

Beachwood Buzz

December 2016 Every Resident. Every Business. Every Month. MAGAZINE

The Cleveland Orchestra Performs with Students at BHS Auditorium Debut

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City Council Update
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Say What You Need To Say

On October 12, Rabbi Robert Nosanchuk's memorial sermon at Fairmount Temple, titled "Say What You Need to Say," was referenced to John Mayer's song "Say." The rabbi started his sermon by telling us about a game he plays by personalizing ringtones on his cell phone with song lyrics being apropos to whom the song is assigned. A few years ago, John Mayer's song, "Say," was assigned to Berkowitz-Kumin-Bookatz funeral home since Rabbi Nosanchuk feels that this pop tune is reminiscent of how fleeting time is and why it is better in this life "to say too much than to never say what you need to say," as sung by Mayer.

"Even if your hands are shaking, even if your faith is broken, even if the hours are closing, do it with your heart wide open, and say what you need to say."

— John Mayer

A few weeks after assigning this song to the funeral home, Rabbi Nosanchuk felt his phone vibrating in its holster while this tune was playing. He took the call and was informed that a young man from his congregation had tragically died. Heartsick, he collected his thoughts and prepared to call members of his grieving family.

Rabbi Nosanchuk went on to tell that, at some point in time, we have all received a call saying that a sister, brother, parent, child, spouse, teacher, mentor or friend had been stilled by death. With the sanctuary filled with those who came to remember someone who had passed, it was especially befitting to think about what we may – or may not – have said to someone when we still had the time.

The rabbi went on to say that our lives are for three things: to love, to bless and to be grateful. "That's all we ever have to do," he said. "To love fully, to bless another person, and to say thank you for all we have. This is the righteous path of a full life."

He then asked, "Who taught these things to you?" and continued by saying that before we die, there is no wrong time to tell these people, "God bless you, thank you and I love you."

He then went on to explain each:

As kids, the concepts of gratitude and saying "thank you" are instilled in us and, as we age, for

those of us who read self-help books to provide reflection, inspiration, reminders, emotional support, guidance and wisdom, there is no shortage of books about gratitude.

When it comes to blessings, Rabbi Nosanchuk says that blessing others can simply be woven into the subtleties of how we relate with people from moment to moment. We can bless people by doing something nice for them, by showing up for them, by being generous with our time and energies or just by being responsive.

When talking about love, Rabbi Nosanchuk shared this story, which gave me the chills and brought tears to my eyes:

After a graveside service, everyone left the cemetery except the mourning husband who was reluctant to go. He seemed to linger over the grave. Finally, the rabbi said, "the service is over. It's time for us to go home to the shiva*."

The man waved the rabbi away. "You don't understand rabbi, I loved my wife."

"I'm sure you did," she answered, "but you've been here for a long time, you should go home and start sitting shiva."

Again the husband said, "You don't understand. I loved my wife." Once more, the rabbi encouraged him to leave, gently tugging at his arm.

"But you don't understand," the man said, "I loved my wife – and once, I almost told her."

Rabbi Nosanchuk paused, and

went on to say that someday a call will come to the people who care for us, or it will come to us about someone we love. When that call comes to someone who cares about you, what will be in their heart? When the call comes to you, what will your thoughts be? Will gratitude, blessing and love come to mind?

Don't let this be a year that was "almost" the year you spoke your truth. As John Mayer sings in his song, "Even if your hands are shaking, even if the hours are closing, do it with your heart wide open, and say what you need to say."

November 30 was the anniversary of my sister's, Darcy Alter's, passing, which is why I was at the memorial service on this date. In her memory, I dedicate this column to her. I sadly said goodbye to Darcy after saying what I needed to say. She enriched my life in so many ways and I'm so grateful to have had her as my sister for 54 years. Although physically gone, Darcy will always live in my heart and I'll always love her.

Rabbi Nosanchuk's full sermon is posted on the temple's interactive blog, titled, "If Not Now, When?" which may be found at <http://www.fairmounttemple.org/2016/10/6260/>.

* In the Jewish religion, shiva is a period of seven days' formal mourning for the dead, beginning immediately after the funeral.

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Michael Friedman

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CELEBRITY BIRTHDAYS

- Dec. 7 Aaron Carter (28)
Larry Bird (59)
- Dec. 8 Teri Hatcher (51)
Kim Basinger (62)
- Dec 9 Felicity Huffman (53)
Donny Osmond (58)
- Dec 10 Susan Dey (63)
- Dec 11 Teri Garr (66)
John Kerry (72)
- Dec 12 Dionne Warwick (74)
Bob Barker (92)



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Beachwood Buzz
Every Resident. Every Business. Every Month.
2016
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Business of the Year**



COVER STORY

The world-famous Cleveland Orchestra, led by Associate Conductor Brett Mitchell, played side by side with Beachwood students at the debut of the newly-renovated Beachwood High School auditorium. Full story on page 7.

Cover photo by Susan Bestul

Story photos by Scott Morrison (Discovery Photo) and Susan Bestul.

City Council Update • Pages 24-26

Grab Your Skates

Electric Service from NOPEC

Veterans Day

Summer Day Camps

Inclement Weather Cancellations

Police Entrance Examination

Fall Leaf Pick Up

Happy Holidays

Upcoming Meetings

Art Exhibits

Be Seen

American Red Cross Blood Drive

Firefighter/Paramedic Entrance Examination

Be Safe

Live Stream Council Meetings

You and Your Schools • Pages 28-29

National Honors Society

Fairmount Early Childhood Center Earns Top Ranking

Writers Forum

LEGO Club Returns to Bryden

Homecoming 2016

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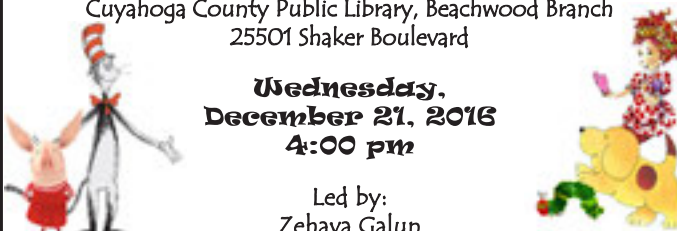
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Letter from the BAC to the Community:

The Beachwood Arts Council Board of Trustees thanks current members for their continued support and invites art enthusiasts to become members. Thanks to membership fees, the BAC continues to enrich people's lives through the arts by presenting art exhibits at the Beachwood Community Center, music and dance performances, studio and museum tours, and hands-on art workshops.

Financial support also makes it possible for the BAC to sponsor the Si Wachsberger Arts Scholarship Award each year to a promising Northeast Ohio high school student who will pursue the arts in college.

For more information about membership or making a contribution toward the Si Wachsberger Arts Scholarship Award, please contact Leah Gilbert, executive director, at leahgilbert@sbcglobal.net or 216.752.0752. BAC membership brochures are located at the front desk in the Community Center.

To see photos of past events, visit our Facebook page at Beachwood Arts Council.

We thank you again for your support!

Sincerely,

Susan Haas, Ellen Hacker and Paula Rollins
 BAC Membership Committee

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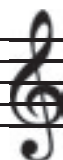
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The Cleveland Orchestra Performs with Students for Auditorium's Debut

Beachwood students sit side by side with Cleveland Orchestra music mentors in a performance of Ravel's Bolero



By June Scharf

According to Lisa Goldman, district orchestra director, a complaint all music teachers hear from students and parents is "I thought this was supposed to be fun." It's really no different from what any coach might hear and, quite frankly, for many students, participating in music alongside other musicians actually is their sport, their social life and their team.

But fun was had in absolute abundance last month when these students got a chance to play in the big league. Thirty-nine BHS musicians sat side by side with members of the world-famous Cleveland Orchestra, playing their hearts out for one number during the joint, free-of-charge Saturday evening performance. Their one song

together was Bolero (an excerpted seven-minute version) by Maurice Ravel. To witness the merging of talents was as emotionally impactful as it was auditorily enthralling. Goldman beamed throughout the performance as she witnessed the fruits of her labor – her students shining alongside local musical luminaries.

The auditorium itself was another element that complemented the stellar performance, making its debut before a capacity crowd, with a simulcast sent to the high school's community room for an overflow audience. The space has undergone a three-year, massive \$4.8 million renovation, during which it was gutted to create a wider, state-of-the-art raised stage and a redesigned seating area, able to accommodate 624-

685, depending on the set-up.

Additional restrooms were added, and the space is fully compliant with handicap-accessibility requirements. A full-stage lighting system now exists with an expansive sound system, and sound reflectors and panels were installed to enhance the acoustics. Three retractable screens allow for multi-media productions, and backstage areas were reconfigured to support a scene shop and dressing rooms. Architects Westlake Reed Leskosky masterminded the reimagining of the space, originally built in 1974.

The Saturday night concert, celebrating the debut of the new auditorium, featured performances by BHS ensembles, including the orchestra, choir, a brass trio and woodwind quartet. After

intermission, members of The Cleveland Orchestra assumed the stage, led by associate conductor Brett Mitchell. Their program began with Celebrate Discovery by John Williams, followed by Overture: The Consecration of the House by Ludwig van Beethoven, "Red Cape Tango" from Metropolis Symphony by Michael Daugherty, Leonore Overture No. 3 by Beethoven, and Bolero with BHS students. A dessert reception followed the conclusion of the concert.

Leading up to the performance was a two-week educational program where five members of the orchestra, all Beachwood residents (see sidebar), plus conductor Mitchell, coached and mentored BHS orchestra and band members in sessions specific



Band members performing



Choir ensemble performing

Members of The Cleveland Orchestra Residing in Beachwood

Mark Atherton, double bass

Member since 1983. Earned bachelor's degree, magna cum laude, from Boston University School for the Arts. He also teaches at Kent State University. His wife Linda is a cellist. He was born in Bangor, Maine.

Lisa Boyko, viola

Member since 1991. Attended an arts high school in Vienna. Earned bachelor's degree from Cleveland Institute of Music, where she now serves on the faculty, in addition to that of Case Western Reserve University. Born in Cleveland, but raised in Tucson.

Bryan Dumm, cello

Member since 1986. Earned bachelor and Master of Music degrees and a performer's certificate from the Eastman School of Music. He serves on the faculties of the Cleveland Institute of Music and Cleveland State University. His career also involves solo work and chamber music.

Shachar Israel, trombone

Member since 2009. Earned bachelor of music degree from Philadelphia's Curtis Institute of Music. He is a founding member of the Great Lakes Trombone Ensemble, and a faculty member at Cleveland State University. He serves as founder and director of the Cleveland Trombone Seminar, an annual nine day event, held here since 2012. He was born in Israel.

Sae Shiragami, violin

Member since 2001. Earned bachelor of music degree at San Francisco Conservatory of Music and Master of Music degree from The Cleveland Institute of Music. Raised in Tokyo and California.

to each instrument. Those involved were violinist Sae Shiragami, bassist Mark Atherton, cellist Bryan Drumm, trombonist Shachar Israel and viola player Lisa Boyko. Two choral workshops, led by choral conductor Lisa Wong, also were part of the program.

An underlying message conveyed throughout the sessions was that the skills necessary for success in music overlap with those required for success in life: hard work, self-discipline, personal responsibility, perseverance, creativity, compassion and teamwork. Participation of the professionals was made possible by the Alfred Lerner In-School Performance Fund, created through a gift to The Cleveland Orchestra's endowment by Mrs. Norma Lerner and the Lerner Foundation. Through the grant, one school is selected annually to have The Cleveland Orchestra perform. The program at BHS was arranged with the assistance of Joan Katz, BHS Class of '74, and the Cleveland Orchestra director of education and community programs. "We are delighted that Beachwood Schools not only value, but have invested in, the future of the arts for students in their community," she comments.

Goldman says she noticed the profound impact that the coaching sessions had on her students. "The performers cleaned up some students' intonation and clarity," she says, adding she was also very excited that the musicians were able to casually demonstrate and convey through this experience that they "are operating at a whole different level."

According to several students, the feeling was that the sessions were exceptionally worthwhile. Freshman Tal Yankevich, a violinist, says he learned new techniques that encouraged him to shape the music and offered him a new perspective. Sophomore Sanchari Chakrabarti, also a violinist, says she enjoyed how the coaching "helped make the music more of a story, not just note playing, which allows the audience to feel things."

Twelfth-grader Cameron Haynesworth, a cellist, says he was very excited to play in the new auditorium since it's been under renovation for his entire high school experience up until this point.

A noteworthy fact concerning Beachwood's music program is that, for nine consecutive years, it has won the National Association of Music Merchants award for being one of the best schools in the U.S. for music education. The judging is based on many factors including supplements to the program, such as attending concerts, bringing in outside musicians, having a healthy budget and solid administrative support.

Goldman started the orchestra program in Beachwood 18 years ago with just seven students throughout the district, all playing string instruments. Now the district boasts more than 300 students involved in a full-



BHS Orchestra members taking a bow

blown orchestra, nurtured by her exacting instruction. Every three years, the students are offered the opportunity to travel overseas, with past trips taking them to London, Paris, Spain and Italy. This year, the orchestra is visiting Vienna, Salzburg and Budapest while the band will perform in Orlando. The program is also supported by the Friends of the Beachwood Orchestra, which raises funds to support orchestra activities, taking the programming above and beyond where the district leaves off.

Under her guidance, the high school recently added music theory and A.P. music theory classes. She is aided by Noël Bliss DeViney, the assistant orchestra director.

Goldman reveals that when she told students they would be performing with The Cleveland Orchestra, she heard someone say, "She is SO making that up, that's not going to happen." As she observed it all actually playing out, she swelled with pride. "I have the best job in the district," she states.

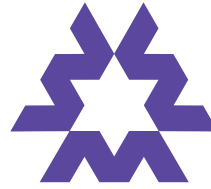


"A noteworthy fact is that for nine consecutive years, Beachwood's music program has won the National Association of Music Merchants award as being one of the best schools in the U.S. for music education."



The Cleveland Orchestra musicians, clockwise from front left: Peter Otto, Takako Masame, Wei-Fang Gu, Kim Gomez, Chul-in Park, Eli Matthews and Yu Yuan. BHS students, clockwise from front left: Jaeho Kim, Tal Yankevich, Amanda Wasserman, Kelly Chiang and Laila Ramadan.

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Jewish Cleveland Announces the “Double-Your-Impact Match” Initiative

The Jewish Federation of Cleveland has launched the “Double-Your-Impact Match,” an unprecedented match initiative to benefit the Campaign for Jewish Needs, the annual fundraising campaign that ensures our community’s vitality and vibrancy in the year ahead. To learn more or make a gift, visit www.jewishcleveland.org.

“This is a tremendous opportunity to grow the Federation’s Campaign, to enable us to meet the needs of the community, and to address Federation priorities,” said David F. Adler, general campaign chair. “I encourage everyone to meet the challenge of the match.”

- Every new gift or increase of \$1,000 or more will be matched dollar for dollar up to \$10,000 during this year’s Campaign.
- This match is made possible through the generosity of an anonymous source and is available only through the close of this year’s Campaign for Jewish Needs on December 14, 2016.
- Matching funds are available for increases of \$1,000 - \$10,000, or new gifts at that level, made during the 2017 Campaign for Jewish Needs.
- Up to \$500,000 is available through the match. Help our community to receive the full \$500,000 by making a new gift or increasing your own gift and spreading the word to others.

“The more dollars we raise, the more good we can do. Let’s do more good together,” Adler said.

Meeting the match will allow us to further our community’s Campaign priorities and help change and save lives in Cleveland, Israel, and 70 countries around the globe. We can do more work to safeguard our community, aspire to leave no one behind, support Israel, ensure a Jewish future, and so much more.

For more information, please contact Abbie Levin, Vice President of Development, at 216.593.2840 or alevin@jfcleve.org.

Campaign Dialathons

Join the Jewish Federation of Cleveland for Dialathons!

Help make calls in support of the Campaign for Jewish Needs, the annual fundraising campaign that ensures vitality and vibrancy in the year ahead. Dialathons will take place at the Jewish Federation of Cleveland, Jack, Joseph and Morton Mandel Building, 25701 Science Park Drive, Beachwood. Dates are:

- December 11, 9 am – 12 pm
- December 12, 7 – 9 pm
- December 13, 7 – 9 pm

For more information, visit www.jewishcleveland.org.

Campaign Closing Celebration

Celebrate your impact with the Federation as they close its 2017 Campaign for Jewish Needs on December 14 at 7 pm.

Through community participation in the 2017 Campaign, people’s lives are getting better and our community is getting stronger. The closing celebration will take place at the Mandel Jewish Community Center, 26001 S. Woodland Road, Beachwood. Cost is \$10 per person

For more information, visit www.jewishcleveland.org.



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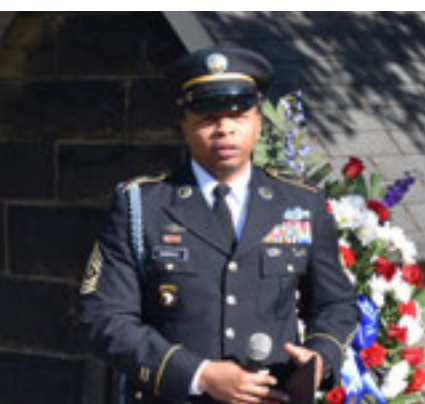
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Salute to Veterans

Veterans Day began as Armistice Day, a day to remember the end of World War I, which was declared a national holiday by President Woodrow Wilson in 1919. The holiday became Veterans Day in 1954 and is now dedicated to honoring all who have served in the United States military.

On Sunday, November 6, the City of Beachwood and the Beachwood Historical Society remembered all veterans in a special ceremony at the Beachwood Cemetery, the final resting place of veterans from seven wars as far back as the Revolutionary War.

The ceremony began with the Beachwood Color Guard's taking its position, followed by Beachwood Historical Society President Rosemary Nemeth's welcoming attendees and introducing veterans (pictured from top) Rick DeChant, George Vourlojianis, Michael Blain and Sgt. Frederick Carmicle, saying, "As we honor all veterans today, we want your voices of service to be shared and heard."

Mayor Merle S. Gorden then presented a proclamation to recognize veterans – whether here today or not – and thank them for protecting us, our city and our nation.

Rick DeChant, head of the Fisher House Task Force in Cleveland, is a fourth-generation veteran who proudly shared that the Greater Cleveland Fisher House (GCFH), the Northeast Ohio affiliate of The Fisher House Foundation, plans to build two homes in University Circle adjacent to The Louis Stokes VA Medical Center. The Foundation is best known for the network of comfort homes it has built on the grounds of major military hospitals and Veterans Administration (VA) medical centers, much like Ronald McDonald House. There are currently 64 Fisher Houses operating in America and three overseas, with plans to build an additional 12, including the two in Cleveland, which will have 16 suites that can accommodate up to 50 family members. GCFH's initial fundraising goal of \$3 million has

been met. Additional funds will be used for discounted travel, a scholarship program for children and entertainment for families. For more information or to make a donation, visit www.greaterclevelandfisherhouse.org.

George Vourlojianis, a Vietnam veteran and professor of History at John Carroll University, grew up on Bryden Road and shared memories of patriotic locker-room talk in 1965, and about how those in the service continue to do extraordinary things under ordinary conditions.

He said, "My world view changed when I was in the service. Everyone's life has value and all opinions matter. Helping and serving were important to me."

Vourlojianis recognizes that in many ways he came home a better person, saying he's always on time, shines his shoes and hangs up his clothes. He also talked about finding our strengths and weaknesses and how it's always a strength to try our best all the time.

"On this Veterans Day, shake the hand of a veteran and say hello," he said.

Michael Blain, a Holocaust survivor who served in the Korean War, never talked about his war experiences until he received a medal and letter from the President of South Korea 50 years later. For the 60th anniversary of the war, Blain received a certificate of appreciation from the U.S. Department of Defense, "in recognition of honorable service during the Korean War in defense of democracy and freedom – and selfless sacrifice."

His best gift was the Korean War Veterans hat he received from his Jewish War Veterans Post (#14), which he wears today, that invites people to stop and thank him for his service.

Blain went on to say that he was one of hundreds, perhaps thousands, of Holocaust survivors who served in the U.S. Armed Forces during the Korean War, none of whom were U.S. Citizens yet. After

returning home, Blain became a citizen in just three years instead of the customary five.

Last year, Blain participated in Honor Flight Cleveland, flying to Washington DC to pay tribute to U.S. veterans who served our country. On this Veterans Day, he talked about and saluted his former comrades-in-arms who proudly served their new country.

Sgt. Major Frederick Carmicle, a military science and ROTC instructor at John Carroll University, thanked all in attendance for answering the call to duty. "You have made our armed forces the most respected in the world," he said. "What brings us to this day is a need to serve a cause larger than one's self."

He went on to say how the service members we honor possessed courage, pride, determination and dedication to duty of protecting the country. "They were ordinary people who responded in extraordinary ways in extreme times and rose to the nation's call to protect.

"Millions of Americans have fought and died on battlefields and many more will come," he added. "Over the years, our uniforms may have changed, weapons become more advanced, but bravery stays the same. We stand ready."

Sgt. Major Carmicle told how everyone has a breaking point and how combat will humble the strongest man. He then read a poem titled *The Last Letter*, published in October 2012 by James Clark Jr., which can be read at www.familyfriendpoems.com/poem/the-last-letter.

The program was concluded after Patrick Hensel (pictured opposite page) sang *This is My Country* and *God Bless America*, accompanied by Gary Gelender.

Nemeth ended the program by saying, "Freedom is not free. Take time to honor the noble and brave. When you see a veteran, be sure to thank him."

Additional participants include Wolfpack Battalion ROTC from John



Carroll University and Boy Scout Troop 620. Thanks to Rosemary Nemeth and Nancy Hart of the Beachwood Historical Society; the Beachwood Police Department Color Guard; the Beachwood Service, Police and Fire Departments; Karen Carmen and Shannon Diamond for building this growing program, and the Robertson family that lives next to the cemetery and provided electricity for the sound system.

The Beachwood Historical Society continues to discover and preserve our city's history. In doing so, it paid for beautiful grave markers that now mark the graves of the soldiers, sailors and airmen who are buried in the Beachwood Cemetery – veterans encompassing service from the Revolutionary War to World War II. This historic cemetery is located at the corner of Halburton Road and Green Road.

“Freedom is not free. Take time to honor the noble and brave. When you see a veteran, be sure to thank him.”



Front row: Oscar Castro, James Knowlton, Burt Siebert, Ted Hersh, Joe Klein, Albert Hersh and Michael Blain.
 Middle row: Martin Horowitz, Justin Berns, Michael Hofmeister, Steven Ganz, Chief Keith Winebrenner, Tom Kuskin, Kevin Coleman, Zac Donner, Alfred Muhle and Jason Brooks.
 Back row: Mayor Merle S. Gorden, Sgt. Frederick Carmicle, Jamey Appel, Don Balog, Brendan Reilly, Dan Reehorst, George Vourlojanis, Rick DeChant, John Pacalo, Jared Vidika and Terry Schaefer.



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Addiction Treatment Entering New Era

By June Scharf

Dr. Zaid Fadul, an addiction treatment specialist who resides in Beachwood, is helping to usher in a new paradigm in addiction treatment, predicated on a deeper understanding of patients' lives. As an example of the new thinking he brings to the issue, he begins his program with a simple question: What is your why?

The question breaks down into two concerns – Why do you use drugs and why do you want to get clean? He believes that the dark secret shading why some people get hooked on drugs is that it accompanies isolation, a condition that finds users in an emotionally compromised state. This explanation has fueled an additional breakthrough in the understanding of addiction: the opposite of usage is not sobriety, it's connection.

"People need a pull in their lives, a pull to get up in the morning and go do something," he says. "It can be work or family, but the environment definitely counts. Nurture, more than nature, makes a big difference."

The addiction itself also creates isolation, so it's a vicious cycle

that leaves a victim with no lifeline. A statistic he cites to support this theory is that only 10-15% of drug users have the biology for a chemical addiction, also called an addictive personality. The rest come to it by other routes.

"When we treat patients, I always ask, who is going to help care for you when you go back home," he explains, stressing the importance of having that pivotal human connection.

Fadul sees patients at his own clinic, the Geauga Medical Therapy Center in Chardon, which combines primary care services along with addiction treatment. Open since September 2015, the clinic is designed to "make patients feel human and welcome, and to re-arm them for life." He understands that they "screwed up and face a lot of judgment," so part of his agenda is to build them back up, he says.

He cites that 80% of addiction generally stems from an underlying issue such as depression, anxiety or an addictive personality where the reward pathway is out of balance. When drugs channel an excessive amount of dopamine into the brain, it generates irresistible feelings and encourages repeat behavior.

The way that addicts ordinarily find their way to rehab is by either facing jail time or court-mandated treatment. For those who voluntarily enter, their treatment will be covered by insurance, since all health plans cover it, according to Fadul.

According to the State of Ohio Board of Pharmacy, another recent development to aid out-patient treatment is the presence of more than 1,300 pharmacies in 84 counties, representing 65% of all pharmacies, that carry naloxone (obtainable without a prescription). This medication reverses an overdose caused by opioids, including heroin and fentanyl, by restoring breathing in a matter of minutes.

Fadul points out that one of the culprits for increased addiction to pain medication is coaches of high school and college athletes who want players on the field. When athletes become injured, the too-frequent solution is pain pills that may not be well managed and can lead to dependence.

Katlyn Petrovich, the nursing supervisor in Fadul's practice, cites medical establishments as another link in the chain that leads to addiction. She says she recalls feeling the pressure, while working in a hospital setting, to treat patients with pain medicine in excess of what was needed. But she describes the situation as a byproduct of concerns

over patient reviews. Doctors and hospitals don't want to receive low marks, and they are concerned that anything short of knocking out all pain will be poorly perceived.

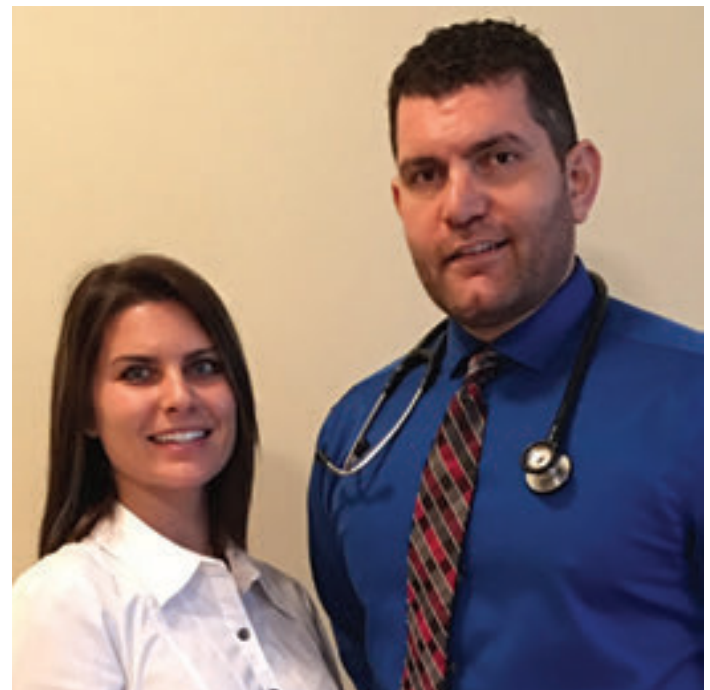
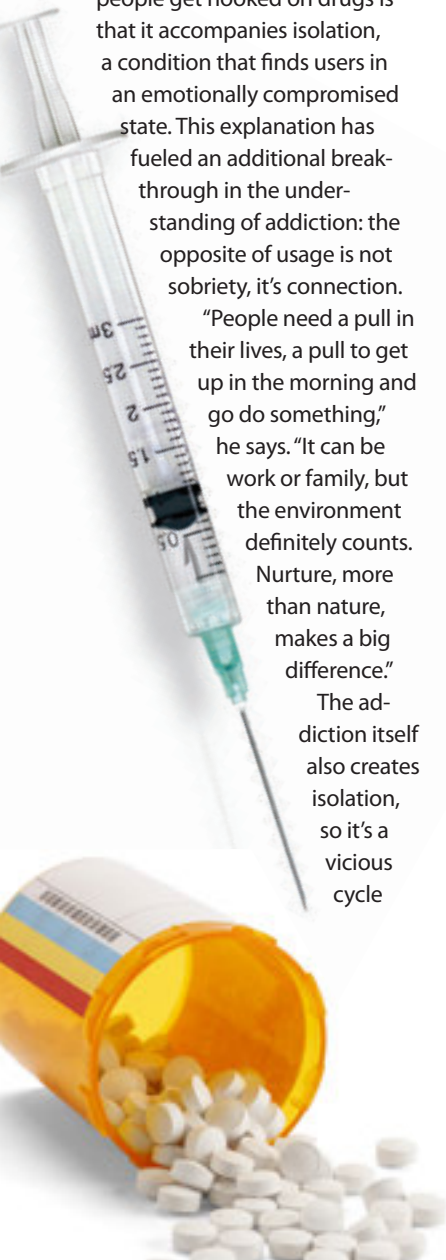
Fadul says the sweet spot with pain treatment is a three or four on a scale of one to 10, with 10 being the worst amount of pain felt. "A score of zero or one is where addiction can enter and a person can feel euphoric," he explains.

The sweet spot with pain treatment is a three or four on a scale of one to 10, with 10 being the worst amount of pain felt. A score of zero or one is where addiction can come in and a person can feel euphoric.

– Dr. Zaid Fadul

Addiction Specialist

Geauga Medical Therapy Center



Pictured: Katlyn Petrovich, nursing supervisor and Dr. Zaid Fadul, both of Geauga Medical Therapy Center in Chardon.

Petrovich says that in many cases, the medical community has created addicts. "We fed into it, giving patients more and more pills," she states. But Fadul offers the caveat that "doctors are not malicious, they're just undereducated" with respect to pain management and addiction risks.

When a patient enters his clinic, his goal is a full assessment to evaluate any co-morbidities along with the addiction. The next step is to determine which of three addict categories applies to the patient. According to his diagnostic criteria, they are either partygoers who just like to get high (a type that is very hard to stop, he adds), or they need drugs to avoid getting "dope sick," a condition whereby a person gets physically ill and needs drugs to feel alive and well, or lastly, they would like to be over the addiction but their environment pulls them back and they are not strong enough to get off the drugs on their own.

Another addiction group is senior citizens who get hooked on pain medication after surgery, and their doctors continue to prescribe medication because they ask for it once dependence takes hold.

In his practice, Fadul says he has charted four gateways to addiction through what might be considered ordinary circumstances, where pain medicine is routinely prescribed. He cites visits to dentists for oral surgery, emergency room stays for injuries, major surgeries such as joint replacements and lastly, "pill parties" where students raid medicine cabinets and deposit their bounty into a bowl for random consumption.

He also reports that some addicts have turned to home invasions strictly to target pills, for their own use and for sale, with some carrying a street value of \$50 per pill.

While the statistics on relapse are grim, Fadul has measures to

prevent that outcome. He seeks to dodge some of the missteps in others' approaches, such as offering counseling too soon, before patients are ready to explore their issues, or offering an excessive amount, with some programs administering about 10-20 hours per week, leaving little room for work or childcare.

Treating a patient only with drugs and no counseling is also doomed to fail, he says. Another pitfall is poor home and social environments. Successful treatment requires a holistic approach that addresses all the elements, he explains. Patients also need to recognize that addiction is a chronic disease, demanding lifelong vigilance.

He notes that alcoholics can be the hardest to treat and require an in-patient approach for several reasons. If they stop drinking all at once, they risk seizure or death, so medication is necessary to get them off their dependence. Most other addicts can be treated on an out-patient basis with a shot of vivitrol, which prevents the high feeling from any drugs and lasts 28 days, or with suboxone, so they don't become "dope sick."

Fadul has noticed that women seek treatment in greater numbers than men, and they have a higher success rate. He attributes this to the pull of responsibility, often for children.

As of September, at least 385 victims in Cuyahoga County have died of opioid overdoses in 2016, far in excess of exceeding the 228 deaths in 2015. Additionally, lab results have confirmed that at least four Cuyahoga County overdose deaths are due to carfentanil, a large animal sedative, 100 times more deadly than fentanyl and 2,500 times more deadly than heroin.

Despite these statistics, Fadul notes that addicts are "professional survivalists." They can be "smart and crafty, which is how some continue their habit for

years," he adds.

His hope is that addicts find treatment, if for no other reason than the cost savings to themselves and the centers that become involved. Fadul reports that the average cost of handling addicted people, including hospital stays to treat seizures or cardiac arrest, law enforcement encounters, theft, etc. is around \$75,000 while addiction treatment is \$5,000 - \$7,000.

Fadul says he recognizes that addiction can be neither nefarious nor innocuous, but rather the consequence of circumstances. No matter the cause, "it remains a very ugly thing," he states.

Now that pain is more readily being understood as the "fifth vital sign," particularly when it manifests in chronic forms, patients need to remain mindful and heed the risks associated with treatment by opioid medication.



Last month, Aaron Marks shared his story. Now, he represents the Northern Ohio Heroin and Opioid Task Force, and received the Attorney General's Award for Outstanding Contributions to Community Partnerships for Public Safety, in Washington, D.C.

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Fairmount Early Childhood Center Preschool and Camp Registration

The Fairmount Early Childhood Center is a private, district-sponsored learning center, offering a full school-year calendar as well as a summer preschool camp.

Preschool/Camp Parent Information Night

Thursday, January 12, 2017 • 7 p.m.

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2017-2018 school year. This program offers four mornings per week at significantly reduced rates.

Preschool and Camp Registration Residents

Wednesday, January 18, 2017 • 3:30 p.m.

Open Enrollment

Wednesday, January 25, 2016 • 3:30 p.m.

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Free Hearing Aids

Free Hearing Aids for Holocaust Survivors who are hearing impaired and in financial distress

More than 38 million Americans of all ages have a hearing impairment that often leads to living in a silent world. Many hearing-impaired individuals have the ability to hear again with the help of a hearing aid but continue to live with their hearing impairment because they lack the financial resources to obtain a hearing device that can cost thousands of dollars.

Hearing Missions Foundation, a non-profit affiliate of Centers for Hearing Care, along with the Jewish Family Service Association of Cleveland (JFSA), is now seeking local hearing-impaired Holocaust survivors, in financial distress, to receive free hearing aids. Potential candidates must contact either the JFSA or the Hearing Missions Foundation. To qualify for this local hearing mission you must be a Holocaust survivor and meet certain financial eligibility requirements. Candidates will be thoroughly screened to ensure they have a hearing impairment that can be improved with a hearing device. Each recipient must be available for a hearing screening on December 21 and the fitting of their new hearing aid on January 25.

Once selected, patients will receive audiological testing, their own custom-made and fitted hearing aids, a limited supply of batteries, along with education and instruction on the proper operation and care of their new hearing devices.

The Hearing Missions Foundation has transformed the quality of life for many hearing-impaired individuals around the world and now wants to help Holocaust survivors here, in the Cleveland area.

"It's not enough for patients to simply receive new hearing aids. Each recipient must know how to use and care for their device," explains Dr. Sheryl Figliano, doctor of Audiology at the Centers for Hearing Care and co-founder of the Hearing Missions Foundation.

The main focus of this mission is to change the lives of those who could otherwise not afford hearing aids. "We help these patients to attain their full hearing potential," explains Dr. Figliano. "We have helped numerous patients with various hearing impairments, including those who have been unable to hear well for years to patients who were born deaf and can now hear. It's amazing to witness the life-altering moment when we fit the patient with their new hearing aids and they are able to hear for the first time! This is why we do what we do."

If you know a Holocaust survivor who is hearing impaired and in financial distress, you may contact Jillian Spencer at the JFSA, 216.378.3438 or Hearing Missions Foundation at 330.779.8090.

Attention Beachwood Artists

The Beachwood Arts Council is looking for residents to design an original piece of artwork, in any medium, to be installed on the entranceway wall of the Beachwood Community Center. It should represent the Beachwood Arts Council and its activities in our community.

Please submit one design per artist, not to exceed 36" x 18". Email your design to Leah Gilbert, executive director, at leahgilbert@sbcglobal.net. For details, call her at 216.752.0752. The deadline is February 1, 2017.

Don't miss this opportunity to have your art displayed in the Beachwood Community Center.

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Distance Learning Programs

Menorah Park's Rose Institute for Life Long Learning offers the following Distance Learning Programs, free and open to the public. Email LASTuver@menorahpark.org for more information.

Monday, December 5 • 2:30 – 3:15 pm

"Where in the World Were They? American Women in WWII" by the U.S. Army Women's Museum (Fort Lee, Virginia)

Monday, December 12 • 2:30 – 3:30 pm

"Clevelanders and the Grand Tour" by the Cleveland Museum of Art

Monday, December 19 • 2:30 – 3:15 pm

"Snow Cat Conservation" by the Alaska Zoo (Anchorage, Alaska)

Ho Wah Reopens after Renovations in La Place; Nervous Dog Coffee Bar to Open by the Holidays

Ho Wah Chinese Restaurant, located on the lower level of La Place, has reopened after renovations. Ho Wah has been a staple in the Beachwood community since 1979, serving traditional Chinese cuisine. Their renovation is part of a larger redevelopment project at La Place.

"We were pleased with the opportunity to close in order to make renovations to our space. We believe these upgrades will provide a more enjoyable dining experience for our customers," said Randy Hom, partner at Ho Wah Chinese Restaurant.

"Please pardon our dust," asks Neisha Vitello, senior general manager of Beachwood Place. "We are very excited to bring new retailers to the community, but we don't want to forget that the current LaPlace tenants – Cedar Creek Grille, Williams Sonoma and Pottery Barn Kids – are still open and fully operating for business."

We are thrilled to announce that Nervous Dog Coffee Bar, a local Cleveland-area coffee shop, is projected to arrive by the holidays. Expect more exciting announcements in 2017.

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Holiday Shopping Guide

Bonnie's Goubaud

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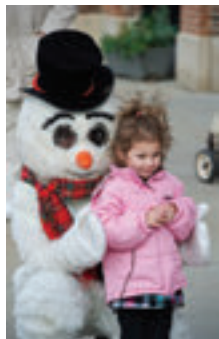
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Heritage Home Program

The City of Beachwood has a partnership with the Cleveland Restoration Society (CRS) that offers Beachwood residents with homes 50 years and older free technical assistance for home repair and maintenance projects. Since its inception, this program has provided millions of dollars of free services to Beachwood residents.

Last quarter alone (July through September 2016), HHP responded to 18 inquiries in

Beachwood and offered more than \$700,000 worth of complementary technical assistance.

HHP and CRS provide services including site visits to answer home repair, improvement and maintenance questions, advice on energy efficiency, access to information on local contractors, evaluation of bids and much more.

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HHP loan with rates as low as 1.85% for up to 10 years. Eligible projects may include exterior and interior painting, kitchen and bath improvements, compatible additions and many others.

If you have a home that's 50 years or older, you may qualify for this free resource. To learn more about this program, visit www.heritagehomeproject.org or call 216.426.3116.

“Before the Holocaust: Jews of Tetiev” Documentary Project at Jewish Genealogy Society Meeting

A compelling oral history and documentary project on the Jews of Tetiev will debut at the Sunday, January 5th meeting of the Jewish Genealogy Society of Cleveland. Producer Susan Kirkman Zake will share her efforts to document Jewish families who fled a series of pogroms in Tetiev, Ukraine, from 1918 to 1920 during the Ukrainian War of Independence.

“Dante’s Inferno pales beside the realities of everyday life (for Jews) in the Ukraine,” according to a report issued by the Committee of Jewish Delegations in 1920. The pogroms perpetrated at this time killed an estimated one hundred thousand and were the most extensive massacres of Jews prior to the Holocaust. This documentary and oral history project tells the story of hundreds of Jews from the town of Tetiev who made their way to Cleveland, Ohio, and established vibrant communities on the city’s East Side.

Susan Kirkman Zake is an assistant professor in the School of Journalism and Mass Communication at Kent State University, where she teaches multimedia storytelling, web programming for multimedia journalism, reporting public affairs, data reporting and media ethics.

Before joining the faculty at Kent, Susan was the managing editor for multimedia and special projects at the *Akron Beacon Journal*, where she began work as a staff photographer in 1986. Over a 20-year career, she worked as an assignment editor, picture editor, graphics editor, assistant metro editor and assistant managing editor.

She also shares in three Pulitzer Prize team awards; for coverage of the attempted takeover of the Goodyear Tire and Rubber Co.; for *A Question of Color*, which examined local attitudes toward race; and for coverage of Hurricane Katrina as part of a Knight Ridder editing team working for the *Biloxi Sun Herald*.

The Jewish Genealogy Society of Cleveland meets on the first Sunday of the month in the winter, starting at 1:30 pm, in the Men’s Club Board Room at Park Synagogue East, 27500 Shaker Blvd. Board members are available from 1 pm to assist with individual research questions. Guests are welcome. RSVP to Programming@ClevelandJGS.org.



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A message from
Executive Director Cindy Caldwell

Giving Back This Holiday Season

For the second year, the Beachwood Chamber of Commerce is dedicating its December luncheon as a give-back event and the Alzheimer’s Association – Cleveland Area Chapter, Goodwill Industries of Greater Cleveland and East Central Ohio, and Harvest for Hunger have been selected by our membership as recipients for 2016. As a group, we feel grateful for individual successes and recognize the importance and value of not-for-profit organizations and how they benefit our community.

The luncheon will take place at Maggiano’s Little Italy at Beachwood Place, December 14, 2016 at 11:30 am, and a representative from each organization will speak for 10 minutes to educate luncheon guests about the importance of their organization and how they can help. This luncheon is open to BCC members and the community. We invite all attendees to help spread the holiday spirit by making contributions to benefit at least one of these organizations. To register, visit www.beachwood.org; and from the Chamber, we wish you a safe and wonderful holiday season.

The Alzheimer’s Association – Cleveland Area Chapter

The Alzheimer’s Association – Cleveland Area Chapter provides support and resources to individuals suffering from memory loss, and their families, in a five-county region of northeast Ohio including Ashtabula, Cuyahoga, Geauga, Lake, Lorain counties. Nearly all services are provided free of charge. The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research. The disease currently affects more than five million American adults and is the 6th leading cause of death in the country. It is the only cause of death among the top 10 in the US that cannot be prevented, cured or even slowed down. The organization’s mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Their vision is a world without Alzheimer’s disease. For more information, visit www.alz.org/cleveland.

Goodwill Industries of Greater Cleveland and East Central Ohio, Inc.

Goodwill Industries of Greater Cleveland and East Central Ohio, Inc. has been serving the local community for nearly 100 years as an independent Goodwill affiliate. While most people recognize Goodwill as a retail thrift chain, that is only a portion of the Goodwill mission. Goodwill is a nonprofit, social service agency dedicated to improving the lives of all people by providing skill-building programs

and services needed to help remove common barriers to good jobs and independence. The stores provide revenue to help fund these programs and serve as job training sites. When shopping and giving to Goodwill, our local community is supported. For more information, visit www.goodwillgoodskills.org.

Harvest for Hunger – Greater Cleveland Food Bank

Harvest for Hunger is one of the largest annual, community-wide food and funds drives in the nation – providing critical resources to local hunger relief organizations in 21 counties in Northeast and North Central Ohio. Last year, businesses, supermarkets, schools and individuals across the region came together and contributed enough resources to provide more than 20 million nutritious meals. Community support is critical to the organization’s hunger relief efforts since, unfortunately, the number of people turning to hunger centers for emergency food continues to rise. The need is great, but with your support, a difference is being made! For more information, visit www.greaterclevelandfoodbank.org/harvest-for-hunger/overview.

We invite all attendees to help spread the holiday spirit
by making contributions to benefit at least one
of these organizations.

Taste of Beachwood

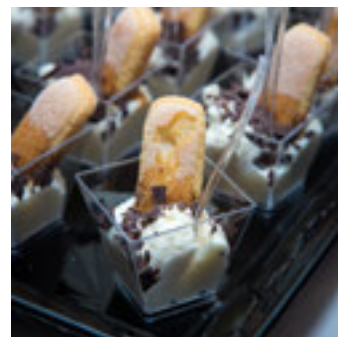
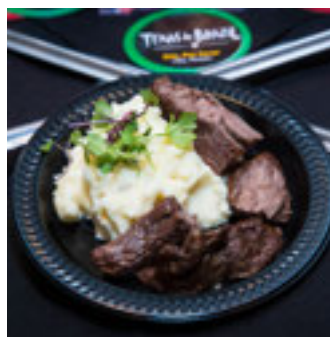
On Thursday, November 10, the Beachwood Chamber of Commerce hosted its 9th annual Taste of Beachwood, presented by DDR, at Embassy Suites in Beachwood. More than 250 attendees gathered to socialize, network and sample signature dishes from 19 local restaurants. The Beachwood High School Chamber Ensemble entertained the guests while they dined. New this year was a silent auction and separate raffle for a pair of earrings valued at \$895.

“Each year, the popularity of this event grows, with support from both the residential and business communities,” BCC Executive Director Cindy Caldwell said. “It’s really a fun event for everyone involved.”

This year’s restaurants included: Beachwood Bistro, Buffalo Wild Wings, Café Avalaun, California Salads, Lockkeepers, Maggiano’s Little Italy, Melt Bar & Grill, Moxie the Restaurant and Red the Steakhouse, Paladar Latin Kitchen & Rum Bar, Park East Grill, Piada Italian Street Food, The Sanctuary, Texas de Brazil, Tres Potrillos, University Hospitals Ahuja Medical Center, Wasabi Japanese Steakhouse, Whole Foods Market and Zoup!

Congratulations to Texas de Brazil for winning both the 2016 People’s Choice Award and 2016 Best Display Award.

For more information about the Beachwood Chamber of Commerce and upcoming events, call 216.831.0003 or visit www.beachwood.org.



Photos by Scott Morrison, Discovery Photo

CITY OF *Beachwood* Council Update

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JAMES PASCH



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james.pasch@beachwoodohio.com

GRAB YOUR SKATES

Enjoy Beachwood's new portable ice rink located on the basketball courts behind the tennis courts. Bring your own skates!

Open dawn to dusk, weather permitting. Free and open to the public. Parking available at Beachwood Family Aquatic Center. For complete rules and regulations visit www.beachwoodohio.com.



ELECTRIC SERVICE FROM NOPEC

First Energy Solutions recently notified the Northeast Ohio Public Energy Council (NOPEC) that it was terminating its contract to provide electric service to NOPEC customers effective January 2017. The City of Beachwood is a NOPEC customer and many residents and businesses receive their electric service through NOPEC. If you are NOPEC customer, please note that this termination will NOT disrupt your electric service in any way. NOPEC has approved a three year contract with NextEra Energy Services Ohio to supply power to Northeast Ohio. For more information visit www.nopecinfo.org/electricupdate or call 855.639.8159.



VETERANS DAY

In November, the City of Beachwood and the Beachwood Historical Society remembered all veterans in a special ceremony at the Beachwood Cemetery. Complete story is on page 12.



City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
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WHEN YOU'RE IN *Beachwood*, YOU HAVE ARRIVED!

SUMMER DAY CAMPS

RESIDENT REGISTRATION BEGINS DECEMBER 5

Beachwood Summer Day Camp registration for residents begins December 5. Register for Kidz, Bison, Sports, Teen Travel and Theater Camp between 8:00 a.m. and 4:00 p.m., Monday through Friday at Beachwood City Hall (Recreation Office). Proof of residency required.

An early-bird fee will be offered to all residents who register from December 5 – March 10. Non-resident registration begins March 12.

For more information please refer to your [Winter Recreation Guide](#) or visit www.beachwoodohio.com.

INCLEMENT WEATHER CANCELLATIONS

When the Beachwood City schools are not in session or are dismissed early due to inclement weather, all daytime, afternoon, and/or evening recreation programs/classes will not be held, regardless of weather changes. Feel free to call the Recreation Department for class cancellation information at 216-292-1970.



POLICE ENTRANCE EXAMINATION

Beachwood Police Department is offering an entrance examination for a full-time patrol officer on January 30, 2017 at 6:00 p.m., at Beachwood Community Center.

Dates/times for application distribution and submittal at Beachwood Police Department, 2700 Richmond Road:

- December 5, 2016 – December 9, 2016 (Mon, Tues, Thurs, Fri) 8:00 a.m. to 4:00 p.m.
- December 7, 2016 (Wed) 8:00 a.m. to 7:00 p.m.
- December 10, 2016 (Sat) 8:00 a.m. to Noon
- December 12, 2016 – December 16, 2016 (Mon, Tues, Thurs, Fri) 8:00 a.m. to 4:00 p.m.
- December 14, 2016 (Wed) 8:00 a.m. to 7:00 p.m.



FALL LEAF PICK-UP

Leaf trucks are in continuous daily operation throughout the City (weather permitting). Collection is ongoing from one end of town to the other end of town. There is no need to call for a special pick-up.

Place UNBAGGED leaves on the tree-lawn only. DO NOT PLACE IN STREET. Leaf piles mixed with other debris – such as grass – WILL NOT be picked up.

After January 1, all leaves need to be bagged. Leaf bags will then be picked up with your regular rubbish on your collection day. Questions? Call 216.292.1922.

Happy Holidays

The Service Department will be closed on Monday, December 26 & Monday, January 2 for Christmas and New Year's Day. Rubbish collections will be delayed one day after each respective holiday.

MISSED A COUNCIL MEETING?

Go to www.beachwoodohio.com and click on the link to listen to audio recordings.



UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, December 5 and 19. Questions? Call 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, December 8. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meeting: Monday, December 12. Questions? Call 216.292.1914.

Departments

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216.292.1915

MAYOR'S OFFICE
216.292.1901

AUDITOR
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FINANCE DEPARTMENT
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POLICE DEPARTMENT
216.464.1234

BUILDING DEPARTMENT
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FIRE DEPARTMENT
216.292.1965

SERVICE DEPARTMENT
216.292.1922

COMMUNITY SERVICES
216.292.1970

LAW DEPARTMENT
216.595.5462

ART EXHIBITS



Beachwood Community Center

MON – FRI • 9 A.M. – 4 P.M.

SAT • 10 A.M. – 3 P.M., SUN • 10 A.M. – 1 P.M.

BENCHMARKS

DECEMBER 5 – 11

Opening Reception:

SUNDAY, DECEMBER 11 • 1:00 – 3:00 P.M.

Wood-burning and lavish colors bring stories to life on reclaimed vintage sanctuary pews in Gadi Zamir's "Benchmarks" series. Each piece combines artistry and narratives on 3-D functional fine art.

OUR FAVORITE THINGS

DECEMBER 13 – JANUARY 6

Opening Reception:

SUNDAY, DECEMBER 18 • 1:00 – 2:30 P.M.

Featuring Laurie J. Anderson – watercolor paintings, Richard L. Cohen – pastel landscape paintings, Saniya Aldoori- paper scrolling

OF SPECIAL NOTE BE SEEN

ALL PEDESTRIANS are encouraged to wear reflective gear when walking or running before dawn and after dusk. Safety is our number one concern.



**American
Red Cross**

BLOOD DRIVE

FRIDAY, DECEMBER 23 FROM 9 AM TO 2 P.M.
BEACHWOOD COMMUNITY CENTER

FIREFIGHTER/PARAMEDIC ENTRANCE EXAMINATION

Beachwood Civil Service Commission will conduct an examination for the position of Firefighter/Paramedic. Applications available from Beachwood Fire Department, 2655 Richmond Road. Applications accepted beginning Monday, December 5 and must be returned no later than Friday, December 16, 2016 at 4:00 P.M.

Applications, completed in accordance with the instructions accompanying them, and already certified by a Notary Public, must be returned in person to: City of Beachwood Fire Department (Corner of Richmond/Fairmount Boulevard).

Written examination is Wednesday, January 4, 2017 at 6:00 P.M. at Beachwood Community Center. Details at: www.beachwood.ohio.com.

BE SAFE

The following tips are provided to keep you, your family and those around you safe:

- If you see something, say something, i.e. suspicious person or package. Proper notification can prevent dangers and threats.
- Do not provide personal information, i.e. social security numbers, to person(s) on the phone that you are not familiar with. Legitimate organizations will not request certain information over the phone.
- Control your social media messaging. Giving too much information particularly about your movements can provide a road map for individuals intending on harming you or stealing from you.
- Trust but verify when dealing with people you don't know well.

LIVE STREAM COUNCIL MEETINGS

The City entered into an agreement with Swagit Productions to provide live video streaming services at scheduled City Council meetings. Four cameras will be installed in City Council Chambers. Live streaming to start early 2017.



Council Update

Grandparenting Interfaith Granchildren

jHUB and Park Synagogue offerskills to navigate family relationships in the context of multiple traditions and backgrounds in first collaborative Grandparents Group on December 6, at 7 pm.

jHUB, an initiative that provides interfaith families with new ways to comfortably explore, discover, and personalize the meaning of Jewish culture and values in our modern world, is collaborating with Park Synagogue on a workshop focused on grandparenting interfaith grandchildren. The Grandparents Group provides a safe, confidential space for people to share their family's experiences and learn skills to navigate family relationships in the context of multiple traditions and backgrounds. Designed for those whose adult children are in interfaith relationships, the group will meet December 6, from 7 to 8:30 pm, at Park Synagogue East,

27500 Shaker Blvd in Pepper Pike.

"We know that grandparents often have their own questions and challenges regarding their children's interfaith relationship, and jHUB helps to strengthen the individual family unit by offering support and resources through this gathering," said Rabbi Melinda Mersack, director of jHUB. "The underlying principle is to strengthen the relationship between parents and their children and grandchildren."

Rabbi Sharon Marcus, associate rabbi of Park Synagogue, will co-lead this group with Rabbi Mersack. Rabbi Marcus has held similar offerings at Park Synagogue in previous years.

For more information or to register, contact Rabbi Melinda Mersack, Director, at 216.371.0446, ext. 232; mmersack@jecc.org. For more information about jHUB and other upcoming events, visit jHUBCle.org.

Grandparent Alert: NCJW Presents New Rules for Safe Infant Care

As infant mortality has become a major issue in Cleveland, it is important not only for parents but for all caregivers to learn about the new safety standards to prevent infant death.

National Council of Jewish Women (NCJW/Cleveland) invites grandparents and caregivers to "The New Rules of Safe Infant Care: What Grandparents/Caregivers Need to Know," on Sunday, December 11. Subtitled, "So You Thought You Knew How to Take Care of a Baby?," the event, recommended for new parents, grandparents and other baby caregivers, takes place from 9:30 am to 12 pm at Point East, 27500 Cedar Rd., Beachwood. Cost is \$10 for NCJW members and \$15 for non-members, with proceeds used to purchase baby-safe sleep sacks for families in financial need.

Topics will include:

- Safe sleep methods, immu-

nizations and proper feeding procedures.

- Communicating with new parents in supportive, non-intrusive ways.
- Car-seat safety and baby proofing the home.

The event will include a baby gift boutique, featuring holiday toys, clothing and other items as well as a light breakfast buffet.

"This presentation is recommended for new and expectant parents, grandparents, caregivers and other interested relatives," said Cindy Glaser, co-chair with Cyndy Fellenbaum. "NCJW, as an organization whose mission is to improve lives for women, children and families, is devoted to becoming part of the solution to improve infant mortality statistics," said Myrna Arlen Bloch, co-president, NCJW/Cleveland.

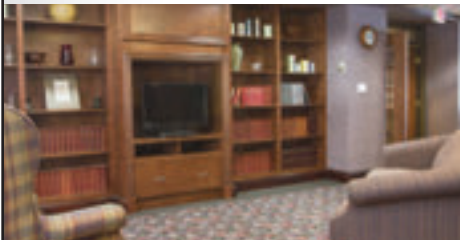
To register, call Lisa Hazlett at 216.378.2204, ext. 101.



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Dr. Brian Weiss, 464-6678 • bw@beachwoodschoools.org
Joshua Mintz, 245-0000 • jmintz@beachwoodschoools.org
Steve Rosen, 292-5562 • srosen@beachwoodschoools.org

26 Students Inducted Into National Honors Society Last Month

Beachwood High School's National Honor Society inducted 12 juniors and 14 seniors at their annual ceremony last month. The National Honor Society (NHS) is the nation's premier organization established to recognize outstanding high school students. NHS recognizes excellence in the areas of scholarship, leadership, service, and character. The Honorable **Francine Goldberg**, Common Pleas (Domestic Relations) Judge, BHS alumna and Gallery of Success member, swore in the new inductees during the ceremony. Once inducted, students are required to maintain a 3.7 GPA, actively participate in school and community life, and serve others. Beachwood NHS members tutor peers weekly and conduct many hours of community service every semester.



This year's inductees are:

Seniors: **Andrea Cohen, Emily Einhorn, Mollie Goldman, Mukul Govande, Benjamin Kitay, Shanhuai Ma, Molly Rosen, Asaf Roth, Jacob Sapell, Jack Spero, Matthew Stovsky, Julia Warner, Amanda Wasserman and Dalia Zulig**

Juniors: **Jakob Bolman, Abigail Brewer, Kelly Chiang, Mackenzie Davis, Erica Gross, Rachel Kurland, Daniel Mishins, Gabriela Rodriguez, Ryan Sapell, Lily Steiger, Ziyang Wang, and Jinle Zhu**

They join the following seniors inducted last year: **Matthew Aubourg, Joshua Blalosky, Cameryn Cohen, Justin Dubin, Andrew Feldman, Jamie Frayman, Cameron Haynesworth, Camille Hohl, Dana Kippen, Lauren Miller, Kalina Patevas, Philip Schnee, Swathi Srinivasan, Shitong Wu, Jennifer Yen, and Yuke Zheng**

The National Honor Society is advised by high school teacher **Lisa Morgan**.

Fairmount Early Childhood Center earns top ranking from the state of Ohio



Congratulations to our Fairmount Early Childhood Center on earning a 5-Star Award in the state's inaugural round of the rigorous *Step Up to Quality* program. The 5-Star Award is the highest rating possible. Administered by the Ohio Department of Education and the Ohio Department of Job and Family Services, *Step Up To Quality* recognizes and promotes learning and development programs meeting quality program standards that exceed licensing, health and safety regulations. The program standards are based on national research that identify factors leading to improved outcomes for children.

The preschool staff and administrators underwent a multi-year process to prepare for and proceed through an extensive review of all facets of our program. The 5-Star Award recognizes the strength of Fairmount's review, but more importantly, it recognizes the program's sustained, high quality over many years.

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, 464-2600 ext. 299 • rph@beachwoodschoools.org

Michele E. Mills, Director of Finance/Treasurer, 464-2600 ext. 239 • mm@beachwoodschoools.org

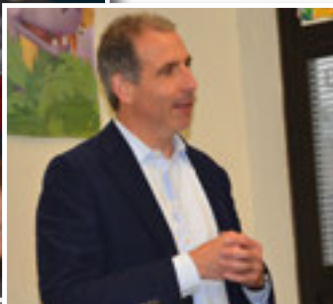
Lauren J. Broderick, Director of Pupil Services, 464-2600 ext. 234 • ljb@beachwoodschoools.org

Dr. Ken Veon, Director of Operations & Technology, 464-2600 ext. 230 • kev@beachwoodschoools.org

Linda LoGalbo, Director of Curriculum & Instruction/Human Resources, 464-2600 ext. 289 • lhl@beachwoodschoools.org

Kathleen Stroski, Assistant Treasurer, 464-2600 ext. 240 • ks@beachwoodschoools.org

Shana Wallenstein, Director of Marketing & Communications, 464-2600 ext. 237 • swallenstein@beachwoodschoools.org



Writers Forum

Under the tutelage of **Principal Rebecca Holthaus**, Hilltop Elementary Students were in for quite a treat last month as a dozen special guests spent an entire day at Hilltop sharing how writing skills impact their professional lives. From authors to creative artists, PR specialists, a greeting card creator, a lawyer and a police officer, students rotated between professionals for instruction, inspiration and practical tips. A special thank you to the **Beachwood Schools PTO** for providing the funding for this special day. Our awesome keynote speaker, **Shelley Pearsall** inspired us all! Gratitude to the many special guests and staff listed below who gave their time and expertise to inspire our students: **Alesha Trudell, Angela Maxwell, Brian Green, Daniel Porter, Faith Borland, Greg Vovos, Jeff Leikin, Julie Ungier, Ken Veon, Officer John Turner, Sarah Schwartz, Shahnyn Moody-Benedict, TC Messer**

LEGO Club Returns to Bryden



LEGO Club is back in action at Bryden Elementary School. The challenge of the day was to build an 8" bridge sturdy enough to pull two *Hot Wheels* cars. By the end of the session, students were building ramps and garages. Way to go, little LEGO Masters!

Homecoming 2016

There was a lot of excitement celebrating the first Friday night homecoming football game. The Bison easily handled Painesville Harvey's varsity squad. Pre-event activities featured a rededication of the Memorial Rock in honor of Arnie Finkle and Robert Jacobs, classmates from the class of 1974, who lost their lives when lightning struck during a football practice in 1971. The youth cheerleaders were out in force and a group of alumni band and drill team members joined the students for an annual on field performance. The homecoming queen was crowned during halftime and then feted again during the homecoming dance. This year's finalists were **Emily Einhorn, Lauren Miller** and **Hannah Karl**, who was named queen. The Alumni Association also welcomed back the 1989-1990 Bison football team to commemorate their role as the first Bison sports team to compete for a state championship.



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Ellen S. Mandell Attorney at Law

Ellen S. Mandell helps clients find creative solutions in divorce and separation, support and parenting cases. She was president of the

Cuyahoga County Bar Association, and is a current member of the Family Law Section of the Cleveland Metropolitan Bar Association, and Acting Judge in the Shaker Heights Municipal Court.



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Cleveland POPS Orchestra's New Year's Eve Concert & Party is the best place in town to welcome 2017! Reserve your tickets now at 216.231.1111.

The concert is at 9 pm and dancing is from 11 pm to 1 am.

Beachwood **Buzz**
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Happy Holidays

**Thank You for Supporting Beachwood
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Congratulations Leah Roter!



Leah Roter capped a season of undefeated races by winning the Division II state championship with a time of 17.55, the fourth fastest time in the United States.

For more information about Leah, be sure to see next month's *Beachwood Buzz*.



D'MAZ Lifestyle Salon

Beachwood Chamber of Commerce Executive Director Cindy Caldwell and Denise Zingale Travis display the City of Beachwood proclamation.

D'MAZ Lifestyle Salon, a personal, private studio hair salon has been a Northeast Ohio staple since first opening in the Beachwood area more than 15 years ago. Owner Denise Zingale Travis, award-winning and internationally-published hairdresser, educator and writer, recently held a ribbon-cutting ceremony to celebrate the salon's move to 3609 Park East Drive, Suite 518.

Committed to excellence and sensitive to clients' individual needs, the new space offers a healthy, relaxing, contemporary décor with large windows, air filtering plants and a medical certified HEPA air cleaner system; an environment that helps to promote physical and mental wellness and reduce stress. Also, D'MAZ Lifestyle Salon was ranked as one of the TOP 10 salons on Cleveland's Fox 8 2016 Hotlist.

In recognition of the D'MAZ Lifestyle Salon relocation, Mayor Merle S. Gorden and City Council issued a proclamation that named October 18, 2016 as "D'MAZ Lifestyle Salon Day" in the City of Beachwood. For more information, visit www.dmazsalon.com.

Holiday Boutique and Craft Show

On Sunday, December 4, from 9:30 am to 3 pm, Orange Village merchants will be selling artistic jewelry, beaded serving pieces, handmade scarves, purses, tie dyed clothing and socks, soaps, aprons, wall art, personalized baby gifts and books at Temple Emanu El, 4545 Brainard Road. Need a custom tablecloth for the holidays? Talk to Leonard Gilbert from LJC table linens. Free admission. Raffle and food available for purchase. For more information, call Temple Emanu El at 216.454.1300.



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Dr. Eric S. Lawrence has specialized training in orthodontic care for youth and adults, surgical orthodontics, TMJ disorders, and Oro-facial Orthopedics. Dr. Lawrence has been practicing for 30 years. He is dedicated to providing his patients with the most current and advanced care available.

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Women of Fairmount Temple Programs

The following programs take place at Fairmount Temple. For questions or more information, call Ellen Klein at 216.342.4755.

Fourth Annual Chanukah Party Tuesday, December 13 • 7 – 9 pm

This pre-Chanukah celebration will take place in Fairmount Temple's activities center. The group will light candles, enjoy food (latkes, for sure), sing a song or two and just kibbitz. This program is free and open to the community. You are asked to bring a wrapped gift, \$10 or less, for an "exchange." Women of Fairmount Presbyterian Church will join in on this holiday celebration.

First Families of the Bible Tuesday, December 20 • 10:30 am

Our final program of 2016 brings back First Families of the Bible with leader Diane Lavin, followed by lunch at noon. For information about lunch (a week prior to

the event), call Ellen Klein, executive vice president, at 216.342.4755. Following lunch, Julie Moss, librarian, will help attendees celebrate Jewish Book Month.

Felicia Zaverella Stadelman Lecture on Claude Monet

Tuesday, January 3 • 10:30 am

Meghan Sturges will lead attendees in a gentle form of chair yoga, followed by lunch at noon. Please see above for menu and reservation instructions. At 1 pm, following lunch, Felicia Zaverella Stadelman will present a lecture on one of the world's favorite impressionists, Claude Monet. She was a real hit when she lectured on Vincent Van Gogh and Women of Fairmount Temple look forward to welcoming her again.

The Gathering Place

The Gathering Place is a caring community that supports, educates and empowers individuals and families touched by cancer through programs and services provided free of charge. The programs provide education and information, support, and tools to help manage the stress of a cancer diagnosis. The Gathering Place has two locations in Beachwood and one in Westlake. The following programs will take place at 23300 Commerce Park in Beachwood. All programs require advance registration by calling 216.595.9546 unless noted. For more information visit www.touchedbycancer.org. You can follow TGP at www.facebook.com/tgpcaringcommunity or www.twitter.com/touchedbycancer.

Weight Loss Program

Mondays, January 9 – February 20
6:30 – 7:30 pm (No class on January 30)

Six-week program for cancer survivors who have been encouraged by their physician to lose weight as part of their survivorship wellness plan.

Prostate Cancer Information Sessions

Thursdays, January 12, February 9 and March 9
5:30 – 6:15 pm

This program is for men diagnosed in the past six months. No registration is required.

Optimizing Health and Wellness through Eating, Moving and Stress Management

Wednesday, January 18 • 6:30 – 8 pm

Super Bowl and Tailgate Favorites

Thursday, February 2 • 6:30 – 8 pm

Hands-on cooking class for young adults (18-40) surviving cancer.

Starting the Cancer Journey

Wednesdays, February 8, 15 and 22 • 6 – 7:30 pm

This program is for individuals diagnosed in the past six months and their family members.

The Gift of Breath by Jennifer Stern

Are you breathing into your feelings?

This was the question my yoga instructor asked during class recently. It stopped me in my downward dog. Imagine if we all took the time to breathe into our feelings instead of immediately reacting to them. Breathing into our feelings is the purest form of acceptance. I do not have to label, define, declare, explain or act upon my feelings. I just need to breathe into them. Imagine the miscommunication and conflict avoided if, instead of instantly reacting to our feelings, we simply gave ourselves

Consider all the self-criticism, the self-limiting narratives and the self-doubt minimized by first breathing into, rather than personalizing and acting on, our feelings. This simple step of breathing into our feelings gifts us a true pause – a pause that allows us to simply practice breath, the breath of silence, the breath of calm, the breath of self-care. Our mind slows down. Our breathing slows down. Our heart rate slows down. We literally gift ourselves a respite – for mind, body and spirit – a time to breathe, to reset, to start again. The freedom from becoming our feelings.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information she can be reached at 216.464.4243.



permission to breathe into them.

A Fall Harvest Festival at Montefiore

Montefiore celebrated its 25th anniversary in Beachwood with a family-friendly event on Sunday, October 30, 2016, with nearly 500 attendees enjoying everything from a bounce house, magician, animal show, commemorative canvas art project, balloon clown, face painting, caricature artist and sweet treats including ice cream, freshly-popped popcorn, cookies, donuts and apple cider.

Happy 25th Anniversary Montefiore!



Beachwood City Council member and Montefiore board member Barbara Bellin Janovitz and Montefiore president and CEO Seth Vilensky display a proclamation issued by the City of Beachwood recognizing October 30, 2016 as "Montefiore 25th Anniversary Day in the City of Beachwood."



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Starting the Conversation...

There's a large difference in what people say they should discuss and what they actually end up discussing when it comes to their wishes for medical care at the end of life. A national survey conducted in 2013 by The Conversation Project, an organization dedicated to helping people talk about their end-of-life care, shows that while more than 9 of 10 Americans think it's important to talk about their preferences for end-of-life care, fewer than 3 of 10 have actually held these sorts of discussions.

"Americans now overwhelmingly agree that it's important to talk with loved ones about how they want to live at the end of their days. Yet, we still find it hard to begin those conversations," stated Ellen Goodman, founder of The Conversation Project.

The real work and heartfelt conversations begin when someone verbalizes his or her feelings and fears as health declines. When a person thinks ahead, shares his values and talks openly about his wishes, family and friends are empowered to go through the process with them and determine the next steps.

"At Montefiore's Vinney Hospice we are there for you and your family on this journey," said Rabbi Akiva Feinstein, Montefiore Hospice chaplain. "Our compassionate team is trained in comprehensive end-of-life care and provides support whether in a private residence or in Montefiore's Maltz Hospice House, and all faiths are welcome."

To learn more, contact a member of the Vinney Hospice team at 216.910.2650 or visit www.montefiorecare.org for a virtual tour of the Maltz Hospice House.

We're "Snow" Special!

In partnership with Mandel JCC Early Childhood Education, Montefiore presents Bubbes, Zaydes and Babies, a quarterly intergenerational and interactive program with residents and babies birth to five years old.

We're "Snow" Special!, this month's theme, will take place Sunday, December 11, from 10:30 – 11:30 am in the Montefiore Maltz Auditorium, One David N. Myers Parkway.

For more information, contact Iuliia Marshall, life enrichment manager, at 216.910.2588 or imarshall@montefiorecare.org. If you are interested in participating in this program with your child, contact Debbie Friedman, Mandel JCC Family Place Coordinator, at 216.374.4020 or teacherdebbie54@yahoo.com.

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Edgewood Road Inspires Orlean Company's Newest Housing Development

By June Scharf

When Beachwood-based developers David Orlean, 65, and Ken Lurie, 61, were growing up across from each other on Edgewood Road in the 1960s, the brick-lined street was loaded with kids who played sports all day long.

"Kids ruled the world there," states Orlean, president and owner of The Orlean Company, a developer and manager of commercial and residential properties located on Commerce Park, with a staff of 185. His fond memories of the street, along with those etched in the mind of partner and principal Lurie, inspired the name for their latest \$20 million, multi-family housing development, Edgewood Trace in Pepper Pike. They say it's a real passion project that also draws inspiration from the uncanny number of Edgewood Road residents who later became successful local developers, along with others who now hold high profiles. The naming pays homage to these luminaries.

The Edgewood Road from their memories was uniquely positioned with a large empty lot at the southern end that meets Fairmount Boulevard, offering prime space for baseball and football games. At the northern end of the street that meets Beachwood Boulevard, which was undeveloped at the time, featured land that invited the growth of wild strawberries and plenty of picking opportunities. The partners also have vivid recollections of tremendous Halloween experiences, with nearly every neighbor

passing out candy and the sidewalks overflowing with costumed trick or treaters.

The Edgewood Trace development, which is well underway on Cedar Road, across from Landerbrook Drive, will be composed of 42 cluster homes in the \$500,000 range, with master suites on the first floor and full, finished basements featuring nine-foot ceilings. The 21 buildings will sit on a 10-acre site, each with 2,300 sq. ft. or more of living space, within a gated community and governed by a homeowner's association.

"These homes are designed for those who want to downsize with limited maintenance required on their property," says Cameron Orlean, 28, a company vice president and son of David. "They're also ideally suited for snowbirds or young professionals," he adds.

A brokers' kick-off event, held at Beechmont Country Club in October, was attended by 75 on a night that overlapped with a World Series game, demonstrating definite interest in the three-year project. First move-in ability will begin in spring 2017.

The 61-year-old Orlean Company was established by David's late father Art, who began by constructing single family homes in neighborhoods around Cleveland, including Elyria and Parma; he then progressed to building and managing market-rate apartments. Currently in the company's portfolio is The Normandy, an independent living complex in Rocky River at which a major \$25 million expansion is underway, involving a 40-unit assisted-living development and a 40-unit memory-care extension, both complementing an existing nursing home on the property. The 150-unit Normandy Apartments are also being renovated, with amenities being added to include a new gym, aerobics room, new salon, arts and crafts studio, among other enhancements.

The company also recently became involved with the development of Cambria Hotels, with the first one now open in Avon and another under construction in Westfield, Indiana, near Indianapolis. Closer to home, they have partnered on a \$35 million, two-year project to rehabilitate the

144-suite Fenway Manor, a senior-citizen apartment on the western edge of University Circle, built in 1923.

The range of these developments is striking, taking the company far from its more monolithic origins. But this is not an accident. "We are an opportunistic, highly diversified company," Lurie explains. While the core business centers on affordable housing financed with low-interest loans granted through federal projects, some of the newer projects also draw on those resources.

"Other developers with narrower interests have approached us and after we have those conversations, they come to realize that maybe they should be trying other types of projects, too," says Lurie.

Some notable developments within the housing category that the Orlean Company has completed include Bluestone on Mayfield Road in Cleveland Heights on the former site of the Jewish Community Center, River Creek off Richmond Road in Lyndhurst, and Kennilworth Mews on Euclid Heights Boulevard in Cleveland Heights.

The question remains: why didn't the company name the new development Edgewood Road? Because Pepper Pike wouldn't allow it since a street by that name already exists in the community and responses by police and fire rescue could be misdirected. So Edgewood Trace it is, and there certainly is a trace of history to go along with it.



Pictured from left: David Orlean, Cameron Orlean and Ken Lurie with an Edgewood brick from a street reunion and a photo of David's childhood home on the street.

Distinguished Edgewood Road Residents

Real Estate Developers

- Kerry Chelm, Chelm Properties, Inc.
- Don King, The King Group
- Ken Lurie, The Orlean Company
- David Orlean, The Orlean Company
- Bob Stark, Robert L. Stark Enterprises
- Darrell Young, Darrell A. Young Enterprises LLC

Other Residents

- Dave Lombardy, developer of Dave's Cosmic Subs franchise
- Keith Polster, Mason Structural Steel
- Dr. Fred Rothstein, former president, University Hospitals
- Debra Winger, actress

Camp™ Gan Israel of Beachwood



New Parent Info Night

Sunday, December 11, 2016 8:15 pm
Get a tour of our facility, ask questions & hear what Jewish Camping is all about!

CGI's Winter Camp!

Mon-Fri Dec 26-30, 2016 9:00-3:00
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CGI Open House and Reunion

Sunday, January 1, 2017 3:00 pm
Meet past campers and staff while having a great time. Fun for the whole family.

Summer Camp Registration

Registration Begins January 1, 2017
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For More Information & RSVP

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Website: CGIBeachwood.com

OPEN HOUSES



Camp Gan Israel of Beachwood offers campers the chance to gain a love for Judaism without even realizing it! Typical camp activities are all infused with Jewish songs and themes. Campers and staff come together from a range of Jewish backgrounds and affiliations, all for the same camp fun. More than 200 campers spent time at CGI in 2016. Will you give your family the CGI experience too? We invite you to try CGI's Winter Camp or attend our *New Parent Information Night* and take a tour of our facility, ask questions and hear what Jewish camping is all about!



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www.grossschechter.org/admissions



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Michael Friedman, Jeanne Tobin and Michael Siegal Named as CJN Difference Makers

The *Cleveland Jewish News* recently celebrated its "18 Difference Makers" at an Awards Ceremony at Landerhaven. Included were Beachwood residents Michael Friedman and Jeanne Tobin; and Beachwood High School graduate (class of 1970) Michael Siegal.

Michael Friedman



Michael Friedman likes to fly under the radar. Whether he's helping the Friendship

Circle or Aish HaTorah, or delivering food with Meals on Wheels, or providing employment opportunities to those down on their luck, Friedman's style has been to do it without fanfare.

"I get my buzz by helping people," said Friedman, who graduated from The Ohio State University in Columbus with a degree in communications and marketing. "I've worked hard to get where I am today and I like to give back and make people feel good. That is how I get my buzz."

Friedman's role models are Lee Seidman and the late Tom Ganley, both auto dealers who not only taught him the business, but to help others. He also praised his late father, Richard; his mother, Lois; and companion, Linda Blumenthal.

At a Glance

As a Professional:

General manager of Ganley Volkswagen, Subaru and Fiat of Bedford

Significant Other:

Linda Blumenthal

Children:

Morgan, Mara and Matthew

Synagogue:

Park Synagogue
In the Community: Friendship Circle, Meals on Wheels, Rescue Village, Aish HaTorah, Milestones Autism Resources, Menorah Park

Center for Senior Living, Montefiore, Susan G. Komen For the Cure and The Gathering Place.

Noteworthy Facts: Owner of thoroughbred racehorses, and is very close to his family.

Jeanne Tobin



When Jeanne Tobin moved to Cleveland to work for Key Corp. 22

years ago, she thought she would eventually return to Columbia, Md., where she had raised her children. However, due in no small part to the welcoming, philanthropic Jewish community as well as Cleveland's unifying sports teams and quality classical music, the Tobins never left.

Tobin has been president of the Mandel Jewish Community Center and president of The Temple-Tifereth Israel. During her presidency, the Mandel JCC saw increased programming and a large renovation and expansion. Tobin also oversaw the recent renovation and expansion at The Temple.

What motivates her to make a difference is a combination of learning tikkun olam (repairing the world) at a young age from her parents' actions and values and trying to improve the world for her children, grandchildren and future generations.

At a Glance

As a Professional:

Retired executive vice president of Key Corp.

Spouse:

Dr. Jordan Tobin

Children:

Steven Tobin, Donald Tobin, Cynthia Port, Adam Tobin and Karen Rabb

Synagogue:

The Temple-Tifereth Israel

In the Community: Past president of the Mandel JCC; immediate past president of The Temple-Tifereth Is-

rael (chair of the Temple Tomorrow project); past board member of JCC Association of North America; chair of Federation's Leadership Roundtable; past member of the Federation's OCC; past member of the Federation's finance and investment committee, member of Federation's HRD committee; Cleveland representative for National Alliance JFNA; board member at JECC; new board member at the Mt. Sinai Health Care Foundation; past executive board member at Cleveland Alzheimer's Association

Noteworthy: Founding board member of ChamberFest Cleveland music festival. Tobin also has 10 grandchildren, Alex, Anne, Diana, Amelia, Phoebe, JuliaRose, Charlie, Micah, Jonah and Tessie.

Michael Siegal

Michael Siegal always knew he



would be a volunteer in the Jewish world, but he never knew to what extent until after college.

"It was sometime in my early 20s when I was invited to an Israel Bonds dinner," said Siegal, who earned a Bachelor of Science in education from Miami of Ohio in 1974. "My parents were involved in the Jewish National Fund here in Cleveland and my father took me to Israel in 1975, which was my first trip."

It was important to Siegal to have a Jewish nation and to help them build economic, moral and physical strength, which resonated with Siegal after attending an Israel Bonds dinner. At the time, he never thought he would be chair of the Jewish Federation of Cleveland or the Jewish Federations of North America.

Siegal credits his late parents, Molly and Sol Siegal, for instilling

in him a love for Judaism and Israel. He also praised the Wexner Heritage Program, of which he and his wife, Anita, were part. The program is designed for Jewish learning and leadership development for volunteer leaders in North America. In 2014, the Siegals established a \$1.25 million endowment through the Federation to fund the Michael and Anita Siegal One Happy Camper Program.

At a Glance:

As a Professional: Chairman and CEO of Olympic Steel Inc.

Spouse:

Anita

Children:

Rachel, Zachary, Erica

Synagogue:

Park Synagogue
In the Community: Immediate past chair of the Jewish Federations of North America, chair of Secure Community Network, head of government relations between Diaspora Jewry and the govern-

ment of Israel, Jewish Federation of Cleveland board of trustees
Noteworthy: Four grandchildren, ages 9, 7, 5, 1, the three oldest living in Baltimore, the youngest in Cleveland.

Additional honorees included: Tom Adler, Martin Belsky, Seth Briskin, Rabbi Simcha Dessler, Rabbi Eli Dessler, Steven Dettelbach, Dr. Howard Epstein, Brynna Fish, Shelly Friedman, Michael Haas, Sara Hurand, Gary Isakov, Eva Kahana, Keith Libman and Kim Strausser.

The Civic Leadership Award was presented to David Gilbert, president and CEO of Destination Cleveland and Greater Cleveland Sports Commission; and the Generation Award to Dani Berns, co-founder of The Race; Josh Berns, co-founder of The Race; and Dr. Patti Beckman Berns, dentist and philanthropist.

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Menorah Park's Center 4 Brain Health Receives Award for Excellence

The International Council on Active Aging® (ICAA), a professional association that leads, connects and defines the active-aging industry, has selected Menorah Park's Center 4 Brain Health as a recipient of its 2016 Innovators Achievement Award. Presented annually, the ICAA Innovators Awards recognize those in the industry who are leading the way, setting new standards, and making a difference in the lives of older adults.

The Achievement Award category showcases programs and concepts that advance active aging. Eligible offerings can target any or all of seven wellness dimensions – social, emotional, vocational, spiritual, intellectual, physical and environmental. Winning entries also highlight people's potential to live well at any age.

Center 4 Brain Health Director Krystal Culler said of the distinc-

tion, "We recognized a strong need for a non-pharmacological approach to brain health and wellness in the community and created the center to address it. Our center's success demonstrates people's interests and engagement in brain health programming because brain health is an important aspect of people's daily lives," she said.

"For a program in its infancy, it has been humbling to watch the program grow over the past year and to be so well received by the local community. We are providing an innovative service to meet the demands for the brain health interests and needs of the community. Brain health is at the forefront of active aging, and we are leading the way by having a non-pharmacological, non-hospital-based center with low-cost programming and services avail-

able to community adults who are concerned about their brain health," she added.

According to Culler, the health and wellness approach taken by the center offers a supportive environment for participants to learn, share and discuss brain health

concerns. She said brain health and wellness education can be a powerful tool to support engagement in a brain health lifestyle.

For more information, contact Krystal L. Culler, M.A, at 216.839.6685 or kculler@menorah-park.org, center4brainheath.org.

What are participants saying?

"By attending these classes with my husband, I can much better understand what he is going through and I can now relate to him with his recent dementia diagnosis." – Jane B., 61

"Ever since attending your Brain Teasers class, my mind has felt sharper and I feel wittier. I have begun doing some of the logic puzzles at home." – Eleanor M., 84.

"I am sleeping so much better now as a direct result of your class. I wake up energized and ready to go. I'm using the breathing exercises and oils and am really sleeping great now." – Judy K.

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Zeroing in on Zika: Global Public Health Crisis

Are you going to be spending (or planning to spend) time this winter or spring in Florida, the Caribbean region or South America? If so, get the latest buzz on the Zika virus before going south.

Park Synagogue invites the community to "Zeroing in On Zika: Global Public Health Crisis" on Tuesday, December 13, at Park Synagogue East, 27500 Shaker Blvd. Doors open at 7:15 pm, with the program starting at 7:30 pm. Speakers Lucileia Johnson, MD, Cleveland Clinic Infectious Disease Specialist; and Jana Rush, MPH, MA, director of Communicable Disease Surveillance and Epidemiology at the Cleveland Department of Public Health will address:

- What the Zika virus is, its history and characteristics
- How Zika affects people, especially women who are or may become pregnant
- How our government is addressing this crisis, locally, state-wide and nationally
- How you can protect yourself and your family from infection before you travel to Southern US states, the Caribbean, or South America this winter

The program is free and open to the community. RSVPs are requested to Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122. This program is sponsored by Park Synagogue's Social Action Committee.

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Cleveland Pops Orchestra 21st Annual New Year's Eve Celebration

The Cleveland POPS Orchestra with Carl Topilow will welcome 2017 with its 21st annual celebration at Severance Hall. The two-hour concert starts at 9 pm and consists of an exciting and wildly popular evening of Broadway favorites performed by singing sensation and American Idol winner Melinda Doolittle.

The two-hour performance consists of a sparkling selection of Melinda's favorite Broadway songs, contemporary pops and jazz hits, along with a tribute to some of the great American soul singers, like Aretha Franklin, Gladys Knight, Tina Turner, Gloria Gaynor and Marvin Gaye, to name a few.

The concert is followed by dancing to two different bands in two locations in Severance Hall. Carl Topilow and an ensemble of Cleveland POPS Orchestra members will provide the dance music in the Grand Foyer, while Rock & Roll music will be provided by the No-Name Band (lawyers playing music for dancing from the 60s, 70s and beyond) in the Smith Lobby. Further amenities include cash bars, a midnight balloon drop, desserts and coffee. The festivities continue until 1 am.

Tickets may be purchased at the Severance Hall box office by calling 216.231.1111 or visiting www.clevelandpops.com. Group discounts are available by calling 216.765.7677.

45th Annual ORT America Brunch

Trish and Mark Adler received the 2016 ORT Maimonides Award for Community Service when they were honored at ORT America – Northeast Ohio's 45th Annual Brunch on Sunday, October 30, 2016.

"We are pleased to honor Trish and Mark with this award," ORT Northeast Ohio President Gary S. Desberg said. "Both Trish and Mark have made valuable contributions to our community in many ways, and have an impressive commitment to and involvement in the Cleveland Jewish Community, to Israel, and to education. The impact of their dedication and commitment to the greater community can be felt in many of our institutions."

Funds raised at the event will be designated to the renovation of the Science Building at the Kfar Silver Youth Village, the newest addition to the World ORT Kadima Mada network of programs in Israel.

For additional information about Kfar Silver and how you can support the effort to renovate the Science Building, visit the website at www.ORTohio.org, or email ohio@ortamerica.org.

Roni Wallace Recognized and Thanked

ORT Ohio Region Director Roni Wallace was recognized and thanked for her 31 years of

service. Wallace will retire at the end of the year, after devoting herself to the success of ORT and ORT students in Israel, the former Soviet Union and around the world. Wallace's passion, dedication and commitment have enabled ORT to provide the tools necessary for countless students to achieve success.

Char Rapoport Nance has been named to succeed Wallace as the new region director. A classroom in the Science Building at Kfar Silver will be named in Wallace's honor, as a gift of the ORT leadership with whom she has worked over the years. A video, "Roni is..." was also shown at the event, giving current and former ORT leadership an opportunity to thank her for all her work on behalf of the organization.

Event co-chairs were LuAnne and Ron Fisher, and Sue and Mitch Frankel. Vice-chairs were Lori and John Herman, Michele and Bob Lee, Shari and Michael Perlmutter, Susan and Steve Rubin, Joan and Chuck Whitehill, and Ellen and Dan Zelman.

ORT America supports World ORT, whose global innovative educational framework enables thousands of youths and young adults to develop skills for careers in an increasingly high-tech society. ORT spans the socio-economic divide, and with optimal teaching environments and targeted in-

struction, ORT graduates embark on paths to success. Thanks to the generosity of donors, ORT shapes the world for a better future, facilitated by the fundraising efforts of ORT America.



Trish and Mark Adler, recipients of the 2016 ORT Northeast Ohio Maimonides Award.



Roni Wallace was recognized and thanked for her 31 years of service as the ORT Ohio Region Director.

County Executive Budish Issues Statement on Election

We have just come through a sea change in the governance of the country, one that will certainly deliver challenges to many of our residents. Today the services that local governments deliver have never been more important. Your Cuyahoga County government remains focused on helping each and every resident to have a chance at prosperity in a thriving region. We appreciate our diversity as a community for people of all

backgrounds, and we will never leave behind the most vulnerable. That's why we remain laser-focused on our three strategic priorities:

- Economic growth and opportunity, creating opportunity for our residents to get good jobs.
- Fairness and equity, being a place where all voices are heard and respected and where our residents are treated fairly; and
- Government that gets results, administering a government

that works for our residents and that delivers great services.

We know in the coming months we will face new challenges but we are ready because of the strong partnerships we have forged throughout this community. Together we can achieve whatever we set out to do.

We have the energy, the focus and the drive to make our diverse county a place where all have the opportunity to prosper.

It's a Wrap!

Join Montefiore volunteers and gift wrap at Beachwood Place from December 16-24, 2016 to support residents.

Get into the spirit of the holiday season and give your time to make a difference. Join the Montefiore Volunteer Partners (MVPs) and wrap thousands of gifts for customers of Beachwood Place. Proceeds from this annual fundraiser benefit the residents of Montefiore to support programs and services sponsored by the MVPs such as outings, bingo games, birthday gifts, ice cream socials and more.

If you are unable to volunteer, please stop and bring your Beachwood Place purchases to the MVP gift wrapping station located on

the lower level by the Dillard's wing to utilize the services and offer a donation.

There are many shifts available beginning Friday, December 16 through Saturday, December 24, 2016 – we are open whenever the mall is open during this time. Shifts are:

Monday – Saturday

10 am - 2 pm, 2-6 pm and 6-9 pm

Sunday, December 18

11 am - 2 pm, 2 - 5 pm and 5 - 8 pm

Saturday, December 24

9 am - 6 pm

For more information, contact Diane Weiner, Montefiore Volunteer Partners Manager at 216.910.2741 or dweiner@montefiorecare.org.

Start every day by saying "thank you."
When you're appreciative of the things you have, there is no room to worry about the things you don't have.

Grand Opening

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Who's Buzzin' in Beachwood?

by Arlene Fine

Raise Your Hands for Milestones Autism Resources 2016 Benefit

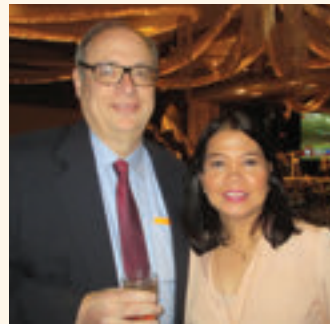
Almost 350 supporters filled Executive Caterers ballroom for the Milestones Autism Resources 2016 Annual Benefit dinner. The evening's honorees were Carol and Scott Burg, Gen Bauer and Bill Carson, and Barb and Lev Gonick. Milestones Autism Resources, located in Beachwood, improves the lives of individuals on the autism spectrum by educating, coaching and connecting the local autism community with evidence-based information.



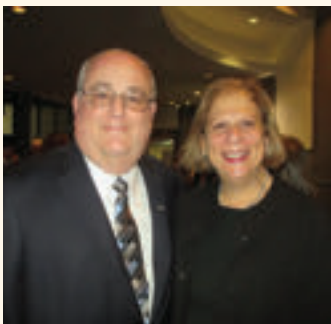
Helena Farkas with Ilana Hoffer Skoff, Milestones Autism Resources executive director



Honorees Scott and Carol Burg



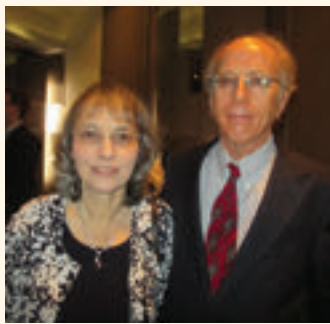
Jeff and Gloria Morris



Martin and Sandi Horwitz



Rick and Heidi Solomon



Teresa Kammerman and Jeremy Genovese



Debra, Aaron and Allen Greene

"Milestones is all about making a difference. What you see today can change. I really believe that education raises the potential for everyone."

– Ilana Hoffer Skoff, Executive Director and Co-Founder

"The need for autism-related services and education is overwhelming. The autism population is growing and aging year after year. Milestones is here to meet those needs. We are working to make a brighter future."

– Mia Buchwald Gelles, Director of Operations and Co-Founder

NA'AMAT Hosts Noteworthy Afternoon

Cleveland members of NA'AMAT USA enjoyed an afternoon of music at Judy Eigenfeld and Rick Maron's spectacular Glass Box penthouse located atop a landmark building on Euclid Avenue. The afternoon featured hors d'oeuvres and Flamenco solo guitar music played by Stuart Vokes. Funds raised support daycare centers NA'AMAT serves in Israel.

Shabbos Project Challah Bake

On Thursday, November 10, more than 1,400 women participated in a challah bake at the Huntington Convention Center of Cleveland as part of The Shabbos Project, an international, grassroots Jewish identity movement that unites all Jews to keep one full Shabbat together. It is estimated that more than 1 million Jews in more than 1,160 communities around the world participated. The Shabbos Project in Cleveland was chaired by Cheryl Fox. The challah bake was co-chaired by Caroline Sharvit, Heather Greene and Risa Uvlin. Jessica Wachsman-Selznick served as the MC, and Chaya Slain, with the help of her daughter Sarah, demonstrated the challah-baking process.

Suburban Symphony Orchestra presents Humperdinck: Hansel and Gretel

On Sunday, December 11 at 3:30 pm, the Suburban Symphony Orchestra will present Humperdinck: Hansel and Gretel. This semi-staged performance of the complete opera, in English, will take place in the newly-renovated Beachwood High School Auditorium, 25100 Fairmount Boulevard.

Admission:

SSO concerts are free and open to the public. Because this concert will benefit Harvest for Hunger and the Cleveland Food Bank, tickets for priority seating are available for \$30 each. Please bring unopened, non-perishable food items. Donations of any amount will be accepted. Due to the elaborate nature of this production, there is a suggested donation of \$20. For more information, visit www.suburbansymphony.org.



Ike and Joan Yedid, Judy Eigenfeld



Judy Collen, Renate Miller



Rita Green and Rita Frankel, NA'AMAT Cleveland co-president



Helen Horowitz, Nadine Norr



Sydney Leiken and Jordyn Kaplan



Michelle Reiner, Linda Blumenthal and Frankie Goldberg



Chaya and Sarah Slain



Sheila Allenick, Abbie Levin and Danielle Wild



Julie Moss, Patty Rubin and Diane Schnall



Chaya Slain, Caroline Sharvit, Jessica Wachsmann-Selznick and Cheryl Fox

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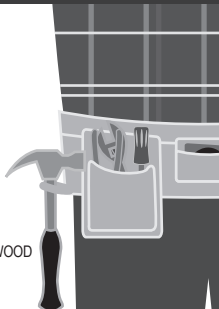
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Legacy Village Holiday Activities

Legacy Village is adding a mix of new holiday events to its perennial lineup of holiday favorites to create a fun, festive holiday season for shoppers.

Holiday Wishes Weekly Giveaways:

Legacy Village is giving away five fabulous, themed gift packages, valued at \$1,000 each, throughout the holiday season. Visit Legacy Village's Facebook, Twitter and Instagram every Monday, for registration details.

Ugly Holiday Sweater Bar Hop:

Thursday, December 15

Put on your ugliest holiday sweater and celebrate the season with food and drinks from 5 - 10 pm. Pre-registration is required at www.Legacy-Village.com.

FREE Photo with Santa: Saturdays and Sundays through December 18

Visit with Santa from noon - 4 pm at Guest Services on Main Street, and help a great cause at the same time. For details, visit www.Legacy-Village.com.

Breakfast with Santa: Saturday, December 10

Enjoy Breakfast with Santa from 9 - 11 am at Brio Tuscan Grille. Reservations are

required by calling 216.297.9232.

Pet Photos with Santa:

Wednesday, December 14

Snap a pic with Santa and your favorite four-legged friend from 6 - 9 pm at Guest Services on Main Street. Proceeds benefit Cleveland Clinic Caring Canines.

Pop-Up Hands-on Discovery!: Thursday, December 8 - Sunday, December 11

JHUB Cleveland is hosting an interactive learning and creative self-expression experience for children and their families. Learn about human values, generosity, welcoming neighbors, repairing the world and the cultural celebrations of Chanukah. Visit www.Legacy-Village.com for details on times and location.

HaZamir Cleveland performance:

Sunday, December 18

HaZamir Cleveland will be performing at Legacy Village at 2:15 pm. For more information visit www.Legacy-Village.com.

Three Special Community Chanukah Celebrations

Come to the "Kotel"

Sunday, December 25 • 10 am

Menorah Park's Saltzman Auditorium

The community is invited to watch the lighting of the Menorah in Israel at the Kotel. Bring your thoughts and hopes to place in Menorah Park's replica of the wall. Also, enjoy light holiday refreshments and holiday memories during this Festival of Lights celebration.

Menorah Lights: Generation to Generation

A Menorah Park and Maltz Museum of Jewish Heritage Community Storytelling Event
Tuesday, December 27 • 1 - 3 pm • FREE

It's Chanukah time - share your "light" with others by reliving holiday memories during a new community celebration. Individuals, families and community organizations can have a table in Menorah Park's Sallie and Robert D. Deitz Piazza, adorned with photos, Chanukah menorahs, dreidels, artwork and

other personal treasures that help tell the story of meaningful traditions. The interactive and intergenerational afternoon includes snacks, crafts, music and more. Attendees can also shop for handcrafted Judaica and inspired children's gifts from the Maltz Museum Store and the Menorah Park Gift Shop.

The Chanukah fun continues with Friends of the Maltz Museum's Candle Lighting, at the Maltz Museum, on Wednesday, December 28 at 5 pm. Children of all ages and backgrounds are invited to celebrate the Jewish festival of lights by singing songs, playing the dreidel game, exploring The Temple-Tifereth Israel Gallery and indulging in a sweet cookie reception.

The afternoon is free and open to the community. Please call 216.593.0575 or visit www.maltzmuseum.org to register. To volunteer, contact Vicki Snyder by Tuesday, December 13, at 216.839.6654 or vsnyder@menorahpark.org.

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