds.

Tricia also practices what she preaches in her medical office. "I do yoga every other day; I row

twice a week; I do Qi Gong, a moving meditation, every other day; and I also meditate every day,” she explains.

Originally, Advanced Musculoskeletal Medicine Consultants opened in Novelty, OH. Her practice has outgrown that location and this past April she relocated to 8401 Chagrin Road, Suite 20A, Chagrin Falls.

Unlike Tricia, who was part of a large family, Dave was the middle of three children. He was born on the Pacific Island of Guam, where his father was a physician in the Navy. At the age of six months, Dave’s family moved to Minneapolis, Minnesota.

Dave was a sports guy growing up, playing baseball, hockey, football, and soccer. “At first, I played a lot of baseball, but I realized that you stood around a lot. That realization pushed me into soccer because I saw the soccer players moving all of the time,” he explains. “Later, I realized soccer was a lifelong sport, so I made the jump from high school football to soccer. That was not a popular decision with the coaches, but I was thinking about the long term,” he recalls. “After graduating from high school, I ended up taking a gap year and focused on soccer, spending time in California, Austria, and Brazil. That’s when Mercyhurst College in Erie, Pennsylvania, called me. Their new coach was from Minnesota also, so he called me to play soccer for them,” he adds.

“During a freshman zoology class, I started to think about becoming a doctor. I went to my dad and told him that I was thinking of merging my love of sports with medicine and considering orthopedics. My dad was a smart guy and knew me well. He encouraged me to think about anesthesia and took me to the hospital to observe, so I kept that in the back of



Surveying the deck project drawings; construction currently underway

my mind during medical school,” Dave explains.

“I went to med school on a Navy scholarship and deferred my active duty payback until after I completed my residency. There were fewer ‘bad duty stations’ they could send you to as an anesthesiologist,” Dave jokes. He and Tricia, who married halfway through medical school, were stationed in Rhode Island for four years. After the Navy, they moved to Peoria, Illinois, for seven years before returning to the Cleveland area in 2008.

Dave now works as an anesthesiologist in a private group called Anesthesia Associates, which contracts with University Hospitals and other local surgery centers.

Tricia and Dave have been married for 31 years and have four children. The oldest, Claire, was born during their first year of residency. Their second child, Amelia, was born during their first year of Navy time. “It was a crazy time,” Tricia says. She continues, “One of us was almost always on call. With each baby, when I was on call, Dave would have to bring the baby to the hospital for me to nurse.” After their residency, they had two more children in Peoria, Tommy and Bobby. Claire now lives in Massachusetts, Amelia in Los Angeles, Tommy is a student at the University of Cincinnati, and Bobby is a rising senior at Kenston High School. In addition to their children, they also have a five-year-old Australian labradoodle named Luna.

When Dave and Tricia aren’t working, spending time with their children, or hiking with Luna, they manage to keep very busy. Although Tricia gave up skating long ago, Dave has gotten back onto the ice recently. “I rekindled my love of hockey about three years ago, and I am a proud two-time winner of the men’s over-30



The kitchen conference zone

Continued on page 6

RESIDENT FEATURE

hockey championship that takes place in Mentor," he says. Besides hockey, Dave still likes to play and watch soccer and golf. He also does a great deal of service for the neighborhood. Tricia adds, "He is the man with the white beard in the sleigh that goes around collecting cans for the food pantry and greeting children with candy canes."

Tricia is also very involved in the community. "I am very active at church and before COVID I was involved in an inner-city school mentoring program for teenage girls. We went once a month to introduce different things including wellness tools, religious music, and introductions to many professions. We would take the girls on field trips to the art museum or to meet with college students at CWRU who were previously from the inner city so that they could see firsthand what it takes to achieve their educational and professional career goals as well," she explains.

She is also a sports fan, maybe even more than Dave. "I am an avid baseball fan-a baseball freak! I love baseball of every type, in any form. I loved



Brotherly love

watching the kids' t-ball as much as professional baseball. If Dave comes to a game with me, he knows that he must stay until the bitter end," she laughs. "Follow through is crucial. That's our family motto!"



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Chef Pearl

PAD THAI

By Chef Pearl Soyson, Owner of Thon Buri Thai and Sand Pebbles



PAD THAI

(Makes 2 servings)

This easy Pad Thai recipe has rice noodles, chicken, shrimp, tofu, peanuts, eggs, and fresh vegetables all tossed together in a delicious homemade sauce.

- 8 ounces flat rice noodles
- 3 tablespoons oil
- 1 tablespoon minced shallot
- 1 tablespoon minced garlic
- 8 ounces uncooked shrimp, chicken, or extra-firm tofu, cut into small pieces
- 2-3 eggs
- 1 cup fresh bean sprouts
- 3 green onions, chopped
- 1/2 cup dry roasted peanuts
- 2 limes

FOR THE PAD THAI SAUCE:

- 5 tablespoons light brown sugar
- 4 tablespoons fish sauce
- 3 tablespoons rice vinegar, or tamarind paste
- pinch of salt
- 1 tablespoon Sriracha hot sauce, or more, to taste (*optional*)
- 2 tablespoons creamy peanut butter (*optional*)

INSTRUCTIONS

Cook noodles according to package instructions, just until tender. Rinse under cold water.

Make sauce by combining sauce ingredients in a bowl. Set aside.

Stir fry - Heat 2 tablespoons of oil in a large saucepan or wok over medium-high heat. Add the shrimp, chicken or tofu, garlic and shallot. The shrimp will cook quickly, about 1-2 minutes on each side, or until pink. If using chicken, cook until just cooked through, about 3-4 minutes, flipping only once.

Push everything to the side of the pan. Add a little more oil and add the beaten eggs. Scramble the eggs, breaking them into small pieces with a spatula as they cook.

Add noodles, sauce, bean sprouts and peanuts to the pan (reserving some peanuts for topping at the end). Toss everything to combine.

Garnish the top with green onions, extra peanuts, and lime wedges. Serve immediately.

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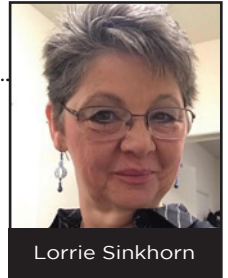
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PAIRINGS FOR EVERY PALATE

By Lorrie Sinkhorn, Tasting Attendant at Cooper's Hawk Winery



Lorrie Sinkhorn

Northeast Ohio has an abundance of culturally-diverse food selections. On any given day, we can enjoy a meal from countries like Greece, Japan, China, Mexico, France, Germany, or Vietnam. This month we will look at pairing Pad Thai, a highly flavorful dish from Thailand, with some refreshing options. Look for a beverage that is high in acidity to help cleanse the palate and something with a touch of sweetness to tame the heat if a stronger sauce is used.



Lemongrass jasmine iced tea, slightly sweetened with a hint of vanilla, with citrus and floral notes sounds refreshing. A warm summer day beckons for an ice cold beer. Try a summer shandy that has wonderful citrus notes. A local brewery here makes a lovely tropical beer that tastes like a pina colada. What a nice surprise.



Wine friends, don't fret, I have a few suggestions. Bubbles! An easy drinking Prosecco pairs well (with anything!). Not into sparkling? Let's pull out that off-dry German Riesling. The acidity level is perfect to "wash off" the palate. You may prefer a slightly sweeter aromatic

Gewurztraminer. A floral bouquet to the nose, a touch of lychee to the palate with a hint of grapefruit at the end may just be what you are looking for. An interesting find is Silvaner, a German white wine with notes of peach, pear, and passion fruit. There is a touch of minerality with a high level of acidity and a breath of grassiness in this wine that would complement this dish.

Red for you? Beaujolais Village is light and fruity (a wine made from the Gamay grape varietal) or even a Pinot Noir from a cooler region that has a light body and hints of cherry would be more to your taste.

These are only a few suggestions; I am sure what you are enjoying is the perfect pairing for you.

Hope you are having a great summer. Visit the local wineries and breweries and find some hidden treasures to add to your collection.

Cheers!

Hungry Bee
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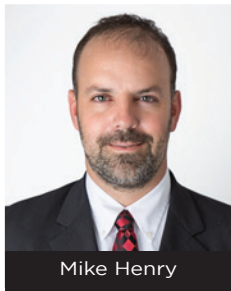
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Mike Henry

REAL ESTATE TERMS YOU SHOULD KNOW: BRIDGE LOAN

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

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CHERISHED COMPANIONS RECEIVES 2022 BEST OF HOME CARE® - LEADER IN EXPERIENCE AWARD

By Lisa Mollohan

Chagrin Falls, Ohio – Cherished Companions announced today that it received the distinguished 2022 Best of Home Care – Leader in Experience Award from Home Care Pulse, the leading firm in quality assurance for home care. The Leader in Experience Award is the highest recognition awarded by Home Care Pulse and is given to select home care businesses that consistently rank among the very highest in 10 or more quality metrics. As a Leader in Experience, Cherished Companions is now ranked among the top 10% of home care providers participating in the nationwide Home Care Pulse Experience Management Program.

This accomplishment demonstrates Cherished Companion's 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 high client and caregiver satisfaction ratings in areas such as caregiver training, compassion of caregivers, communication, scheduling, client/caregiver compatibility, and more. 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 honored to achieve this significant award for five out of the last six years. Cherished Companions was founded on a mission of caring and we are constantly focused on 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 want to provide the type of wonderful care that can only be driven by employees who



Left to Right: Lisa Mollohan, Director of HR & Operational Support; Doug Wilber, Founder & President; Lena Macfarlane, Marketing Manager; Erin Pfenning, Director of Client Care

embrace our mission and truly care from their hearts. This feedback helps us make this happen daily," says Douglas Wilber, president, and founder of Cherished Companions.

The Best of Home Care – Leader in Experience 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.

"At Home Care Pulse, our mission is to help home care businesses create an experience that goes beyond client and caregiver expectations," says Todd Austin, president of Home Care Pulse. "When we see agencies like Cherished Companions that have so effectively provided outstanding care and employment experiences, we know we're on the right track. Cherished Companions has worked extremely hard to prioritize high-quality care and employment, and their work hasn't gone unnoticed. This award allows them to provide proof of quality to potential clients and caregivers."

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

ABOUT CHERISHED COMPANIONS

Founded 13 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 safety and comfort of home.



Courtney McIvor

HOMEOWNERS' INSURANCE MADE EASY

By Courtney McIvor, Owner/Insurance Agent, Mclvor Insurance Agency LLC

Owning a home is one of the biggest assets you will ever have and with home ownership comes great responsibility. One of those responsibilities is to have homeowners' insurance coverage. You know you must have it, and you understand the purpose of it, but do you know what it covers? How do you know if you have enough coverage? How often should you be communicating with your agent on updates and improvements? Do I need all the coverages that are on my policy? The best way to answer some of these questions is to break down the declarations page of your insurance policy with your agent on an annual basis and ask the questions.

The very first coverage on your policy is Coverage A (Dwelling). This coverage is replacement cost of your home. Many people get confused by this. The most common call an agent gets is to ask why their dwelling is covered at \$642,000 when it would only sell for \$450,000. Dwelling coverage is the cost if you had a complete loss, to clear away the debris from your property, prep the area, and rebuild the home. This cost is much more than your sell today value.

The next Coverage B (Other Structures or Dwelling Extension) is coverage for other building(s) on your property such as an unattached garage. Coverage C (Personal Property) is coverage for your property that is not physically part of the home. This includes clothing, electronics, furniture, décor, etc. Coverage D (loss of use) is coverage to help pay for you to stay elsewhere while your home is being repaired or rebuilt after a loss.

Other coverages on your policy include Personal Liability. Example: Someone slips and falls on your front steps and gets injured. Medical Payments coverage is used in the case of a minor injury at your home and their medical bills are minimal. This coverage is the maximum the insurance carrier will pay them to avoid a personal liability claim and/or lawsuit.

There are more coverages that can be part of your home insurance policy. Some questions to ask yourself are, do I have valuable art, jewelry, furs, firearms, or silverware? If so, you may want to add those individually or as an additional blanket coverage on your policy. Do you have a basement? If so, you should have water/sewer backup coverage. The coverage amount you and your agent choose would be based on your basement. Is it finished

or not? What percentage of the basement is finished and have you done a value assessment of the furniture and décor in the basement?

When an agent quotes coverages for the first time, or your agent is preparing for your policy renewal, there are some factors that can dictate if your premium increases or decreases. Some of these factors can be the following before they bind (begin) coverage.

- How old is your roof, HVAC system, electric and plumbing?
- Do you have a dog(s) and if so, what breeds?
- Do you have a pool? If so, is it inground or above ground? How deep is it? Do you have a slide or diving board? Is it fenced in?
- Do you own a trampoline?

These are just a few of the questions your agent should be aware of when insuring your home. There are many other coverages that can be included in a homeowner's policy that I did not list above, such as golf cart coverage, loss assessment, umbrella coverage and much more. As stated above, it is very important to have a conversation at least once per year with your agent or if there have been changes to your home. **If you have questions regarding your current homeowner's policy and would like an understanding of your current coverage to make sure you are not overpaying or underinsured, please feel free to reach out to me at (440) 708-3488. Let's make sure that your biggest asset is properly protected together!**



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Thon Buri Thai

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RETAIL BOUTIQUES

Common Scents by Connie

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Joyce's Boutique & Hair Salon

440-289-0016

TREE SERVICES

Mr. Falls Tree Experts
440-543-1990

VASCULAR CLINIC

Solon Vein Clinic
440-600-7675

WINE CLUB

North Coast Wine Club

Dave: 216-215-2586

Tom: 440-821-4822

HISTORICAL SOCIETIES - FUNDRAISING AND FOSTERING COMMUNITY PRIDE

By Gail Vannelli, Contributing Writer

THE BAINBRIDGE TOWNSHIP HISTORICAL SOCIETY

is continuing its “Buy a Commemorative Brick” project, with the proceeds earmarked to help preserve the Bissell-Tucek House Museum in Heritage Park. According to Donna Lucas, President of the society, “The project began about ten years ago when the park was first established on Route 306 just south of the fire station. The engraved bricks border the path between the Veterans’ Memorial and the pavilion connecting the Bissell-Tucek House Museum.”



By purchasing a brick, residents can become a permanent part of Heritage Park “with a wonderful memorial or living tribute to someone special, or to their own family.” The bricks are reasonably priced: \$50 for a 4x8 brick (3 lines, 14 characters each) or \$80 for an 8x8 brick (6 lines, 14 characters each). **For more information, or to obtain an order form, call Donna at (440) 564-9634 or send an email to info@bainbridgehistoricalsociety.org.**

THE CHAGRIN FALLS HISTORICAL SOCIETY & MUSEUM

is raising funds to help support the society and museum with its Nacho Average Gala. The event, held in the society’s backyard, takes place on August 20 from 5-8pm. Tickets are \$75 per person

(12 and under are free). There will be a Barrio food truck, adult beverages, live entertainment, a gift basket raffle, and family fun! Parking is at the Intermediate School.

For updated information, call (440) 247-4695 or visit www.chagrinhistory.org.

The society also provides residents with a way to celebrate their century homes through its “Century Home Plaque Program.” The program’s mission, as described by Executive Director Ruth Zeager, is to “create community pride in our historic homes, to plaque qualified century homes, [and] to promote and contribute accurate research to the Historical Society’s archive of century plaqued homes.”



If you’d like your century home to be part of the area’s important historical heritage, you can apply for a Century Home Plaque, provided your home meets the society’s criteria, which includes the requirements that the home is 100 or more years old, is located in Chagrin Falls Village or Township, and has the original lines substantially visible.

To acquire more information, including the full criteria list and the plaque cost, visit www.chagrinhistorical.org and click on Century Home Plaques.

ROCKY G

ROCKY G LOVES A COLD TREAT DURING THE SUMMER



By Amy Sonia Richards, Content Coordinator

When summer starts to heat up, Rocky G can be found at some of his favorite spots enjoying a cool treat. Here are some of his top picks:

- Chagrin Falls Popcorn Shop
- Cibik’s
- East Coast Original Frozen Custard
- Handles Homemade Ice Cream and Yogurt
- Honey Hut Ice Cream
- Jeni’s Splendid Ice Creams
- King Kobe
- Mister T’s Wonderfreeze
- Mitchell’s Ice Creams
- POPCulture CLE
- Valley Bill’s Custard

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JANE WALLACE AND HER GIGI SERIES

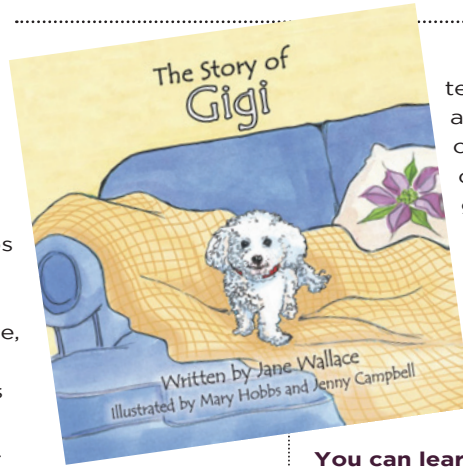
By Gail Vannelli, Contributing Writer

If you like books with diverse characters, then Jane Wallace's picture books about a "special" dog will capture your heart.

Jane is the author of *The Story of Gigi* (2021), illustrated by Mary Hobbs and Jenny Campbell, and *Gigi Home Alone* (2021), illustrated by Jenny Campbell. Both books feature a white, fluffy dog whose "pretty paw" looks different than the others because it's larger and turned outward.

The real Gigi, who was Jane's pet for twelve years, inspired the books. Jane said she never treated Gigi as if she had limitations, and Gigi never knew that she had them, except when she walked too far and her paw hurt.

Jane, who has two grown children and one grandchild, lives in Chagrin Falls. Following careers as a mother,



teacher, fundraiser, Director of Development, and financial advisor, Jane pursued her dream of authoring children's books after her grandchild was born. Her Gigi series is a gift to her grandchild.

Jane's next book, *The Goats Ate Our Backyard*, is due out this July. The book's idea came from Jane's experience of watching goats eat a backyard. "These clever animals eat unwanted plants and benefit our planet at the same time," said Jane.

You can learn more about Jane on her website: janewallacebooks.com. Her Gigi books can be purchased at Amazon and at the Fireside Book Shop in Chagrin Falls.

THE STORY OF GIGI EXCERPT:

"People ask me about my paw. Jane, my owner, tells them it is my Pretty Paw and that it makes me special."

COMMUNITY

NOTABLE YOUTH SERVICE ORGANIZATION: KENSTON GIVING GARDEN CLUB

By Gail Vannelli, Contributing Writer

Kenston High School offers students avenues to pursue their special interests, and the Giving Garden Club is one of them. This student-formed and run organization was founded in 2019 by Class of 2020 students Annika Markoff and Aubrey Taylor. Although the club grows produce, it cultivates so much more: student appreciation for the outdoors, connections with the community through fresh produce and other donations, and hands-on member experiences in gardening and resource conservation.

Connie Kramer, the club's advisor until her recent retirement from teaching, described how the club remains busy from April to October, growing fresh vegetables and herbs. The harvests are donated to local food pantries because, according to Madeline Ramsey, a current student leader of the club, the pantries are mostly stocked with canned goods.

The garden area has six 4x12 foot beds and a few smaller raised beds that are watered by drip irrigation that was donated and installed by Sirna's Farm & Market in Auburn Township. Last April, the club (in conjunction with Jamie Moone's AP Environmental Science class) started seedlings that included six types of heirloom tomatoes, peppers, and companion plants like



marigolds. Madeline said the club's harvests have also included potatoes, beans, lettuce, beets, and squash.

In June, as a service and fundraising project for the National Honor Society, three Kenston juniors (Madeline, along with Annie Costello and Emma Parker) installed a "Sensory Garden" that is cared for by students with special needs. This garden was also funded by a Geauga County Teachers Association grant. The herbs planted in the Sensory Garden include lemon, thyme, oregano, woolly apple mint, chocolate mint, chives and more. The herb harvests will go to the Kenston cafeteria.

Besides donating to pantries, the club also gave compost (donated by Joan and Chuck Campbell's farm in Auburn) to The Chagrin Valley Herb Society's gardens at the Bainbridge Library. This summer, the club is sponsoring "The Biggest Basil Growing Contest" for third graders at Timmons Elementary School.

Kenston Giving Garden Club members are a collaborative group that continually grows together - in discovering how to garden, in creating new ideas, in giving back to their community, and in building friendships. This extraordinary club, with a dedication to learning and serving, definitely deserves recognition for "making a difference."

COMMUNITY EVENTS

By Gail Vannelli, Contributing Writer

HEINEN'S CHAGRIN FALLS presents California Dreamin', an event to celebrate California wines and to "remind you why the wines have been at the very heart of America's palates for decades." The event takes place at Heinen's on July 13 from 6-7:30pm.

VALLEY ARTS CENTER presents the "Where Are We? An Exploration of Surrealism" exhibition from July 15 to August 24. There will be an opening reception on July 16. Also, the Accessible Expressions Ohio exhibition will run from August 1 to August 30 in the Hallway Gallery. In addition, on August 5 from 5-8pm, there will be a viewing of three original Salvadore Dali etchings and a talk by art advisor/art historian Casey Monda about "Surrealism and conservation of prints and works on paper." Get tickets at valleyartcenter.org/events.

The CHAGRIN VALLEY LITTLE THEATER presents Disney's Newsies on Fridays and Saturdays at 8pm from July 22 to August 13, and on Sundays at 2pm on July 31 and August 7.

FIRESIDE BOOK SHOP will host a book signing for author R.C. Nichole and her new release *There's No Place Like Home: Getting Back to Paris* on July 29 at 3pm. R.C. is a Certified Trauma Support Specialist with 25+ years of serving individuals in trauma and crisis. She's also the founder of 2BIOSPHERE Inc., a nonprofit organization that provides trauma education and advocacy.

GOOD NATURE THERAPY SERVICES presents Family Social Hike and Nature Journaling, a free event at Beartown Lakes Reservation at 18870 Quinn Rd., Chagrin Falls on July 30 from 10-11:30am. The event will include "crafting a nature journal, hiking, journaling, playing and socializing." For more information call (440) 836-3838.

The SOUTH RUSSELL POLICE ASSOCIATION's Annual Charity Car Show takes place August 7 from 11am-4pm at 5205 Chillicothe Rd., Chagrin Falls. The proceeds will benefit local families affected by childhood cancer.

The CHAGRIN VALLEY COUNTRY CLUB presents Golfing for Kids, a "golf scramble" event, which takes place August 8 starting at 10am. The event benefits Hope for Kids Geauga, an organization that raises funds and awareness to improve the lives of abused, neglected, and at-risk children. Visit <http://hopeforkidsgeauga.org/golfing-for-kids> for registration and sponsorship information.

The CHAGRIN VALLEY CHAMBER OF COMMERCE presents the free Simple Summer Nights Concert Series, which takes place every Thursday through August 11, at Riverside Park in Chagrin Falls, from 6:30-8:30pm.

The CHAGRIN VALLEY CHAMBER OF COMMERCE presents Chamber Golf Outing 2022 at the Tanglewood Golf Course on August 25 from 10am-5pm. "Golfing for good causes is why we host this each year."

COMMUNITY EDUCATION YOUTH SUMMER PROGRAMS

By Gail Vannelli, Contributing Writer

Community education programs offer a wide variety of fun, enriching activities for learning new skills, exploring new interests, and making new friends. Check out what's available for the rest of the summer!

CHAGRIN FALLS COMMUNITY EDUCATION

The Chagrin Falls Community Education kids/youth summer programs are found in this downloadable brochure: <https://www.chagrinschools.org/Community.aspx>.

CHAGRIN FALLS SUMMER SPORTS CAMPS:

- Wrestling Camp. July 11 to July 15, for persons entering grades K-8.

CHAGRIN FALLS SUMMER SPECIALIZED ACTIVITIES AND CAMPS:

- Arts and Crafts Camp. July 11 to July 15, for persons entering grades 1-5.
- College Essay Coaching - AM. July 11 to July 15, for persons entering grades 11-12.
- College Essay Coaching - PM. July 11 to July 15, for persons entering grades 11-12.

CHAGRIN FALLS SUMMER DRIVING PROGRAMS:

- Drivers Education Class, including Behind the Wheel Instruction. Offered on various dates during June and July, for persons ages at least 15 years and 5 months.
- On-Line Drivers Education (does not include car driving). Available at anytime from anywhere.

KENSTON COMMUNITY EDUCATION

The Kenston Community Education kids/youths summer programs are found online here: <https://www.kenstoncommunityed.org/wp/>.

KENSTON SUMMER YOUTH ACTIVITIES:

- Safety Town. July 11 to July 15 or July 18 to July 22 (five sessions), for persons ages 4-6.
- Super Sitter. July 16, for persons ages 10+.
- Mad Science Fun-gineering, Mix-ups and More. July 18 to July 22, for persons ages 6-12.

- Mad Science Yuckology. July 25 to July 29, for persons ages 6-12.
- Park Socials: Chatty Caterpillars. Present to July 25, for persons ages 4-6.
- Park Socials: Social Butterflies. Present to July 26, for persons ages 6-10.
- Jedi Engineering Using LEGO Camp. August 1 to August 5, for persons ages 5-7.
- Jedi Master Engineering Using LEGO Camp. August 1 to August 5, for persons ages 7-12.
- Crayola Imagine Arts Academy - Travel the World Through Art. August 1 to August 5, for persons ages 5-11.

KENSTON SUMMER SPORTS ACTIVITIES:

- Lady Ballers Basketball Camp. July 11 to July 15, for persons in grades 1-4.
- Empower Sports Softball League. July 13 to September 7, for athletes with disabilities.
- Pee Wee Karate: Beginners. Present to July 14, for persons ages 4-1/2-8.
- Softball Slow Pitch. Present to July 16, for females in grades 6-8.
- Start Smart Baseball. Present to July 16, for persons ages 3-5.
- Baseball T-Ball. Present to July 16, for persons in grades PreK-K.
- Little Spikers Bomber Volleyball. July 18 to July 21, for persons in grades K-3.
- Pee Wee Soccer Camp. July 18 to July 22, for persons ages 3-7.
- Bomber Boys Lacrosse Camp. July 18 to July 22, for persons in grades 3-5.
- Bomber Boys Lacrosse Camp. July 18 to July 22, for persons in grades 6-8.
- Soccer Skills Camp with Weyn Soccer Group. July 18 to July 22, for persons in grades 2-8.
- Introduction to Lacrosse. Present to July 21, for persons in grades K-6.
- Basketball - 3 on 3. Present to July 22, for males in grades 6-8.
- Basketball - 3 on 3. Present to July 22, for males in grades 3-5.

- Modern Foil Fencing Camp. July 25 to July 29, for persons ages 8+.
- Young Hoopsters. July 25 to July 28, for persons ages 4-7.
- Bomber Wrestling Club. Present to July 28, for persons in grades K-12.
- Bainbridge Supersonic Speed Team. Present to August 1, for persons in grades 7-12.
- Bomber Girls Lacrosse Camp. August 1 to August 4, for persons in grades 3-8.
- Bomber Volleyball Specialty Clinic. August 2 to August 4, for persons in grades 3-8.
- Empower Sports Basketball. Present to August 9, for athletes with disabilities.

KENSTON SUMMER DANCE CAMPS:

- Dance Camp A. July 11 to July 14, for persons in grades Preschool-3.
- Dance Camp B. July 11 to July 24, for persons in grades Preschool-3.

WEMBLEY SUMMER ACTIVITIES AND CAMPS:

- Science Week. July 11 to July 15, for persons ages 5-11.
- Youth Yoga. Present to July 18, for persons ages 6+.
- Around the World Week. July 18 to July 22, for persons ages 5-11.
- Youth Yoga. July 25 to August 29, for persons ages 6+
- Superhero Week. July 25 to July 29, for persons ages 5-12.
- Tiny Tot Tennis. Present to July 27, for persons ages 4-6.
- Holiday Week. August 1 to August 5, for persons ages 5-12.
- Tiny Tot Tennis. August 3 to August 10, for persons ages 4-6.
- Water Babies Fridays. Present to August 12, for persons ages 6 mo.+.
- Water Babies Saturdays. Present to August 13, for persons ages 6 mo.+.

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HOURS

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Friday	10am - 4pm
Saturday	10am - 4pm

Appointments Welcome!