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January 2018

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The greater danger is not that your hopes are too high and you fail to reach them; it is that they're too low and you do.

~ Michaelangelo

Letter from THE EDITOR

By Debby Zelman Rapoport

What is the first thing that comes to mind when you think about the new year? Resolutions? Symbolism of a new beginning? Possibilities?

Take a deep breath and be honest with yourself. Regardless of your first thoughts, I'm sure we all agree that inner peace is the foundation that provides clarity to help us build on whatever we choose to prioritize.

Dr. Wayne Dyer has always been one of my favorite inspirational authors. He explains in his book, "10 Secrets for Success and Inner Peace," secrets for being successful and happy. They are valuable lessons whether you're just beginning your life path, are nearing the end of it, or are on the path in any way.

Dyer advises readers to examine his secrets with an open heart, to apply what resonates with them and discard what doesn't. With a fresh start to a new year ahead, these secrets may open our minds to greater possibilities as we move forward in 2018.

Have a mind that is open to everything and attracted to nothing.

This sounds easy until you think about how we've been conditioned in our lives. Many of our beliefs were programmed during childhood and much of what we do is because it has always been done that way. Dyer urges us to open our minds to ALL possibilities and to release thoughts to which we've been conditioned.

Don't die with your music still in you.

We are each here for a purpose. Find your passion and follow it, even if it means march-

ing to your own drumbeat when it's different from what everyone else or society says you should be doing. We often think we can't do something because of our conditioning, or the disapproval of others. Take the risk. We often receive more approval when we don't seek it than when we do. And what if it doesn't work? It's not as bad as not trying at all.

You can't give away what you don't have.

We can only give away what we have inside. If we have love and respect for ourselves, we can love and respect others. If we are angry, we project anger. If we feel inner peace, we emit that energy. If we don't like the frequency we're on, we have the power to change it.

Embrace silence.

There is a moment of silence in the space between our thoughts that cultivates inner peace, which helps us deflect negative energy of those around us. Our inner peace is also carried in our energy, which is emitted to those around us.

Give up your personal history.

Many people hang onto past pains and use their personal history to justify their current self-defeating behaviors, which leads to more pain in the present. Compare your past to the wake of a boat. It is left behind and cannot drive you forward. Dyer suggests that we view our past history with compassion for all that we've been through

and then practice living in the moment. When we embrace our past, accept it, understand it, honor it and retire it, we free ourselves to live in the present.

You can't solve a problem with the same mind that created it.

Dyer believes that any problem can be resolved with a spiritual solution. He suggests that we need to change our mind, thoughts and beliefs in order to find a spiritual solution to a problem. If we feel we are in a bad relationship, we look at what's wrong and store the negative images in our mind. If we change our thoughts to what we love, we store that information and change our entire relationship.

There are no justified resentments.

Resentment is like venom that continues to pour through your system, leaving its poison behind long after you've been bitten. You can remove the venom by letting go of resentments. Whenever we are filled with resentment, we are turning the controls of our emotional life over to others to manipulate. Thoughts of resentment, anger and hatred represent slow, debilitating energies that will disempower you. If you could release them, you would know more peace.

Treat yourself as if you already are what you'd like to be.

As you place more and more of your energy on what you intend to manifest, you start to see those

intentions materialize. Begin acting as though what you would like to become is already your reality – be it an artist, programmer, musician, etc. The more we see ourselves as what we would like to become, the more inspired we are. When we become inspired, we act as though what we want is already here; this activates dormant forces that will collaborate to make what we dream a reality.

Treasure your divinity.

When we treasure our divinity, we accept all parts of ourselves as having come from pure, divine love.

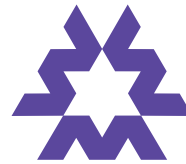
Wisdom is avoiding all thoughts that weaken you.

Every thought we have either strengthens or weakens us. What we choose to think about is the source of how we experience reality. Weakening thoughts zap our strength, body and organs, and produce negative emotions. Strengthening thoughts, including peace, joy, love acceptance and willingness, create a sense of inner bliss. We are in control of our thoughts and our thoughts create our destiny.

Nothing is, unless our thinking makes it so.

~ William Shakespeare

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Debby Zelman Rapoport
Editor/Publisher

Marcia Krantz Bakst
Senior Account Executive

Scott Morrison
Staff Photographer

Tybee Zuckerman
Proofreader

Stephen Valentine
Art Director

June Scharf
Contributing Writer

Jerry Zelman
Vice President of Operations

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Editorial Information

email beachwoodbuzz@gmail.com

Advertising Information

call 216.297.0200 or email beachwoodbuzzsales@gmail.com
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Cover Photo

Former Mayor Merle S. Gorden has been a Beachwood resident since 1959. When former Councilman Mel Jacobs was the new kid on the block in 1961, the two became friends while at Beachwood High School (class of 1964) and, together, have contributed more than 85 years of service to the city of Beachwood. They were in each other's weddings, have stood by each other through good and bad for the past 56 years, and now they enter a new phase of life together.

Full story starts on page 9.

Photos by Scott Morrison, Discovery Photo.

City Council Update • Pages 28-32

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Don't Crowd the Plow
Rubbish Collection for Upcoming Holidays
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Upcoming Meetings
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Peter Pan Auditions

Holiday Lights Collection
Upcoming 2017 Housing Inspections
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Lockbox Program
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Beachwood Summer Camps
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13th Annual Deaf & Hard of Hearing Holiday Party

Marshall Screening at Beachwood High School
Welcome, Maria Bennett

VACANCY ON BEACHWOOD CITY COUNCIL

What happens next?

For complete information, see City Council Update on page 28.

CITY OF
Beachwood

Correction: In last month's issue of Beachwood Buzz, Council Member James Pasch was pictured with his daughter, Mackenzie Pasch, in the Veterans Day group photo. Mackenzie's name was accidentally omitted.



Supporting Your Child Through Grief by Jennifer Stern

It is normal to feel sad, angry, confused, upset, even anxious after someone you love dies. All feelings are okay. There is no timeline, no one way and no right way to grieve. Everyone processes, expresses, and responds to grief differently (in their own way and in their own time). This is normal.

Model for your children how to put feelings into words by talking about your own feelings:

I am feeling sad. It makes me sad that _____ died. Ask your children how they are feeling. It is important to listen and validate (try not to project, assume, or challenge their feelings).

Repeat their words back to them:

Your child: I am sad and overwhelmed. You: You are feeling sad and overwhelmed.

Normalize:

This is a really sad and overwhelming time.

Model and encourage healthy coping through creative expression, positive distraction, self-care, and connection:

- Would you like to try and draw a picture of how you are feeling?
- Would you like to make a collage out of pictures of you and _____ together?
- Would you like to take a bubble bath and listen to music?
- Why don't we go for a walk, play basketball, go to a spin or yoga class (choose physical activities they like).
- Let's watch a funny (or favorite) show or movie.
- Let's play cards.
- Let's snuggle on the couch.
- Would you like to invite friends over for pizza?

Help your children create a comfort tool box. Let them decide what should go in it.

Some examples are:

- Play dough
- Crayons, colored pencils and markers

- Paper
- Pictures/quotes that make him/her feel happy or calm
- Coloring books for stress relief
- Favorite books
- Dolls or action figures that they can use to role play and work through their feelings
- A stress ball
- A journal and special pen

Give your children permission to do the things that make them feel better. Introduce the concept of duality. Help them to understand that they can feel really sad and miss their loved one or friend and still participate in the activities they enjoy (and even try to have fun while doing them).

Give your children permission to do the things that make them feel better. Introduce the concept of duality. Help them to understand that they can feel really sad and miss their loved one or friend and still participate in the activities they enjoy (and even try to have fun while doing them). Reinforce that their loved one or friend would want for them to be happy, to be with friends, to go to school, to participate in their activities, to do the things they love.

Help your children try to transform their sadness into positive remembrance by celebrating the qualities they loved, respected and enjoyed about their loved one or friend.

- _____ was so helpful. Let's volunteer and help others in their honor.
- _____ was so creative. Let's collect and donate art supplies to the children's hospital in their name.
- _____ loved to read. Let's donate their favorite book to the library in their name.
- _____ loved music. Let's make a playlist of songs that makes you smile as you remember them.

**For younger children, you may need to brainstorm and actively participate in helping them transform their sadness into positive remembrance. While you may begin the brainstorming process with your teens, they may want to move forward on their own or with their friends. Support and encourage them to do so.*

There is no recipe for healing through deep grief. There is no magic wand. Follow the lead of your children. Try not to project or assume how they are feeling or what they should do to feel better. If your children are showing you they want to talk, listen. If your children are showing you they need time alone or with friends, respect their space while still checking in and staying connected (leave notes of love and encouragement on their pillow, send supportive texts of quotes, emojis, pictures or loving words – keep it simple).

Grief work is hard work and, unfortunately, there is no formula or timeline that works the same for everyone. Each person will approach, manage and express their grief differently. Some days will be harder than others. Let your children know that you are there for them. Ask if they would like to speak with a counselor at school or a grief counselor outside

of school about their feelings. Normalize and encourage them to access additional support if they feel, or you feel, they need it. A counselor is like a coach for their feelings. It takes great courage, self-awareness and maturity to know that you need extra support and want to learn to cope better with difficult feelings. Talking to a counselor is no different than getting a tutor for school work, a piano teacher for piano lessons, a batting coach for baseball. Learning ways to process, talk about, and cope with loss can be empowering and healing.

Deep grief can feel debilitating and depleting. Your children may not know how they will grow and heal through grief, but they will. Deep grief does not last forever. Eventually, they will learn to live in duality, longing for what was, while living forward; feeling deep sadness, while returning to the familiar routine of school, activities, sporting events, parties, and time spent having fun with friends.

Help your children try to transform their sadness into positive remembrance by celebrating the qualities they loved, respected and enjoyed about their loved one or friend.

The loss of a family member or friend is painful. Learning to cope with complex and unpredictable emotions is important. There are many resources available, including:

- www.dougy.org
The Dougy Center

- <https://childrengrieve.org>
The National Alliance for Grieving Children
 - www.hospicewr.org
Elisabeth Severance Prentiss Bereavement Center
- If you have concerns about your child, call and speak with their pediatrician or the school guidance counselor, or engage a therapist. If you fear your child might be in crisis and need immediate support, call the National Suicide Prevention Lifeline (1.800.273.8255).

Trained crisis workers are available to talk 24 hours a day, 7 days a week. All calls are confidential. If the situation is potentially life-threatening, call 911 or go to a hospital emergency room.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243. Visit her website, www.transformativiegrief.com, and sign up for monthly posts.

A Letter to the Community

As a Beachwood resident for over 50 years, I am incredibly honored to be elected to serve as your mayor. This is an exceptional city. I am humbled by the responsibility of the task and excited to take on the challenges of the future. To all of my family, friends and supporters, thank you for your encouragement, love, and hundreds of hours of hard work during the campaign. Congratulations to re-elected councilmen James Pasch and Alec Isaacson and councilman-elect Eric Synenberg, as well as everyone who ran for elected office this year. As council president, I have enjoyed a close working relationship with all our councilpersons and directors. I look forward to continuing this team approach in the future. Thank you to Mayor Gorden for 23 years of leadership. It has resulted in an award-winning, vibrant, and economically strong community that is one of the best in the country. And finally, to Mel Jacobs, thank you for your lifelong commitment of service to Beachwood. You have been a good friend and mentor. Your experience has benefited all of us on council and the entire city.

My goal as mayor is to bring new vision to city hall, one that is forward-looking and inclusive.

- I want to bring a fresh approach to old problems and find creative solutions to meet the needs of our ever-changing lifestyles. Following the November 7th election, I spent four days at

the National League of Cities conference, at my own expense, to meet with city leaders from across the country and study innovative programs and practices that can benefit Beachwood.



- I want to use social media and new technologies to reach our residents and bring their opinions into our discussions.
- I want to look at economic development from a broader perspective.
- I want to look at ways to help seniors age in place and young families find affordable housing.
- I want to find ways to increase services while operating more efficiently.
- I want to support regionalism where appropriate.
- Finally, I want to celebrate the diversity of our community and its unique families and cultures.

With a new mayor and young council (average length of service: three years), we will build on past successes, but we are not bound by past practices. Every idea will be considered. Every voice will be heard. I look forward to leading our city in new directions and invite everyone to get involved. Together, we will build a brighter future for Beachwood.



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Photo credit: Scott Morrison, Discovery Photo

Former Mayor Merle S. Gorden has been a Beachwood resident since 1959. When former Councilman Mel Jacobs was the new kid on the block in 1961, the two became friends while at Beachwood High School (class of 1964) and, together, have contributed more than 85 years of service to the city of Beachwood. They were in each other's weddings, have stood by each other through good and bad for the past 56 years, and now they enter a new phase of life together.

Back in the early 70s, Gorden enlisted as a volunteer fireman and soon thereafter, he recruited Jacobs. Back then, the fire department existed mainly as a volunteer organization with only one full-time employee, Leonard "Bud" Billings. In 1974, a full department was developed. Both Gorden and Jacobs continued to serve as volunteers until 1997 when the program was disbanded.

The city has grown by leaps and bounds in the past 40+ years, creating

memories for both civic leaders. Here's what they shared:

What motivated you to get into politics?

Gorden:

"In 1989, I was approached by former councilman Si Wachsberger to fill the unexpired council term of Leo Weiss. I hadn't ever really considered running for office, I was happily running a successful private business and told him I had no interest, but Si was very persuasive. Long story short, I was selected from a field of 20 candidates to fill the two-and-a-half-year unexpired term.

Jacobs:

In 1998, Merle told me that Si wasn't running again, and they were both very persuasive in encouraging me to run. Once my decision was made, I ran a full-force campaign since, back then, many candidates didn't win the first time around.

SELECTED ACCOMPLISHMENTS

- Since 2009, Beachwood businesses have invested more than \$800 million in new capital improvements.
- Developed Chagrin Highlands
- Updated the 190-acre Commerce Park industrial/business center to accommodate residential, retail and service-related businesses
- Became one of the first communities in Ohio to install a reverse 911 system
- Built a new City Hall and Fire Station #1. Fire Station #2 is currently under construction
- Equipped police cruisers with automated external defibrillators
- Implemented a multi-camera system to increase the police and fire departments' ability to monitor incidents.
- Established a prescription drug box to help keep potentially-dangerous substances off the streets
- Initiated a lockbox program
- Launched a shredding program to help protect residents against identity theft
- Earned accreditation status for our Police and Fire Departments
- Introduced curbside recycling and leaf pickup
- Implemented a community mulch program
- Created an automated rubbish pickup system
- Installed playgrounds, tennis courts and a 55-acre city park
- Opened the \$5 million Family Aquatic Center
- Increased programming and trips for senior citizens
- Implemented a senior transportation program
- Developed the Summer Concert Series
- Spearheaded and implemented a multi-community bike route
- Started community-wide events, including a Fall Festival
- Introduced youth summer camp programming that consistently sells out
- Redesigned the city's web site, launched social media pages, and developed a mobile app
- Established Beachwood Insider, a residential e-newsletter
- Brought wi-fi to the Beachwood City Park and Beachwood Family Aquatic Center

What was next:

Gorden:

After that term expired I decided to run again. Having lived in Beachwood almost my entire life and serving as a volunteer firefighter and councilman, I thought I would glide right into the seat. Campaigning was new to me and I quickly learned it didn't exactly work that way. I only won by 76 votes. Harvey Friedman was mayor. He had his hand on the pulse of everything, which was great. He helped me formulate future plans. In 1995, Harvey resigned for health reasons and, as council president, I was appointed to fill his vacancy. My passion for this community continued to grow, and I have been sincerely honored to serve as mayor for five terms.

Jacobs:

Prior to running for council, I served on the Recreation Board and Planning & Zoning Commission, and was promoted to lieutenant of the volunteer firefighters. I knew that I would run for a second term, and that would be enough, since I had my family and was working as a math teacher in the Cleveland schools. I retired in 2004 and dedicated more time to representing the city. I had no idea that I would be finishing up after five terms – 20 years later.

What are some of your fondest memories of serving the community?

Gorden:

Witnessing the growth of the city. We were not always the thriving business community that we are today. Some of the things I value most are the attitudes of our city employees, and how we treat our residents and businesses. I get so many accolades for all we do and believe that the employees have benefitted by the residents' outlook because they love where they live. When employees hear positive things from residents, it makes it that much nicer to come to work.

Jacobs:

To see all that we have accomplished and all that we do for our residents. We built the Beachwood Family Aquatic Center, Beachwood City Parks, a new fire station, city hall and developed Chagrin Highlands, bringing in Ahuja and Eaton. Our recreation department and its offerings are second to none. When I worked with former council persons Mark Wachter, Mark

Mintz, Fred Goodman, Saul Eisen, Marty Arsham and Ken Kleinman, we worked together and accomplished quite a bit. We were a strong group of individuals who got things done. Although we had our own opinions and disagreed at times, we knew what was best for the community and the people who lived here.

Moving forward, what do you feel the new administration's priorities should be?

Gorden:

To keep this city strong and financially stable with a focus on continued economic growth, development and safety. Over the past several decades, we have focused on expanding and strengthening our business community because it directly impacts our residents. Businesses help provide the revenues that allow us to have a great quality of life with city services that are second to none. Within the last few years, for example, we negotiated to complete the Harvard Road interchange, which has helped our business district. Now, Chagrin Highlands needs to be developed further. Property values and conditions need to be monitored. The city needs to attract the right business mix without giving the store away with incentives in order to keep a strong tax base. Today, Beachwood is a strong, well-run, successful community in good financial condition because we were always forward thinking. Council and the administration need to continue to work in the same manner to maintain Beachwood's high standards.

Jacobs:

To attract young couples who will send their children to the Beachwood schools. Housing needs to be addressed. Homes need to be maintained so that property values remain high. The city's business base needs to remain strong for tax purposes. Safety is also important. The city needs a new police department building, or our current one needs to be renovated. Actually, that should be next on the agenda.

What are you most proud of?

Gorden:

There's a lot to be proud of: Our City's well-known image and brand. I consider this to be a testament to our employees. They made everything

I wanted to happen a reality. I always wanted Beachwood to have the respect of its residents. The employees have a positive approach. They assume ownership and do things for the right reasons. With support from city council, I've been able to compensate them well and I feel good about it. They've earned it. Without dedicated employees, you just have bricks and mortar.

I'm also proud of the collaborative partnerships the city has built with the Beachwood Chamber of Commerce and Beachwood City Schools. I have enjoyed working within that partnership for 23 years. Throughout my tenure, Beachwood's business community has provided a circle of support with a clear vision for the future.

I'm also proud that our businesses have invested more than \$800 million in new capital improvements since 2007.

Jacobs:

All the recreation offerings and programs that have been developed for seniors and our community – including the aquatic center, parks, playgrounds, basketball courts, tennis courts and community center. I'm also proud of our safety forces and all they do. Our fire and police units have both earned national accreditation.

How has the community changed?

Gorden:

Technology has played a dramatic role in everything we do. In most areas, it's become essential for operations and communications as the community has grown. Our police and fire divisions continue to remain on the cutting edge.

Jacobs:

Aesthetically, our landscape has changed. People are tearing down homes built in the 50s and 60s and building larger homes. Chagrin Highlands was strictly fields. We had no city parks. We outgrew the old fire station building on Richmond Road, which also housed City Hall and the Beachwood Arts Council. The city has grown, and city services have adapted to keep up with the growth.

What did you hear about most frequently from residents?

Gorden:

That the quality of our streets are excellent, especially when it pertains to snow removal. I often hear that people know they are in Beachwood because of the condition of our streets.

Jacobs:

They love the services we offer.



Mel Jacobs and Merle Gorden take delivery of a new fire truck in 2011.

Tell us about your family.

Gorden:

My wife, Harriet, was my high school sweetheart. We've been married for 50 years, and she is a special education assistant at Beachwood Middle School. We have two children, Carey and Jamie, and they're both doing great. I feel very fortunate that we're very close and live in proximity to each other.

Jacobs:

Stevie and I have been married for 47 years. We have two daughters, Sheryl (married to Brett Cohen) and Jackie (married to Billy Chapnick); and four grandchildren – a set of twins, Mayson and Braden (14), Nathan (6) and Madelyn (3). They all live in Solon and are a three-minute walk from each other.

What do you plan to do next?

Gorden:

That's a good question. I don't know the answer yet. I do know that I'm not planning to retire. I believe there's another chapter in my life that remains to be written. I've made many friends and have had a lot of doors opened to me in the past, and there are some that are open now. I'm not one to sit around and do nothing. I want and need to be involved.

Jacobs:

I'm not going to meetings anymore, so I look forward to coming home and eating dinner at a normal hour. I also look forward to traveling more and enjoying myself.

Do you plan to stay in Beachwood?

Gorden:

I plan to stay here now, but as time moves forward I'll continue to weigh all my options.

Jacobs:

Yes, I like the location, people and what Beachwood has to offer.

What advice do you give your successors?

Gorden:

I stress the importance of a strong collaboration between city council and the administration. The city must come first – personal preferences and politics have to take a back seat. This has been proven successful with former administrations. If strong collaboration is broken, the community will suffer.

Jacobs:

Listen to each other and work together for the betterment of the community.

Closing comments?

Gorden:

I am honored to have served our residents and am humbled to have worked with so many committed city employees, council members, business leaders and other appointed and elected officials. As one might imagine, this is a bittersweet transition. This office has become my second home, and the staff my second family. If you really know me, you know I lived to serve the Beachwood community.

My aspiration as mayor was to keep Beachwood strong for years and decades to come. I think we have done that, and for that I am proud. It is gratifying and comforting to be able to step away just after our community was named the #1 suburb in Cuyahoga County by *Cleveland Magazine*. This administration's accomplishments are a tribute to the hard work, dedication and expertise of every city employee and official. I could not have done my job without them.

The success of our city is a team effort and it always has been. Yes, there must be someone leading the ship, but council and the administration have always played a very integral part of every decision. I wanted to create a team at city hall where the directors really felt as though they had ownership in the community and controlled it the way they would have run their own businesses. I think we've been really successful. By the same token, if, for

“I thank the residents again for choosing me to lead this great city for nearly two-and-a-half decades. It was one of the greatest honors of my life, and I am forever grateful.”

-Merle S. Gorden



some reason, something unexpected happened, the team in my office was prepared to jump in and take over. Our thought processes were all the same and I'm grateful to have worked with such a talented and dedicated team. Tina Turick, my assistant administrative officer, worked with me for my entire administration, and Debbie Noble, my executive secretary, for most of it. We understood and valued what needed to be done.

There's not possibly enough space here to name everyone who deserves my thanks, but I hope I get to each of you in due time. For now, I thank some of those with whom I've worked closely, including members of city council who were an integral part of my administration: Mel Jacobs, Fredric Goodman, Mark Wachter, Mark Mintz, Martin Arsham and Si Wachsberger. I also thank Armin Guggenheim, who has been a great support to me and a tireless advocate for Beachwood; Jonathan and Shelly Berns; and Dick Adler.

Most importantly, my deepest gratitude goes to my supportive family — my wife, Harriet, and my children, Carey and Jamie.

Our city's success story is bound to continue with Mayor Martin Horwitz and our City Council, and I sincerely wish them much success in the future.

I look forward to my continued involvement in the city as a resident who is immensely proud to call Beachwood home.

I thank the residents again for choosing me to lead this great city for nearly two-and-a-half decades. It was one of the greatest honors of my life, and I am forever grateful.

Jacobs:

I'm proud of the commitments I've made to the city and schools over the past 43 years. I've enjoyed working as a volunteer fireman, serving on city boards and being involved with the Beachwood Fraternal Order of Police, Beachwood Arts Council, Gallery of Success, Beachwood Alumni Association and more.

I thank my wife Stevie and my children for their support over the years and I feel privileged for the opportunities I've had to represent our city. Now it's time to move on and pass the baton to a younger generation with new ideas, who will keep Beachwood on track and move it forward for years to come, just as we did!

It's not easy to be the mayor. Martin has big shoes to fill. So do those who represent us on city council. Our current council has three years' experience. It is my hope that they recognize the commitment it takes to work together and do what's best for the citizens of Beachwood.

I've had a great time and appreciate the people who supported and voted for me. I have no regrets. It was a nice run.



“I've had a great time and appreciate the people who supported and voted for me. I have no regrets. It was a nice run.”

-Mel Jacobs

City Council Reception • Monday, December 18

At last month's City Council meeting on December 18, former Mayor Merle S. Gorden and former Councilman Mel Jacobs were honored by former City Council President and current Mayor Martin Horwitz, fellow council persons, administrators, and politicians. This sentimental evening touched the hearts of Gorden and Jacobs, and their families and friends.

Jacobs made his final motion as a city councilman when council was asked for a motion to adjourn.

After the meeting, those in attendance enjoyed a dessert reception,

where they had an opportunity to share the love and thank Gorden and Jacobs for their many years of dedicated service to the City of Beachwood.

Luminaries lit the way as everyone left the building.



Former City Council President and current Mayor Martin Horwitz presented Gorden and Jacobs with crystal trophies to thank them for their service and dedication to the City of Beachwood.



Gorden and his family (Harriet, Casey and Jamie) were front and center for "This is Your Life," a presentation by individuals who expressed their sentiments.



Sunny Simon, Cuyahoga County Council Representative for District 11, presented Gorden and Jacobs with Cuyahoga County Proclamations. She said, "Beachwood stands out as a shining star in the county. It's not an accident. It comes from hard work, true dedication and passion."



Kent Smith, State Representative, 8th District, presented State Proclamations to Gorden and Jacobs.



Orange Village Mayor Kathy Mulcahy and Bedford Heights Mayor Fletcher Berger shared sentiments about working with Gorden and Jacobs. Mulcahy said, "There are 59 mayors in Cuyahoga County and Mayor Gorden is known and respected by every single one. He is someone to emulate."



Gorden and Jacobs were each presented an ax from Fire Fighter Nicholas Ricco and Lt. James Leffler. An ax is presented by the International Association of Firefighters to each member when he retires from the union. Gorden and Jacobs each received one as a token of appreciation and respect for their service to the City of Beachwood.



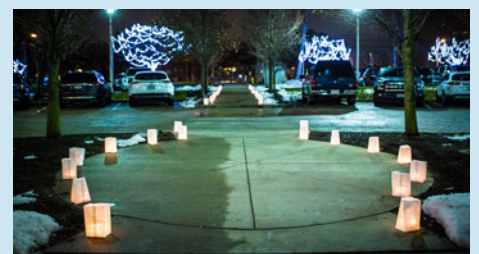
Kenny Yuko, State Senator, presented State Proclamations.



Dale Pekarek, City of Beachwood service director (third from right), spoke words of gratitude on behalf of all city department directors prior to presenting Gorden a staff photo, imprinted with the words, "Just One of Your 8,030 Days as Our Mayor." Pekarek said, "This is a token for years and years of love. God bless you. We love you."



At the end of the meeting, Jacobs and Gorden hugged each other. It was the last meeting that they would serve together as councilman and mayor. When they left the building, the walkways were lit with luminaries.



SUMMER Camps



CPH Theatre Academy

CPH believes that theatre education is important to the well-being of young people and the community, which is its mission to serve. Theatre Education is a tool to bond community with community, to bolster our knowledge of ourselves and others, and to amplify artistic awareness as participants and practitioners. CPH is committed to provide a diverse portfolio of educational programming to children, teachers and parents, both in and out of school, throughout Northeast Ohio.

For more than eight decades, CPH has offered educational programming as varied as the stories on its stages. Alumni include Academy Award®-winner Paul Newman, Academy Award- and Tony Award®-winner Joel Grey, and Toy Story 3 Director Lee Unkrich, among many other successful film and theatre talents. Our just-announced CPH Theatre Academy has classes for working adult professionals, preschool children with big imaginations, and everyone in between. Faculty from Tony-Award recipient Cleveland Play House will excite creative potential and nurture your passion for live theatre!

CPH Academy truly offers something for every interest and age range. Spring 2018 classes begin in January and run through April, and enrollment can be conveniently done online. Course descriptions and options are all broken down by category and discussed in depth so you can choose what's right for you!

- Youth & Teen classes focus on the student who loves drama. Professional theatre educators and artists provide high-quality and developmentally-appro-

priate theatre instruction to students at all age levels.

- Adult programs are perfect for anyone's skill set. Whether you're looking to hone your communication skills, audition for that community theatre role, or simply make theatre, CPH's staff will engage and immerse students in the love of theatre, while developing skills needed to enhance your vocal and physical abilities.
- Professionals can engage in CPH Academy as well. CPH artistic, education, and guest artists provide opportunities for professional theatre artists in Cleveland to sharpen their skills, while building a network of artists. Teachers include Laura Kepley, Robert Barry Fleming, Don Carrier, Allen O'Reilly, as well as actors and directors from our main stage season.
- Performing Ensemble classes are geared toward serious students who want to pursue a career in the performing arts. Professional theatre educators and artists provide high-quality instruction in theatre, while guiding students in a complete rehearsal and performance experience.

For more information, visit <https://goo.gl/269sL5>.

Inside CPH offers ways to be a CPH insider all season long! You'll get up-close-and-personal with the people and processes that make our work happen, all in a fun and informal setting. They're always open to the public, and always FREE of charge.

- Behind-the-Scenes are engaging, fun opportunities to gain insight into the artistic process, and each session is tied to the action on our stages. Whether it's a performance workshop, an enlightening discussion, or a rockin' demonstration of musical chops, you'll get a chance to rub shoulders with the talented performers you'll see right here at CPH.

- Tech Nights offer the ability to hear from the director and designers, then sit in on a technical rehearsal ("tech") to see how set, lights, sound, costumes, and actors all come together as opening night nears!
- CPH Season Extras: These events frequently bring CPH into the community, often in collaboration with community partners.
- Pre-Show Conversations are fun and interactive 25-minute conversations happening right before the show in the Allen Theatre Complex. Pull back the curtain early and connect with the play in an engaging and relaxed setting, beginning 45 minutes before every subscription and MFA performance.

For more information, visit <https://goo.gl/OYUC1W>



CPH EDUCATION PROGRAMS



CPH THEATRE ACADEMY

Education Classes for All Ages and Levels

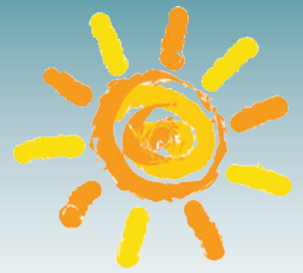
For more than eight decades, Cleveland Play House has offered educational programming as varied as the stories on its stages. Alumni include Academy Award®-winner Paul Newman, Academy Award- and Tony Award®-winner Joel Grey, and *Toy Story 3* director Lee Unkrich, among many other successful film and theatre talents.

CPH Theatre Academy has classes for working adult professionals, preschool children with big imaginations, and everyone in between. Faculty from Tony-Award-recipient Cleveland Play House will excite creative potential and nurture your passion for live theatre!



For course descriptions and registration, visit:
clevelandplayhouse.com/academy

Summer Camps



Camp Wise

Camp Wise is one of the premier Jewish residential camps in the country, with national recognition for innovation and excellence. Located on 325 beautifully wooded acres in Chardon, it's a world away from suburban life, but only a short 45-minute ride from Beachwood.

Camp Wise offers overnight camp options for kids ages 7-16, and campers and counselors hail from Ohio, Arizona, Texas, Florida, Israel and all over the world. As the award-winning residential camp of the Mandel JCC, Camp Wise provides an exciting overnight camp experience, infused with Jewish

values and traditions.

The activities at Camp Wise make the summer amazing! Jet skiing, drama, archery, guitar, song sessions, arts and crafts, outdoor leadership, podcasting, video, dance, tree top adventure ropes course, rock climbing, stand-up paddle boarding, kayaking, swimming, horseback riding, and tennis are just a sampling of activities kids get to enjoy. Campers also get to choose special activities to participate in throughout the summer, and build confidence in these newfound skills.

Campers live in cabins with other kids their own grade, grouped within a "village" of cabins of similarly-aged campers. Even though

there are exciting things to do all day, most campers tell us that the reason they return year after year is for the friends they make, and the spirit of our vibrant community.

Camp Wise is a warm, enthusiastic, tight-knit family, and campers return every year with a renewed sense of Jewish identity, increased confidence, independence and self-awareness. Is it any wonder so many campers consider Camp Wise their Home of Happiness? Call Camp Wise today – we're certain you can find a session that will work with your family's summer schedule. Contact Cathy, Camp Wise registrar, at 216.593.6250 or at wisekids@mandeljcc.org, or visit campwise.org.



J-Day Camps

There's no better place than Mandel JCC's J-Day Camps to experience the excitement, wonder and unique summer activities that camp has to offer! We are a camping community focused on values and the growth of your camper(s), week over week and summer after summer. Immersed in a fun and safe environment, we promote discovery, individuality and long lasting friendship for each of our campers. Our highly trained, hand selected staff cater to the diverse needs of each individual camper whether they come for one week or eight. The J has a range of camp options to suit every child's interest and talents, including:

- Playland Day Camp (Ages 3-PreK)
- Anisfield Day Camp (Grades K-5)
- Geshet (Grades 6-8)
- J-Adventure (Grades 6-7)
- J-Travel (Grades 8-9)
- J-Sports Camp (Grades K-7)

- Francine and Benson Pilloff Family Performing Arts Camp (grades K-9)
- Anisfield B'lvrit (Hebrew Immersion, grades K-3)
- SIT- Staff in Training (Grade 10)

New This Year:

- Kindergarten sports camp
- Ninja Warrior-style obstacle course
- New day and overnight trips for teens
- New lake toys
- 35 one-week specialty tracks

Families can design their own summers, with the flexibility to sign up for one week, the whole summer, or anything in between. It all adds up to a fabulous, one-of-a-kind experience – and you don't have to be a member of The J or be Jewish to join in the fun. Call 216.831.0700, ext. 1349, or visit mandeljcc.org/daycamps for details.

There's no better place than Mandel JCC's J-Day Camps to experience the excitement, wonder and unique summer activities that camp has to offer!





THE MOMENT

YOU CHANGED YOUR PERSPECTIVE



Camp Wise – Award-Winning Jewish Overnight Camp for Kids Entering Grades 2-11

Experience the adventure of a 40-foot high zip line, the thrill of jet skiing on a private lake, the excitement of learning to ride a horse, and so much more all while developing self-confidence, independence, and friendships to last a lifetime. Don't miss out on summer fun at Camp Wise – call us today!

wisekids@mandeljcc.org • www.campwise.org • (216) 593-6250



Register
In January
SAVE \$15
PER WEEK



26001 S. Woodland Road
Beachwood

DISCOVER HOW EXCITING SUMMER CAN BE!

NEW! Amazing one-week Specialty Tracks including Horseback Riding, Creative Chefs & Movie Making.
NEW! Anisfield Ninja Warrior-style obstacle course & In-water Aqua Swing!

(216) 593-6249 • daycamps@mandeljcc.org • mandeljcc.org/daycamps

J-Sports Camp, Grades K-7 | Anisfield Day Camp, Grades K-5 | Anisfield B'Ivrit, Grades K-3 | J-Adventure/J-Travel, Grades 6-9
Pilloff Family Performing Arts Camp, Grades K-9 | SIT (Staff in Training), Grade 10

Summer Camps



Camp Gan Israel

Camp Gan Israel of Beachwood is entering its 10th summer and is offering 10 weeks of summer fun from June 18 through August 23. Get the ultimate Jewish camp experience in a fun, safe, nurturing camp environment. Campers can register by the week and choose from "field trip week," six weeks of day camp, three weeks of specialty tracks, which include acrobatics, art, cooking, drama, horseback riding, karate, sports and swimming. There's something for every age. Campers are boys and girls entering kindergarten through 5th grade. The CIT program is for 6th and 7th graders, and junior counselors are 8th and 9th graders.

Counselor and other staff opportunities are available for 10th grade through college. Find out more at CGIBeachwood.com. Call Rivky Friedman at 216.282.2267 or email camp@cgibeachwood.com.

Monday, January 8, Camp Gan Israel will hold its New Parent Information Night, from 8:15-9 pm. This will be an informative opportunity to ask questions and hear what Jewish Day Camp is all about. It is geared toward parents with kids in pre-K through 2nd grade. Call for location.



Park Day Camp

Welcome to Park Day Camp 2018, open June 11 through August 3! We offer flexible and affordable two to eight-week sessions for boys and girls entering kindergarten through grade 6. Hours are 9 am to 3:50 pm with extended care options. Campers enjoy a private swimming pool with daily instruction by certified lifeguards and free swim time. Our sports program includes traditional team sports plus other fun games. Well-supervised activities ensure a positive, safe experience where good sportsmanship is always encouraged. Daily hot Kosher lunches and snacks are included.

Summer fun also includes arts and crafts, music, nature activities, theme days, and more in an uplifting Judaic environment. In the case of inclement weather, activities easily move into our new covered pavilion or inside to our air-conditioned and spacious synagogue. Our experienced and engaged staff, including an on-site nurse, looks forward to providing your child with a fun and rewarding summer!



ב"ה
CAMP GAN ISRAEL OF BEACHWOOD
10 weeks of camp! June 18-Aug 23, 2018

1 YEARS

www.CGIBeachwood.com
216-282-CAMP
camp@cgibeachwood.com

PARK DAY CAMP
since 1942

JUNE 11 - AUGUST 3
9:00 AM - 3:50 PM
KINDERGARTEN - 6TH GRADE
BEFORE & AFTER CARE

THE BEST WAY TO SPEND A SUMMER

SPLASH! Daily swimming lessons and free swim with certified lifeguards in our private pool!	LAUGH! Arts & crafts, music, science, games, nature, and endless activities for everyone!	PLAY! Friendly sports program includes soccer, basketball, ultimate frisbee, and more!	LEARN! Campers love Shabbat lunch, the family service, and other Jewish traditions!
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Register today!
parksynagogue.org/park-day-camp
Questions? Call Director, Mike Rubin, at (440) 543-8802

The Beachwood Arts Council Presents

Clarinet and Piano Duo

Sunday, January 21 • 2-3 pm • Beachwood Community Center

Enjoy an afternoon of music with clarinetist Dan Gilbert and Steinway pianist Donna Lee, both graduates of The Julliard School. The couple reside in Beachwood.

Gilbert was a clarinetist in The Cleveland Orchestra for twelve years and now serves as principal clarinet in City Music and professor of clarinet at the University of Michigan in Ann Arbor.

Lee is professor of piano at Kent State University and has performed throughout the US and internationally. She is a

member of Verve Chamber Players, a recently formed ensemble-in-residence at

Kent State University. During the summer, she is co-director of the Piano Institute at Kent State University and artist-faculty at Kent Blossom Chamber Music in Ohio.

This is part of the Beachwood Arts Council's Music and Motion series of performances made possible by a grant from Cuyahoga Arts and Culture. Performances are free and open to the community.



Protecting our Children and Grandchildren from Dangers of Social Media

Experts to discuss vulnerability at NCJW event

It's a sign of the times – all children and teens who are on the internet or who text are vulnerable to sexual exploitation, cyberbullying and other abuses via social media.

On Wednesday, January 24, at 10 am, National Council of Jewish Women/Cleveland (NCJW/Cleveland) will host Protecting our Children and Grandchildren from the Dangers of Social Media. Experts will guide parents, grandparents and caregivers through the basics and vulnerabilities of social media, pitfalls and how to avoid them, and consequences our children and teens have experienced. The event will take place at Point East, 27500 Cedar Road, Beachwood.

Presenters include:

- Karen McHenry, LISW-S, LCDC, program manager, Bellefaire JCB's Homeless and Missing Youth Programs
 - Judge Denise Rini of the Cuyahoga County Court of Common Pleas Juvenile Division
 - David K. Frattare, director of State Investigations / Ohio ICAC Commander Cuyahoga County Prosecutor's Office
- Participants will receive relevant information packets containing lists of dangerous websites, apps, and social media sites; guides to living life online and other materials to help them protect their children. Snacks will be served. The event is free and open to the public. Registration is required by calling Lisa Hazlett at 216.378.2204, ext. 101.



Our Family. Our Decision.

If you or your loved one is seriously ill, you can rely on the care team at **Hospice of the Western Reserve**. Our compassionate professionals come to you — wherever you need them. Most of our patients stay at home, surrounded by the people, pets and memories they love.

Living with a serious illness can make some decisions difficult, but where to turn for care isn't one of them.

You always have a choice in hospice and palliative care and you deserve the best. Choose Northern Ohio's leader in advanced illness care.

Insist on Hospice of the Western Reserve.

Call today, 800.707.8922.



800.707.8922 | hospicewr.org

Make 2018 Your Year to Get Fit at The J

“This Year, Make Your Fitness Resolution Stick” is the timely headline from a *New York Times* article on New Year’s resolutions. Not surprising, “Make it fun, make it social and keep moving” are a few of the key takeaways. Mandel JCC, conveniently located at 26001 South Woodland Road, in Beachwood, can stack the deck in your favor when it comes to keeping you moving and keeping your fitness resolutions.

Voted “Best Fitness Center” and “Best Family-Friendly Gym”

The J offers a comprehensive approach to fitness. Whether you’re a first-timer or looking for a first-class gym, The J can help you reach your fitness goals with state-of-the-art facilities and cutting-edge exercise programs. With tons of classes, weights, miles of cardio, Pilates and Yoga studios, an indoor walking/running track, racquetball courts and gymnasium and Pickleball, you’ll find plenty to keep you motivated – and moving towards your New Year’s resolutions.

Breaking a sweat is just one component of The J. Members can relax and unwind with delightful spa amenities, including massage rooms, beautiful locker rooms and spacious steam rooms, saunas and whirlpools.

The J’s talented team of fitness and aquatics professionals is just as important as some of the new high-tech equipment that’s coming to The J this month. You’ll find staff assisting members on the floor of the

fitness center, delivering one-on-one training, teaching Pilates and Yoga, providing swimming lessons to kids and adults and leading more than 80 free fitness classes ranging from Zumba and HIIT (High Intensity Interval Training) to Spinning® and TRX.

“Our goal is simply to provide the best environment to help adults and children reach their fitness goals, stay motivated, and, above all, have fun while doing so,” said Kate Toohig, director of Fitness Wellness and Recreation.

It’s easy to feel intimidated in a new fitness environment, but that’s not a concern at The J. There are plenty of beginner classes all designed to get you started – like introductory Yoga, Spin and Pilates demos – plus, friendly, highly-trained personal trainers, instructors and staff who are available to help you. To make it easy to get started, new members receive four free Jump Start orientation sessions to, well, jump start their fitness goals: two in the fitness center with a personal trainer and two in the water with an aquatics personal trainer.

“We make full use of our indoor and outdoor pools,” said Lyle Reed, manager of Aquatics. “Hundreds of infants, children, teens and adults learn to swim or take advanced lessons at The J each year,” Lyle added. In addition to American Red Cross Certified swim lessons, swim team prep and infant survival classes, The J offers advanced training certification for lifeguards. And for those who would rather not sweat, The J offers aquatics group exercise classes and personal training in the pool.

Speaking of kids, The J, already known for its premier early childhood and children’s camping programs, continues to place the emphasis on families. Most area gyms require fitness equipment users to be 18 or older. Not so at The J. The state-of-the-art fitness center is open to teens 13 and older. And kids as young as 10, once they have completed two free 60-minute orientation sessions with a personal trainer, can use the cardio and strength training equipment in the fitness center independently. The J

offers attentive, onsite babysitting, with its KidKare babysitting for ages 2 months through 9 years. Parents can relax, while working up a sweat, knowing their kids are literally just around the corner having fun in their own space.

Attend an Open House this January and take advantage of special savings, including a free trial week of membership!

OPEN HOUSE DATES

- Sunday, January 7 and 21 from 10 am – 1 pm
- Every Tuesday in January from 4-7 pm.

Mandel JCC, located at 26001 South Woodland Road, in Beachwood, welcomes all ages, races and religions. For more information, call 216.831.0700, ext. 0, or visit www.mandeljcc.org.



Health Insurance Questions?

I'm here to help.



- Small Business
- Self-Employed
- Individuals and Families

Please Call Today for an Appointment
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Hebrew Storytime

סיפורים ושירים בעברית לילדים

at the

Cuyahoga County Public Library, Beachwood Branch
25501 Shaker Boulevard

Wednesday,
January 31, 2018
4:00 pm



Led by: Zehava Galun
Early Childhood Educator & Hebrew Specialist



Brought to you by the
Jewish Education Center of Cleveland and the Cuyahoga County Library

New Year, New Recycling Guidelines in Beachwood

The City of Beachwood provides weekly curbside recycling for residents. For recycling efforts to be effective, the following guidelines must be followed. **Please include these items only. Trash contaminates recyclable materials.**

- Cans
- Cartons
- Glass
- Paper
- Boxes
- Plastic bottles
- Jugs

All items should be placed loose (unbagged) in the provided wheeled cart.

When done correctly, it will cut your trash in half and help the environment.

If you have questions, a complete easy-to-follow guide can be found at <http://cuyahogarecycles.org/beachwood>.

You may also contact Chris Vild, City of Beachwood environmental manager, at 216.595.3722 or chris.vild@beachwoodohio.com.



The Trials, Tribulations and Legacy of Rev. Dr. Martin Luther King

Presented by Dr. Clarence Bozeman, Dr. And Mrs. King's Driver

The Social Committee of the Stratton House Condominiums will proudly welcome Dr. Clarence Bozeman to address "The Trials, Tribulations and Legacy of Rev. Dr. Martin Luther King, Jr." on January 11, 7-8 pm, at the Stratton House Condominiums, 22655 Chagrin Blvd.

Dr. Bozeman, a civil rights lecturer, has participated in civil rights demonstrations and lectured at several colleges and universities about the history of the civil rights movement

and the Trials, Tribulations and Legacy of Dr. Martin Luther King, Jr.

During his college days at Alabama State University in Montgomery, Dr. Bozeman was privileged to serve as the first full-time transportation employee for Dexter Avenue Baptist Church. In that capacity, he was also the driver for the family of Dr. Martin Luther King, Jr. During 1958-1960, he transported Dr. King and his wife, Coretta, to speaking engagements throughout the state

of Alabama. On those occasions, he had the opportunity to share in the private thoughts and conversations with Dr. and Mrs. King. Those conversations ranged from aspirations and barriers in the black community, the Montgomery bus boycott, student sit-ins and other civil rights challenges.

This program is free and open to the community. Registration requested. Please email clarkebertw@yahoo.com or call 216.417.5244.



Fairmount Temple Adult Cultural Arts Series presents Red Champion Opera Musical Theater

Sunday, January 21 • Fairmount Temple, 23737 Fairmount Blvd.

Red Champion, back by popular demand, is a five-person vocal chamber music ensemble's making their encore visit after last year's smash performance.

Enjoy drinks and appetizers in the foyer at 4:15 pm, followed by the musical performance at 5 pm. Dinner will be served following the program at 6:15 pm.

Soprano Lara Troyer has appeared on opera, concert and recital stages through Ohio and beyond and is a faculty member at Kent State University.

Mezzo Soprano Denise

Milner-Howell is an active performer of operatic and musical theater works on the stage in schools, and a voice teacher at Ashland University.

Tenor Timothy Culver, an assistant professor of voice at Kent State University's School of Music, is known throughout northern Ohio for his stage roles.

Baritone Brian Johnson has performed many roles in opera throughout the United States and Italy, and teaches music in the Akron Public School System.

Pianist Judith Ryder, the founding director of Cleveland Opera's well-known education and outreach program, is currently the manager of the Cleveland Arts Education Consortium at Cleveland State University.

The cost for dinner is \$25/member and \$30/guest. For questions or to register, please call Susan Namen at 216.464.0607. The registration deadline is January 12. This program is made possible through the generosity of the Max & Ella Green Fund.

HEY NEIGHBOR!

by Arlene Fine

New Year, New Me

What's the deal about New Year's resolutions anyway? Why is January 1 the date people make resolutions that inevitably go in one year and out the other?

My friend, David, is fairly philosophical about the New Year, "I love when they drop the ball in Times Square," he says. "It's a nice reminder of what I did all year."

Daniel Solomon, The Mandel JCC interim membership manager, reports that Mandel JCC membership climbs the first of the year. "It's right after the holidays and winter vacation and people look at the J as a place where they can lose weight, tone up, meet friends and get some positive energy to help them through Cleveland's long winter months," he says.

Despite the spike in gym memberships in January, statistically, only 8% of people actually keep their New Year's Resolutions. This apparently is nothing new, as evidenced by an old Irish saying, "May your troubles last as long as your New Year's resolutions."

Even though the odds of following through on resolutions are not so great, here's what our Beachwood friends and neighbors are resolving to do in 2018. Let's wish them the best and hope they look at their resolutions as 365 new days, 365 new chances – and not – you make them, you break them.

"Eat more chocolate."
~ Kandy Friedman

"I want to help more people and volunteer. I like to keep busy and hope to use my free time doing good things for others."
~ Brittany Weiss

"Love, patience, respect, wisdom, understanding and listening are what I resolve to give to my amazing wife Norma, our family and our friends in the coming year. I'll try to sprinkle these traits with my trademark wit and sarcastic humor. We must not take life for granted, and must enjoy and cherish every moment. Cheers and L'Chaim to all for a happy, healthy and peaceful 2018."
~ Larry W. Zukerman

"My resolution is to laugh more. There is a lot of healthy humor in everyday life and I want to enjoy more of the funny parts. Laughter is healing and can keep you sane, positive and lighten things up, no matter how bad something may seem at the time."
~ Steve Miller

"I resolve to stop screaming at the TV and start doing something about what is happening in our country. I resolve to write my congressional representatives and make my opinions known. I also resolve to listen more to opposing views to try to better understand the other side."
~ Jill Cappy

"George Santayana said, 'Those who do not remember the past are condemned to repeat it,' so this year as president of the Jewish Genealogy Society I resolve to help families remember their pasts, so that they discover valuable lessons and role models for their futures."
~ Sylvia Abrams

"My New Year's resolutions are to exercise more regularly and to eat better (specifically less sugar and processed carbohydrates). As a fertility doctor, I talk with my patients every day about the importance of maintaining a healthy weight and the importance of exercising and cutting out sugar and processed carbohydrates for improved fertility and overall health. I feel it is important that I practice what I preach."
~ Rachel Weinerman, MD
Clinical Assistant Professor
Division of Reproductive Endocrinology and Infertility
UH Fertility Center/
Ahuja Medical Center

"I resolve to break my cell phone addiction, and pay more attention to the world around me. And don't get me started about texting and driving. I've beaten that nasty habit by putting my cell phone in my car's glove compartment so I won't even be tempted to text when I'm behind the wheel. I hope other people do this too – for all our sakes."
~ Jason Jeffers



1. Be more altruistic
2. Strive for as high a GPA as possible
3. Eat healthier
4. Better time management
5. Learn to meditate and not sweat smaller things

~ Elizabeth Metz, in conjunction with other Beachwood High School students

"I'm 101 and I'm resolved to celebrate my 102 birthday in July."
~ Violet Spevack

"I resolve to return all my shopping carts to the cart corral in parking lots. After having the side of my car dinged by a runaway cart, I'm determined to return the stray carts in my path that people are too lazy to return themselves."
~ Cindy Black

"May your troubles last as long as your New Year's resolutions."

So, when it comes to keeping New Year's resolutions here's a closing thought for the beginning of 2018: One Day, or Day One. You decide.



Make 2018 the Year of Why Not

by Jennifer Stern

Make 2018 the year of fostering positive self awareness and a growth mindset, and building meaningful connections.

If this feels like an impossible challenge then it is time for a cognitive shift. No excuses. No self-limiting beliefs. No critical self talk. No judgement.

Just effort. Effort to approach your life differently – with self compassion and awareness of, and pride in, your effort to fully engage in your life.

Reframe with a growth mindset, free from self-limiting beliefs, full of possibility awareness.

This is the year of saying why not, (as a rhetorical question). There is no need to stay stuck in what is, what has always been, of what feels familiar, yet not satisfying or fulfilling. **Why not!**

Why not...

See what classes are being offered through your community Recreation Department or the many area colleges:

- www.cuyahogalibrary.org/Events/Lifelong-Learning.aspx
- www.mandeljcc.org/adult-programs/adult-programs/
- www.clevelandart.org/learn/in-the-classroom/distance-learning/lifelong-learning
- <https://case.edu/lifelonglearning/>
- www.beachwoodohio.com/145/Recreation

Why not...

Say yes to a new hobby that will connect you to yourself and others in healthy and new ways: hiking, knitting, exercise classes, cooking classes, book clubs:

- www.beachwoodohio.com/145/Recreation
- www.clevelandhikingclub.org
- www.mandeljcc.org/arts-ideas-jewish-life/arts-culture

- www.finepoints.com/product-category/knitting-classes
- www.clevelandyoga.com
- <http://attend.cuyahogalibrary.org/events?t=Book%20Discussion&v=list&r=thismonth>
- www.surlatable.com/browse/storeCalendar.jsp?storeId=037

Why not...

Volunteer:

- www.volunteermatch.org/search?!=Cleveland%2C+OH%2C+USA
- www.greaterclevelandvolunteers.org
- www.rmhcleveland.org/volunteer
- www.greaterclevelandfoodbank.org/give-help/volunteer

Why not...

Get the support you need to feel stronger:

- www.touchedbycancer.org
- <https://my.clevelandclinic.org/patients/information/support-groups>
- <https://groups.psychologytoday.com/rms/county/OH/Cuyahoga.html>
- <https://www.compassionate-friends.org/contact/>
- <https://www.aacleve.org/find-a-meeting/>

The door to happiness opens outward. So, get out there and discover the many possibilities for growth and connection.

Make 2018 the year of **Why not...!**

**The included lists are suggestions and are by no means comprehensive.*

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243. Visit her website, www.transformativegrief.com, and sign up for monthly posts.

BEACHWOOD RESIDENTS - Has Your Family Suffered? Clean Air is Healthy Air



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Love is a Family Tradition. Pass it on.

2017 may be over but it's always the right time to help the patients and families of Hospice of the Western Reserve. Ensure that compassionate, comfort care is accessible to all who need it by making a gift today. Thank you.



INSIST ON HOSPICE OF THE WESTERN RESERVE
855.475.0245 | hospicewr.org/donate

The Warmth of Giving Warms Those in Need

A few months ago, while Lena Leland and her mom, Eva Allen, were driving about town, they got into a conversation about staying warm as winter months set in. They discussed the many people in and around Cleveland who do not have what they need to stay warm.

When they returned home, Lena researched local organizations that would allow her to act on behalf of those in need.

"When we found Coats for Kids Cleveland, we realized that there must be many people in our area who have coats that they haven't worn for years and we decided to organize a coat drive." Lena told us. "I wanted to get others involved and help the needy in our community."

Lena began her mission to get the word out about the coat drive. She posted on every form of social media, emailed and talked with people, typed out a flyer to explain her cause and distributed copies throughout the neighborhood. On two designated pick-up days, she

and her mom drove around the community picking up coats from those who had committed to donate.

"Although the coat drive is over, I'm frequently asked if I'm still collecting and am still directing people to bins where they can drop off their coats," Lena said. "It's nice to see so many people still actively thinking about the drive."

Lena, a Beachwood High School sophomore, has previously worked on collection drives through school, and joined three drives to benefit the Cleveland Food Bank. This is her largest collection drive to date. She collected 115 coats that will help keep people warm through the winter.

Lena is directing people to the donation bin at Legacy Village. For more information about Coats for Kids Cleveland, visit www.coatsforkidscleveland.org.

"I wanted to get others involved and help the needy in our community."



Lena Leland collects and donates 115 coats to Coats for Kids Cleveland.

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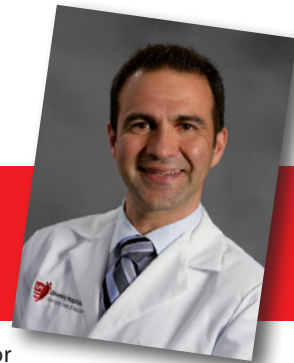


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High-Tech Treatment for Heart and Vascular Disease Delivers Results



Dr. Mehdi Shishehbor

While technological breakthroughs like the Apple watch and Amazon drone delivery have been grabbing headlines and consumer attention, a quiet technological revolution has been taking place in the field of heart and vascular surgery.

Not so long ago, open surgery was the standard of care for treating most heart and vascular problems, from replacing faulty heart valves to coronary artery bypass surgery. Now, technologic advances have totally changed the picture of heart and vascular disease treatment. Today's state-of-the-art surgical tools and advanced minimally invasive approaches are making it easier to treat a wide range of heart and vascular conditions without open surgery.

Patient Benefits

This is particularly good news for patients who might not be candidates for open surgery, says Mehdi Shishehbor, DO, MPH, PhD, Director, Interventional Cardiovascular Center, University Hospitals Harrington Heart and Vascular Institute. "Minimally invasive procedures can be performed on many types of patients, including those who are elderly, frail or possibly not a good anesthesia risk," he says.

For most patients, minimally invasive procedures are performed under sedation, not

general anesthesia. Patients can go home sooner from the hospital and have fewer complications after surgery than patients who undergo an open surgery. "Plus, the latest techniques require only small incisions, resulting in faster healing times," Dr. Shishehbor adds.

Transforming Technology

Dr. Shishehbor is an internationally recognized expert on minimally invasive approaches for peripheral vascular disease (PVD), a narrowing of the blood vessels in a limb. Over time, the reduced circulation eventually can lead to tissue death and amputation of the leg.

"Lifestyle changes such as smoking cessation, exercise and a low-fat diet along with medication can control PVD for some patients," Dr. Shishehbor says. "If those measures are not enough, surgical treatment to reconstruct the arteries in the leg and restore circulation is needed to prevent amputation." Today, endovascular treatments – procedures performed

inside the blood vessels – are considered the leading-edge treatments for PVD.

"These procedures have transformed the way we treat PVD," says Dr. Shishehbor. "Endovascular procedures are proven to be a safe, effective and long-lasting alternative to open surgery for reconstructing blood vessels blocked by PVD to avoid amputation. Long-term results are equal to those achieved with open surgery."

Know Your Options

UH Ahuja Medical Center Harrington Heart and Vascular Institute specialists offer a wide array of minimally invasive treatment for heart and vascular disease. They can provide consultation and second opinions to help patients understand their treatment options for these conditions.

Dr. Shishehbor sees patients at UH Cleveland Medical Center, 11100 Euclid Ave, Cleveland, and UH Ahuja Medical Center, 3999 Richmond Rd., Beachwood. Call 216.844.3800 to make an appointment.

For most patients, minimally invasive procedures are performed under sedation, not general anesthesia. Patients can go home sooner from the hospital and have fewer complications after surgery than patients who undergo an open surgery. "Plus, the latest techniques require only small incisions, resulting in faster healing times," Dr. Shishehbor adds.



SERVICES

Marcus Post-Hospital Rehabilitation
 Home Health Services
 Outpatient Occupational & Speech Therapies
 The Peter B. Lewis Aquatic & Therapy Center
 Adult Day Center
 Housekeeping Plus
 Center for Dialysis Care (CDC Beachwood)
 Center 4 Brain Health

RESIDENTIAL OPTIONS

R.H. Myers Apartments
 Wiggins Place Assisted Living Residence
 Stone Gardens Assisted Living Residence
 Helen's Place Memory Care Apartments
 Menorah Park Skilled Nursing Home

Call Beth Silver at
 (216) 839-6678

27100 Cedar Rd. Beachwood, OH
 MenorahPark.org

Change Comes Through Understanding

Changing health policy is hard work and can take time, but it is essential for improving programs and services that support adults as they age. Menorah Park has come together as a community to collectively express voices through rallies and letter-writing campaigns. In addition, Menorah Park board member and chair of Menorah Park's Government Relations Committee, Ken Bravo, works alongside Menorah Park COO Richard Schwalberg to accomplish positive change through visits with legislators and trips to our state's and our nation's capitals. Through these dialogues, legislators gain a better understanding and together, we work toward solutions.

The Association of Jewish Aging Services learned of Bravo's passion and dedication and has named him its 2018 Trustee of the Year.



Ken Bravo

Bravo advocates through Menorah Park and the Alzheimer's Association. He champions causes and achieves successes by using his communication skills to articulate needs and concerns, and to help explore proactive approaches to reduce Medicare costs rather than cutting needed services.

In addition to advocacy, Bravo has a strong interest in genealogy and is chair of the International Association of the Jewish Genealogical Society.

Heart and Mind: Memory Loss Caregiver Support

The mission of the Menorah Park Memory Loss Caregiver Support group is to support family members and caregivers who have loved ones experiencing cognitive loss on the Menorah Park campus.

Meetings are held the first Thursday of each month from 6-7 pm at Menorah Park.

The Group will provide:

- Education about memory (cognitive loss)
- Discussions about varying stages of dementia
- Information about community

resources

- An opportunity for caregivers to discuss challenges they may experience and helpful ways of coping with and managing these challenges.
- Information about the importance of self-care and how a caregiver can care for oneself to have energy to care for their loved one.

For more information, please contact Caitlin Garcia, LISW-S, at 216.360.8219 or cgarcia@menorahpark.org.



Beachwood Chamber of Commerce Gives Back

On December 13, the Beachwood Chamber of Commerce hosted its annual Give-Back Luncheon, which featured the Beachwood Arts Council and Hiram House. Each organization had an opportunity to present information to the 60+ individuals who attended, with their 'tis-the-season mindsets.

Prior to the presentations, Beachwood Chamber of Commerce executive director Cindy Caldwell welcomed guests, and thanked former Mayor Merle S. Gorden and former Councilman Melvin Jacobs, for their many years of service to the city of Beachwood, which helped to build our community to what it is today.

She then announced that beginning this year, the Beachwood Chamber will introduce the Merle S. Gorden Lifetime Service Award that will be presented to an individual who

has demonstrated his or her impact in the City of Beachwood through long-term service.

"Beachwood is **THE** place to live, work, play and shop, and that is due in part to the mission and vision of Mayor Gorden," she said.

In the spirit of giving, the Beachwood Chamber blocked off time slots at the Cleveland Food Bank from January 22 through January 26 for companies to sign up to bring employees, friends and/or family members to volunteer. This opportunity is also open to the

community. Caldwell will be there Monday through Friday, from 10 am – 2 pm and invites you to join her. To register, call 216.738.2053.

The Beachwood Chamber of Commerce offers monthly networking and educational events to provide opportunities for members and guests to expand their business networks and learn more about topics of interests on both personal and professional levels. For more information, call 216.831.0003 or visit www.beachwood.org.

She then announced that beginning this year, the Beachwood Chamber will introduce the Merle S. Gorden Lifetime Service Award that will be presented to an individual who has demonstrated his or her impact in the City of Beachwood through long-term service.

Beachwood Cares!



Greater Cleveland
Food Bank

JOIN THE BEACHWOOD CHAMBER OF COMMERCE
FOR VOLUNTEER WEEK
AT THE GREATER CLEVELAND FOOD BANK:
JANUARY 22-27, 2018



The Greater Cleveland Food Bank provides more than 50 million meals each year to those in need through a network of local hunger center and nonprofit agencies throughout Northeast Ohio, including anti-hunger programs in Beachwood and its surrounding neighborhoods.



Volunteers are critical to the work of the Food Bank, and allow more food and resources to be directed to those in our community. To help the Food Bank make an even greater impact, we invite all of our members, along with members of our community, to volunteer the week of January 22nd. Volunteer shifts are available Monday through Friday from 8am to 8pm, and Saturday from 8am to 12pm.

**Interested? Set up a time for your business, friends and/or family to volunteer!
Contact Alan Fratus at afratus@clevelandfoodbank.org or 216-738-2053.**

CITY OF Beachwood Council Update

MAYOR
MARTIN S. HORWITZ



216.464.6560
martin.horwitz@beachwoodohio.com

JUSTIN BERNIS



216.509.6509
justin.bernis@beachwoodohio.com

ALEC ISAACSON



216.291.2797
alec.isaacson@beachwoodohio.com

BARBARA BELLIN JANOVITZ



216.406.5914
barbara.janovitz@beachwoodohio.com

BRIAN LINICK



216.496.0202
brian.linick@beachwoodohio.com

JAMES PASCH



216.630.9671
james.pasch@beachwoodohio.com

ERIC SYNENBERG



216.401-0074
eric.synenberg@beachwoodohio.com

COULD THIS BE YOU?



VACANCY ON BEACHWOOD CITY COUNCIL

With Martin Horwitz as the new Mayor of the City of Beachwood, a vacancy has been created on Beachwood City Council. Pursuant to Article III, Section 3 of the Charter of the City of Beachwood, Council has forty-five days within which to fill the vacancy for Mayor Horwitz's unexpired term. Council is now accepting applications from residents interested in filling this vacancy.



All applications should include a resume and must be received by the Clerk of Council, Beachwood City Hall by 4:30 p.m. on January 16. All applicants must be qualified electors and have been residents of the City of Beachwood for one year prior to the appointment.

KERI ZIPAY - BUSINESS RETENTION SPECIALIST

We welcome Keri Zipay as our new Business Retention Specialist. In this newly-created role, Zipay will reach out to Beachwood businesses to learn about their needs, concerns and future plans.



"With more than 2,500 businesses in town, it will take a while to reach each one," Zipay told us. "It is our goal to be the pulse of the business community. We want to know what businesses are happy with, what needs improvement and what their present and future needs are." If you wish to voice business concerns with Zipay prior to her reaching you, contact her at keri.zipay@beachwoodohio.com or 216.292.1915.



MISSED A COUNCIL MEETING?

To listen to audio recordings or view live & archived videos, just visit www.beachwoodohio.com and click on the link.

City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122
216.464.1070
www.beachwoodohio.com



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CLERK OF COUNCIL
216.595.5493

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

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 until March 9. Non-resident registration begins March 11. [For more information please refer to your Winter Rec Guide or visit \[www.beachwoodohio.com\]\(http://www.beachwoodohio.com\).](#)



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.



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.

RUBBISH COLLECTION FOR UPCOMING HOLIDAYS

Due to the New Year's holiday on Monday, January 1 and Martin Luther King, Jr. Day on Monday, January 15, rubbish and recycling will not be collected by the City on those days. Collections will be delayed one day. If your regular collection day is Tuesday, your collection will be delayed until Wednesday; Wednesday will be Thursday, etc.

Happy New Year

City Hall will be closed on Monday, January 1 in observance of New Year's Day and Monday, January 15 in observance of Martin Luther King Jr. Day.

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Monday, January 8 and Tuesday, January 16. Questions? 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, January 25. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Monday, January 8 and Tuesday, January 16. Questions? 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

As a safety precaution, never leave your car running when you are not in it and always lock your car when you leave it – even while in your driveway. An ounce of prevention is worth a pound of cure.

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.

ABSTRACTION AND REACTION

MIXED MEDIA EXHIBIT

Now – January 13

Featuring works by

Matt Merchant, Eric Ortiz, Kevin Smalley



BEACHWOOD RECREATION COMMUNITY THEATER

Peter Pan AUDITIONS

Monologues at www.beachwoodohio.com

Tuesday, January 9 • Grades 3 – 5

Wednesday, January 10 • Grades 6 – 12

Thursday, January 11 • Adults and Callbacks

Beachwood Middle School • 7:00 p.m.

Questions? Call Jill Koslen Freirich
at 216.292.1970 or email

jill.koslen-freireich@beachwoodohio.com

Performances take place Spring 2018

HOLIDAY LIGHTS COLLECTION

Power strips, cords and broken or burned out strings of Halloween, Thanksgiving, Hanukkah, Christmas or New Year's lights may be dropped off at the Beachwood Public Service Department, 23355 Mercantile Rd., Monday through Friday from 7:30 A.M. - 3:30 p.m., through January 15.



WELCOME

The City of Beachwood welcomes Alice Rickel as a member of its Charter Review Committee. Rickel, an attorney, was sworn in at last month's City Council meeting.

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 this Spring:

- Beachwood Blvd. (23005-23515)
- Beachwood Blvd. (2350-2505)
- Beacon Drive
- Belvoir Blvd.
- Blossom Lane
- Brentwood Road
- Bryden Road
- Buckhurst Drive
- Concord Drive
- Edgewood Road
- Elmhurst Drive
- Fairmount Blvd. (23101-24161)
- Farnsleigh Road
- Fernwood Drive
- Greenlawn Avenue
- Halburton Road (20954-23200)
- Halworth Road
- Havel Drive
- Hermitage Road
- Larchmont Road
- Ranch Road
- South Green Road (2315-2667)

THE VILLAGE: Condominiums

- Glenhill Drive
- Bennington
- Bordeaux
- Chelsea
- Colby Court
- Deerfield Lane
- Dorset
- Hampshire
- Hampton Court
- Hanover
- Haverhill Court
- Hyde Park
- Kenwood
- Longmeadow
- Madison Court
- Nantucket
- Roxbury Court
- Salem Court
- Saratoga
- Sherwood Court
- Stratford
- Strawbridge Court
- Waterford
- Windrush

Council Update

SUNDAY MUSIC

JANUARY 7
Singing Away
the Winter Blue

Lisa Bell on piano and
Diane Menges, vocalist

FREE

JANUARY 28
Songs Without Words

Violinist Kimia Ghaderi and pianist
Andrew Focks perform Classical,
Pop and Theater genres

FEBRUARY 4
All About Love

Singers Rebecca Freshwater and
Kimberly Lauritsen and pianist
Tatiana Loisha celebrate Love

FEBRUARY 18
En Francais

Join pianist Megan-Geoffrey Prins and
violinist Victor Beyens for a beautiful
program of French music

MARCH 11
Configured in Threes

OPUS 216 explores repertoire for
from the Baroque era to modern day
featuring violinist Ariel Clayton Karas,
violinist Matthew Ross, cellist Andris Koh

MARCH 25
Shall We Dance?

Classical guitarist Robert Gruca and
flutist Linda White as the The Gruca
White Ensemble explores dance music

APRIL 15
Dancing in the Spring

The Aurora Trio (Piano, Violin & Clarinet)
presents a mix of chamber music based
on various eras of dance

APRIL 29
Musical Dialogues

Join pianist Caroline Oltmanns, hornist
Stacie Mickens, and tubist Brian Kiser
for a program featuring creative works

MAY 13
Mom, Mozart & Movies

Join pianist Marshall Griffith and
violinist Kallen Bierly in a concert
celebrating Mother's Day

MAY 20
Four-Hand Fireworks

Pianists Chee-Hang See and Amy Tan
combine beauty and acrobatics in music
for one piano, four hands

BEACHWOOD COMMUNITY CENTER
3:00 – 4:00 PM

GEARED UP FOR WINTER

Beachwood is prepared. We take great pride in the high quality work performed by our Service Department. 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, to 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/>.

SLEDDING HILL

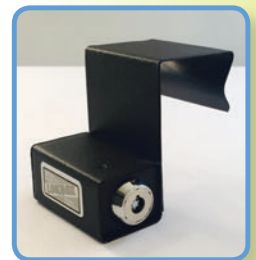


The Beachwood City Park West Sled Hill is located on the south end of the park. Bring your friends and family out for a great winter activity.

LOCKBOX PROGRAM

Beachwood Department of Fire-Rescue is offering a lockbox program to expedite emergency access into homes during emergencies.

Pay a one-time \$30 fee for a small, secure metal box which hangs over the front door with a spare key inside. The box is locked by a unique key accessible exclusively by the Beachwood Fire Department and only used in the event of an emergency. Residents interested in purchasing a lock box should contact 216.292.1965.



USE CAUTION & BE SEEN

Use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing. When and if it is necessary to walk in the street, please walk facing traffic and if in a group, single file.



**NON-RESIDENTS
REGISTER SUN. MARCH 11
8:00 – 10:00 AM
BEACHWOOD
COMMUNITY
CENTER**

**RESIDENTS
MAY
REGISTER
IN PERSON
NOW**

**Resident
Registration
Today**

KIDZ CAMP • Grades K – 2
BISON CAMP • Grades 3 – 6
SPORTS CAMP • Grades 4 – 8
TEEN TRAVEL CAMP • Grades 6 – 8
THEATER CAMP • Grades 2 – 8

**SUMMER
BEACHWOOD
CAMPS**

*Resident
Early Bird
Deadline March 9*

WWW.BEACHWOODOHIO.COM

DON'T FALL VICTIM TO SCAMS!

Too often, older Ohioans fall prey to con artists and scammers whose intent is to take advantage of them. To protect Beachwood residents, the Beachwood Police Department shares the following information from the Ohio Attorney General's office. For more information or to report a scam, call the Beachwood Police Department at 216.464.1234.

Fake Check Scams • Someone sends you a check and asks you to deposit it and return some of the money via wire transfer.

Grandparent Scams • Watch for con artists posing as grandchildren.

Identity Theft • This occurs when someone fraudulently uses your personal information

Investment Fraud • A scammer might offer you a "risk-free" investment only to steal your money.

Living Trust Scams • Beware of people who make exaggerated claims about probate costs or the tax advantages of living trusts.

Phishing • Scammers pretend to represent your bank or a government agency and request your personal information.

Phony Charities • You may receive letters or calls from someone who is only pretending to represent a charity.

Prizes/Sweepstakes Scams • Someone claims that you have won a lottery or other prize, but you're asked to pay a fee.

SIGNS OF A SCAM

- You're asked to send money via wire transfer.
- You win a contest you never entered.
- You're pressured to "act now!"
- You must pay a fee to receive a prize.
- Your personal information is requested.
- A large down payment is requested.
- A company refuses to give written information.

Council Update

BBYO Provides Opportunities for Motivated Teens to Obtain and Develop Leadership Skills

At the age of 14, Beachwood High School senior Max Alter joined Samson AZA, a chapter of BBYO, the largest worldwide Jewish youth organization. There were about 30 active members in the chapter, and Alter attended two or three programs each month. As a newly-minted member, Alter quickly recognized the benefits of participation and wanted to become more involved, so he ran for *shaliach*, vice president of Judaic enrichment. He won, and began to build his leadership skills.

With his kind disposition, positive energy and a smile that draws in friends and family, Alter next chose to run for *moreh*, vice president of membership. He was defeated, and learned a good lesson. "There's more to BBYO and life than winning a position, he said. "I realized that we must work as a team. We are members first and board members second – and we are all responsible for taking active roles in fundraising, membership and Judaic programming."

While defeat may slow some people down, Alter dusted himself off, served a second term as *shaliach*, ran for *moreh* again, and won. By this time, he recognized the powerful opportunities and connections that BBYO provided, which resulted in a team effort that tripled his chapter's membership to more than 90 members in less than two years.

Alter was then elected regional *moreh*, with expanded responsibilities to oversee eight AZA chapters – four in Cleveland, and one in each of the following cities: Toledo, Akron, Canton and Youngstown. He continued to promote membership, build relationships, and develop members into leaders throughout the entire northern Ohio region.

He rose to the regional level because he wanted to expand his personal network. "I like making friends and seeing other people

make friends – and the more Jewish teens involved, the more meaningful the Jewish experiences."

Alter was astute with his vision, which he carried both in and out of BBYO. "People don't join movements, they join other people," he said with a confident smile. "People join when they feel a connection.

"I didn't join because I wanted to increase my Judaic involvement," he continued. "I did so because of the group of guys. They made me feel like I was a part of a family, so we work more effectively as a team to accomplish our goals."

While serving as regional *moreh*, Ohio Northern Region AZA came close to reaching its annual membership quota and its program attendance skyrocketed. Most importantly, participants in the region created a bond, which further inspired Alter.

In May 2017, Alter was elected regional *godol* (president), and Marni Cantor, from Solon, was his counterpart – and his girlfriend. This power couple's primary task was to work with chapters to help them achieve their goals.

Alter and Cantor met in a BBYO young leadership development class in 2014. They attended a summer program together and then started dating. "We had developed a friendship and had a lot of common ground," Alter said. "It was the first time that a regional co-pair were dating, which made for an interesting election. We were both nervous that one of us would get it and the other would not, and of course we were supporting each other."

Under their leadership, attendance continues to grow. There were 300 members at the regional kick-off program, the program's highest attendance in the past decade.

Mike Steklof, regional director of BBYO's Northern Region, lauded Alter, saying, "It has been my pleasure to work with Max during the past few



Max Alter and Marni Cantor after finding out they had both been elected as BBYO regional presidents.

years while serving on the regional board. He has helped grow the region, increase program quality and helped ensure that there is a place for every Jewish teen in BBYO."

Alter will graduate from BHS in June. He's not sure what the future holds for him in BBYO, but said he will always be a resource if needed.

"In 20 years, you're not going to remember the programs you attended, but you will remember the people you spent time with and the experiences you created."

In addition to his involvement with BBYO, Alter plays football, is sports editor of the *Beachcomber*, Beachwood High School's newspaper, and is vice president of finance for his marketing class – all of which provide opportunities to expand his leadership skills.

"When Damion Creel was hired as head coach in 2015, it was unlike anything I had been exposed to," Alter told us. "I learned more about relationships and building a family than football philosophy. Teammates were like brothers

and I learned that it wasn't about winning or losing, but instead about creating a connection with a group of guys that I can call whenever and wherever, and we all have each other's backs."

Alter also recognizes personal bonds in his other school programs.

Josh Davis has been the *Beachcomber* advisor for about 10 years. When Alter joined the staff in the middle of his sophomore year, he was welcomed with open arms. "I feel connected with everyone I work with," he told us. "We're all working toward the same end goal."

His leadership experience is also being applied in his marketing class, which is run like a business under the instruction of Greg Perry. "We act the part," Alter said. "It's all about first impressions."

In closing, Alter said, "In 20 years, you're not going to remember the programs you attended, but you will remember the people you spent time with and the experiences you created."

BBO welcomes Jewish teens regardless of secularity or Jewish involvement. For more information, visit bbyo.org, email msteklof@bbyo.org or call 216.360.0075.

Thank You, Mitch



At the end of the 2017 calendar year, Mitch Luxenburg ended his eight-year stint as a member of the Beachwood Board of Education. In typical fashion, Mitch spurned formal goodbye and thank you speeches, but his quiet exit belies the momentous impact he has had on Beachwood City Schools since his election to the board in 2010.

Mitch quickly ascended to a leadership position on the board, serving as Vice President from 2011-2013. He was then voted Board President, a position he has held for an unprecedented four years. During his tenure on the board, the district's academic standing on local, state and national measures continued to rise, consistently ranking Beachwood among the elite districts in the state of Ohio and the nation.

A hallmark of Mitch's time on the board was his steadfast push for Beachwood to do a better job telling its own fantastic story and to grow sustainable support from our parent support organizations and alumni. These endeavors are the "long play," one of Mitch's favorite terms, for which we will be thankful many years from now. Furthermore, as accustomed as we are to the transparency of

Beachwood's governance and operations and the sophistication of the communications we maintain with our stakeholders, these efforts were in their infancy, at best, when Mitch began influencing the direction of the district as a board member.

Another legacy of Mitch's tenure on the board has been the transformation of our district's facilities. Beginning in 2010, Mitch helped oversee construction on the renovated Beachwood High School and served as President when we undertook construction of the main stadium and the renovated high school auditorium. These projects surpassed expectations and are feeding the long-term growth of our district's athletic and performing arts programs in addition to being wonderful resources for the wider community's benefit.

It was Mitch's long-range vision and perseverance that turned the district's attention toward the replacement of our aging Bryden and Hilltop buildings. This detailed and thorough process led to the

plans for a consolidated elementary building on the Fairmount School site. At the end of Mitch's tenure, we are excited to be on the cusp of realizing a project he envisioned many years ago.


Mitch's thought process is razor sharp and seemingly ten steps ahead, but he has always led with his heart. The bottom line for Mitch consistently came back to the impact on our students. That priority is reflected in the values of the Beachwood community and simultaneously, its values have been reflected in him.

Mitch Luxenburg's stamp on the Beachwood City Schools is profound and will be long-lasting. Over and over again, he has positively influenced the direction of this district in ways that were never publicly acknowledged and will never be fully appreciated even though we are all beneficiaries.

From a personal standpoint, I have grown to understand the value of the close working relationship Mitch and I have enjoyed. He has been selfless in offering his insight, influence and time to help me do my job better. I will be forever thankful for Mitch's service to our school system during these past eight years and for the very direct and personal interest he took in my success as superintendent.

Please join me in extending thanks to Mitch Luxenburg, a dedicated public servant and committed Bison for life.

Thank you, Mitch!

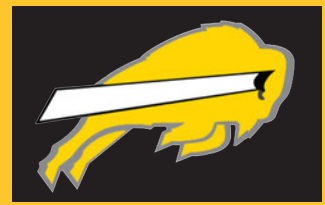

Robert P. Hardis

BHS ALUMNI: WE NEED YOUR HELP FOR SENIOR SEARCH

Every year, our Beachwood High School seniors embark on a multiple week immersion to learn more and report out on a career of interest. If you are interested in hosting a BHS student for a two-three week immersion, or learning more about the opportunity, please call **Shana Wallenstein at 216.464.2600 ext. 237**. Students are graded on their participation and expected to report out during the end of the year senior activities. Placements can be made in a wide variety of companies and organizations across myriad fields.

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



Understanding the Operating and Bond Levy

The Beachwood Board of Education has officially taken all actions necessary to place a combined operating and bond levy on the ballot for May 8, 2018.

Citizens can be assured that Beachwood City Schools remains in a **strong financial position** due to cautious fiscal management over the 13 years since the district's last operating levy. However, decreasing state funding (more than \$2.5 million cut annually) and increasing state requirements (more than \$1 million in new costs annually) are hastening our need to ask Beachwood voters for new operating funds. The operating levy will cost the owner of a \$250,000 home an additional \$43/month. **These funds will help Beachwood maintain its status as a premiere public school district in the state of Ohio.**

Simultaneously in May, we are asking the Beachwood community to support **a bond levy to support the construction of a PreK - 5 elementary school** through an addition onto the Fairmount School building. With Bryden School and Hilltop School nearing 60 years of age, replacing these deteriorating facilities with a \$39 million state-of-the-art building for our youngest learners must be a community priority. The bond levy will cost the owner of a \$250,000 home an additional \$20/month. **Repairing 60 year-old building systems is not a feasible solution and would be fiscally irresponsible.** Renovating these two buildings has been extensively studied and also rejected as too risky. The uncertainties of opening up walls to deal with heating, electrical and plumbing systems from the 1950's and 60's is too unpredictable and bringing an old building up to ADA standards is incredibly expensive.

Designs for the PreK - 5 elementary on the Fairmount site support education for the next half century and prioritize safety, security and accessibility for our students and staff. **This exciting project represents the last major capital investment Beachwood Schools will need for many decades.** With our community's approval of the bond levy in May 2018, construction would begin in phases beginning that winter. The building would be completed in time for our

elementary students to start the 2020-2021 school year in their amazing new home.

Several important projects, small by comparison, are slated to be completed over the next five years **without the need for additional taxpayer funding:**

- The natatorium, built in 1982, hosts a rapidly expanding youth though adult swimming and diving program. The facility requires approximately \$1.6M in renovations. The district will begin this process by **replacing the natatorium roof in the Summer of 2018.**
- The athletic fields between the high school and the middle school need to be addressed with the **creation of a varsity softball stadium** and **upgrades** to the drainage and irrigation of the **soccer and baseball fields.**
- Once Hilltop School is offline, the building will be torn down and that entire site **transformed into a community recreational park.** It will host various youth recreational sports as well as walking paths and a playground for the benefit of the Beachwood community-at-large.

The district's plans are shared with you in an effort to continue the high degree of transparency you have come to expect from Beachwood City Schools. **Our district was recently awarded a clean financial audit with no findings for recovery or management recommendations.** Treasurer Michele Mills has presented the audit findings to the district's Audit Committee, a volunteer body created to provide neutral financial oversight. The audit report will be released to the community following the January 22, 2018 Board Meeting.

For more information, please visit www.beachwoodschoools.org.



BEACHWOOD CITY SCHOOLS

13th Annual Deaf & Hard of Hearing Holiday Party

Beachwood High School's American Sign Language classes and Club hosted the 13th annual DHH Holiday Party in mid-December. With more than 550 attendees from throughout Northeast Ohio, this is one of the most highly anticipated annual parties for the deaf and hard of hearing communities.

BHS students work tirelessly first semester to identify a theme and secure contributions of cash, prizes and food to make the event successful. They create games to align with the theme, paint decorations and even secure costumes so that kids of all ages can enjoy the holidays with their deaf and hard of hearing peers. During class time, they master phrases to maximize their ability to communicate in common with our guests, a gesture that is clearly appreciated by the people in attendance.

Special thank you to the many sponsors who make this event possible, particularly our Silver Sponsors, who were all so very generous: **Around Town Catering (Bruce Sternberg), Jim Berkebile, Boar's Head and Jeffrey Babbush, Jim Leikin/Ben and Jerry's Scoop Shop, Dr. Lou and Sharon Weisman, Joshen Paper and the entire Reiner family, the Winger Family, the Zawatsky Family, Barry Feldman, and Ellen Zelman.**



MARSHALL SCREENING AT BEACHWOOD HIGH SCHOOL

The Beachwood High School MAC Scholars invite the Beachwood Community for a free screening of the movie, "Marshall".

"Marshall" stars actor Chadwick Boseman as Supreme Court Justice Thurgood Marshall. The film focuses on Marshall's early career as a lawyer.

Following the film, please stay for an expert panel discussion with special guests.

Saturday, January 27 at 5:30 pm
Auditorium at Beachwood High School



Welcome, Maria Bennett



"Beachwood Schools have given my sons an excellent educational foundation while also providing them with a nurturing multi-cultural learning environment. I have a passion to give back to our schools and support our administration to sustain its strong foundation and support its growth."

- Maria E. Bennett

The Beachwood Board of Education is proud to welcome our newest elected member, **Maria E. Bennett** to the Board. Maria brings years of experience to her role on the Beachwood Schools Board of Education, having served on corporate Boards of Directors for more than 10 years as well as more than 5 years on her alma mater, Miami University's Board and the Beachwood PTO Board.

With a BS in Engineering and an MS in Biomedical Engineering, Maria has a long history as an inventor and author, holding more than 25 patents and authoring more than 20 scientific publications. She's secured more than \$23 million in state and federal grants and contracts throughout her professional career. In addition to founding SPR Therapeutics, Inc., a local medtech pain management company, and serving as its President and CEO since 2010, Maria creates the time to give back to both the Beachwood and broader community. She's been a mentor for more than 20 years to young people in STEM (Science, Technology, Engineering and Mathematics), providing leadership on education, entrepreneurship and career mentorship. She's a multiple year Room Parent, former Hilltop School PTO representative and just stepped down from her role as PTO Treasurer.

She's the proud mother of Luke (7th grade) and Kyle (5th grade) and wife of Carl.

Please join us in welcoming Maria to the Board!



Members of the Beachwood Middle and High School Orchestras entertained holiday shoppers at Beachwood Place on December 16.



Members of the Beachwood Middle School Orchestras were invited to perform at the Connor Palace Theater in Playhouse Square as part of the festive entertainment presented by the Cleveland POPS Orchestra annual holiday concert event! The Beachwood Orchestras are led by **Lisa Goldman** and **Noel DeViney**.



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



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

Three Unique Ways for Young Adults to Travel to Israel in 2018

The Jewish Federation of Cleveland recently announced three opportunities for Jewish young adults to travel to Israel throughout the summer of 2018. As part of its mission to foster a deepened personal connection between future generations and the Jewish homeland, the Federation helps send approximately 45,000 young adults from around the world to Israel each year. Opportunities include:

Cleveland Community Birthright Trip

Jewish Cleveland young adults ages 22-26 can travel on the Cleveland Community Birthright Trip, July 2-13. Pre-registration opens on January 22 for this free 10-day trip to explore Israel's most remarkable tourist destinations and beyond. Participants will hike the rugged sites of Masada, stroll Ben Yehuda Street, discover Jewish mysticism in Tzfat, and more. For many partic-

ipants, Birthright is their first Israel experience.

For more information or to pre-register for the Cleveland Community Birthright Trip, visit www.clevelandbirthrightisrael.com.

Onward Israel Cleveland

If you have already traveled to Israel on Birthright or another short-term experience, then apply now for Onward Israel, an eight week summer internship program, June 13 – August 7. College juniors, seniors, and recent college graduates ages 20-25 will live like locals in the heart of Tel Aviv, and intern in the fields of high-tech, the arts, business, and more.

For more information or to register for Onward Israel Cleveland, visit https://ln.tfaforms.net/423?tfa_2=tfa_5693.

Weinberg Mission to Israel

Jewish Clevelanders ages 22-45 can join the Federation's

Young Leadership Division on the Weinberg Mission to Israel, June 25 – July 1. This one-of-a-kind travel opportunity offers Jewish Clevelanders a chance to experience Israel's vibrant arts and culture scene, learn about innovative technology, network with leaders in the nation's up and coming fields, taste the flavors of the country, and find their own connection to Israel.

Subsidy is available to individuals ages 40 and under who have not received a subsidy for a previous YLD Israel mission. The YLD Weinberg Mission to Israel is generously supported by Penni and Steve Weinberg. For those who do not qualify for the subsidy, please contact Leah Markowicz at lmarkowicz@jcfccleveland.org for more information about travel costs. For more information or to register for the Weinberg Mission to Israel, visit www.jewishcleveland.org/weinberg2018.

Upcoming Programs at The Gathering Place

The Gathering Place is a cancer support center that provides free programs and services to help individuals and families currently coping with the impact of a cancer diagnosis in their lives. Programs are provided for adults, teens and children and include support groups, family and individual support, a lending library, a wig salon, exercise programs, hands-on cooking classes, art therapy and more. The Gathering Place has locations in Beachwood and Westlake. Visit www.touchedbycancer.org for a listing of all programs and services or call 216.595.9546 to talk with a staff member.

The Beachwood programs listed require advance registration by calling 216.595.9546 unless otherwise noted. Programs take place at 23300 Commerce Park.

Healthy Weigh

Mondays, January 8 – February 26
6:30-7:30 pm
No class on January 29 or February 12

A six-week jump-start program for healthy weight loss designed for cancer survivors who have been encouraged by their physician to lose weight as part of their survivorship wellness plan. Family member/support persons are welcome to participate.

KidShop/TeenShop

Mondays, January 8 and 22
6:30-7:30 pm

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

Grief: When Will it End?

Mondays, January 15, 22 and 29
11 am – 12:30 pm

For people who have experienced the death of an adult loved one due to cancer more than a year ago. Topics to be discussed include: holding on vs. letting go; socializing and dating; and who am I now? Participants are encouraged to attend all three sessions.

Mindfulness Meditation

Tuesday, January 16
6:30 – 8 pm

Learn about mindful breathing, being present and other techniques.

Lymphedema Awareness

Wednesday, January 24
6-7:30 pm
Presented by Maria Pickston, OTR/L, CLT

Understanding signs, symptoms and management of lower extremity lymphedema.

Education Opportunities



Fairmount
Early
Childhood
Center creates

an environment where learning is fun and play is important. Hands-on learning activities stimulate and challenge students to encourage social, emotional, intellectual and physical growth. Fairmount offers programs for children ages 3-5 years. Half day, all day and extended day programs are available. Summer camp offers seven weeks of fun in the sun! Registration for the 2018-2019 school year and summer camp starts in January!



Parents of young children are welcome to attend The

Music Settlement's Early Childhood Open Houses throughout January. Preschool, day school, and kindergarten programs are available at University Circle, and our new campus on Detroit Avenue in Ohio City opens in Fall 2018. Our play-based curriculum supports early learners. Dates and more information are online at TMSkids.org.



Gross
Schechter
is a Jewish

independent school for children from six 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.

Open House

January 17 | 10-11 am



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

grossschechter.org/admissions



eLEVate  the mind

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

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 11, 2018 • 7 p.m.

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2018-2019 school year. This program offers four mornings or afternoons per week.

Preschool and Camp Registration Residents

Wednesday, January 17, 2018 • 3:30 p.m.

Open Enrollment

Wednesday, January 31, 2018 • 3:30 p.m.

Popular Young 5's Class

5 days per week • 9 am - 3 pm

Must be 5 years old by Dec. 31, 2018



**Call Karen Leeds today
for more information,
216-292-2344.**



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ec.themusicsettlement.org



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Fairmount Early Childhood Center • 24601 Fairmount Blvd.
www.beachwoodschoools.org/fairmount.aspx

Jewish Women's Renaissance Project Creates Connections

By June Scharf

The Jewish Women's Renaissance Project, an organization that partners with other Jewish entities around the globe, has a mission to empower Jewish families. One method of achieving this goal is to sponsor trips to Israel to gain an intensified sense of community and connection.

The JWRP clearly articulates its belief that the family member who most influences the direction of the Jewish people is the mother. With this understanding, several Jewish mothers in Beachwood participated in a recent JWRP-sponsored trip and kvelled (gushed with delight) about their experiences. Those who traveled together included Barbie Barnholtz, Lisa Berns, Elana Mintz, Alise Peters, Jamie Synenberg and Marni Turell. Their trip was composed of 200 women from throughout the U.S. and other countries, and at the Shabbat dinner and other special events, another 200 women from a simultaneously scheduled trip combined with their group.

According to the JWRP's credo: "Inspire a woman, you inspire a family. Inspire enough families, you inspire a community. Inspire enough communities, you can change the world."

To offer that initial inspiration, the group conducts an eight-day journey through Israel. Designed to provide more than sightseeing, it's an opportunity "to deeply explore ourselves," as the trip is described on the JWRP website (jwrp.org).

Separate trips cater to exclusively female or male groups, the latter being the result of men who asked to be included. Participants only pay for airfare, a \$99 application fee and tips. Those in attendance are recruited from among partnering organizations ranging from Jewish outreach centers to Jewish Community Centers to Federations. Each group has a local leader traveling with them, and the Beachwood women were joined by Ruchi Koval, the associate director of the Jewish Family Experience (JFX) located in Beachwood.

The trip features walking 30-40 miles total, exploring Jerusalem and Masada along with

other historical sites and engaging with many speakers and experts. The trip can stir many emotions sure to affect energy levels, the website reveals.

Each participant brings his or her own very personal perspective about the trip, and three Beachwood women agreed to share their thoughts and experiences with the *Buzz*.

Jamie Synenberg

I became involved with JWRP because I wanted to connect with other women who are also juggling careers, motherhood and, at the same time, want to maintain a strong connection to the Jewish community. Since taking the trip, I have been more motivated to get involved in Jewish organizations throughout the east side. As a family, we try every week to celebrate Shabbat by lighting the candles and sitting down for dinner together.

I have a strong love for Israel,

and in my career (as a jewelry designer), I try to do as much business with Israel as possible by buying my castings, findings and diamonds there.

Before the trip, I only knew a few of the ladies going with us. Now, I have a strong bond with all the women. While in Israel, we laughed and cried together and returned to Cleveland wanting to inspire our families and communities.

"We were all there for the same reasons: we want to make the world a better place for our children, plus we want to be the best mothers to our children and the best wives to our husbands."

~ Jamie Synenberg



I realized that we were all there for the same reasons: we want to make the world a better place for our children, plus we want to be the best mothers to our children and the best wives to our husbands. We try to do family activities that involve some sort of mitzvah (good deed) like cleaning up our neighborhood of trash and visiting residents at Menorah Park and Stone Gardens.

I have to say that my husband, Eric Synenberg, is truly amazing because he let me experience this journey while he was running for Beachwood City Council. I arrived home the day of his election! I told him I prayed for him at The Wall and his response was: "Why would you pray for me, there are way more important things to pray for." (He won a seat on Council.)

Traveling with Ruchi was beyond awesome. She is an amazing and influential speaker.

Marni Turell

I have come to love the inspiration that Rabbi Sruly Koval and Ruchi Koval provide on a weekly basis at Jewish Family Experience, so I figured that spending more time getting to know Ruchi while traveling around Israel would be an unparalleled experience.

I was nervous about leaving my children (ages 11 and 8) for such a long time, but my husband Jeff encouraged me because he had also had gone on a JWRP trip several months before me with Rabbi Koval. He came back so inspired to make changes in our lives and really wanted me to experience Israel

with JWRP so I would agree to bring more Judaism into our lives. He assured me that our children would be well cared for, which, of course, they were.

I feel that I explored Israel in a much more meaningful way than I expected. I lived in Israel from 2000-2002 while studying at Tel Aviv University and met my husband in Israel, too. I have always felt a strong connection to Israel but now I feel connected even more – and in a much more meaningful way.

Jerusalem is an incredible city and spending Shabbat walking to the Old City, walking to lectures, enjoying a delicious lunch with a family in a beautiful residential neighborhood – it felt overwhelming. I have never felt so comfortable disconnecting and leaving everyday life behind. In Cleveland, I felt it was a burden or difficult to turn off my phone, but in Jerusalem, it was freeing, relaxing and natural.

*"I have never felt so comfortable disconnecting and leaving everyday life behind."
~ Marni Turell*

I didn't know what to expect from all the lectures that were scheduled in our itinerary. I thought that might be boring, and we would just need to sit through them to get to the better stuff – exploring, touring, camel riding, Dead Sea swim-

ming, Masada climbing and shopping! Much to my surprise, the lectures, including those by Ruchi, among other experts, made the trip even more incredible. They each shared their own journey and were so open and real, providing inspiration and ways to make changes in our own lives.

As a family, we have been on a Jewish journey for a few years. I have learned that Judaism is not "all or nothing," but, rather, a journey. Every step can be meaningful. I have been having Shabbat dinner every Friday night, inviting friends over each week for the last couple of years, and I've made my own challah recipe, too. Now, after returning from Israel, we have discussed that the next small step for our family would be to reduce electronics on Friday nights. I think it will bring us all closer together, and we will actually need to entertain ourselves! We also are floating the idea of converting to a kosher kitchen. Each step is important and helps us reach more fulfillment in our lives.

Alise Peters

I belong to JFX, where so many of the women had been on the JWRP trip, and it was finally time for me to go. The trip was so unbelievable! So much more than I expected it to be. Since returning, I started to light Shabbos candles every Friday night. I also made some great friends on this trip, and I do believe that we will remain friends and connected forever. My husband Ryan has visited Israel, and he was the big fac-

tor in my participation since he was the one person who really wanted me to experience this trip.

This trip involves a lot of time away from home. You become "sisters" with the other women. We experienced so many emotional moments together, and our time will never be forgotten.

Going on this trip was a real life changer. I had never been to Israel before and getting to see it with such an amazing group like JWRP and the Cleveland group of women was just what I needed. I fell in love with Israel and can't wait to return with my family to celebrate my girls' bat mitzvahs there. Now I think that any adult woman NEEDS to go on this trip!

*"I fell in love with Israel and can't wait to return with my family to celebrate my girls' bat mitzvahs there."
~ Alise Peters*

Pictured, from left:

- Jamie Synenberg and Solon resident Angie Zimmerman take a camel ride at Eretz Bereishit.
- Marni Turell, Barbie Barnholtz, Ruchi Koval, Debbie Greenberg and Dahlia Fisher jump for joy.
- Alise Peters and Lisa Berns on the roof of the Hillel, overlooking the Western Wall.



Beachwood Men's Softball League Completes Season, Very Best Ever

Just a few months ago, the Beachwood Men's Softball League concluded its 2017 season, which was considered by many players and observers as one of the very best ever. The league, which has been around for nearly 60 years, has recently attracted many new, young and extremely-competitive players.

With recent additions of an All-Star Game, Legends Game, a Hall of Fame, a website and much more, the league has attracted additional players, and, as a result of all the new talent, a ninth team has been added. More than 30 talented players tried out this past spring, many in their 20s and 30s, resulting in the most competitive games ever. Players who previously were drafted in the first and second rounds were selected in third, fourth, and even fifth rounds. Several of these newcomers appeared on the league's top-15 list for the year.

Rob Fern, a former college player, was the 2017 batting champ who led the league with a record batting average of .821.

Because of all the new talent, the "Rookie of the Year" award was split in a tie between Matt Kastelic and Jose Garcia.

The Gellis-Gilbert team captured its second consecutive championship by

defeating the Baker-Weiskind team in straight games in a two-out-of-three series. The Gellis-Gilbert team also won the annual Round Robin tournament by coming from behind against the Gottfried-Dirusso team with seven runs in the finale, from six runs down with two outs and no one on in the bottom of the 7th inning.

In further post-season play, Adelman's Army extended its undefeated string to five wins when they beat Nathan's Navy (11-10) in the post-season Legends Game, which is dedicated to players over the age of 60.

At first count, approximately 75 percent of the participants wore some type of medical device, but everyone played through the pain and enjoyed the annual camaraderie of these ex-warriors. The game again featured an array of lovely cheerleaders adorned with pink "Legend Lady" shirts and matching pom poms.

In the featured All-Star

game that followed, home runs were the order of the day as balls were constantly flying over the fences by power hitters on both teams. With hitting stars abundant on both teams, the "Odd" team, led by Jose Garcia and the father/son combination of Rob and Brandon Schickler, edged the "Even" team in nine innings by a score of 17-15. The Even team hitting stars were Rob Fern, Dan Solomon, Todd Adelman and Alex Kowit. The teams were coached by Larry Adelman, Dick Cohen, Jim Heller and Manny Nathan, the four league commissioners.

The league held its annual banquet at Landerhaven on November 21. Former Beachwood Mayor Merle S. Gorden and Cleveland Indians Executive Vice President Bob DiBiasio were keynote speakers. Congratulations to 2017 Hall of Fame inductees Cal Block and David Barr.

The competitiveness of the Beachwood Men's Softball League in 2017 was evidenced

by the fact that 65 percent of the games played during the year were won by five runs or less. The league looks for even more prominence and success in 2018.

For more information about the Beachwood Men's Softball League, contact Larry Adelman at stks1000@yahoo.com.

With recent additions of an All-Star Game, Legends Game, a Hall of Fame, a website and much more, the league has attracted additional players, and, as a result of all the new talent, a ninth team has been added.



The Legends Game featured lovely cheerleaders adorned with pink "Legend Lady" pom poms.

Pictured from left: 2017 Hall of Fame inductees David Barr and Cal Block.

Programs at the Maltz Museum of Jewish Heritage

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

Monday, January 15

11 am – 5 pm

- Evelyn Wright Quartet plays live at 1 pm
 - Panel discussion on civil rights, gender, and race at 3 pm
- Free and open to the public**

Explore the idea of how iconic civil rights leader Martin Luther King, Jr., and everyday citizens fight against discrimination to change America. See the museum's special exhibition, *Beyond Chicken Soup: Jews & Medicine in America* to learn about the historic fight for healthcare, and take a look at the future of medicine in America. Then, share a cause you would fight for! Join in a lively panel discussion with Margaret Mitchell (YWCA), Peggy Zone-Fisher (Diversity Center), Jazmin Long (Global Cleveland) and Kayla Griffin (NAACP) on civil rights, gender, and race today. Plus, enjoy music from the Evelyn Wright Quartet on this family-friendly day. Support from the Community Relations Committee of the Jewish Federation of Cleveland.

Friends of the Maltz Museum's Presidents' Day Celebration

Monday, February 19

11 am – 5 pm

Free and open to the public.

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. Presented by Friends of the Maltz Museum.

Space is limited and advance reservations are always recommended. For more information on these and other Maltz Museum events and exhibitions, call 216.593.0575 or visit maltzmuseum.org.

Beyond Chicken Soup: Jews & Medicine in America

(Now – April 8)

Featuring 200+ artifacts, photographs and documents, including highlights from Cleveland's own Mt. Sinai Hospital, *Beyond Chicken Soup* tells the story of how Jews were forced to create access to their own healthcare in the face of discrimination, challenging visitors to consider how they can be upstanders to support diversity and inclusion.

Beyond Chicken Soup tells the story of how Jews were forced to create access to their own healthcare in the face of discrimination, challenging visitors to consider how they can be upstanders to support diversity and inclusion.

Beyond Chicken Soup is included with Maltz Museum admission: \$12 adults, \$10 seniors (60+) and students, \$5 youth (5-11) and FREE for Maltz Museum Members and children under 5. Groups of 10 or more are eligible for guided tours and a discount with advance registration.

Exhibition/Museum hours are: Tuesday – Sunday, 11 am – 5 pm, and Wednesday, 11 am – 9 pm. The Maltz Museum is closed Mondays.

Guided "Drop-In" Tours: Docent-led tours of *Beyond Chicken Soup* are available Tuesdays and Sundays at 2 pm with regular Museum admission.

Maltz Museum of Jewish Heritage celebrates culture and identity to encourage connection and promote a greater appreciation of Jewish heritage and the diversity of the human experience. For more information, visit maltzmuseum.org and follow us on Facebook and Twitter @maltzmuseum.

FREE ON MLK DAY



Join us at the Maltz Museum Monday, January 15 11AM - 5PM

HEAR OUR VOICES CELEBRATION

- Explore the idea of how iconic civil rights leader **Martin Luther King, Jr.**, and everyday citizens flight against discrimination to change America.
- See our special exhibition, *Beyond Chicken Soup: Jews & Medicine in America* to learn about the historic fight for equality in healthcare.
- Share a cause you would fight for with hands-on crafts and activites on this family-friendly day!
- Listen to live music and participate in a panel discussion on civil rights, gender, and race today.

Support from the Jewish Federation of Cleveland's Community Relations Committee.

MALTZ MUSEUM OF JEWISH HERITAGE
The Museum of Diversity & Tolerance
2929 Richmond Road, Beachwood, OH
216.593.0575 | maltzmuseum.org

The Diversity Center Recognizes Randell McShepard and Bernie Moreno

On November 30, The Diversity Center of Northeast Ohio held its 63rd Annual Humanitarian Award Dinner where community leaders who represent the values of mutual respect, inclusion and compassion were recognized. This year's honorees were Beachwood resident Randell McShepard, vice president of Public Affairs, RPM International Inc., and Bernie Moreno, president, Bernie Moreno Companies.

In 2017, The Diversity Center, in its mission to eliminate bias, bigotry and racism, partnered with more than 30 schools across Northeast Ohio, reached nearly 10,000 school children through outreach programs and special events, and facilitated diversity development training for nearly 2,400 professionals at over 35 Northeast Ohio businesses.


Beachwood was pleased to join The Diversity Center in recognizing these outstanding individuals and applauded the organization for carrying out its mission to create

communities where all people are connected, respected and valued.

In recognition of this event, former Mayor Merle S. Gorden and City Council proclaimed Thursday, November 30, 2017 as "The Diversity Center of Northeast Ohio Day" in the City of Beachwood.

For more information about The Diversity Center, visit <http://www.diversitycenterneoe.org>.

Pictured from left: Honoree Randell McShepard, The Diversity Center president and CEO Peggy Zone Fisher, and Honoree Bernie Moreno.

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Pause & AFFECT: A Shabbat Outlook

Ongoing Women's Study Group
Mondays 1:30-2:30 PM & Fridays 9:00-10:00 AM

READ IT IN HEBREW

5 Sundays beginning January 7, 2018
9:30-11:00 AM

THE ART OF COMMUNICATION

6 Wednesdays beginning January 17, 2018
10:00-11:30 AM -or- 7:30-9:00 PM

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Special event
January 17th
at 7pm!

THE ISRAEL EXPERIENCE

10 day trip in Israel, March 4-13, 2018
www.LandandSpirit.org

PATTERNS OF EVIDENCE - EXODUS

Award winning film viewing March 25, 2018
6:30-9:30 PM

THE EXISTENCE: RETHINK IT

6 Wednesdays beginning April 18, 2018
10:00-11:30 AM -or- 7:30-9:00 PM

JCC Men's Club

The JCC Men's Club is a Beachwood gem that offers its members the chance to socialize, meet new friends, and take part in discussion groups every Monday morning. The club meets from 11 am to noon and community gentlemen are invited to enjoy coffee and presentations by interesting speakers. Stop by as the group's guest for a few weeks before you decide to become a member. Get up, get out and learn something. You'll feel better for doing it!

Monday, January 8

Kay Carlson, president and CEO of the Nature Center at Shaker Lakes, will discuss "What's shaking at Shaker Lakes."

Monday, January 15

Louise Prochaska, professor of Theology & Women's Studies at Notre Dame College, will discuss "Today's Morality Issues."

Monday, January 22

Rap Session

Monday, January 29

Lane Schlessel, a member of the Lyndhurst City Council and executive director of the Ohio chapter of Friends of the Israel Defense Forces (IDF), will discuss "What is new with the IDF?"

For additional information, contact Steve Thompson at 440.666.1805.

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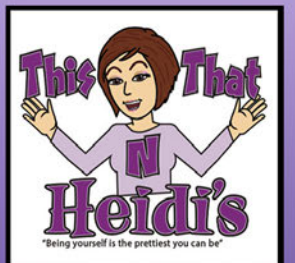
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Jewish Genealogy Society Meetings

The following programs take place on Sundays, at 1:30 pm, in the Men's Club Board Room at Park Synagogue East, 27500 Shaker Blvd., Pepper Pike. Board members are available from 1 pm to assist with individual research questions. Guests are welcome. RSVP to: Programming@ClevelandJGS.org.

Learn how to "Break Down Brick Walls" January 7

Two past presidents of the Jewish Genealogy Society of Cleveland will give advice on how to break through a brick wall. Ken Bravo and Richard Spector will share research strategies and examples of how they have found missing ancestors.

Bravo is the current president of the International Association of Jewish Genealogical Societies (IAJGS). His 40 years of genealogy research has revealed relatives in the United States, Canada, South America,

Russia, Great Britain, Israel and Australia. He retired as a partner at the Cleveland based law firm of Ulmer & Berne.

Richard Spector, a retired attorney, has been investigating the genealogy of his family for nearly 20 years and has found more than 1,600 certain relatives, some born about 300 years ago. He has frequently spoken to groups interested in genealogy in the northeast Ohio area and has published a number of articles in *Avotaynu*, *The International Review of Jewish Genealogy*, on various genealogical topics including DNA.

Mt. Sinai Legacy February 4

Mt. Sinai Health Care Foundation president Mitchell Balk will discuss the history of Jewish-sponsored hospitals in the United States, with a focus on Cleveland's Mt. Sinai Medical Center. In his presentation, titled "Whither Jewish Hospitals – the Mt. Sinai Legacy," Balk explains how the medical institution has had a lasting impact on the community through the grantmaking Mt. Sinai Foundation, which was formed from the hospital's sale in 1996.

Balk spearheaded the emer-

gence of the Foundation as an independent health grantmaker. As of June 2017, the Foundation had assets of approximately \$150 million and had distributed more than \$120 million in its 20 years of grantmaking.

Balk and Mt. Sinai were the recipients of the 2017 Case Western Reserve University President's Award for Visionary Achievement.

Among his many professional activities, Balk was the founding board chair of the Health Policy Institute of Ohio, a non-partisan information resource for policymakers, founded by Ohio foundations.

Beachwood Buzz wishes you a happy and healthy new year, filled with inner peace.

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Right at Home-Cleveland Named "Caring Star of 2018"

Beachwood-based Right at Home-Cleveland East has been selected by Caring.com as one of America's top-rated in-home care agencies with the website's "Caring Stars of 2018" recognition. This is the second year in a row that Cleveland East has earned this distinction.

The Cleveland East senior care franchise, which serves the Beachwood community, was one of a select 61 Right at Home offices that earned Caring.com's highest-possible ratings from consumer ratings and reviews through the website's partnership with Home Care Pulse. Cleveland East's Right at Home is one of two home care agencies recognized in the Northeast Ohio region.

"When we decided to open a Right at Home agency, we did so with the intention that the business would provide the best, most personalized service to the aged of our community," said Shalom Plotkin, owner of Right at Home-Cleveland East. "This award publicly acknowledges that we are deeply committed to providing the best in-home care to seniors in the area, and it is wonderful to be able to have a lasting and positive effect on so many clients and their families who can't always be there."

The excellence shown can also be contributed to RightCare, Right at Home's unique approach to home care. RightCare acts as a guide to ensure each location's customers are best taken care of, and it's comprised of four pillars: RightPeople representing the most professional and passionate people in the business; RightServices encompassing a wide range of care to clients; RightApproach for personalized and tailored care plans; and RightMission to improve quality of life for those served.

This year, there were 253 Caring Stars awarded across the nation by Caring.com. To qualify for the award, the in-home care agencies had to have several positive reviews on their Caring.com listing, and the agencies had to have responded to reviews requiring attention. In recent months dozens of the Cleveland East office's client families have given their caregivers the highest marks for professionalism and compassion.

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

For more information about Right At Home – Cleveland East, call 216.752.2222 or visit www.ohioseniorcare.net



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VACANCY ON BEACHWOOD CITY COUNCIL

What happens next?

For complete information, see *City Council Update* on page 28.

CITY OF
Beachwood

Free Community Open House at Severance Hall

A free Community Open House will take place on Martin Luther King Jr. Day, Monday, January 15, from 12-5 pm at Severance Hall. Performances and family activities will take place throughout the day.

Performances by the Cleveland Orchestra Youth Chorus, the Cleveland Orchestra Youth Orchestra, Cleveland School of the Arts R. Nathaniel Dett Choir, gospel group Lafayette Carthon & Faith, and more, will

take place in the Concert Hall.

Family activities will include the "I Have a Dream" Wall, MLK activity sheets, a Martin Luther King, Jr. book display by Cuyahoga County Public Library in Smith Lobby, and Terry Macklin Inc., DJ and line dancing in the Bogomolny-Kozerefski Grand Foyer.

For additional information on the groups performing and activities of the open house, please visit clevelandorchestra.com.

From the Women of Fairmount Temple

Tuesday, January 9 • 1 pm

Pet owners and lovers will be enlightened by Rachel Friedman with her talk, "A Better Pet." She'll speak about service dog training and how to enhance the human-animal bond. Come at 12:45 pm for coffee, tea, and cookies.

Tuesday, January 23 • 1 pm

Enjoy music by The National Council of Jewish Women's High Notes World Tour. Come at 12:45 pm and enjoy coffee, tea and cookies.

Sunday, January 28

9:30-11:30 am

Mitzvah Morning Projects

More and more women (and men, too) are finding joy in creating kits for children who face epilepsy, putting together knitted squares and creating Braille books. Come and join the ever-growing group of mitzvah makers.

Programs take place at Fairmount Temple. For more information, contact Phyllis Henry at 440.461.7921.

Tips for Online Shopping

Shopping online is more popular than ever and there are many scams out there. The Better Business Bureau offers these tips:

- Know the advertiser. Some of the best deals are only available online, but be careful. It's easy for a fake site to mimic a famous retailer's website, so make sure you that are shopping with a legitimate site. Check out retailers at bbb.org before you shop.
 - Check a site's security settings. If the site is secure, its URL (web address) should start with "https://" and include a lock icon on the purchase or shopping cart page.
 - Take your time and read the fine print before submitting your order. Look for the return policy. Know before you buy.
 - Protect personal information. Read a site's privacy policy and understand the personal information that is being requested and how it will be used.
 - Think before you click. Many sketchy retailers advertise great deals or trendy clothing that don't measure up to the promotional hype.
 - Beware of too-good-to-be-true deals.
 - Beware of phishing. Phishing emails can look like a message from a well-known brand, but clicking on unfamiliar links can place you at risk for malware and/or identity theft. One popular scam claims to be from a package-delivery company with links to "tracking information" on an order you don't remember making. Don't click!
 - Shop with a credit card. In case of a fraudulent transaction, a credit card provides additional protections that make it easier to dispute unapproved charges.
 - Keep documentation of your order until you receive your order and are satisfied. Be sure to know and understand the return policy.
 - Keep a clean machine. Install a firewall, anti-virus, and anti-spyware software. Check for and install the latest updates and run virus scans regularly on your computer, tablet, and smartphone.
- Questions? Contact the Better Business Bureau at www.bbb.org.

Enriching Judaism in Cleveland

Whether you want to take a crash course to learn to read Hebrew, discover your best self at a Tanya study group, earn CEUs, attend a Mom & Me or join a 5-Star trip to Israel, Enriching Judaism has something for you. For weekly classes and more, visit EnrichingJudaism.com. Select events in January include:

Monday, January 8 • 8:15 pm
New Parent Info Night

An informative evening to ask questions and hear what Jewish day camp is all about. Geared to parents with kids in pre-K

through 1st grade (call for location).

Thursday, January 11 • 8-9:30 pm
The Chassidic Brotherhood – Monthly Farbrengen.

Share L'chaims, lend support and gather strength from fellow Jewish men ages 21+ .

Monday-Friday, January 15-19
9 am – 3 pm

Winter camp during the Fuchs Mizrahi school break.

Wednesday, January 17 • 7-9 pm
The Kabbalah of Communication

Delve deep into the soul of communication for keys to communicate effectively. Earn 1.5 CME credits and Mental Health CEUs.

Tuesday, January 23 • 8:15-9:30 pm

Ladies Night Out – Monthly Event
Learn, laugh and schmooze with Jewish women of all ages and backgrounds at an elegant evening to rejuvenate the mind, body and soul.

Wednesday-Tuesday, January 31 - February 6 • 9 am – 3 pm
Winter camp during the Hebrew Academy School Break.

All classes and events take place at 25400 Fairmount Blvd unless otherwise noted. For more information and to RSVP go to EnrichingJudaism.com, contact Rabbi Shmuli or Rivky Friedman 216.282.0112 or email info@EnrichingJudaism.com.

For weekly classes
and more, visit
EnrichingJudaism.com.

**A Montefiore Tribute to
Dr. Martin Luther King, Jr.
Featuring Keynote Speaker
Dr. Charles Modlin,
President, Cleveland Clinic
Medical Staff**

**Monday, January 15
2:30 pm at Montefiore
One David N. Myers Parkway
Beachwood**

Dr. Charles Modlin, MBA, president of the Cleveland Clinic Medical Staff, member of the Cleveland Clinic Board of Governors and Medical Executive Committee, and member of Cleveland Clinic Board of Trustees is a kidney transplant surgeon and urologist in the Glickman Urological and Kidney Institute, and Cleveland Clinic executive director of Minority Health. He founded and directs Cleveland Clinic's Minority Men's Health Center and Cleveland Clinic's Annual Minority Men's Health Fair.

Enjoy musical performances by The Singing Angels and Montefiore Life Enrichment coordinator Josie Love, followed by a dessert reception.

For questions, contact Susan Lieberman, director of marketing, at 216.910.2647.

This event, free and open to the community, is made possible by the generous support of The Malcolm and Helene Zucker Endowment Fund of The Montefiore Foundation.

**Caregiver Education and
Support Group**

**Tuesday February 6, 2018
5-6 pm at Montefiore**

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? We're here for you!

Come to Montefiore's monthly, community-wide caregiver education and support group program to receive 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.

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In His 98th Year, Dr. Brahms Finds Joy Daily

By June Scharf

At 98 years old, Dr. Malcolm Brahms says he feels like he's "maybe 50, but no older than that." He acts like it, too, with all his faculties performing well and a smile easily and frequently present. The City of Beachwood recently declared December 2, 2017 as "Dr. Malcolm Brahms Day" to recognize the 85th anniversary of his bar mitzvah.

Malcolm still drives and fully engages in life, although the lunches and dinners out have dwindled since Evelyn, his wife of 73 years, moved to Menorah Park, and many friends and relatives have passed away. But, on a daily basis, he attends minyans at B'nai Jeshurun Congregation, where he's made a few friends, including Robert Zelwin, who nominated him for the proclamation. He also visits Evelyn for a few hours every day. It was only five months ago that he hired some daily help for around the house.

The jovial retired orthopedic surgeon was born in Dayton, raised his family, including daughter Lauren Resnik and son Rabbi Jan Brahms, in Shaker Heights and has resided in Beachwood for the past 32 years. His career afforded him the opportunity to serve as The Cleveland Browns team orthopedic surgeon from 1965 – 1980. That gig began when he was asked to treat Browns star player Paul Warfield, who had broken his collarbone in the All Star game in 1965 – a lucky break for Malcolm, as he perceives it.

He also served in the same capacity for the Cleveland Indians for many years, ending in 1980. After his staff membership at Mount Sinai Hospital for many years, he then established the private practice, Brahms, Cohn and Leb, in Beachwood.

His secret to reaching his 90s? "Principally luck." While this may be true, it also appears that his positive attitude, diligence and dedication to his craft have propelled him. But his greatest

bounty at this point in life seems to be the close relationships he maintains with his children, four grandchildren and five great grandchildren. They call him "pal," because that's how he addressed each of them when they were young.

Although he frequently sprinkles the notion of luck into any talk about himself, part of his good fortune directly relates to what he made of his opportunities.

He remembers the anniversaries of their bar/bat mitzvahs and offers them \$1 for each year since the event. He proudly reveals that he attended every one of those occasions as well. He celebrates the anniversaries of his own bar mitzvah, which is essentially the same as celebrating his birthday, either by taking someone to dinner or engaging in an activity with him or her.

He describes himself as being very grateful. Some of that feeling developed from growing up very poor. His parents were immigrants from Latvia, and his father worked as a peddler who sold fruits and vegetables from a horse-drawn wagon. He jokes, "I was so poor, I was made in Japan."

He dreamed of being a doctor from a very young age, and was "lucky enough to actually do it." With some scholarships, he attended The Ohio State

University, followed by the Ohio College of Podiatric Medicine, after which he served in the army. When his service was complete, he attended Western Reserve Medical School and specialized in foot and ankle repair. He was a founding member of the Foot and Ankle Society, an active branch of orthopedic medicine, he explains.

While in school, he loved playing basketball, but he rarely finished games. "I was too rough, so I was penalized," he says with some degree of dark pride.

He always had a love for sports, with baseball and golf being his favorite games to play. In his retirement, he played a lot

of golf at Beechmont Country Club and in Boca Raton, where he lived for 30 years as a snowbird.

With a little grin, Malcolm refers to himself as the baby of his nuclear family, including two older brothers and a sister who are all now deceased. His only ailment was a heart attack at age 54, which was treated with a defibrillator and ablation. He stays mentally active partly by plugging into the political scene. His daily routine involves watching his favorite channel, CNN, and MSNBC, but "never Fox." He also watches lots of sports, but not hockey or soccer, and mostly on ESPN. He generally likes to



Dr. Malcolm Brahms finds joy daily.

park himself in front of the TV from 4 pm – 11 pm.

About six months ago, Malcolm began using a three-wheeled walker. If he feels a sense of urgency to retrieve something, such as a picture of a lovely grandchild on the other side of the kitchen, he can leave it behind. He's very confident and well-adjusted to using his iPhone, something he attaches to his belt ("though it doesn't ring as much as it used to"), and he works his email with aplomb, but he's not a player on Facebook. "None of that extra stuff – no time for it," he says dismissively. He also still attends movies either by himself or with his aid.

Although he frequently sprinkles the notion of luck into any talk about himself, part of his good fortune directly relates to what he made of his opportunities. He also relishes being social and bringing good people into his life. He includes among them the waitresses at Beechmont: "They shower me with love and wrap their arms around me and give me a kiss."

Overall, Malcolm takes each day and makes the most of it. "I have no regrets – I'm too positive for that."

**The Beachwood Library
presents:
Through the Eyes of the
Artist – Leonardo DaVinci**

Friday, January 12
10-11 am

Few people know the amazing story behind the man often described as the embodiment of the Renaissance. Leonardo DaVinci once said that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things. Art historian Felicia Zavarella Stadelman returns with her popular series on the lives and works of beloved artists. Registration required. Sponsored by the Friends of the Beachwood Library.

To register, call 216.831.6868.

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Who's Buzzin' in Beachwood?

by Arlene Fine

Music For Food Fundraiser

There was rapturous music in the air when Music For Food's world-renown musicians, led by cellist Sharon Robinson, performed in the Maltz Museum of Jewish Heritage auditorium to benefit the Cleveland Kasher Food Pantry. Music For Food is a national organization where musicians volunteer their time and talent to raise funds to feed the hungry. The Cleveland Kasher Food Pantry serves 4,000 individuals in need each month at neighborhood centers, apartment buildings, weekly open pantry, and monthly outdoor mobile pantry.



Debi Slater, Rivka Goldstein and Devorah Alevsky, Cleveland Kasher Food Pantry director



Boris and Ella Karasik



Mark and Sharon Kreindel



Brian and Cheryl Fox, Cleveland Kasher Food Pantry concert chairperson



Cheryl Siegel

Beachwood Arts Council

A top-tapping performance by The Cleveland Bluegrass Orchestra had a standing-room only crowd begging for more. BAC board member Martin Flowerman, a retired Cleveland Orchestra bassist, introduced the performers, all Cleveland Orchestra musicians who thrilled the audience with plenty of old time bluegrass favorites and back country blues.



Cleveland Bluegrass Orchestra musicians: Mark Dumm, banjo; Jeffrey Zehngut, mandolin; Trina Struble, fiddle; Derek Zadinsky, bass; and Henry Peyrebrune, guitar.

Debbie Hoffmann with Lynne Berliner



Challah Days

The annual Challah in the Cle was the toast of the town. Over 1,500 participants filled Executive Caterers at Landerhaven to experience a new twist on the art of challah baking. The Shabbos Project Cleveland organized the event, which was part of an international effort to connect Jews around the world.



JFSA Annual Meeting

The Jewish Family Service Association held its 142nd annual meeting at Executive Caterers at Landerhaven. Included in the evening were award presentations and a keynote speech by Dr. Akram Boutros, president and CEO of MetroHealth System. JFSA helps individuals and families with solutions to face life's challenges with confidence. JFSA's Horvitz YouthAbility young people were on hand to meet and greet the guests.



Anne Rosenberg, Janisse Nagel and Karen Tindel



Ilana Hoffer Scoff with Harvey Siegel



JFSA Honoree Cynthia Bruml with Jeff Morris



Newly-elected Beachwood City Councilman Eric Synenberg with Honoree Michael Guggenheim and Rabbi Stephen Weiss



Mendy and Ita Klein

Roll House - Entertainment is Everything

The grand opening of the new Roll House in Solon, an action-packed family entertainment center, included a evening of great food, laser tag, laser maze, open bowling, arcade games and a ninja warrior course. From my visit, I observed that it's a new hot spot for Beachwood residents.



Beth Brody

Beachwood Buzz
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2018

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Chagrin Valley Camera Club

The Chagrin Valley Camera Club usually meets twice a month on Tuesdays at the Beachwood Library (unless another location is indicated). Meetings are from 7-9 pm and guests are always welcome!

January 16

Our featured speaker, Morry Burke, is a long-time CVCC member and a well-regarded photographer in the Cleveland area. His topic will be, "Explorations Beyond Photography:

Attempts at Photo Art." This stimulating subject is sure to offer helpful insights into the methods used to bridge the gap between "conventional photography" and forms of expression that use the camera as part of a broader process of visual imaging. Be sure to join us for this interesting discussion.

For a complete overview of meetings, speakers and events, please visit the Chagrin Valley Camera Club's website at www.chagrinvalleycameraclub.com.

"True Tales from the Campaign Trail"

Jerry Austin will discuss his new book with co-hosts Brent Larkin and Tom Beres at the Beachwood Library on Wednesday, January 24

On Wednesday, January 24 at 7 pm, Jerry Austin will discuss and sign copies of his new book, *True Tales from the Campaign Trail: Stories Only Political Consultants Can Tell*, at the Beachwood Library. Books will be available for purchase and signing courtesy of Mac's Backs - Books on Coventry. This event is free and open to the public. Registration is required. Register online or by calling the Beachwood Library at 216.831.6868.

Austin is one of the nation's most expe-

rienced and successful political strategists. His book, *True Tales from the Campaign Trail*, finds Democratic and Republican political consultants putting aside their differences to offer entertaining and honest insights into the art of the political campaign. The variety of funny foibles and lessons learned makes for an engaging celebration of the democratic process and the campaign trail.

This event will be co-hosted by *Plain Dealer* columnist Brent Larkin and retired WKYC Channel 3 political reporter Tom Beres.



A Musical Celebration at Montefiore featuring Shining Star CLE Finalists

Montefiore residents, family, board members, volunteer and staff enjoyed a musical afternoon, on Sunday, December 3, with three Shining Star CLE finalists as they performed several songs, including their finals competition pieces. *From left:* Montefiore

Board Member Dan Zelman, Second Place Winner Kate Klika (Firestone High School), First Place Winner Maddy Wanke (Notre-Dame Cathedral Latin), Finalist Adriana Holst (Chagrin Falls High School) and Montefiore Board Chair Ira Goffman.

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