

Beachwood Buzz

January 2017

Every Resident. Every Business. Every Month.

MAGAZINE

LEAH ROTER SEIZES STATE CROSS-COUNTRY TITLE AFTER UNDEFEATED SEASON



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in City Council Update
on page 24.

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Happy and Healthy 2017

Quotes by Jen Sincero

"You have to change your thinking first, and then the evidence appears. Our big mistake is that we do it the other way around. We demand to see the evidence before we believe it to be true."

"If you're serious about changing your life, you'll find a way. If not, you'll find an excuse."

"If it's something you want to do, start right now. If it's the people you love, visit them as often as possible. Act as if every time you see them will be the last. If you're not where you want to be in life, keep going. Treat yourself like you're the closest friend you've got. Life is happening right now. Do not snooze and lose."

With a new, fresh year ahead of us, the possibilities are limitless. According to Jen Sincero, in her book, *You are a Badass – How to Stop Doubting Your Greatness and Start Living an Awesome Life*, the universe is made up of source energy. All energy vibrates at a certain frequency, and everything you desire, and don't desire, is also vibrating at a certain frequency. Because similar vibrations attract each other, you need to raise your frequency to match the vibration of the one you want to tune into.

In her book's introduction, she says to live the life we've only dreamed, we'll probably have to do things we've never imagined. We have to let go of old, limiting beliefs and cling to our own decisions to create the lives we desire.

When we were growing up, our beliefs often became secondary to the beliefs of those around us – parents, siblings, friends and/or teachers. Today, we process both conscious and subconscious thoughts, the latter leading our paths. If we say we want something and have a contradicting subconscious belief, what we consciously say will not manifest itself.

For example, if our conscious mind says we want to travel the world but our subconscious mind says it's fun, irresponsible and we will be criticized, our passports will remain empty.

The key to ridding ourselves of limiting subconscious beliefs is to become aware of them and replace them with affirmations that, over time, turn to beliefs that align with conscious thoughts and what we want.

Be grateful for what already exists and for what you want that has not yet been manifested. When showing gratitude, frequencies are aligned to receive what we want.

When we're serious about making changes in our lives, we find a way. When we're not, we find excuses. Top New Year's resolutions are to lose weight, get fit, quit smoking, learn something new, eat healthier, get out of debt, travel more or volunteer – most of which are broken. Many of us know what we want but are not on the frequency

to receive it because we make excuses, so our subconscious minds are not aligned for success. If you want something badly enough and decide that you will get it, you will.

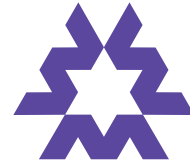
Give yourself permission to be who you are regardless of what anybody else thinks or believes is possible. When you live your life doing the things you want to do, you light up the world around you. When you believe, really believe, that what you desire is here and available to you, you can have it all.

Let 2017 be the year when you go after what you desire. Take the first step and see where it leads since most answers reveal themselves through doing, not thinking. Tap into what brings you great joy instead of what you think you need to do to survive, or what others think you should do. We live in an abundant universe so stop doubting your greatness. Believe that you can have what you desire, that it already exists, and then go out and get it.

After my daughter read this book, she passed it along to me, telling me it's her new manifesto. After reading it, I agree. I found Sincero's blunt, in-your-face style of communicating to be effective. Much of her content has been published in other formats but it's always good to be reminded of what works. Everyone can pull something positive from this book, so in the spirit of ringing in the new year, I will provide copies of *You are a Badass – How to Stop Doubting Your Greatness and Start Living an Awesome Life* to the first ten people who request them by emailing their name and mailing address to beachwoodbuzz@gmail.com.

I wish all of you a happy and healthy 2017.

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Beachwood Buzz magazine welcomes all Letters to the Editor. Please send all letters via email to beachwoodbuzz@gmail.com.

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Please send information about clubs, organizations, events and meetings. The deadline is the 10th of each month. Email information to beachwoodbuzz@gmail.com

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Beachwood Buzz
P.O. Box 22194
Beachwood, Ohio 44122

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Editorial Information
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Advertising Information
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Beachwood, Ohio 44122

Beachwood Buzz
MAGAZINE
2016
Beachwood Chamber of Commerce
Business of the Year



COVER STORY

Leah Roter, a BHS junior who measures a mere 4'11", possesses a perfect trifecta of traits that her cross-country coach Jamie Lader believes led to her to winning the state championship in the 5K (3.1 miles) race with a time of 17:55. Full story on page 8.

Cover story photos by Scott Morrison (Discovery Photo)

City Council Update • Pages 24-26

CodeRED Emergency Alerts

Be In the Know with NOTIFY ME

What to Do If Your Vehicle is Struck from Behind

Snow Ordinance

Upcoming Meetings

Art Exhibit

Summer Day Camps

Don't Crowd the Plow

Geared Up for Cold and Snow

Beachwood Police Chief Retiring

Upcoming 2017 Housing Inspections

New Law Director and Clerk of Council

Grab Your Skates

Beauty and the Beast Auditions

You and Your Schools • Pages 28-29

AP Students Put Learning Into Action at Acacia Reservation

Ben Connor Named to Division V First Team All-Ohio

Leadership Conference Brings Students Together

ASL Club's 12th Annual Holiday Party

Author Jacqueline Woodson to Speak at BHS on Jan. 19

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Michael Friedman

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CELEBRITY BIRTHDAYS

- Jan. 7 Nicholas Cage (53)
Katie Couric (60)
Kenny Loggins (69)
- Jan. 8 David Bowie
(would have been 69)
Elvis
(would have been 82)
- Jan. 9 Dave Matthews (50)
Richard Nixon
(would have been 103)
- Jan. 10 George Foreman (68)
- Jan. 11 Amanda Peet (45)
- Jan. 12 Howard Stern (63)



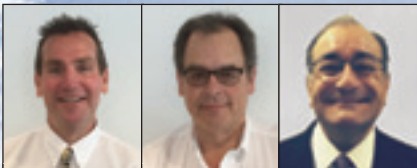
Don't be left out in the snow!

COMPLIMENTARY VALET PARKING

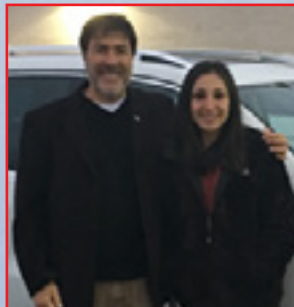
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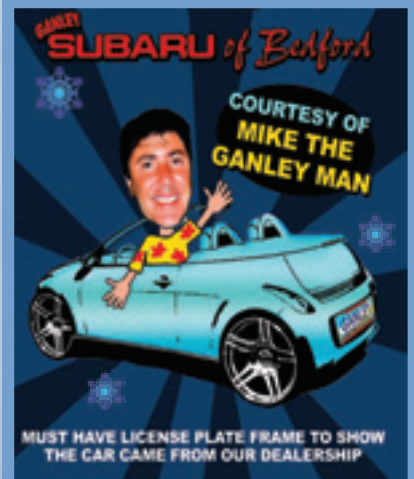


Congrats to Gary Axelband, Tom Luxenburg and Kevin Weiss for a great selling year! Stop in and say hello – or better yet – come see them for a new or pre-owned car!



"My daughter, Morgan, is a proud owner of her new car from Ganley and I sleep better at night knowing that she's driving one of the safest cars on the road!"

– Michael Friedman



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Letter to the Community:

2016 was a great year for the Beachwood Arts Council and 2017 is off to a great start. Membership is strong, and I proudly announce that the BAC recently received grants from the Ohio Arts Council (OAC) and Cuyahoga Arts & Culture (CAC) that will help fund music and dance programs throughout 2017.

Our first event of the year, the Pop Tarts concert, free and open to the community, will take place on Sunday, February 5, from 2-3 pm, at the Beachwood Community Center. We invite you to attend this musical afternoon of Swinging 60s songs performed by four groovy chicks who sing in perfect harmony. Dressed in matching 60s outfits, the Pop Tarts sing the most popular hits that were sung by female pop stars and groups during that era.

For more information about art exhibits at the Beachwood Community Center, music and dance performances, studio and museum tours, and hands-on art workshops, be sure to see future issues of *Beachwood Buzz* as well as our Facebook page, "Beachwood Arts Council."

The BAC Board of Trustees thanks current members for their continued support and invites art enthusiasts to become members and help support the arts in Beachwood and in Northeast Ohio.

For more information about membership or sponsorship opportunities, please contact me at leahgilbert@sbcglobal.net or 216.752.0752; or pick up a membership brochure at the front desk in the Beachwood Community Center. I look forward to seeing you at the Pop Tarts concert!

Sincerely,
Leah Gilbert
Executive Director
Beachwood Arts Council
"Enriching Life through the Arts"

Class of '77 Reunion

The Beachwood High School class of '77 will hold its 40th reunion on Saturday, October 14, 2017, at The Cleveland Racquet Club and is looking for classmates. If you know any graduates from this class, please direct them to join the Beachwood Class



of 1977 reunion web-site at classcreator.com/Beachwood-Ohio-1977/.

Class of '77 Reunion

The Cleveland Heights High School class of '77 will hold its 40th reunion on Saturday, September 2, 2017, at Tanglewood Country Club and is looking for classmates. If you know any graduates from this class, please email their contact information to beachwoodbuzz@gmail.com. Thank you!



If you would like to reach the Beachwood community, advertise in *Beachwood Buzz*!

Easy Steps to Employee Health – A Panel Discussion

On Wednesday, January 18, The community is invited to attend the Beachwood Chamber of Commerce's January luncheon that will feature a panel discussion on employee health, moderated by Patrice Blakemore from 10,000 Small Businesses. The luncheon will take place at the Doubletree Beachwood, 3663 Park East Drive, from 11:30 am – 1:10 pm.

The following experts will provide tips on how to maximize your employees' health throughout the New Year:

Dr. Francoise Adan, Medical Director of University Hospitals Connor Integrative Health Systems, will discuss:

- The difference between traditional and integrative medicine
- Ways to improve your



mental and emotional health

- How overall health and productivity impact your body, mind and spirit

Gloria Treister, Wellness Consultant and CEO of Wellness Evolution, will discuss:

- How health and wellness programs help an employer's bottom line
- Benefits employers receive from implementing wellness



programs

- How to roll out an employee wellness program

Meghan Estes, Director of Health and Wellness at Cuyahoga Community College will discuss:


- Tri-C's health and wellness program
- Activities offered as part of the wellness program
- Feedback and



statistics regarding employee benefits

For costs and registration information, visit www.beachwood.org, click on 'events' and select January luncheon.





**“I realized that if
I stuck with it,
I could become great.”**

- Leah Roter
2016 Ohio State Champion,
5K (3.1 Miles) Cross-Country Event

LEAH ROTER SEIZES STATE CROSS-COUNTRY TITLE AFTER UNDEFEATED SEASON

By June Scharf

Leah Roter, a BHS junior who measures a mere 4'11", possesses a perfect trifecta of traits that her cross-country coach Jamie Lader believes led to her to winning the state championship in the 5K (3.1 miles) race with a time of 17:55.

“She has the determination, plus the genetics, and she has consistently trained hard,” Lader explains. He adds that her love of the sport also contributed to making “the stars line up.”

“She’s got it all,” he says of his star athlete who also won first place in every meet she entered this season, culminating in the November 5 Ohio High School Athletic Association Division II victory in Hebron. One noteworthy element in that final meet is how the second-place finisher was a solid

foot taller than Leah.

The great match between Roter and long-distance running, however, comes as a mystery to her father Eric, an emergency room doctor and an accomplished cellist. He reports with a smirk that the only running going on in the family’s history was what was required to escape pogroms in Russia and Poland.

“I don’t know how she does it,” he says with adulation. He compares this seeming anomaly to what it might be like to have a musician in a completely non-musical family. But coaches have pointed out exactly what’s exceptional about his daughter, including her posture and physicality. He says, “It’s like watching a ballet dancer and being told what makes her great.” He also admits

that, similar to a dancer, you can see how graceful she is when she’s running.

These topics, though, are not matters he pursues with Leah. “I don’t want her to intellectualize running or overthink it.”

What Leah can tell you is that she would much rather dash out for a multi-mile run than push through a quick, short-distance trial. She says she’s all about endurance.

“I can go long and not feel winded, and that’s what separates me from others,” she explains in a soft-spoken, serious manner. Her confidence is readily apparent, but so is her humble nature and generous spirit.

She says she began competing in 8th grade on the track team and felt she had potential. “I wasn’t the greatest at first, but I was determined to get better,” she states.



Leah Roter, seated in center, gets a rest after winning first place and becoming the state champion at the Ohio High School Athletic Association Division II meet in November in Hebron.

Then she started to win with faster times. “I realized that if I stuck with it, I could become great.” And her competitive spirit, something she ranks a 9 on a scale of 1 to 10, drives her as well.

While Leah has the firm support of her family, including that of her mother, Dr. Elisabeth Roter, a rheumatologist with University Hospitals, she reports that her friends don’t like running and have conveyed that they think she’s crazy. She’s perfectly okay with that. Nothing distracts her or diminishes her intense level of focus.

Lader, in fact, is keenly aware of her ability to get into a zone and stay there throughout practices and meets. That’s why he calls her a “zone runner,” something he further qualifies by mentioning how difficult it is to talk to her while she’s running.

As further evidence, he explains how the team’s practices involving interval work that require fast, short distance sprints are something he knows she dislikes. “It totally pulls her out of her zone.”

While there’s no magic formula for her training, Lader believes what they are doing with her is succeeding, and the strategy mostly relates to consistency and addressing form, speed and endurance. He also is aware of her “grit and ability to mentally power through long distances.”

Her race times put her in the top 10 nationally among girls, according to Lader, and her best time of 17:09 ranks as the third fastest in the nation this season.

One might be tempted to consider Olympic potential in Leah, and Lader’s response to that

notion is straightforward: “Leah can do anything she wants if she puts her mind to it.” But his main concern remains with the here and now.

For inspiration, Leah looks to Molly Huddle who finished third in her debut at this year’s New York City Marathon and competed in the summer Olympics. She also admires Olympic gymnastics champion Simone Biles, in whom she sees an athlete who is “full of energy and muscle, and doesn’t care what others think, and she does what she loves, which is important.”

If Leah were to offer advice to any aspiring runners, she would recommend being determined and motivated to go beyond everyone else, and that means “the extra mile, literally.” She notes that it’s important to surround yourself with those who are supportive, both among runners and others. Focus also is paramount.

“You need to stick with your program, not let yourself get distracted, and work hard at practice – there’s no fooling around.” She also admits that there will definitely be challenging times.

“Sometimes I lack confidence, or I’m a perfectionist and go hard on myself, and that makes me work even more the next day if I don’t think I did well.” It’s her firm belief, though, that if you’re diligent at practice, “you will succeed no matter what.”

Leah also competes on the track team in the one- and two-mile events, with the latter being her preferred distance, logging a personal best time of 11:03. She has a strict policy of never listening to music while running, even calling it a bad habit. Instead, her thoughts during a race

are wrapped up in keeping a consistent pace, then going faster at certain points, and paying attention to the competition. While practicing, she pays attention to her times during certain intervals, and while taking leisure runs, she zones out.

During the race season, she clings to a rigid practice schedule of five days per week, with those sessions lasting one to two hours. Meets are on Saturdays and she takes Sundays off, giving her favorite running shoes, Brooks or Asics in size 6.5 or 7, a break. She also holds to a bedtime of 9 or 9:30 pm, with a wake-up for school by 6:45 am. Her academic schedule this year includes two Advanced Placement classes and two Honors classes, and she maintains a 3.8 GPA.

She says her dramatic improvement in this year’s cross-country season can be accounted for, in part, by putting in a greater number of miles over the summer and building her endurance. She also has the critical ability to push herself, she says. Diet is another essential element in her training program, and she adheres to routines that provide meals packed with protein and carbs, along with snacks that include bars and fruit. For a career, she’s even considering being a nutritionist.

Some might be surprised to know that Leah can be an admittedly shy person, but she says that running has helped her to open up to people. And her running has released her into Beachwood’s record books, which is no small feat.



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Upcoming Programs at Menorah Park

Community Invited to Active-Aging Events to Escape Winter Blahs

It's not healthy to hole up in the winter months. It's important to keep your brain and body active. For upcoming community events, updates on ongoing projects and programs, profiles, features and educational information and opportunities for anyone interested in remaining active and informed at any age, Menorah Park offers many free or minimal-costs ways to stay engaged:

The Rose Institute for Life Long Learning

The Rose Institute for Life Long Learning offers many distance learning classes and other interesting scholar programs. For detailed information, visit <http://www.menorahpark.org/lifelonglearning-education.html>. All sessions are held in the Miller board room at Menorah Park. To RSVP, email lastuver@menorahpark.org.

Upcoming distance learning classes include:

Monday, January 9 • 2:30 – 3:30 pm

"The Golden Years of Television,"
by The Paley Center for Media (New York, NY)

Monday, January 23 • 2:30 – 3:15 pm

"Allies and Axis: The Who's Who of WWII,"
by 12th Armored Division Memorial Museum (Abilene, Texas)

Monday, February 6 • 2:30 – 3:15 pm

"Arctic Discoveries: Moose Mysteries"
by the Alaska Zoo (Anchorage, Alaska)

Club Menorah

Club Menorah provides opportunities to socialize, participate in educational and health-oriented programs and enjoy delicious chef-prepared meals. There is no charge to attend. Just RSVP to twitt@menorahpark.org.

Volunteer

Menorah Park's volunteer department offers many opportunities for individuals to volunteer or couples to volunteer together. For additional information, contact Vicki Snyder at 216.839.6654.

The Kenneth & Deborah Cohen Lecture Series

Thursday, February 9 • 3 pm

Professor Daniel Goldmark, CWRU, presents:

"Rust Belt Alley: Pop Music in Cleveland, 1890-1950"

- Did you know that Cleveland was a hot-spot in the music industry at the turn of the 20th century?
- How did Cleveland publishers meet the demand for music in the city?
- How was music as much a part of Cleveland's civic identity and pride as sports, business and cultural achievement?

Lectures are held at Menorah Park's Saltzman Auditorium and are free of charge. To RSVP or for more information, contact LeAnne Stuver at 216.831.5452, extension 244, or lastuver@menorahpark.org.

Thoughts for a Compassionate New Year

by Jennifer Stern

I recently watched a TED Talk of Joan Halifax discussing compassion. Joan is a Zen-Buddhist teacher, anthropologist, ecologist, civil rights activist, hospice caregiver and author. She embodies compassion. She begins this TED Talk by quoting the Dalai Lama, "Love and compassion are necessities. They are not luxuries. Without them, humanity cannot survive."

Halifax cites research that proves that compassion enhances our immune system and fosters resiliency. She describes how compassion activates the motor cortex. That we, as human beings, actually aspire to transform suffering. What an amazing awareness that we, all of us, are able to transform suffering through compassion. By being present with an open heart and mind we can not only transform the suffering of others but also our own. Recently, there has been a palpable void of compassion. So much anger and hostility directed at one another, (some

close, others strangers). Fear is the enemy to compassion. Halifax's words are so

powerful, "We have a society, a world, that is paralyzed by fear. And in that paralysis, of course, our capacity for compassion is also paralyzed."

Our capacity for compassion is paralyzed by fear. Knowing this, how can we choose to respond differently to our fears and to the fears of others with compassion? Blame, shame, indifference, anger and judgment are responses that grow fear. Curiosity, compassion, patience, respect, and validation of feelings are responses that grow compassion. We can choose to become more mindful and more intentional, with our words and our actions, giving power to compassion over fear. Compassion is responsive, fear is reactive. Let's resolve to grow compassion in 2017 by engaging in activities that transform suffering.

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.

Compassion is responsive, fear is reactive. Let's resolve to grow compassion in 2017 by engaging in activities that transform suffering.



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Sales Swelling for Skin Care Products After Reality TV Feature Airs



By June Scharf

Since Beachwood startup entrepreneur Kelli Klus appeared last month on an episode of a new reality show where contestants vie for dollars and deals, she has witnessed the volume of online orders and retail sales of her skincare products explode.

"I've never seen anything like it; the orders just keep coming in," Klus reports. Her company, Swell Skin LLC, produces two items made from sea buckthorn oil, a substance reported to offer regenerative, healing properties for skin that suffers from a range of maladies. The oil is sourced from the sea buckthorn berry, which has 190 bioactive ingredients, including all four omega acids and vitamins A, C and E, according to Klus. Sea buckthorn oil also is used by hospitals to treat burn victims, she adds.

Modeled after *Shark Tank*, where contestants try to cut deals with the show's multimillionaire judges, Lifetime network's *Project Runway: Fashion Startup* features three contestants in each hour-long installment. Klus appeared on episode 7, titled "Entrepreneurs are the New Rock Stars," which aired December 9. Back in May, she spent five days in New York City shooting the episode, while the network handled all arrangements and expenses, including her stay at the Redbury Hotel.

During her pitch on the show, she asked for a \$250,000 investment and in return, she offered a 20% stake in her company. Her product line consists of a beauty bar that sells for \$16 and an oil treatment, for \$17. They may be found locally at Heinen's grocery stores and at several outlets outside Ohio. They're also available online at swellskin.net.

What the 53-year-old businesswoman actually sashayed away with was a different deal, one that provided more intellectual capital than hard currency. While two of the judges were dismissive, two others bit on her hook. Katia

Beauchamp, co-founder and CEO of beauty retailer Birchbox, took a 10% interest in the company for helping Klus to secure distribution deals and for offering consultation services aimed at marketing, including product packaging, which was something the judges criticized on air. Klus, however, says she likes her packaging ("That's just a few people's opinion," she says regarding the judges' comments) and maintains that "if it creates an obstacle, I'll address it."

Claiming another 10% interest was Gary Wassner, CEO of Hilldun Corporation, chairman of Interluxe Holdings and a business mentor with the Council of Fashion Designers of America's incubator program. He will help finance orders and receivables. Other show judges were fashion designer Rebecca Minkoff, and Christine Hunsicker, a "tech marketplace maven," according to the show's producers.

Klus started the company in 2009, when multiple challenges in her life converged. She was dealing with her father's death, a divorce, three children to support and an ongoing recession. She believes these were factors to which the show's producers responded, seeing in her someone who overcame adversity.

"I was persistent and found opportunities," she explains. "I handled my problems and turned them into something positive." In fact, it was her own skin issues that drove her to discover sea buckthorn oil. Through her studies to obtain a degree in homeopathy and natural healing strategies, she learned about the oil and used it to treat her own rashes, inflammation and acne. When she saw how

quickly it made these problems vanish, the idea emerged to build a business around it. She had Swell Skin up and running about eight months later.

The show's casting process selected Klus as one of 30 contestants from among thousands of applicants. It all started when she followed a friend's suggestion to apply for a spot on the CNBC show *West Texas Investors Club*, another program modeled after *Shark Tank*. Producers were eager to have her appear as a potential guest, but after several interviews, one of the team members moved over to The Weinstein Company, which was launching *Project Runway: Fashion Startup*. He invited her to apply, and the evaluation process began again.

Before the actual recording, there were rehearsals to show contestants their marks for where to stand and deliver their pitch. Also, wardrobe elements were approved. Klus, however, declined hair and make-up opportunities, preferring instead to appear without any extra enhancement so that her flawless and youthful skin could speak for her products. The judges noticed and complimented her by remarking she looks like she's in her thirties.

Contestants do not meet the judges before the recording, and during the roughly 15 minutes of their air time, they must deliver their memorized pitch and field questions from the judges. Drama ensues. Since the recording of the show, Klus has been in contact with the favorable investors, but she says it's a slow process since they are working with a large group of contestants' deals.

With no advertising in place, Klus



Kelli Klus, founder and owner, Swell Skin.

has relied strictly on word of mouth for sales. The swell of enthusiasm for the products is manifest in the testimonials and Facebook contact she has received from satisfied customers who detail how the product has helped heal their dermatological ailments.

In the near future, Klus anticipates having to move out of her home office and into a larger space to accommodate increased product demand. She also hopes to grow her business with line extensions to include body moisturizers, hair care products and items tailored for men. Her grand ambition is to enter new channels, including drug stores, more grocery stores and mass merchandisers, like Target, eschewing high-end retailers.

"I want the product be accessible to everybody, and the price point reflects that," she notes.

She says that it feels as though everything is coming together. "The TV show has given me the momentum and confirmation that I can move forward and enter new markets." She also points out that "if you put your mind to something, and believe in it, the results can be beautiful."

"I handled my problems and turned them into something positive."

- Kelli Klus,
founder and owner, Swell Skin

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Safely Dispose of Prescription Drugs

Cuyahoga County Executive Armond Budish, Cuyahoga County Medical Examiner Dr. Thomas P. Gilson and Cuyahoga County Sheriff Clifford Pinkney encourage residents to safely dispose of their unwanted and unused prescription drugs. Residents can promote awareness and participate in five simple steps:

1. Take inventory of your prescription and over-the-counter medicine and make sure no one has tampered with them.
2. Secure your medicine. Consider storing your medications out of the reach of children and visitors to your household.
3. Dispose of your unwanted, unused and expired medicine at one of the Drug Drop Boxes located throughout Cuyahoga County. There is a Drop Box in the the Beachwood Police Department lobby, 2700 Richmond Road,

where drugs can be dropped off Monday through Friday between 8 am and 4:30 pm.

4. Do not share medicine that has been prescribed to you. According to the National Institute on Drug Abuse, 54.2% of prescription drug users obtain them for free (with or without permission) from friends and relatives.

5. Talk to your children, family and physician about the dangers of prescription drug abuse.

For more information about the Drug Drop Box Program, please visit <http://sheriff.cuyahogacounty.us/en-us/Rx-DrugDropBoxProgram.aspx>.



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At Least 42 Fatal Overdoses in November

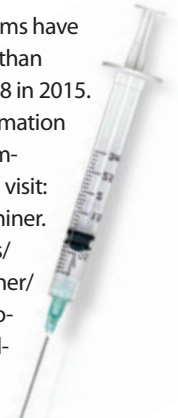
Cuyahoga County Medical Examiner Dr. Thomas Gilson recently announced that Cuyahoga County suffered at least 42 confirmed fatal overdoses in the month of November due to heroin, fentanyl or a combination of the two. Twenty individuals were Cleveland residents and 22 were from the suburbs. However, more than two dozen cases from November are pending further toxicology testing, which may cause the total to increase. In the first week of December, there were at least 18 fatalities.

November's current results do not indicate any fatalities due to carfentanil, a large animal sedative, 100 times more deadly than fentanyl and 2500 times more deadly than heroin. There have

been 15 confirmed fatal overdoses to date due to carfentanil.

"In early 2017, the Cuyahoga County Medical Examiner's Office will issue a final summary for the year," said Dr. Gilson. "It has been consistently clear that 2016 has been an unprecedented year for drug-related deaths in our county."

At least 500 victims have died in 2016, more than double from the 228 in 2015. For additional information and to view the complete report, please visit: http://medicalexaminer.cuyahogacounty.us/pdf_medicalexaminer/en-US/121216-Hero-in-Fentanyl-Related-deaths-CC.df.



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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, 2017 • 3:30 p.m.

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Paging the Beachwood Library Daily Book Sale

By Arlene Fine

In 2008, Hedy Westra retired from the Social Security Administration and since then, her days have been fully booked. As the incoming co-president of the Friends of the Beachwood Library, Westra has helped establish and serve as chair of the ongoing Beachwood Library book sale – which includes shelves of recycled books located just off the library's main entrance.

Westra chatted with the *Buzz* and offered an inside look at the Beachwood Library's successful fundraiser and community service.

Q. What prompted the change from a twice-a-year weekend book sale to the ongoing daily book sale?

A. When our library was remodeled in 2012-13, we lost all the storage space that contained our books for resale. As an alternative plan, the library manager allowed us to have a table by the front door to see if we could sell some of our donated books, and that did so well that space was soon designated for our ongoing book sale.

Q. How much money does the daily book sale bring in each month?

A. I'm proud to say we average \$1,400 a month selling hardcover books, DVDs, CDs, paperbacks and children's books. We have kept our prices steady at \$1.50 for a hardback, \$1 for a trade paperback, \$2 for DVDs and Audio books, and \$1 for CDs. Children's books range from 25 cents to \$1.

Q. Where does this money go?

A. Book-sale revenue goes towards purchasing toys for the children's lending library, helping to provide children's and adult programming, and funding scholarships to high school students living in Beachwood.

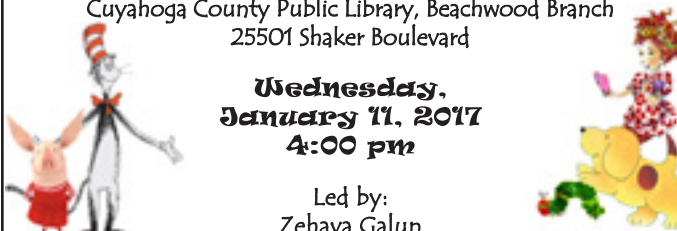
Q. What are your most popular sellers?

A. We can't keep books by James Patterson, Daniel DiSilva, Stephen King, David Baldacci, Nora Roberts and John Grisham on our shelves. Other popular categories include children's books, DVDs, classical and jazz CDs, cookbooks, Judaica and health and fitness.

Q. How do you determine what books to put on the shelves?

A. Health, travel and business books cannot be older than 10 years and books dealing with computers cannot be older than five years. Our hard-back books, except for fine literature, are current within three years.

Hebrew Storytime
 סיפורים ושירים בעברית לילדים
 at the
 Cuyahoga County Public Library, Beachwood Branch
 25501 Shaker Boulevard



**Wednesday,
 January 11, 2017
 4:00 pm**

Led by:
 Zehava Galun
 Early Childhood Educator & Hebrew Specialist

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Q. Who are your volunteers?

A. We have a team of 15 volunteers, some of whom volunteer daily or weekly and others who come once a month. They help sort the books and put the hard cover and trade fiction in alphabetical order on the shelves.

Q. What things have you found inside donated books?

A. You would be amazed how many airline boarding passes we find in our books. We have also found pictures, letters and occasionally cash. When possible, we try to send return these things back to their owners.

Q. Where do your you get your books?

A. The majority of our books come from tax-deductible community donations and cancelled books from the Beachwood Library. We are so happy that through our sale these books are given a second life.

Q. What do you do with books you don't sell?

A. We send many of these books to Better World Books, which sells them online and gives us a percentage of the sale. We donate our large print books to Beachwood nursing homes; the rest are donated to Ahuja Medical Center, Cleveland Public Schools and to the free Lending Tree at the Cleveland Heights library. The damaged books are sent to a recycling plant.

Q. Why do you find this chapter of your life so rewarding?

A. This sale allows so many good books to be put in the hands of readers of all ages. I'm happy our First Readers help young children learn to read, and am gratified that we make reading easy, enjoyable and affordable to everyone of every age and interest.



Hedy Westra, incoming co-president, Friends of the Beachwood Library

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Scott Morrison Recognized as Beachwood Chamber of Commerce Bright Star 2016

On Thursday, October 27, the Northern Ohio Area Chambers of Commerce (NOACC) held its semi-annual meeting at which Chamber Bright Stars for 2016 were recognized at the Pro Football Hall of Fame in Canton, Ohio.

About 40 chambers of commerce across northern Ohio nominated a chamber member as its "Bright Star," to recognize someone who has "made a significant impact on the chamber through membership, retention, sponsorship, economic development, operations and/or education." Each Bright Star is an active chamber member for no less than two years and likely to be an unsung hero or a dedicated behind-the-scenes volunteer.

Scott Morrison of Discovery Photo accepted his 2016 Bright Star plaque and trophy from Cindy Caldwell, NOACC chairman and executive director of the Beachwood Chamber of Commerce, and Vicki Hawke, executive director of NOACC. Above and beyond taking official event photographs for the Beachwood Chamber, Morrison demonstrates his compassion, dedication and commitment to the chamber through countless hours of volunteering each year.

Caldwell said, "A chamber's success is due in great part to the support from its volunteers. They are the true cheerleaders of our organizations and deserve our praise and appreciation regularly."



Cindy Caldwell (left), NOACC chairman and executive director of the Beachwood Chamber of Commerce, and Vicki Hawke, executive director of NOACC, present a plaque to Scott Morrison, recognizing him as the Beachwood Chamber of Commerce's 2016 Bright Star.

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Remembering Martin Luther King, Jr.

Anshe Chesed Fairmount Temple (23737 Fairmount Blvd., Beachwood) will honor the legacy of Dr. Martin Luther King, Jr. on Friday, January 13, at the 6:15 pm Shabbat Evening Service with special guest speaker Brandon Chrostowski, Edwins Leadership & Restaurant Institute founder. He will be joined by the program's students who will cater the oneg/reception following the service.

Brandon Chrostowski is on an inspiring mission to change the face of re-entry for ex-offenders

into the work force. In 2007, he founded Edwins Leadership & Restaurant Institute to teach released prisoners all facets of restaurant operations to assist in their finding employment. Through the Institute, he teaches ex-offenders the culinary arts and helps them get beyond the stigma of having a prison record. The program has been featured in the media, from local publications to CNN. He has said he "is honored to be changing lives and shaping futures."

This service, which is open to

all, is a powerful way to remember Dr. Martin Luther King, Jr.

For more information, call 216.464.1330 or visit www.fairmounttemple.org.

Brandon Chrostowski is on an inspiring mission to change the face of re-entry for ex-offenders into the work force.

Interfaith Fellowship Day

On Monday, February 6, the annual Interfaith Fellowship Day, themed "The Value of Faith in Today's World," will be held at Executive Caterers at Landerhaven. Sponsoring groups are Muslim Women of Cleveland, Church Women United, Jewish Federation of Cleveland, Eastern Orthodox Women's Guild, Sikh Women, and Hindu Women.

Registration begins at 9:30 am and the program starts at 10 am, followed by lunch. Donations will be collected for Providence House. Tickets are \$35 per person and reservations must be received by January 20. For reservation information, call Church Women United at 216.320.1640.

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.

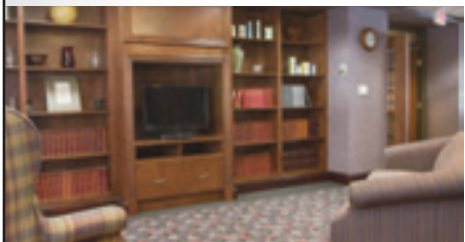
Take advantage of this opportunity to have your art displayed in the Beachwood Community Center.



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Graves' Disease: Learning How to Cope is a True Blessing

by Casey Blum



About 200 million people in the world have some form of thyroid disease; I developed Graves' Disease, a form of hyperthyroidism, in 2011, when my body was producing too much thyroid hormone. It was the end of my 8th-grade year and my body was going through some atypical changes. I was always extremely tired and eating more food than usual but not gaining weight. I also became itchy, hot and anxious, suffering a noticeable increased heart rate, but not experiencing the typical changes of a girl of fourteen. I was changing in other respects – my eyes were becoming progressively larger, bulging out, and I was developing a goiter in my neck. No one quite understood these feelings or symptoms.

In June of 2011, my parents decided it was time to see a doctor and get some answers. The diagnosis was hyperthyroidism. Although I did not quite understand what the disease entailed, I knew this would have a big impact on my life – emotionally, physically and mentally. Due to the stress of this thyroid condition, I engaged in catastrophic thinking, blaming myself for the disease's development, perhaps not exercising enough, not eating the right foods or getting enough sleep. I was wrong; the disease is hereditary. My pediatrician referred us to a pediatric endocrinologist and that was when I began my journey with Graves' Disease.

The summer of that year was a difficult time for me. I was seeing the endocrinologist every couple of weeks and was referred to an ophthalmologist for frequent eye exams. From that point on, I knew I would be on medication for the rest of my life. The first step entailed trying a few medications to try to shrink my thyroid and reduce my amount of thyroid hormone production. I was put on heart medicine to decrease my heart rate, but a side effect was significant weight gain making me unrecognizable to many people. My self-esteem

became low; I was depressed, anxious, suicidal and self-conscious. The stress caused me to feel as though I was not good enough and no one would like me because of the disease. By September, when I entered my first year of high school, the upperclassmen looked at me differently and made fun of my bigger eyes and neck, which also contributed to my low self-image. I would return home from school and vent my anger and sadness on family and friends in unacceptable ways – screaming at my parents, starting drama with friends, slamming doors and punching pillows. This form of venting is considered cathartic, but it did not work; I was feeling more frustrated than ever.

In the fall of 2011, I was looking forward to playing on the varsity soccer team. Unfortunately, right before practices began, my endocrinologist informed me that any kind of rigorous activity would dangerously increase my heart rate. I was disappointed, depressed, and didn't know why I had to have this disease. However, from the moment I was told I could not play soccer, I knew I had to change how I thought about the disease and change the way I felt. I positively reinterpreted the situation and decided not

to give up and quit the soccer team. Instead, I did what I could to help and support my teammates and, in return, they helped, supported and raised my spirits during these difficult times in my life.

In October, I was informed that none of my prescribed medications were shrinking my thyroid sufficiently or reducing the thyroid hormone secretions, and my only option was surgery to remove my thyroid gland. My stomach sank; I had never had surgery before. I was nervous again, frightened, not knowing what to expect, but my incredible support system remained steadfast beside me. My parents, friends and family constantly reassured me that everything would be okay, and that I would not have to go through this alone.

On Friday morning, October 21, 2011, I went down to Rainbow Babies and Children's Hospital to have a total thyroidectomy. I had never been so scared in my entire life. I had many anxious thoughts, "What if I die?" "What if something goes wrong?" "What if I wake up during surgery?" Although my parents could tell I was frightened, I could not express my true feelings of dread to them. The combination of my extreme appre-

hension and the severity of the condition increased my heart rate, making it too high to endure the surgery, and the physicians suggested I return a week later. As much as I did not want the surgery, I also wanted the entire process to be over and behind me.

I spent the following week in anxiety, and embarrassed to express my feelings to my wonderful support system. On October 28, I went for the surgery and contrary to my fears, made it out alive. I did not awaken during surgery and nothing went wrong. Although my recovery took months, I eventually returned to my old self, able to engage in rigorous physical activity, motivated to do well in school, and, best of all, I was happy. I am still happy and extremely grateful for my friends, family and doctors who helped me through this rough patch in my life.

Looking back, I recognize that I could have reduced my stress from the disease by coping differently. Instead of blaming myself, I could have recognized from the start that there was nothing I could have done to impede the disease's development. I could have turned my negative thought process around, recognizing that I was unique to have Graves' at this age. Instead of

bringing myself and others down, I could have educated people by letting them know that just because someone looks or acts differently, it does not mean they should be treated differently. To help reduce my stress and anxiety, I could have been more mindful by engaging in meditation or yoga practices. Instead of engaging in catharsis, I could have verbally expressed my feelings and emotions to my parents. Emotional disclosure is often associated with better moods, more positive self-perception and better health. Knowing how to cope with stress is an important part of reducing that stress.

Today, I am 19 years old and if Graves' Disease has taught me anything, it is perseverance. I have encountered many twists and turns, ups and downs, and bumps along the road but I was strong enough to overcome them. I now know that I can push through any obstacle with a positive attitude. I am older and wiser and know how to use effective coping strategies to decrease my stress and anxiety. I have learned to embrace my condition, and not to care how others perceive me. I am confident in how I look and how I act. Graves' Disease has molded me into who I am today. As much as the disease has brought me down, it has also built me up. I am a stronger person because of this condition. Some may say that having a condition like mine is a burden on life but, in fact, I feel the opposite. I believe that my having Graves' Disease and learning how to cope with its stress continues to be a blessing. I share my story to encourage others who are battling a disease or condition to take one step at a time and try to pull something positive from it. We can't always control the variables in our lives, but we can control how we react to them.

I share my story to encourage others who are battling a disease or condition to take one step at a time and try to pull something positive from it. We can't always control the variables in our lives, but we can control how we react to them.



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A message from
Executive Director Cindy Caldwell



2017 Beachwood Chamber Awards Nominations Due by February 17th!

The Beachwood Chamber Awards Reception is an annual event that recognizes businesses and organizations that stand out as exemplary models in the community by consistently going "above and beyond." Beachwood-based businesses and organizations or those that serve the Beachwood community are eligible.

On May 4, 2017, three prestigious awards will be announced; Business of the Year – Large Company, Business of the Year – Small Company and Civic Organization of the Year. Do you know business that deserves recognition for its active civic involvement? Are you aware of a civic organization that has improved the quality of life in Beachwood? If so, nominate them for one of the 2017 Beachwood Chamber awards! Self-nominations are welcome. The nomination form can be found on the Beachwood Chamber website at www.beachwood.org.

The deadline for nominations is Friday, February 17, 2017 at 4 p.m. The Awards ceremony will take place on Thursday, May 4, 2017 at the Embassy Suites Beachwood and will feature a keynote speaker and hors d'oeuvres reception. Sponsorships for this precious event are available now.

At this event, guests will also be introduced to the 2017-2018 Beachwood Chamber Board of Directors and awards will be presented to Board Member of the Year, Volunteer of the Year and the Richard Adler Distinguished Service Award.

Do you know business that deserves recognition for its active civic involvement? Are you aware of a civic organization that has improved the quality of life in Beachwood? If so, nominate them for one of the 2017 Beachwood Chamber awards!

**The deadline for nominations is Friday, February 17, 2017 at 4 p.m.
NOMINATE SOMEONE TODAY!**



**Wishing you a happy, healthy and prosperous 2017.
The BEST time to join the Chamber
and grow your business is NOW!**

2016 Events Schedule

- Wednesday, March 8 Corporate Fitness Challenge • Mandel JCC
- Thursday, May 5 Beachwood Chamber Awards Reception • Embassy Suites
- September 2017 Beachwood Chamber Golf Outing
- Wednesday, Sept. 14 Beachwood Business Expo • Embassy Suites
- Thursday, Nov. 9 Taste of Beachwood • Embassy Suites

Plus monthly luncheons and networking opportunities.

For membership information, call 216.831.0003 or visit www.beachwood.org.

Mandel JCC Hosts 10th Annual Indoor Triathlon

Fundraising event to be held Sunday, February 12

Mandel Jewish Community Center presents its tenth annual Indoor Triathlon & Biathlon on Sunday, February 12, from 11:30 am – 4 pm. Like a traditional outdoor biathlon and triathlon, it will include events in swimming, biking and running. The Indoor Triathlon & Biathlon, which attracts both serious and casual athletes, is open to all individuals and families, ages 10 years or older (minimum height 4'10"). Participants may compete individually or in teams. The event sells out early each year, so participants are encouraged to register early.

Unlike a traditional biathlon and triathlon, The J's Indoor Triathlon is a timed event and winners are determined by

number of laps completed in the pool, number of miles biked, and number of miles run. The biking portion, on The J's Spinner Bikes, will last 20 minutes. The running portion, on The J's cushioned track, will last 20 minutes. The J's indoor pool will host the swimming leg and will last 15 minutes. Awards will be given by categories and all participants will receive t-shirts and refreshments.

One of the unique features of this event is that area teens and young adults, from ages 16-24, who participate in Jewish Family Services Association's (JFSA) Horvitz YouthAbility community service and Ascentia Mental Health programs, will be competing. The teens and young adults have

a broad spectrum of physical and developmental disabilities and at-risk conditions.

All participants are encouraged to get friends and family to sponsor their involvement to help raise funds to support the Mandel JCC and its outstanding programs and services. The event was established to promote a healthy and active way of life and to help support The J's mission to strengthen the quality of life in our community. The J hopes to raise more than \$45,000 to help support the Mandel JCC Financial Assistance Program.

For fees and to register visit www.mandeljcc.org/triathlon or contact 216.831.0700, 1495 or triathlon@mandeljcc.org.

History Book Club

**Thursday, January 12
7 pm
Beachwood Library**

History buffs, did you know there is a book club just for you? The group meets every six weeks at the Beachwood Library. The next meeting is Thursday, January 12 at 7 pm, and the book is *River of Doubt* by Candace Millard.

For more information, and a list of upcoming titles, please email Margaret Reardon at margaret_reardon@att.net or call 440.292.7739. This program is free and open to the community.



MULHOLLAND & SACHS
at ETON ~ Chagrin Blvd

SIDEWALK SALE
Thursday, January 12 - Monday, January 16

Shop Your Neighborhood Gift Store

The holidays are over...it's time to treat yourself!
Shop Our Semi-Annual Seasonal and Everyday Giftware Clearance Sale.

40% to 70% off

Stay warm and have fun!
Free weekend underground parking available.

GIFTS FOR ALL OCCASIONS

28699 Chagrin Blvd. • 216-831-4444
www.mulhollandsachs.com
Mon - Saturday 10 to 6:30 • Sun noon to 5




**WINTER
SIDEWALK
SALE**

January 12-16

ETON
CHAGRIN BOULEVARD
A STATE PROPERTY

  
EtonChagrinBld.com | 28699 Chagrin Blvd
Woodmere, OH 44122 | 216.591.0544

CITY OF Beachwood Council Update

MAYOR
MERLE S. GORDEN



216.292.1901
mayor@beachwoodohio.com

COUNCIL PRESIDENT
MARTIN S. HORWITZ



216.464.6560
martin.horwitz@beachwoodohio.com

JUSTIN BERNS



216.509.6509
justin.berns@beachwoodohio.com

ALEC ISAACSON



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alec.isaacson@beachwoodohio.com

MELVIN JACOBS



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melvin.jacobs@beachwoodohio.com

BARBARA BELLIN JANOVITZ



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barbara.janovitz@beachwoodohio.com

BRIAN LINICK



216.496.0202
brian.linick@beachwoodohio.com

JAMES PASCH



216.630.9671
james.pasch@beachwoodohio.com

WE CAN'T ALERT YOU IF WE CAN'T REACH YOU

SIGN UP FOR **CodeRED** EMERGENCY ALERTS



CodeRED is our free emergency notification system. Beachwood officials can notify residents and businesses about time sensitive emergencies and alerts via phone calls, texts and emails.

Visit www.beachwoodohio.com and click the **CodeRED** logo. It only takes a minute. Data collected will only be used for emergency notifications.



BE IN THE KNOW

SIGN UP FOR **NOTIFY ME**

Receive updates on the city topics of your choice:

- City News
- Economic Development
- Employment
- Department News
- Meeting Agendas
- Calendar
- Bid Postings
- Breaking News
- Mayor's Corner



NEED HELP?

IF YOU DO NOT USE A COMPUTER AND WOULD LIKE TO REGISTER FOR **CodeRED OR **NOTIFY ME** CALL BEACHWOOD COMMUNITY SERVICES AT 216-292-1970**

Visit www.beachwoodohio.com and follow the link to "Get Informed"

LIVE STREAM COUNCIL MEETINGS

Four cameras will be installed in City Council Chambers. Live streaming to start early 2017.

City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122

216.464.1070
www.beachwoodohio.com



LIKE US ON FACEBOOK
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twitter.com/BeachwoodOH



FOLLOW BEACHWOOD POLICE ON TWITTER
twitter.com/BeachwoodPolice

TV PROGRAMMING
Time Warner - Ch. 96.20
AT&T U-Verse - Ch. 99

EMERGENCY
Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

WHEN YOU'RE IN *Beachwood*, YOU HAVE ARRIVED!

WHAT TO DO IF YOUR VEHICLE IS STRUCK FROM BEHIND

Recently, there have been incidents where drivers have intentionally been rear-ended. If struck from behind, Police Chief Winebrenner offers these suggestions:

1. Put your car in park, lock your doors, put on emergency flashers and put your windows up. Do not exit your vehicle.
2. If someone from the other vehicle approaches, put your window down slightly in order to communicate with them.
3. If you have not already called Beachwood Police, do so. Give them your location and remain in your car until they arrive.
4. If you do not feel comfortable remaining at the scene of the incident drive to the nearest police department and report the accident. Without leaving your vehicle, attempt to get the license plate number of the other car.

Additional vehicle safety reminders include:

- Keep vehicle locked when traveling and when parked.
- When returning to your vehicle, take a quick peek inside and around.
- If you see someone acting suspicious or if they make you feel uncomfortable, turn around and wait until they leave or have someone escort you. Also, advise security personnel or a police officer if available.
- If someone is following you or behaving in an aggressive manner, try to ignore them and notify the police if able to. If they continue to follow you, drive to the nearest police station or a crowded parking lot if unable to get to a police station. Notify the police of the problem upon arrival.
- Travel with your cell phone.
- Ensure your vehicle has a spare, a jack, a four-way wrench, road flares and jumper cables. If stranded, make sure to notify police regardless of whether you have a tow in route or are fixing the car yourself.

SNOW ORDINANCE

Beachwood Ordinances

states when snow falls over a 24-hour period to a depth of 2" or more,

an emergency is declared and parking may be prohibited on all City streets. We will make a

reasonable attempt to notify the public by tweeting and using local press. Vehicle owners are responsible to comply with the emergency parking regulations. Vehicles parked in violation may be towed at the owners' expense.



Happy New Year

City Hall will be closed on Monday, January 16 in observance of Martin Luther King Jr. Day. Rubbish pick up will be delayed one day. Monday's collection will be made on Tuesday, January 17.

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, January 9 and 23. 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, January 26. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, January 9 and 23. Questions? Call 216.292.1914.

Departments

AUDITOR
216.595.5492

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

OF SPECIAL NOTE

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



ART EXHIBIT



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.



The late Howard Hitchcock began his career working in wood, clay and bronze with themes touching on the human condition. Howard's talents are also revealed in paintings inspired by his world travels. www.howard-hitchcock.com

JANUARY 13 – FEBRUARY 5

WINTER SUNSET RECEPTION:

*Hor d'oeuvre & dessert reception
To benefit Beachwood High School's
Marketing/Junior Achievement*

**FRIDAY, JANUARY 27 • 7:00 – 9:00 P.M.
BEACHWOOD COMMUNITY CENTER**

RECEPTION TICKETS

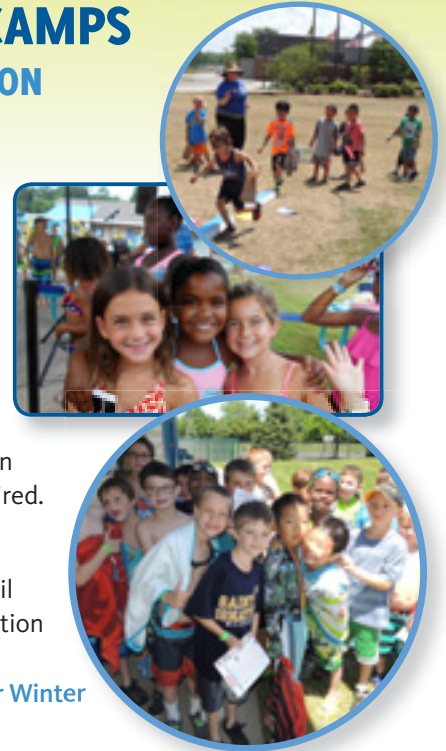
Single: \$50 • Couple: \$90 • Student: \$30
Checks payable to Beachwood Junior
Achievement. Tickets held at door.

Mail checks to
Beachwood High School
Attn: Greg Perry
25100 Fairmount Blvd.
Beachwood, Ohio 44122

SUMMER DAY CAMPS RESIDENT REGISTRATION NOW ONGOING

Beachwood Summer Day Camp registration for residents is underway. 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 until March 10. Non-resident registration begins March 12. [For more information please refer to your Winter Rec Guide](#)



DON'T CROWD THE PLOW



Give snow plow operators space to work. A fully loaded snow plow vehicle can weigh between 20–40 tons and cannot easily stop. In a contest between a snow plow and other vehicle, the snow plow will be the clear winner. When driving behind a snow plow stay behind at least 100 ft.

GEARED UP FOR COLD AND SNOW

Beachwood is prepared. We take great pride in the high quality work by our Service Department. Our salt supply is stocked. We want to make sure you are ready too.

- Ensure you've performed routine maintenance on your vehicle.
- Wear warm clothing, including hats and gloves, which will protect you from the cold.
- Slow down. Ice can be unpredictable but more time to react will certainly help.



Check out more tips at <https://ntsi.com/quick-links/safety-articles/winter-driving/>.

BEACHWOOD POLICE CHIEF RETIRING ON 27TH ANNIVERSARY

Chief of Police Keith Winebrenner will retire on February 1, the 27th anniversary of when he first joined the Beachwood Police Department.



“Chief Winebrenner’s commitment to the department and the city has been outstanding, and I thank him for his service,” said Mayor Merle S. Gorden. “He has been instrumental in making our department one of the finest in the state. We will miss him and wish him the best.”

“It has been my honor and privilege to serve our citizens and the men and women of this department,” Winebrenner said. “It’s been very rewarding to have participated in many of the department’s successes.”

“Police work can be demanding and in this role it overlaps significantly into one’s personal time. I thank Mayor Gorden and City Council for giving me this opportunity. I would now like to spend more time with my wife and family and pursue something different,” added Keith.

Chief Winebrenner has been with the Beachwood Police Department for nearly 27 years and in police work for more than 31 years. He has been chief since August 2014.

UPCOMING 2017 HOUSING INSPECTIONS



Annually, our Building Department conducts approximately 600 exterior home inspections ensuring properties maintain their values. Listed are the City streets scheduled for exterior inspections beginning Spring 2017:

- Beachwood Blvd. (23005-23515)
- Fenway Drive
- Campus Road
- Glenhill Drive
- Cedar Road
- Halcyon Road
- Cedarview Drive
- Lyndway Road
- Community Drive
- South Green Road (2253-2289)
- East Baintree Road
- Sulgrave Road (2721-2879)
- East Groveland Road
- Union Circle
- East Silsby Road
- Woodway Road
- Edgehill Drive

FOR MORE INFORMATION CALL 216.292.1914

ANNOUNCEMENT

The City of Beachwood announces Hope L. Jones as its new Law Director and Whitney M. Crook as Clerk of Council of the City of Beachwood. Jones, formerly the City’s Assistant Law Director, has been filling in as interim Director since June 2016 and Crook previously served as Assistant Clerk of Council.



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. For additional winter fun, the Beachwood City Park West Sled Hill is located on the south end of the park. Bring your friends and family out for a great winter activity.

Beauty and the Beast AUDITIONS

Monologues at www.beachwoodohio.com

AUDITIONS BY APPOINTMENT ONLY

Sunday, January 8, 1:00 – 5:00 p.m.

Monday, January 9, 6:30 – 9:30 p.m.

Beachwood Middle School

Contact Jill Koslen Freirich at 216.595.3734 or jill.koslen-freireich@beachwoodohio.com to schedule an appointment.

Performances take place in May 2017.

Beachwood Schools

BOARD OF EDUCATION

Mitchel Luxenburg, President, 382-8943 • ml@beachwoodschoools.org

Michael Zawatsky, Vice President, 292-9916 • mzawatsky@beachwoodschoools.org

Dr. Brian Weiss, 464-6678 • bw@beachwoodschoools.org

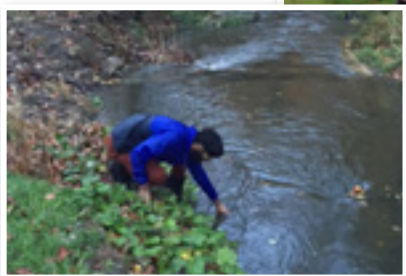
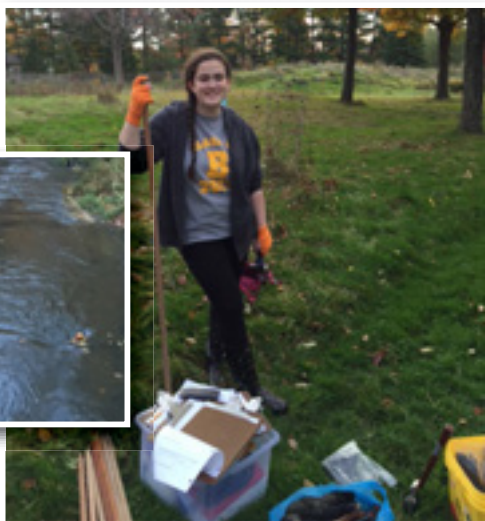
Joshua Mintz, 245-0000 • jmintz@beachwoodschoools.org

Steve Rosen, 292-5562 • srosen@beachwoodschoools.org

AP Environmental Sciences Students put Learning into Action at Acacia Reservation

In November, my AP Environmental Science class had the privilege of visiting the Acacia Reservation in Lyndhurst on a field trip. The purpose was to advance our knowledge of population distribution and population density – two concepts we had been studying in depth. To prevent Acacia's overabundant deer population from eating small plants and shrubs before they are able to grow, we installed tree guards using cylindrical plastic sheets kept upright by a stake and zip ties. It felt great to protect the environment by ensuring that the necessary succession will take place for Acacia to one day blossom into a thriving forest.

Ryan Marmaros
Class of 2017



Ben Connor named to Division V First Team All-Ohio



Congratulations to BHS Junior Ben Connor, who was named Division V First Team All-Ohio. Ben is the first Beachwood quarterback to be named to an All-Ohio First Team in more than 20 years. The last player who earned the distinction was Head Coach **Damion Creel** in 1994.

Connor had a standout year, finishing the season with 22 passing touchdowns and 2,426 passing yards. He ran for a team high 533 yards, culminating in 8 additional touchdowns. Connor can add the All-Ohio accolade to a growing list: he

was named Cleveland Gladiators High School Impact Player of the Week, BW3 Player of the Week and 2nd Team All-Chagrin Valley Conference.

We can't wait to see what Ben can do his senior year!

Leadership Conference Brings Students Together



Beachwood High School's annual Leadership Conference gathers more than fifty of my high school peers for three intense days. We are encouraged to step out of our comfort zone, build our confidence through new experiences, and step up as leaders in

our school. This year's Leadership Conference, held in November, was another great success.

The first day was spent in a variety of "family group" activities to get to know better the people we would be spending time with during the weekend. On the second day, we traveled to Camp Asbury in Hiram and spent our entire day on low and high ropes courses. These challenging activities required us to work together to be successful. You truly have to trust your team when you're looking to them to guide you 100 feet off the ground. On the final day,

conference attendees had the opportunity to work with speaker Ted Wiese. Known as one of America's best youth leadership development speakers, Ted works with thousands of students every year to teach and enhance leadership skills. Ted encourages students to believe they can make a difference - and he teaches them how to do it!

Whether we were participating in a ropes activity that scared us, standing up in front of the entire conference to participate in one of Ted's activities or simply talking to someone outside of our "friend group," the weekend taught our group a lot about ourselves and how to step up as leaders in our school! We're all looking forward to putting our newly honed skills to work.

Emily Einhorn
Class of 2017



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

American Sign Language Club Presents 12th Annual Holiday Party for the Deaf/Hard of Hearing Community

More than 550 members of the Northeast Ohio Deaf/Hard of Hearing community visited Beachwood High School for the ASL Club's 12th annual Holiday Party. Beachwood students plan, fundraise and budget for the party that features a prize wheel, lots of food, music, games, and an annual theme. This year's theme, "Pajama Party," brought people out in their most festive pajamas and slippers. A bounce house, face painting and multiple games and competitions kept even the youngest children entertained, while plenty of conversation took place between students and event guests.

The party is a tremendous way for students to practice their conversational signing skills, while serving the Deaf/Hard of Hearing community. Beachwood's ASL classes and club are led by **Sharon Weisman**, but she gives all credit to the students for putting together the event. This year's co-chairs were: **Hannah Karl, Tanner Mayfield, Arin Mintz, Zoe Winger** and **Rose Hersh**. This group of leaders led another 80 students through the planning and execution of the event. Event sponsors included: **Faber Castell, Ronald McDonald House Charities of Northeast Ohio, Giant Eagle, Joshen Paper & Packaging, Around Downtown Catering and Chick-fil-A**. By the end of the party, students were exhausted but elated. Rest would have to wait, however, as the students were already planning next year's event!

Want to know how your company can support this or other Beachwood Schools events? Call Director of Development Shana Wallenstein at 216.464.2600 ext. 237 for details.



Author Jacqueline Woodson to Speak at Beachwood High School on January 19th at 7PM



Beachwood City Schools, Facing History and Ourselves, Hawken and Laurel Schools present **Jacqueline Woodson** to our communities' parents and educators. The evening will begin with Woodson's keynote address and Q&A, followed by a book signing and community dialogue.

Woodson's visit is part of an outstanding collaboration between Beachwood City Schools, Facing History and Ourselves, Hawken and Laurel to create programs for K-8 students and their families

highlighting themes of identity and belonging through literature. Through this work, our students will have various opportunities to thoughtfully explore Woodson's writing at school and at home.

Jacqueline Woodson is the bestselling author of more than two dozen award-winning books for young adults, middle graders, and children, including the New York Times bestselling memoir *Brown Girl Dreaming*, which won the 2014 National Book Award, the Coretta Scott King Award, a Newbery Honor Award, an NAACP Image Award, and the Sibert Honor Award. Woodson was recently named the Young People's Poet Laureate by the Poetry Foundation.

Tickets to see Jacqueline Woodson are free, but a reservation is required. Reserve seats now at <http://jacquelinewoodson.eventbrite.com/>



Visit us at www.beachwoodschoools.org
www.facebook.com/BeachwoodBison



[@beachwoodbison](https://twitter.com/beachwoodbison)

Private SCHOOLS

Preschool Prep



Wednesdays | 3-4 pm

- Gentle Separation For Mommy And Me
 - Sessions Begin Jan 4 & Mar 1
 - 12 Months & Up
- grossschechter.org/preschool-prep

Monday Fun Days!

Mondays | 10-11 am

- Birth to Age 4
 - Music, Activities & Story Time
 - Free & Open to the Community
- grossschechter.org/mdfd

Open House

January 10 | 10-11 am

Discover all that Schechter can offer your child from birth through 8th grade!

grossschechter.org/admissions



elevate the mind

27601 Fairmount Boulevard | Pepper Pike, Ohio, 44124
admissions@grossschechter.org | 216-763-1400 x417



The Music Settlement

EARLY CHILDHOOD OPEN HOUSE

Preschool & Day School for Ages 3 - 4
 Extended-Age Kindergarten

Providing exceptional learning & cultural experiences for young children

Sunday, Jan. 8, 2017 • 1:00 - 2:30 p.m.

NEW! Wednesday, Jan. 11, 2017 • 5:30 - 7:00 p.m.

NEW! Kindergarten Open House

Wednesday, Jan. 11, 2017 • 7:00 - 8:00 p.m.

Adults, please drop in!



5-Star Accredited
 Preschool, Day School,
 & Kindergarten



Best Music Instruction
 2nd Consecutive Year

Generously Supported by:



www.TheMusicSettlement.org/all



Educating Today
 for
 Tomorrow's Success



Mandel
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Now Enrolling
 Call Today for a Tour: (216) 464-4055



Visionary private school + 21st century Jewish studies + top educators

+ affordable private = Mandel JDS. Accredited for excellence by the Independent Schools Association of the Central States, Mandel JDS educates today by providing personalized instruction and engaged experience learning that leads to tomorrow's success with academic excellence, love of Judaism and respect for all.



Since 1955, The Music Settlement's Center for Early Childhood has provided exceptional learning and cultural experiences and holds a 5-Star (highest) Award from Step Up To Quality, State of Ohio. Stop by and see us at an Early Childhood Open House (Preschool, Day School, Kindergarten) for adults: Jan. 8, 1-2:30 pm or Jan. 11, 5:30-7 pm. Kindergarten Open House on Jan. 11, 7-8 pm. For complete information, see the ad below on the opposite page.

Since 1955, The Music Settlement's Center for Early Childhood has provided exceptional learning and cultural experiences and holds a 5-Star (highest) Award from Step Up To Quality, State of Ohio. Stop by and see us at an Early Childhood Open House (Preschool, Day School, Kindergarten) for adults: Jan. 8, 1-2:30 pm or Jan. 11, 5:30-7 pm. Kindergarten Open House on Jan. 11, 7-8 pm. For complete information, see the ad below on the opposite page.



Gross Schechter is a Jewish independent school for children from 6 weeks through 8th grade. Our program enables students to become critical thinkers, passionate, well rounded individuals with strong Jewish identities. Our child-centered approach leads to amazing student achievement and our welcoming community makes it a second home for families. For Open House information, see the ad on the opposite page.

Gross Schechter is a Jewish independent school for children from 6 weeks through 8th grade. Our program enables students to become critical thinkers, passionate, well rounded individuals with strong Jewish identities. Our child-centered approach leads to amazing student achievement and our welcoming community makes it a second home for families. For Open House information, see the ad on the opposite page.

IMPACT! – A Volunteer Showcase for Adults 50+

The Jewish Federation of Cleveland announces its IMPACT! Volunteer Showcase, a highly anticipated volunteer fair for Jewish Cleveland adults ages 50 and over. The showcase will feature more than 20 organizations seeking volunteers, making it easy for guests to identify a possible match for their interests. The Showcase takes place on Sunday, January 22 from 9:30 – 11 am at the Federation's Jack, Joseph and Morton Mandel Building (25701 Science Park Drive in Beachwood).

IMPACT! is an initiative of the Federation's Jewish Volunteer Network, a one-stop shop for connecting Jewish Clevelanders to meaningful and rewarding volunteer experiences in Cleveland and beyond. The showcase will be held as a follow-up to the successful January 2016 IMPACT! Launch Event that drew an audience of more than 400 community members.

"We were thrilled to know that the idea of volunteering resonated with so many," said Bob Cohen, co-chair of the Showcase, alongside Carol Paull. "The showcase will provide potential volunteers with an opportunity to hear about volunteer options directly from our partnering social service agency professionals, connecting volunteers to inspiring opportunities."

Representatives from social service agencies within

the Cleveland community will be present at the showcase, as well as many Federation partner agencies, like Menorah Park, Montefiore, Jewish Family Service Association (JFSA), and Bellefaire Jewish Children's Bureau. Guests will also have the opportunity to hear about personal volunteer experiences from current IMPACT! volunteers over bagels and coffee.

The 2011 Greater Cleveland Jewish Population Study found that nearly one-third of Jewish people in Cleveland were born between 1946-1964. With the realization that a significant segment of the Jewish community were part of the Baby Boomer era, the Federation reached out to community members within this demographic to learn more about their needs and aspirations for the next step in their lives. The focus group insight included adults over

50 who are looking to help the community, connect with like-minded individuals through social programming, use their professional skills and talents to aid others in need, learn new skills through workshops and certification courses, and travel to do good for others outside of Cleveland.

Showcase registration cost is \$5 per person. To learn more and register for the IMPACT! Volunteer Showcase, visit www.jewishcleveland.org or contact Jackie Reed at jreed@jcfclve.org or 216.593.2858.

The showcase will feature more than 20 organizations seeking volunteers, making it easy for guests to identify a possible match for their interests.



To receive emergency alerts, sign up for **CodeRED**.

To be in the know, sign up for **NOTIFY ME**.

For complete information, see City Council Update on page 24.



BARRECLEVELAND™

A Low-Impact Women's Fitness Studio

Located conveniently at I-271 & Chagrin Blvd in Beachwood
3737 Park East Drive #209 Beachwood, OH 44122 216-342-4229

www.barrecleveland.com



All Ages 18+ (Average age 45-70+)

All Fitness Levels

*Small Group Fitness Classes Give You Individualized Attention and Results
Without Personal Training Prices*

*All Classes Are Taught By Yana Salwan who has 25 Years of Experience
Teaching Group Fitness*

*60 Minute classes help you become and stay Slim, Sexy, Strong and Stretched
by focusing on the female trouble areas (thighs, hips, seat, abs & arms)*

GET FIT FOR THE NEW YEAR!

*Go online to barrecleveland.com, choose "First Month
Unlimited BarreFit" Package and use the discount code
"HEALTHY" to save 60% OFF the Regular Price.*

*Then you schedule all of your classes online or by
using the Barre Cleveland App.*

**New Clients Only*

5 Tips TO STAY HEALTHY THROUGH THE NEW YEAR



Francoise Adan, MD

Why does everyone feel pressured to make New Year's resolutions every January; most of all, why is it so difficult to stick to these resolutions? Explore these common questions with Francoise Adan, MD, Medical Director of University Hospitals Connor Integrative Medicine Network, is a longtime proponent of mind/body medicine, for herself and her patients. In the early years of her medical practice she recognized the limits of traditional medicine and began embracing the benefits of providing healing with a more integrated approach. Follow these tips from Dr. Adan to help you stay healthy throughout the New Year.

Plan Ahead – Your goal is to embrace the New Year. Prioritize the most important things you want to accomplish. “If you focus on what really matters to you, and stop spending energy in other areas,” says Dr. Adan, “you’ll feel more fulfilled and in control.” Working from a list enables you to be more organized. If you’re feeling overwhelmed, take a step back and breathe to get yourself back on track.

Avoid Overcommitting – It is okay to say no. No one has time to do it all. Rather than volunteering several hours for the community center’s annual fundraiser, offer to pick up collected bags and drop them off where they need to go. “These days, we overload ourselves with full activities that no longer fit into our busy lives,” says Dr. Adan. “If your mother visited every shut-in, you feel obligated to do the same.” When you say “yes” to every event and all the demands coming your way, you end up exhausted.

Fuel Up on the Right Foods – When you’re busy, it’s essential to pack a meal in advance as well as keep healthy snacks on hand or even in your car to make it easy while you are on the go. Avoid attending an event and mindlessly eating everything in front of you. Dr. Adan says, “You often get into trouble if you are doing other things

while eating. When you are eating, you should focus on eating and try to make healthy choices.” Never go out hungry and always drink plenty of water.

Keep Your Heart Pumping – Exercise 30 minutes each day. Taking the dog on a brisk walk or taking the stairs at work is all you need to do. It can lower stress and give you a mood boost. “In short, exercise helps you feel young longer,” explains Dr. Adan. “It strengthens your heart, helps you manage your cholesterol, blood pressure and weight, elevates the mood and helps with anxiety.” Research indicates exercise also decreases the incidence of depression. Celebrate your success, no matter how small. Dr. Adan says, “Recognize that not every day is going to be a 30-minute exercise day, but whatever you are able to do – even if it is only five minutes – is better than nothing.”

Take Time for Yourself – Experts agree stress is hard on your body which makes getting the right amount of rest and exercise even more challenging. Extra stress can lead to heart disease, high blood pressure, diabetes, anxiety, depression and other health problems. Take steps to tame stress. “Pay attention to your body’s stress signals,” says Dr. Adan. “Stress warning signs include tension in your neck, shoulders and back,

or headaches, upset stomach and even chest pain.” Healthy stress busters include meditation and mindfulness. Dr. Adan says, “Take a moment to take a deep breath and be present in the now. If you do not take care of yourself, you will not be able to take care of others.”

University Hospitals Connor Integrative Network creates a bridge between traditional medicine and the healing it provides, and a level of well-being you might not yet have experienced. “Patients come to us for many reasons,” says Dr. Adan. “We offer a variety of treatments from which they can choose – with our help, if necessary – to find the healing they need.

Patients can self-refer directly to our services and we actively work with physicians throughout the community to ensure that patients receive care they need from both traditional and complementary therapies. We offer a variety of services including acupuncture, massage and support for stress management and healthy lifestyle changes.

To find out more about UH Connor Integrative Health Network services, visit **UHConnorIntegrativeHealth.org** or call **216.285.4070** to make an appointment.

Beachwood Arts Council
invites you to attend

The Pop Tarts Concert

Sunday, February 5, 2017

2 - 3 pm

Beachwood Community Center

Enjoy a musical afternoon of Swinging 60s songs performed by four groovy chicks who sing in perfect harmony. Dressed in matching 60s outfits, the Pop Tarts sing the most popular hits that were sung by female pop stars and groups during that era.



JFSA New Board Members

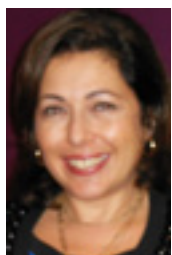
On November 30, Jewish Family Services Association elected the following three community leaders to serve a three-year term on its board of directors:



Gary Bilchik returns to the board after a one-year hiatus. He was first appointed to the board in 1991. Over the years, he has served on several committees, including Ascentia, MRDD Endowment and the Human Resource committee. Bilchik is an attorney with Benesch, Friedland, Coplan & Aronoff, LLP. He and his wife, Janice, live in Beachwood.



Richard Halle is semi-retired, having served as CEO of Robert Levin Carpet and most recently as an agent for Arnold J. Eisenberg, Inc. Commercial Real Estate. He formerly served as a board member of Council Gardens, and has enthusiastically volunteered for the past three years in JFSA's Mitzvah Day holiday, distributing gift bags to isolated seniors. He and his wife, Wendy, live in Beachwood.



Dara Yanowitz is a full-time community volunteer in the Jewish community. She is currently a vice chair for the Campaign for Jewish Needs, and is the immediate past chair of the Allocations Committee for the Jewish Federation of Cleveland. At this time, she serves on the boards of the Jewish Federation of Cleveland, Jewish Education Center of Cleveland, The Gross Schechter Day School and Menorah Park. She and her husband, Alan, live in Beachwood.

her husband, Alan, live in Beachwood.

Programs at Montefiore

Caregiver Education and Support Group
Tuesdays, January 3 and February 7 • 5-6 pm at Montefiore
Free and Open to the Community

Feeling burnt out from caregiver stress or alone in your journey with no one to lean on? Do you have questions about what is coming next and how to deal with it?

Montefiore's monthly Caregiver Education and Support Group will provide tips on how to cope and how to receive support as a caregiver.

This program is presented by Dementia Expert Dr. Lori Stevic-Rust, ABPP, Clinical Health Psychologist and dementia program advisor for Montefiore and The Weils.

To RSVP or for more information, contact Kristen Morelli, memory care program manager, at 216.910.2323 or kmorelli@montefiorecare.org.

Journey Through Grief,
A Six-Week Bereavement Support Group
Tuesdays, January 10 – February 14 • 3:30 • 5 pm at Montefiore
Free and Open to the Community

Facilitated by Miriam Katz, LISW-S, participants will be assisted in the grieving process. For more information or to register, please call Miriam at 216.910.2796 or email at mkatz@montefiorecare.org.

Favorite Melodies from Broadway and Opera

On Sunday, January 22, Fairmount Temple Adult Cultural Arts Series invites the community to attend Favorite Melodies from Broadway and Opera, performed by Red Champion, an energetic, five-person, vocal chamber music ensemble from Northeast Ohio.

Enjoy drinks and appetizers in the Fairmount Temple foyer at 4:15 pm, followed at 5 pm by the musical performance. Dinner will be served at 6:15 pm, after the program. Registration deadline is January 13. To register or for more information, contact Susan Namen at 216.464.0607.

Cultural Arts Series co-chairs are Bernice and Lloyd Goldman, Joan and Mort Rogoff, and Ilene and Allan Schwartz. This program is made possible through the generosity of the Max and Ella Green Fund.

Beachwood **Buzz**
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*Wishes you a happy, healthy
and safe 2017*

Wellness Wednesdays at The Weils

The community is invited to Wellness Wednesdays at The Weils, a free three-part health series at The Weils Assisted Living Community (located at 16695 Chillicothe Road, Chagrin Falls, 44023), which will include delicious and nutritious refreshments for all.

Programs are as follow:

Wednesday, January 18 at 1:30 pm

"Eat Your Way to a Healthy Heart" will be led by Dr. Mahazarin Ginwalla, cardiologist and assistant professor of medicine at CWRU School of Medicine. She will explain how making conscious decisions in our everyday lives can better our health. Dr. Ginwalla will teach tips on maintaining a healthy lifestyle through the foods we choose and the way we live our lives.

Wednesday, February 15 at 1:30 pm

"Breaking the Myths about Hospice Services," will be led by Dr. Meredith Driscoll, hospice medical director and Angela Hale, director, Vinney Hospice and Palliative Care of Montefiore. They will debunk common hospice myths and explain how hospice can help make an individual's end-of-life experience as comfortable and as meaningful as possible.

Wednesday, March 15 at 1:30 pm

Award-winning chef and proprietor of fire food and drink, Douglas Katz, will help you "Spring into Spice" with tips on how adding spice to your dishes makes them more healthful, flavorful and tasty.

For more information or to RSVP, contact Ivy Kopit, manager of senior living admissions and community relations, at 440.996.0504 or ikopit@theweils.org. The Weils is owned and operated by Montefiore, a nonprofit organization and leader in senior healthcare.

If struck behind while driving, would you know what to do?

For your safety, please read the article on page 25 of the City City Council Update.

Move in by January 31, 2017

Get your second month free!

Contact Ivy Kopit

manager of senior living admissions & community outreach

440.996.0504

ikopit@theweils.org



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- Three chef-prepared meals daily
- 24/7 nursing and caregiving
- Housekeeping and laundry services
- Life-enriching activities and outings
- Complimentary transportation

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Memory Care • Long-Term Care

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440.543.4221 | theweils.org

Chagrin Valley Camera Club at the Beachwood Library

The Chagrin Valley Camera Club meets twice a month at the Beachwood Library. Upcoming meetings are from 7 to 9 pm and guests are welcome.

January 3

Dave Chew will speak about "My Approach to Landscape Photography." Check out his website at <http://www.davechewphotography.com/index.php>.

January 17

Member Club Competition – Members are invited to bring in any photo they made during one of the club's field trips. There will be two competitions; one for novices who have never previously competed and the other for all members. Please bring a photo from a previous club field trip. Guests are welcome!

February 7

Varina and Jay Patel will speak about "More Than Just Technical Skills." The Patels teach workshops and courses, and sell books too. Check out their website at <http://photography-byvarina.com/>.

February 21

The group will select club photos to be entered into a competition with the Lakewood Photographic Society on March 7 at the Beachwood Library.



Women of Fairmount Temple

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

Tuesday, January 10

Lunch will take place at 11:30 am, followed by a 12:30 pm showing of the movie "Deli Man," a fun choice for everyone. To register for lunch, please call Trina Miller at 440.537.7115. The movie is free and open to the community.

Sunday, January 22

Mitzvah Morning takes place from 9:30 to 11:30 am. Help create vests for epileptic children, knit and crochet lap robes, and put together numbers books for preschool children at the Cleveland

Sight Center. It is a year-round task and everyone enjoys the company, coffee, cookies and making a contribution.

Tuesday, February 7

Chair yoga, led by Meghan Sturges, starts at 10:30 am. Lunch follows at noon, and Rabbi Robert Nosanchuk will discuss "Judaism and Reproductive Rights: What does Judaism Say About Abortion?" at 1 pm. To register for lunch, please call Trina Miller at 440.537.7115. The rabbi's program is free and open to the community.

Alzheimer's Association

The Cleveland Area Chapter of the Alzheimer's Association provides numerous services to families – at no charge – to help them navigate the challenges of caring for a loved one with Alzheimer's disease. January classes are listed below. All classes are free. For more information, call 800.272.3900 or visit alz.org/cleveland.

Caring for the Caregiver

January 31 • 3 to 4 pm

Jewish Family Service Association
24075 Commerce Park Blvd.,
Beachwood

To register, call 216.755.1116

Providing care for someone with dementia can be overwhelming, and it can be easy to neglect your own well-being. Maintaining your own good health is important to your success as a caregiver. Join us for tips on how to care for yourself and your loved one.

Healthy Living for Your

Brain and Body:

Tips from the Latest Research

January 27 • 11 am to 12 pm

Menorah Park –
Center for Brain Health
27100 Cedar Road, Beachwood
To register, call 216.839.6685

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition,

exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Know the 10 Signs:

Early Detection Matters

February 3 • 11 am to 12 pm

Mandel JCC Lunch Plus Program
1500 Warrensville Center Road,
Cleveland Heights

To register, call 800.272.3900

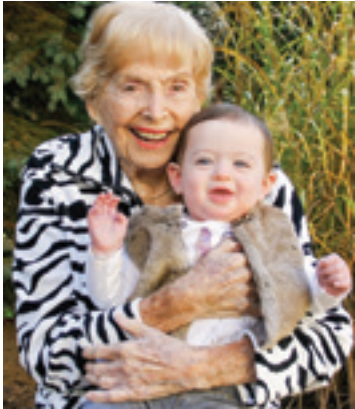
This workshop will stress the importance of early detection for Alzheimer's disease and other

dementias. As 10 million baby boomers risk developing Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible.

Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible.

"Tomorrow is the first blank page of a 365 page book. Write a good one." - Brad Paisley

Happy Birthday, Loretta Shinker!



On Saturday, December 10, Loretta Shinker had a party to celebrate her 100th birthday. She was born December 2, 1916. Loretta has lived in Beachwood for more than sixty years, and has two sons, five grandchildren and two great-grandchildren.

Loretta grew up in Bronx, New York, and, before getting married and moving to Cleveland, she was vice president of Carlton Lingerie Corporation. She was active with Hadassah and has always been a very active person who enjoyed walking and exercising before it was in vogue, and golfing into her 90s.

Loretta also enjoys traveling. She played in national bridge tournaments around the country, traveled all over the world with her husband, and still goes to Las Vegas twice a year. Loretta says she is a survivor, and at age 90, she could have won the Survivor show.

In honor and recognition of this milestone, Mayor Merle S. Gorden and City Council proclaimed Saturday, December 10, 2016 as "Loretta Shinker Day" in the City of Beachwood.



Loretta says she is a survivor, and at age 90, she could have won the Survivor show.

Pictured: Loretta Shinker's 100th birthday and Dylan Shinker's 1st birthday.

Heights Youth Theatre Presents Godspell

Directed by Eugene Sumlin
Music directed by Stacy Bolton

Friday, January 20 and 27
7 pm
Saturday, January 21 and 28
2 pm
Sunday, January 22 and 29
2 pm

Monticello Middle School Auditorium
3665 Monticello Blvd.

Tickets: \$10 general admission, \$9 seniors and children under 6. Purchase tickets online or at the box office, which opens 45 minutes prior to each performance. For more information, visit www.heightsyouththeatre.org.

An advertisement for Discovery Photo. It features a woman standing behind a wooden podium in a studio setting. The background has a large arched window with a blue night sky view. There are American and Israeli flags on either side. The text "Discovery Photo" is at the top, with "For all your photographic needs" below it. At the bottom, there is a phone number (216) 310-7722, the website www.DiscoveryPhotoOnline.com, and a logo with "dp" and "hobo".

An advertisement for Norman Childs Eyetique. The top part shows a black and white photograph of a building facade with fire escapes. Below that, the text "An American Classic" is written in a cursive font, followed by "CLASSIC STYLE. HANDCRAFTED AMERICAN QUALITY." in all caps. In the center is a pair of blue and tortoiseshell glasses labeled "TRACY". At the bottom, the Norman Childs logo is on the left and the Eyetique logo is on the right. Below the logos, the address "Eton Chagrin Boulevard, Woodmere, OH • 216.514.3002" and "3330 Kent Road, Stow, OH • 330.688.8244" are listed, along with the website eyetique.com.

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.

Chair Exercise

Wednesdays
2 – 2:45 pm

Gentle exercises done in a chair to promote healthy well-being. Family and friends welcome.

Healthy Weigh

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

A 6-week jump start for healthy weight loss for cancer survivors who have been encouraged by their physician to lose weight as

part of their survivorship wellness plan. A family member/support person is welcome to attend.

KidShop/TeenShop

Mondays, January 9 and 23
6:30-7:30 pm

Workshop for children and teens who have an adult family member with cancer.

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. Learn strategies to cope with treatment side effects, communication tips, and nutrition information. Attendance at all three sessions is encouraged.

For a complete listing of programs, visit www.touchedbycancer.org and click on the calendar.

62nd Annual Humanitarian Award Dinner

On Wednesday, November 30, more than 800 members of the Cleveland Business community joined The Diversity Center of Northeast to honor Ronald M. Berkman, Ph.D., president, Cleveland State University; Margot James Copeland, chair and CEO, KeyBank Foundation; and Eric S. Gordon, CEO, Cleveland Metropolitan School District, at the 62nd Annual Humanitarian Award Dinner, at the Renaissance Cleveland Hotel.

Since 1949, The Diversity Center has honored individuals of outstanding dedication and community service in our region at the Annual Humanitarian Award Dinner, one of the largest corporate dinners and networking events in Northeast Ohio. Honorees exhibit an extensive record of involvement in civic, charitable, volunteer and professional organizations. Each

honoree has contributed to the improvement of human relations among diverse groups in Northeast Ohio.

The event is an important fundraiser that helps to underwrite The Diversity Center's School and Youth Programs, which empower thousands of youth and youth serving professionals through leadership programs and cultural competence workshops to build school environments that promote respect, acceptance, and inclusion. Students who participate in the programs learn how to become leaders and positive change agents in their schools and communities, helping us achieve our vision to create communities where all people are connected, respected, and valued.

In addition to recognizing the distinguished honorees, The PwC LeadDIVERSITY Outstanding

Alumni Award was presented to Paula Calmer of PNC; The Diversity Educator Leadership Award was presented to Mya Sullivan, Assistant Head of the Middle School at Rabun Gap-Nacoochee School; and The Diversity Student Citizenship Award was presented to Berea-Midpark High School PRIDE Group.

The Diversity Center of Northeast Ohio's mission is to eliminate bias, bigotry, and racism. Its goal is to help individuals and organizations develop the necessary

tools to recognize, understand, appreciate, leverage, and celebrate diversity.

In recognition of The Diversity Center's mission and those being honored, Mayor Merle S. Gordon and City Council proclaimed Wednesday, November 30, 2016 as "The Diversity Center of Northeast Ohio Day" in the City of Beachwood.

Additional information on the organization and its programs are available at www.diversitycenter-neo.org.



Pictured from left: Dr. Ronald Berkman, Cleveland State University; Ms. Margot James Copeland, KeyBank Foundation; and Mr. Eric Gordon, Cleveland Municipal School District

Programs at the Maltz Museum of Jewish Heritage

Hear Our Voices: Martin Luther King, Jr. Day Celebration

Monday, January 16
11 am – 5 pm

See how iconic civil rights leader Martin Luther King, Jr. and everyday citizens risked everything to change America. Share a cause you would fight for and hear music from local artists on this family-friendly day, while viewing the exhibit, titled, "This Light of Ours: Activist Photographers of the Civil Rights Movement." This program is free and open to the community.

Friends of the Maltz Museum's Presidents' Day Celebration

Monday, February 20
11 am – 5 pm

Celebrate Presidents' Day with hands-on leadership-inspired activities and a chance to hear from past Presidents like George Washington, Abraham Lincoln, FDR and Theodore Roosevelt from 1 - 2:30 pm. This program is free and open to the community.

Space is limited for programs and advance reservations are recommended. For more information, call 216.593.0575 or visit maltzmuseum.org.

Author Jacqueline Woodson will be speaking at Beachwood High School on January 19th at 7 pm.

For complete information, see You and Your Schools on page 29.

Peter B. Lewis Aquatic & Therapy Center Silver Pinnacle Award Winner

NuStep, Inc. has named Menorah Park's Peter B. Lewis Aquatic & Therapy Center in Beachwood the 2017 Silver Pinnacle Award winner in the Senior Center division. The NuStep Pinnacle Award® is an international award that champions whole-person wellness for older adults and recognizes excellence in whole-person wellness programming in senior-living communities and senior centers.



Pictured from left: Judy Kaufman, board member; Janet Rosel Smith, widow of Peter B. Lewis; Linda Wojciechowicz, NuStep national sales director; Harriet Jerome, LAC client; Nicki Kovach, LAC administrator; and Jim Newbrough, Menorah Park CEO.

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Adrienne and Philip Goldberg Honored at Israel Bonds Tribute Event

The Park Synagogue, together with Israel Bonds, hosted an Israel Bonds tribute event honoring Adrienne and Philip Goldberg at a dessert reception on Thursday, December 8 at The Park Synagogue East with more than 125 attending. Guest speaker was Assaf Shariv, CEO of Amelia Investments and former Consul General of Israel in New York.

Honorary Chairs were Renee and Kerry Chelm, Judith and David Kaufman, and Enid and David Rosenberg.

Development Corporation for Israel, commonly known as Israel Bonds, is a broker-dealer that underwrites securities issued by the State of Israel in the United States. In each of the last four years, U.S. Israel bond investments have surpassed \$1 billion. Almost \$2 million in Israel bond purchases and intentions to purchase were announced at the event.

Thomas A. Lockshin is the Israel Bonds executive director for Ohio and Kentucky.

In recognition of this honor, Mayor Merle S. Gorden and City Council proclaimed Thursday, December 8, 2016 as "Adrienne and Philip Goldberg Day" in the City of Beachwood.



Pictured: Adrienne and Philip Goldberg receive a proclamation from Mayor Merle S. Gorden and Beachwood City Council.

Warren Buffett: Investing in Israel Bonds is "A Terrific Tribute to the Country"

Famed Investor Emphasizes Point with Personal \$5 Million Israel Bond Investment

Berkshire Hathaway chairman and CEO Warren Buffett welcomed 43 U.S. Israel bond investors to Omaha on Sunday, each of whom made a minimum \$1 million new investment to participate in an exclusive evening with the famed "oracle of Omaha."

The evening opened with a tribute video from Israeli Prime Minister Benjamin Netanyahu, who said, "Warren is one of the most brilliant and successful investors of our time. He knows a good investment when he sees it. That's why he invests in Israel."

Buffett, who made Israeli company Iscar his first overseas acquisition, spoke warmly of the Jewish state, calling it "a remarkable country." He stressed that "The United States and Israel have a common destiny," saying, "If you are looking for brains, energy and dynamism in the Middle East, Israel is the only place you need to go."

Buffett also spoke positively of investing in Israel bonds, calling the investments "a terrific tribute to the country." He said he would invest \$5 million in Israel bonds in his personal portfolio if participants at the event matched his investment. In doing so, Buffett stated, "I wanted – through the last-minute challenge – to set the bar even higher for future events."

He added, "You can tell prospective investors that I would have taken a perpetual bond if you had offered one. I believe Israel is going to be around forever."

As a result, Israel bond sales directly attributable to the event totaled \$60 million. In addition to Buffett's \$5 million investment, Berkshire Hathaway's portfolio has included Israel bonds since its acquisition of GUARD Insurance in 2012, now known as Berkshire Hathaway GUARD Insurance Companies.

The evening was the result of an April meeting held in Omaha between Buffett and then-Bonds president and CEO Izzy Tapoohi, vice president for sales Stuart Garawitz and Pennsylvania region executive director Harold Marcus.



Israel Bonds president and CEO Israel Maimon with Berkshire Hathaway chairman and CEO Warren Buffett.

In commenting on the meeting, Buffett said, "I learned quite a bit more about the Bonds program" and said, "I'd love to do (the event)."

In expressing appreciation to Buffett, new Israel Bonds president and CEO Israel Maimon said, "This event tells me that Warren Buffett, famed for his investment expertise, continues to view Israel as a sure bet."

The evening was hosted by Henry Davis, president and CEO of Greater Omaha Packing.

Thomas A. Lockshin is executive director of the regional office located in Cleveland.

Israel bonds are debt securities issued by the government of Israel. Israel Bonds is also the commonly known name of Development Corporation for Israel (DCI), which underwrites the bonds in the United States. Capital provided through the sale of Israel bonds has helped strengthen every aspect of Israel's economy, enabling the development of key national infrastructure. Today, expanded ports and transportation networks help facilitate the shipment of "Made in Israel" technology around the world, enhancing national export growth. Capital accrued through the sale of Israel bonds has enabled cutting-edge innovation that saves lives and changes the world on a daily basis.

The Jewish Genealogy Society Presents

Lessons in Jewish DNA - One Man's Journey and What He Learned Along the Way

Genetic genealogist Israel Pickholtz is the featured speaker at the Sunday, February 5 meeting of the Jewish Genealogy Society of Cleveland. Pickholtz will discuss how he enjoyed significant successes using DNA to sort out relationships in his family, despite the complexities of Jewish marital connections. What he learned is relevant to both Jewish and general genealogy.

A citizen of Israel since 1973, he now resides in Jerusalem, has done serious family research for nearly twenty years. His flagship work is the Pikholtz Project, a single-surname project to identify and reconnect all Pikholtz descendants.

While working as a professional genealogist, guiding clients in Israel and abroad, Pickholtz became heavily involved in genetic genealogy in 2013. He manages test kits of over ninety family members at last count. In August, 2015, he published a book, "ENDOGAMY: One Family, One People."

The Jewish Genealogy Society of Cleveland meets on the first Sunday afternoon of the month in the winter, starting at 1:30 pm in the Men's Club board room at Park Synagogue East. Board members are available at a help desk from 1 pm to assist with individual research questions. Guests are welcome. RSVP to: Program-ming@ClevelandJGS.org.

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MakerGear 3D Printers Ranked #1 in the World

MakerGear, a Beachwood-based manufacturer of 3D printers that was featured in the October 2016 issue of *Beachwood Buzz*, was recently ranked #1 in the world for its MakerGear M2 desktop 3D printer in the 2017 global 3D Printer Index published by 3D Hubs, the largest online marketplace for 3D printing services and the world's premier independent, non-paid 3D printer review site. With a network of 20,000 3D printing hubs in more than 160 countries, this year they collected detailed reviews from 8,624 3D printer owners who reported on 513 different 3D printers. The M2 was voted the Best of the Best.

In addition, the MakerGear M2 received top accolades in the Workhorse Printer category, a league of machines designed to print nonstop with

the highest reliability. One reviewer said, "This machine is a tank and keeps plugging away at everything I've thrown at it these past 18 months." This is the third year in a row that the MakerGear M2 has taken top honors in its category.

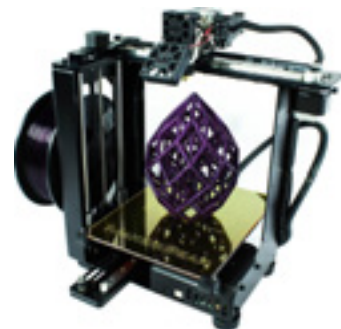
Rick Pollack, founder and CEO of MakerGear, expressed his gratitude to the user communities that rated MakerGear #1. "It is a distinct honor to be recognized as the top-rated desktop 3D printer. We are grateful to our user community for propelling us toward this very prestigious award," he said. "MakerGear has a clear mission to design and build the highest quality machines with rock-solid construction and reliability. Our customer support, ease of use, and Ohio-based manufacturing have been hallmarks of our company."

Pollack went on to say, "In an industry so heavily influenced by venture capital and marketing hype, we're delighted to see the MakerGear M2 so highly rated again this year."

Founded in 2009, MakerGear empowers thousands of users in all 50 states and more than 75 countries, ranging from small businesses, medical researchers, educators, and government agencies to Fortune 500 companies. The company recently opened a new R&D facility in Northeast Ohio and is committed to expanding the use of technology and manufacturing in the region.

The MakerGear M2 3D printer was originally released in 2012, and is now in its fifth generation of innovation. The MakerGear M2 is an extremely affordable option for rapid prototyping, small business, manufacturing, and educational use.

More information on the company is available at www.makergear.com.



Rick Pollack, founder and CEO of MakerGear, expressed his gratitude to the user communities that rated MakerGear #1.

Right at Home in Beachwood Honored Among Top Home Care Agencies in the Nation

Right at Home, serving Cleveland's east side since 2014, has been selected as a "Caring Star of 2017" for Caring.com's annual list for in-home care service excellence. The senior care franchise earned the website's highest possible ratings from family caregivers and cognitively healthy older adults within the last year, while also receiving a high volume of positive reviews that met qualifying criteria for this national honor.

"We aim to constantly deliver the highest quality of in-home care to our clients, and this award helps validate our delivery on that promise," said Shalom Plotkin, owner of

Right at Home in Beachwood. "It is extremely gratifying to serve this community and to be recognized for what we offer our clients. We thank those who shared positive feedback and helped us become a Caring Star."

The Beachwood location is one of 51 Right at Home locations awarded among 390 Caring Stars across the nation. The excellence shown can also be attributed to RightCare, Right at Home's unique approach to homecare, which acts as a guide to ensure that each location's customers receive the best care. It is comprised of four pillars: RightPeople

represents the most professional and passionate people in the business; RightServices encompasses a wide range of care to clients; RightApproach provides for personalized and tailored care plans; and RightMission is designed to improve the quality of life for those served.

"Congratulations to Right at Home for achieving this award after earning accolades on Caring.com from clients and their loved ones," said Karen Cassel, Caring.com CEO. "This important milestone speaks volumes about the positive difference Right at Home is making in serving older adults, and we celebrate

their accomplishment."

To learn more about the Caring Stars program and view the complete winner list, please visit www.caring.com/bestsenioreliving.

"Congratulations to Right at Home for achieving this award after earning accolades on Caring.com from clients and their loved ones," said Karen Cassel, Caring.com CEO.

Cuyahoga Arts & Culture Events - January 2017

The following programs are provided by Cuyahoga Arts & Culture, which connects millions of residents to thousands of cultural experiences in Cleveland and Cuyahoga County each year. Learn more and browse events at www.ClevelandArtsEvents.com.

Open Projector Night

Museum of Contemporary Art
Cleveland

January 6 • 8 pm

Pay what you can

(\$5 suggested donation)

You provide the film, the projector will be provided, and the audience will provide the cheers, jeers, or curious silence. Hosted by comedian Dave Flynt, Open Projector Night is an opportunity for experts and novices to gather and review original short films, open mic-style. Uncensored and unscreened, there's no telling where the night will go (viewer discretion is advised). See website for more details.

Playhouse Square

Backstage Tours 2017

January 7 • 10 am, Free

State Theatre

Tours start every 15 minutes 10 – 11:30 am and last approximately 90 minutes. You may even get to be on stage. No registration is necessary for groups with fewer than ten people. To make a reservation for a group of ten or more, please contact Megan Anderson at 216.640.8531.

Brown Bear, Brown Bear and Other Treasured Stories by Eric Carle

Playhouse Square, Ohio Theatre

January 24, 25 and 26

10 am and 12 pm

January 27 • 10 am, \$6

Presented by Mermaid Theatre of Nova Scotia, *Brown Bear, Brown Bear and Other Treasured Stories* by Eric Carle brings together old favorites and new friends. The hour-long production showcases the imaginative blend of innovative puppetry and striking scenic effects which have won international acclaim for the Nova Scotia-based theater.

Cuyahoga Arts & Culture,
connects millions of
residents to thousands
of cultural experiences in
Cleveland and Cuyahoga
County each year.

City Park West Sledding Hill

The Beachwood City Park West sled hill is located on the south end of the park. Bring your friends and family out for a great winter activity. Please observe the following rules and be courteous of other users.

- All sledding is done at your own risk.
- No building of ramps, jumps, or moguls.
- No supervision provided.
- Parents are responsible for children.
- Return to top of hill along outside edge of sledding area.
- Sledding is a hazardous activity and presents substantial risks.
- Use caution when sledding and be considerate to others.
- Users assume full responsibility for determining if conditions are safe for sledding.

Children's Programs at the Beachwood Library

Preschool Information Fair

January 9 • 6:30 – 8 pm

Families – no registration required

Find the perfect preschool for your little one. Representatives from area preschools will be available to answer all your questions. Children are welcome to participate in preschool-friendly activities during the fair.

Hebrew Storytime

January 11 • 4 pm

Families

At this Hebrew/English storytime, you will hear stories and songs in Hebrew and English. This program is presented in cooperation with the Jewish Education Center of Cleveland.

Thingamajig Thursday

January 12 and 26 • 4 pm

Grades 2 to 6

You never know what activity will be waiting for you at this after-school program. From building challenges to awesome science experiments and imaginative crafts, one thing's for sure: you'll always have fun!

January 12:

Pixel Art with Perler Beads;

January 26:

Make it Move Challenge!

Friday Family Fun:

Winter Beach Party

January 13 • 10:30 am

Ages 2 to 6 with a caregiver

Enjoy summery stories, activities and crafts, while pretending to be at the beach.

The Art of Paper Folding

January 23 • 4 pm

Grades 3 to 7

Learn how to turn the pages of a book into a sculpture. Artist Rhona Jacobson, whose work will be on display in the Beachwood meeting room during the month of January, will help you build this special work of art.

Storytimes:

Toddler Storytime

Mondays at 4 pm and

Wednesdays at 10 am

Ages 19-35 months with a caregiver

Enjoy books, rhymes, songs and fingerplays.

Baby & Me Storytime

Tuesdays at 4 pm and

Thursdays at 10 am

Caregivers and their babies from birth to 18 months

Enjoy books, rhymes, songs and fingerplays.

Preschool Storytime

Tuesdays at 2:30 pm and

Wednesdays at 1:30 pm

Ages 3-5 not yet in kindergarten and their caregivers

Enjoy books, rhymes, songs and fingerplays.

Registration is required for all programs except storytimes and the Preschool Information Fair. To register, please call 216.831.6868 or visit cuyahogalibrary.org.

Who's Buzzin' in Beachwood?

by Arlene Fine

A Noteworthy Benefit Concert

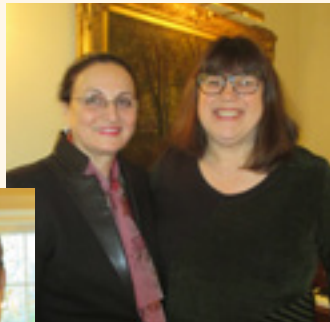
Music for Food Cleveland presented "Sharing the Bounty," a star-studded concert to benefit the Kosher Food Pantry of Cleveland. Participants enjoyed a glorious afternoon of music at the home of Stacy and Michael Goldberg. Music for Food is a musician-led initiative for local hunger relief in which musicians donate their talents to raise resources and awareness in the fight against hunger. The Kosher Food Pantry of Cleveland supplies emergency and supplemental food to 4,000 people each month and makes home deliveries in Cleveland's eastern suburbs.



Kosher Food Pantry director Devorah Alevsky and Sharon Peerless



Linda Grinblatt and Debi Slater



Juliana Reisman and Laura Beytas



Seymour Ellis, Nita Leff and Michael Goldberg



Carol Weinberg and Stacy Goldberg with Music for Food Cleveland director and cellist Sharon Robinson

Mandel JCC Festival of Jewish Books & Authors

Hundreds of people enjoyed the Mandel JCC's Festival of Jewish Books & Authors, which included 13 entertaining authors, five venues and one kids event. This year's festival chairs were Eliana LeVine and Darby Steiger.



Lily Steiger, Susan Miller, Darby Steiger and Karen Steiger.



Kim Karl and Jodi Weinberg



Laura, Maddie, Olivia and Diane Adelman

Do you have an event you would like featured in *Beachwood Buzz*?

Email beachwoodbuzz@gmail.com with details!

MAC Scholars Film "Race" Moves Audience

Beachwood High School students, parents and community members gathered at Beachwood High School for the Minority Achievement Committee (MAC) Scholars Night at the Movies. The evening's feature film was "Race," which depicted the story of Jessie Owens, who received four Olympic Gold Medals at the Berlin games in 1936. A panel discussion followed the movie.



Cory and Grady Bystrom



Melondy Shen and Ofek Hyer



Mariyah Rondo, Cassidy Gillian and Kelsea Brown



Jelani Byrd



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A Financial Checklist You Can Handle

Presented by Marla Petti,
CPA/PFS, AEP®

With the beginning of 2017 upon us, you may be setting goals and resolutions for the New Year. Starting fresh is always a great feeling, but the scale of what we set out to accomplish sometimes becomes overwhelming as the year progresses. The question is, how can you stay motivated to meet your financial goals in 2017?

For many people, checking off items on a long list of to-dos brings a great sense of satisfaction. To help you keep moving toward your goals, I've created a month-by-month checklist of some key financial tasks to consider throughout the year.

January

- Establish a will or trust with an estate attorney. Although many people avoid thinking about estate planning, getting your affairs in order is one of the greatest gifts you can give your loved ones. If you've already established a will or a trust, sit down and review the documents with your attorney, making any necessary changes.
- Create a budget. Establishing a monthly plan for spending and saving is an excellent way to help keep your finances in check, whether you're reevaluating your financial life or just trying to maintain good habits.

February

- Review life, home, and auto insurance. It's a good idea to check your coverage regularly. Any significant changes in your personal life may require you to re-evaluate your coverage.
- Revisit beneficiary designations for life insurance/retirement accounts. Do you need to add a new beneficiary or change a designation? Review your accounts to ensure that the correct people are listed.

Marla Petti is a financial advisor at HW Financial Advisors in Beachwood. She can be reached at 216.595.6444 or at pettim@hwfa.com.

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Bagels with Dad

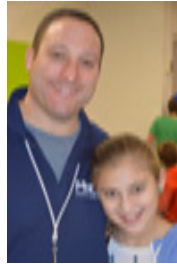
On December 9, Mandel JDS welcomed all dads and VIPs to a Friday morning Bagels with Dad event at the Joseph and Florence Mandel Jewish Day School. Dads were welcomed to sit with their child, have breakfast and view classes while getting to know each other and the school. This event helps

connect Mandel JDS with its community, parents and VIPs that help make it so special.

Mandel JDS, located on Shaker Blvd. in Beachwood, is Cleveland's first Jewish day school accredited for educational excellence by the Independent Schools Association of the Central States (ISACS).



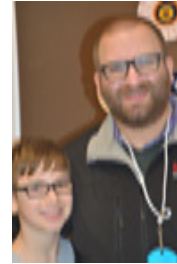
Brian Linick and his daughter, Emily



Josh Mayers and his daughter, Nina



Howard Wolf and his daughter, Rachel



Rick Tannenbaum and his son, Jake

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.

Heritage Home Program 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.

Qualified homeowners also have the option of obtaining a low-interest, fixed-rate loan through the program. 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.

If you have a home that's 50 years or older, you may qualify for this free resource.

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