

# Beachwood Buzz

January 2019

Every Resident. Every Business. Every Moment.

MAGAZINE



*Mayor*

# MARTIN S. HORWITZ

*First Year in Office*

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## Set your Intentions in 2019

In the blink of an eye, another year flew by. As I look back at 2018, I reflect on relationships, achievements, those who I supported, those who supported me, things I did well, others things not so well, and where I would like to see myself a year from now.

The picture we paint in 2019 is a direct reflection of the choices we make each day. When we set our intentions, we create images that comes into focus over time.

Life moves forward at a quick pace. We have responsibilities; we spend time on our phones, computers and televisions; and we often fail to slow down, breathe, enjoy the beauty that surrounds us, ask questions to truly understand one another, and recognize what's really important in the big picture.

Last month, I purchased Vertellis ([www.vertellis.com](http://www.vertellis.com)), a card game that was invented because its creators felt that they were losing touch with those closest to them. Vertellis means "tell us more," in Dutch, and the young entrepreneurs' mission is to bring people closer together, stimulate time offline and realize dreams. Here are some of its questions:

- What are you most grateful for?
- What was one of your most exciting experiences?
- Who has inspired you most?
- With the knowledge you have now, what would you have done differently?
- What was your biggest mistake?
- Of which personal achievement are you most proud?
- What are you most looking forward to?
- What will you do to make the upcoming year as good as, if not better than, last year?
- What will you do in the upcoming year for your health?

- What will you congratulate yourself for a year from now?

Additional questions in the game's relationship version include:

- What makes your relationship unique, and how has this been expressed lately?
- How can you make your partner's day a little more beautiful tomorrow?
- What good quality or talent haven't you put to use recently?
- What have you done well in your relationship lately and what could you have done better?
- What has your partner done lately that has made you feel grateful?
- Give your partner a different compliment every day of the next week.
- Agree on a half-day in the near future where you both eliminate television, phones, tablets and other distractions.

The picture we paint in 2019 is a direct reflection of the choices we make each day. When we set our intentions, we create images that comes into focus over time. Whether you choose to communicate better with family and friends, pursue something new, minimize the use of technology, enjoy the beauty that surrounds you, or

ask questions to get to know someone better, every action starts with an intention. Listen to your thoughts, take action, believe in yourself and don't let outside forces blur your visions.

A quote from Wayne Dyer comes to mind: "You create your thoughts. Your thoughts create your intentions, your intentions create your reality."

We can't look back on yesterdays or predict what will happen tomorrow, so I do my best to focus on the present moment. I wish you good health, inner peace, and awareness to manifest positive intentions and make them come true.



*This column is dedicated to my sister, Darcy Zelman Alter, who lost her battle to cancer on November 30, 2015 and would have celebrated her 58th birthday on January 6, 2019. Although gone from this world, Darcy is loved and lives in our hearts forever.*



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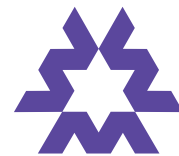
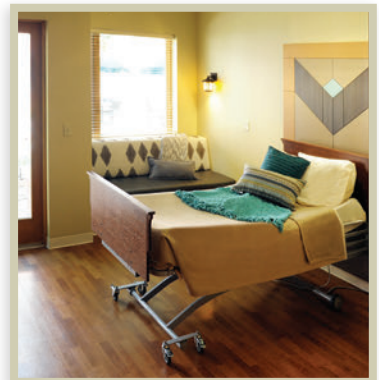
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# Beachwood Buzz

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**Buzz**  
MAGAZINE

## Mayor Martin S. Horwitz ~ First Year in Office



Mayor Martin S. Horwitz has lived in Beachwood for more than 55 years. He is a Beachwood High School graduate ('71) and worked as a sole-practice attorney for more than 40 years, spending the last 15 years in a Beachwood office. Now, every day, he wakes up honored and humbled to be the mayor of our great city. Martin has been married to Sandi for 42 years. They have two children: Gayle, an attorney, and Justin, a physician; and two grandsons.

Mayor Horwitz was sworn in as the 17th mayor of Beachwood on January 1, 2018, and *Beachwood Buzz* was privileged to interview him and report on his first year in office.

Full story begins on page 6.

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# Mayor MARTIN S. HORWITZ

## First Year in Office

In Northeast Ohio and throughout the state, the City of Beachwood is known for its outstanding municipal services, strong economic base, low taxes, diverse business development and an award-winning school district. Beachwood is comprised of residents representing diverse religions and cultures, plus hundreds of multi-generational families. Beachwood has nearly 12,000 residents, 100,000 daily visitors and employees, and more than 2,500 businesses. None of this happened by accident; it's the result of careful planning by many former mayors and council persons.

Mayor Martin S. Horwitz has lived in Beachwood for more than 55 years. He is a Beachwood High School graduate ('71) and worked as a sole-practice attorney for more than 40 years, spending the last 15 years in a Beachwood office. Now, every day, he wakes up honored and humbled to be the mayor of our great city. Martin has been married to Sandi for 42 years. They have two children: Gayle, an attorney, and Justin, a physician; and two grandsons.

Mayor Horwitz was sworn in as the 17th mayor of Beachwood on January 1, 2018, and *Beachwood Buzz* was privileged to interview him and report on his first year in office.

### **How did you feel when you walked into City Hall on your first day as Mayor?**

When I first walked in, I immediately realized that a lot of responsibility comes with this job. In the first few days, meetings were set up with our police and fire chiefs and with other security partners throughout the city. I started preparing for contract negotiations with five unions. I also needed to quickly learn the internal processes and paperwork used for day-to-day city operations. There are 250 people employed here. Although I knew many of them from my days on City Council, I continue to make an effort to meet employees, learn about their jobs, and build

relationships. Honestly speaking, it was a daunting task to walk in on day one. No matter how much I thought I knew, I quickly learned that it was a complex process to manage this \$50 million corporation.

### **What are your main goals?**

Simply stated, I want this to be the best city for people to build a family or build a business. I have adopted the theme of "Beachwood 2.0" to move our city forward. My goal is to take the best elements that make our community one of the most desirable places to live, work, and play, and offer even more by building a platform of fresh approaches and creative solutions.

I want to be a transitional mayor: one who establishes management systems for future generations that will make city operations more efficient and economical, while taking advantage of Smart-City and frontier technologies that are changing our lives.

### **What experience did you bring with you?**

Through the experience of working with my father, Joseph Horwitz, an attorney and



former Cleveland City Council member, I learned the value of public service. I'm the only mayor in Beachwood's history who has been president of both the Beachwood Board of Education and Beachwood City Council, so I bring leadership lessons learned from serving our schools for 16 years and our city for 6 years. I also bring experience from working as a committee leader in local and national educational and legal associations.

### **What were your top priorities when elected mayor?**

My top priorities were based upon the concerns I heard from residents: safety, economic development, city-wide communication, and building a feeling of community among neighbors through resident programs.

### **Safety**

The safety of our community and the protection of the 100,000 people who are here every day are my most serious concerns.

We have had tremendous success with new policing methods at Beachwood Place and throughout the city to protect our residents and businesses from general crime. Beachwood Place is a safe place to shop. Criminals are getting the message that if they commit a crime there, they will be caught. Arrests are up and thefts are down.

In 2017, City Council approved the addition of five new police officers to our force. In 2018, they added an assistant police chief position. These officers are all expected to be hired in 2019.

To protect us against those who act through irrational behavior and who intend to do harm due to race, religion, sexual orientation, or political beliefs, we have excellent relationships and open lines of communication with all our security partners in the community. We also have emergency training drills at buildings throughout our community.

This year, we are adding a K-9 unit to our police department that consists of a bomb-sniffing dog and a drug-sniffing dog. We work

very closely with the Jewish Federation of Cleveland, which is helping to fund one of the dogs.

Upon request, BPD conducts security audits and active-threat training at Beachwood homes and businesses. To schedule a program, call the police department at 216.464.2343.

### **Economic Development**

Employees who work in Beachwood businesses pay the income taxes that fund 85%-90% of our city budget. As such, attracting and retaining businesses with high-earning employees is a critical responsibility for our city. It is a difficult job because we are often competing against neighboring suburbs for companies that want to expand, and nationally, we compete against cities like Charlotte, Phoenix and Atlanta for large projects.

Keri Zipay leads our Economic Development team. This year, Keri planned a series of meetings with local and national developers to find a partner who can help



Mayor Martin Horwitz and Karen Carmen, Community Services Director



Mayor Martin Horwitz and Keri Zipay, Business Retention Specialist

re-imagine and redevelop our Commerce Park area. Our Economic Development department also recognized the need for multiple tax incentives to keep us competitive and helped create a Community Reinvestment Area in Commerce Park. We are now working on a Community Improvement Corporation that will allow us to develop public-private partnerships.

Keri continues to make potential tenants aware of available commercial space and has been successful in bringing cutting-edge technology and pharmaceutical businesses to Beachwood, including the Lee Silsby Compounding Pharmacy. She is also helping local businesses to expand, including Beachwood Chamber of Commerce member Apple Growth Partners, and others.

Beachwood Place is important to our city's economic and business future. It was recently sold to Brookfield Properties, and we are working with the new owners. Modern shopping areas are moving to a work/live/play concept; to support this concept, we have changed our city's zoning code to improve development opportunities.

### **Communications**

During my campaign, many residents told me they wanted improved communication from the city. Therefore, one of my first goals was to create the position of communications coordinator. This is the first time Beachwood has had a full-time, in-house person to handle these responsibilities.

More than 300 people applied, and Lynn B. Johnson was hired. Lynn, a Beachwood resident, has more than 20 years' experience in digital and print media and marketing. In the past seven months, Lynn has greatly expanded the city's reach on Facebook and other social media platforms. Whether there is an activity or event scheduled, a new restaurant opening, or an emergency traffic problem, Lynn posts it immediately.

Lynn has established relationships with local reporters, and Beachwood has been positively featured in dozens of print articles and television stories. She is working on a complete redesign of the city's website, and she has taken over the responsibility of the Convention and Visitors Bureau, advocating for Beachwood as a destination, and saving the city \$100,000 annually.

### **Block Parties**

Another issue that was brought to my attention during my campaign is that residents often feel as though they don't know their neighbors. To help build a sense of community, we created a block-party program that was highly successful in its first year.

The city purchased folding tables, chairs, tents, coolers, and games, and created an invitation for use by party hosts, who worked with the city to coordinate details. We sent fire trucks and other safety vehicles. Our Service Department both dropped off and picked up requested supplies.

I, along with members of City Council, visited many of these parties and enjoyed talking with residents and listening to their concerns and perspectives about city issues. Our block party feedback was incredibly favorable. Many people shared that they'd lived in their homes for years, and this is the first time they'd met their neighbors.

If you're interested in planning a block party this year, please contact Lynn at 216.292.1901.



### **Beachwood's New Dog Park**

A small project with a loud bark is our future dog park, which we are tentatively calling Barkwood. There are more than 800 dogs registered to Beachwood families and for years, residents have been requesting a dog park similar to those in neighboring suburbs. This year, led by the efforts of City Council member Barbara Bellin Janovitz, its creation was authorized. Land has been cleared on the east side of Richmond Road in Beachwood Park East. In early spring, we will construct the fence, ground cover, and other amenities to make this a Beachwood-quality project.

### **Senior Rubbish Assistance Program**

When serving on City Council, many of us routinely received requests to help seniors take their trash to the curb. This is often one of the last hurdles that forces a resident into an apartment or senior-living facility. As such, in 2017, the Senior Rubbish Assistance Program was enacted by the City of Beachwood in partnership with the non-profit Village in the Heights, and I am proud to continue to support it today. Thanks to Village in the Heights executive director Paul M. Sobel and many dedicated volunteers, Beachwood's senior residents are more easily able to age in place. If you would like to help a neighbor, please call 216.512.1844.

### **Tell us about the Beachwood Public Safety Center**

At the end of this summer, we celebrated the opening of the Beachwood Public Safety Center. This building, at the corner of Richmond Road and Park East Drive, replaces the outdated and outgrown Fire Station #2 on Chagrin Blvd. and also houses our Dispatch Center; a training center for fire and rescue, police, and other safety forces; and an emergency operations center. Beachwood is now one of the few municipalities in Northeast Ohio that has its own training tower facility. The continued growth and increase in service demands in Chagrin Highlands, the areas at Harvard Rd. and I-271, make the Beachwood Public Safety Center perfectly situated for decades to come.

### **Are there any new construction plans on the horizon?**

Yes. The administration will be proposing a new police station and jail to City

Council in early 2019. Currently, the police department and jail are operating in the old service garage and City Hall, and they have outgrown their space. With increased staffing, extended shifts, a larger patrol area, additional programs, and K-9 dogs added to the force, we need more room. This station is one of last major building projects on the city's radar.

### **What other plans are on the horizon?**

Based on recommendations from our master plan, City Council has developed a 3- to 4-year plan to complete all the sidewalks in the city. In 2019, we are also going to develop plans to replace our streetlights with more energy-efficient LED heads and increase the number of light poles in areas that have high foot traffic, but poor illumination.

### **What else would you like to share?**

This year, we have completely reviewed and revised our zoning codes, which hadn't been done for more than 20 years. As part of the update, we have expanded the potential uses in Beachwood Place and Commerce Park to increase development opportunities.

We also updated our city charter with input from a committee of dedicated resident volunteers. The changes were approved in this past election.

We've reviewed our employment practices and updated all of our employment and housing rules to include members of the LGBTQ community. In a very progressive move, City Council has also passed legislation that now allots a period of paid parental leave to city employees who welcome a child into their family.

An internal committee is reviewing the standards developed by AARP to obtain Age-Friendly Community status.

### **What proactive steps are being taken to move the city forward?**

We hired Municipal Solutions to do a city-wide operations audit. Municipal Solutions provides high-quality, independent financial and management-advisory services to public and non-profit organizations. Its team will observe how we operate, talk with department directors, and provide suggestions. There is a lot of wisdom to be gained from a third-party evaluation. They will assess our operations and benchmark us against the best cities in the country.

We intend to develop a plan that incorporates increased energy efficiency, focusing on greater use of renewable energy sources.

This year, I plan to attend a Smart Cities conference in order to learn more about strategies for improving our overall efficiency by using frontier technology.

### **What is your favorite part of being mayor?**

I've spent more than 55 years living in Beachwood and I'm honored for the opportunity to give back. It is a tremendous joy to be part of the growth and innovation of this community. When I was on the Beachwood Board of Education, we started the laptop program and wireless networking at Beachwood Middle School – well before its time. I'd love to be in a comparable situation at the end of my tenure, bringing the city forward and knowing that under my leadership, we improved the quality of life in Beachwood on many levels.

Day to day, I love talking with residents. More often than not, I answer my own phone and emails. Residents call with great ideas and I love their input. They compliment city services, provide feedback from programs, and share gratitude about our safety forces. I receive many positive comments, many of which are directed at our dedicated employees who give 110% to this city.

Resident suggestions are important to me. Last year, as a result of resident requests, we placed a speed bump on Greenlawn Avenue. I value the opportunity to field suggestions and concerns: email me at mayor@beachwoodohio.com.

### **What continues to surprise you as mayor?**

I'm surprised at how many different things I can work on in one day. The range excites me: I'm never doing the same thing twice. There's always something new, which makes me want to learn more and become a better mayor.

I'm surrounded by great people and we have the resources to do things that most mayors can only dream about. We have tremendous opportunities here. We have a diverse, new, young council with new ideas and fresh ways of looking at projects. Together, we bring a lot of creative energy.



Mayor Martin Horwitz with Ptl. Amy Dansizen and Ptl. LaCameron Workman

### How do you feel today, a year after being sworn in as mayor?

I feel that we have made a lot of progress this year. I've built relationships with our staff, residents, business leaders, and local public officials. I feel tremendously comfortable in my role as mayor. Every department works closely with me and recognizes that I'm very interested in knowing about and supporting their operation.

I like to be hands-on. I've been on-site for two SWAT incidents and had the privilege of observing our police and fire departments in emergency situations, which gave me better insight into the lives and jobs of these professionals. I've been the host for several Senior Day Out luncheons. I attended the Beachwood Fall Festival, arriving early in the morning to help set up, and working alongside those who produced this amazing event attended by 6,000 people. I enjoyed moving boxes, greeting people, and thanking them for taking part in our Shred Days. I was at the Beachwood Family Aquatic Center on Memorial Day, with a record-breaking number of 1,000 residents. Beachwood offers many amazing opportunities to our residents, and I'm grateful to be a part of that.

### Final thoughts?

There are challenges ahead. My goal is to maintain the high level of services and programs we offer while facing rising costs. This year, we negotiated five union contracts that represent an average 3% salary increase. We know salt prices have gone up around the state: as much as 50% to 80%. We have major capital expenditures, including an ambulance and a fire truck.

We do not have an endless supply of income, so developing new revenue streams is of paramount importance. Several years ago, the estate tax was abolished, which eliminated \$3 to \$5 million each year that we had used for capital improvements. We have to continue to fight for quality economic development opportunities and equip ourselves with the tools to be competitive.

I mentioned earlier that I want to turn us into a Smart City. Cities today are relying on advanced technologies and data-driven decision making. Cities are looking at flex-fuel options for fleet vehicles and renewable energy sources. There are technologies that allow residents to report a pothole, register for summer camp, or participate in a town hall meeting from their smart phones. We should be a leader in these areas.

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I am pleased to report that the state of the City of Beachwood is vibrant, dynamic and forward-thinking. We are building on our past successes, concerned about continuously improving the quality of life for our residents, committed to expanding our strong commercial base, and dedicated to planning ahead to ensure that the City of Beachwood remains a premier city for decades to come.

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# Color My World Art Show

Thursday, January 10, through Thursday, February 14

## Beachwood Place

Beachwood students in grades 2, 5, 8, and 9 through 12, will exhibit monochromatic self-portraits in Color My World Art Show, at Beachwood Place (Center Court), Thursday, January 10, through Thursday, February 14.

Beachwood schools' art teachers include: Heather Grano, Tucker White, Chunny Hahn

and Rachel Hartwig. The show provides an art experience that reminds students that, as individuals, we can each be unique, while at the same time, connected to those different than ourselves.

For additional information, contact Heather Grano at [hgrano@beachwoodschoools.org](mailto:hgrano@beachwoodschoools.org).



*Pictured above:*  
Paisley Truitt, 11th grade  
David Zhen, 5th grade

*Pictured right:*  
Maryam Ramzi, 5th grade



*Beachwood Buzz  
Wishes You a Prosperous 2019  
That is Filled With Good Health,  
Love and Inner Peace*

## 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 10, 2019 • 7 p.m.

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2019-2020 school year. This program offers four mornings or afternoons per week.

### Preschool and Camp Registration Residents

Wednesday, January 16, 2019 • 3:30 p.m.

### Open Enrollment

Wednesday, January 30, 2019 • 3:30 p.m.

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## A Montefiore Tribute to Dr. Martin Luther King, Jr.

Featuring Keynote Speaker  
**Marsha A. Mockabee,**  
Monday, January 21 • 2:30 pm  
Montefiore • One David N. Myers Parkway

Marsha A. Mockabee serves as president and CEO of the Urban League of Greater Cleveland. In this role, she leads an agenda that empowers African-Americans to develop and exercise their potential on par with all other Americans through education, research, advocacy and provision of services. Marsha has more than 28 years of nonprofit leadership experience, as well as educational credentials that include a Bachelor's degree from Concordia University (cum laude), a CNM from Case Western Reserve University, and MBM from Indiana Wesleyan.

Attendees will also 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

Tuesdays, January 8 and February 12  
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?

Montefiore is here for you. Come to their monthly, community-wide Caregiver Education and Support Group 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, director, Memory Care and Resident Life, at 216.910.2323 or [kmorelli@montefiorecare.org](mailto:kmorelli@montefiorecare.org).



# The Dream Event

January 26 • Hudson High School Auditorium

**B**e inspired, motivated, and learn how industry leaders achieved their dreams. It's not an easy feat, since people and situations along the way may derail your path.

"We want to inspire and encourage high school and college students, and adult attendees, to follow their dreams without getting discouraged," stated Boston Meeker, president and founder of Ohio Dreamers, a student-run, non-profit organization geared towards motivating and inspiring students to dream big.

Having a dream is a good start. Putting a plan into motion – a harder task – is what makes dreams come true.

"Don't give up when things get tough," Boston said. "Surround yourself with people who will help you reach your goals."

The Dream Event will provide an opportunity for attendees to listen to leaders, executives, and entrepreneurs speak about how they followed their dreams, overcame obstacles, what they

learned from their experiences, and how you can pave your own path to success – however it may be defined.

*This engaging conference will motivate and inspire our next generation of leaders to dream big, and provide them with tools to achieve their dreams.*

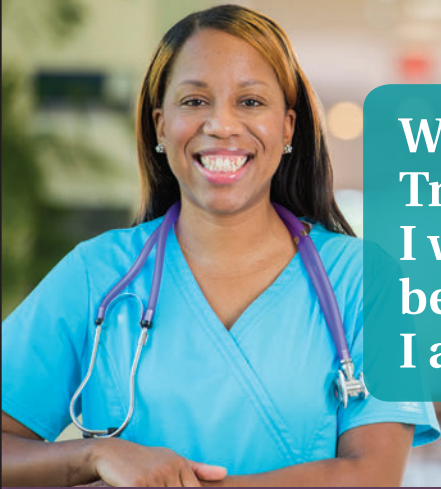
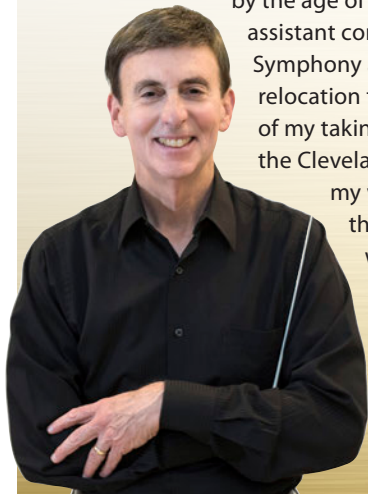
This engaging conference will motivate and inspire our next generation of leaders to dream big, and provide them with tools to achieve their dreams.

To register for the event, please visit [www.OhioDeamers.org](http://www.OhioDeamers.org). You may purchase tickets in advance for only \$10.

## *A message from keynote speaker, Carl Topilow, conductor of the Cleveland Pops Orchestra, who is a Beachwood resident:*

When I was studying biology as a liberal-arts student at Rutgers University, it dawned on me that music was my passion, and I decided to make it my life's work. I transferred to the Manhattan School of Music, and worked toward becoming a conductor. My goal was to have a full-time job as a conductor

by the age of 30. I started my work as assistant conductor of the Denver Symphony at 29 1/2. My subsequent relocation to Cleveland was the result of my taking a position as conductor at the Cleveland Institute of Music. In 1996, my wife, Shirley, and I founded the Cleveland Pops Orchestra, which is currently in its 23rd season. I have served as guest conductor with more than 120 orchestras in 37 states and 12 foreign countries, and continue to enjoy a life filled with music.




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# The Power of Kindness in Action

by Jennifer Stern

**K**indness inspires me. Compassion, empathy, interest outside of self. The consideration of others. The change of seasons brought much needed renewal to my soul. The cooler temperatures, the soft snowfall, the example of others.

Addison Cohen, my niece and a senior in high school in California, sent me a simple yet powerful text during a time of great emotional weariness that reminded me that she is here, she is strong, she is compassionate, and she is paying attention. She reassured me that she will be an active participant and advocate in making the world a better place for everyone. Her certainty. Her intelligence. Her strength. Her choice to reach out and say the right thing at the right time. She will never know the impact her text had on me. Addison acted with compassion and in kindness. It took less than a minute to create

lasting and meaningful impact.

Lena Leland engaged the community in making 32,000 sandwiches in one day to feed the people of NE Ohio (Herd Against Hunger). Lena, a junior at Beachwood High School, and her inevitable spirit of compassion and empathy led to this vision; yet it was her intelligence, persistence and ability to organize and implement this plan that turned her vision into a reality. It reminded me of the power of one, the strength that exists when compassion and empathy are put into action, and the limitless potential for good when we come together in support of others.

Cori Arnopolin, a 7th grader in Solon, taught me about Project Night Night. In a couple of hours we were able to assemble 400 bags to be given to children and pre-teens who are homeless. Each bag contained a new book, stuffed animal, soft blanket and a handwritten note. Imagine the comfort received during a time of great upheaval and uncertainty. Cori's effort to act in kindness will have immense impact on the lives of 400 kids (she does not know them but she can imagine what it might feel like to be displaced and without the comforts of home). Empathy is powerful when acted upon.

Elizabeth Metz, a sophomore at Beachwood High School, invited her friend Bartu Hatipoglu, also a Beachwood High School student, to come for homecoming pictures prior to the dance. This was a simple gesture that had meaningful impact. Bartu's mom described how special it was to see her son invited, included, a part of his peer group's homecoming ritual. Bartu, featured in the October issue of *Beachwood Buzz*, is truly a joyful person. He exudes happiness from every pore of his body. Leaves fill his soul, they bring him immense joy. It is not enough for him to experience this joy alone, his beautiful soul cannot contain it. He must share his joy with others. As Bartu entered the crowded garage, he threw his leaves into the air and shouted "leaf party!," and the teen-filled garage erupted into cheers! Joy is contagious. Happiness is contagious. Kindness is contagious. Inclusion is impactful.

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There is joy, compassion and empathetic action all around us. We just need to look away from our screens, shut off the news, stop the polarizing debate, and look beyond differences towards the next generation, whose acts of kindness, compassion, advocacy and action have limitless impact.

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There is joy, compassion and empathetic action all around us. We just need to look away from our screens, shut off the news, stop the polarizing debate, and look beyond differences towards the next generation, whose acts of kindness, compassion, advocacy and action have limitless impact. They remind us, through their examples, that acting from a place of kindness, a place of compassion, and with empathy in support of others (strangers and peers alike), that we can have impact. Kindness in action is life affirming, and for their examples I am grateful. May 2019 be a year of increased kindness, compassion, empathy and inclusion by, and for, all.

*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](http://www.transformativegrief.com), and sign up for monthly posts.*

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2:00 – 4:00 pm

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# Mike Blain, an Amazing Journey

Mike Blain, born Maylech Blobstein in Selce (Czechoslovakia), left his village birthplace at age 14 and traveled to Budapest, Hungary, where he learned to design and make ladies' handbags. Because of this move, he was one of three in his immediate family of 13 to survive the Holocaust. Those who remained in Selce, which became occupied territory by Hungary in 1939, were sent to Auschwitz concentration camp in 1944. Today, Selce is part of Ukraine.

After the war, Mike joined a group of orphaned Holocaust survivors who were part of the Kindertransport to the United Kingdom. He left London for New York in 1949, and was later drafted into the U.S. Army to fight in Korea.

By 1954, Mike had survived both the Holocaust and the Korean War and it was now time to pursue a college education. The 26-year-old was interested in printing and journalism, and went to the Veterans Administration in Manhattan for advice on where to attend school. They suggested the Rochester Institute of Technology (RIT) and Mike enrolled.

Once he began his studies, he became involved with the Hillel chapter at the University of Rochester because there wasn't one at RIT. One evening, while attending an interfaith dinner with Catholic and Protestant RIT students, the chaplain said the next dinner would be hosted by Hillel. Mike replied that RIT didn't have a Hillel, and the rabbi from University of Rochester said, "Well, start one," which Mike and some friends did.

Mike earned his Bachelor of Science degree in three years, worked as an associate editor for *Reporter* magazine, and started the RIT Hillel, the Jewish student chapter, that has now been around for 64 years. It was also at RIT that Mike met his future wife, Sylvia.

After RIT, Mike moved to Cleveland to work for the World Publishing Co. In 1971, he was transferred to Indianapolis, where he later joined the Israel Bonds organization. He retired in 2007, after 33 years as the organization's executive director.

Starting Hillel is one of many accomplishments that 90-year-old Mike celebrates, along with his successes in journalism and acknowledgments for many volunteer efforts.

Journalism was always Mike's after-work interest. A year after he arrived in London, without speaking any English, he edited a youth-club magazine. In Korea, he was "special correspondent" for the *London Jewish Chronicle*, with his dispatches often making front-page news; and today, he contributes to several national Jewish publications. He was also editor of the prize-winning *Cleveland Craftsman*, a monthly bulletin published by the Cleveland Craftsman Printing Club; he was named Craftsman of the Year.

Mike has long supported Jewish organizations. He was president of B'nai B'rith, where he was named Man of the Year; and taught Yiddish in Indianapolis, where he founded and ran the Yiddish Club. He was also vice president of Hebrew Academy, president of the Israel Investment Club, and assisted with the resettlement of Jews from the former Soviet Union. In Indianapolis, he was recognized twice for his service to Israel Bonds.

Mike continues to stay involved with our community. He frequently lectures and speaks to student groups about the Holocaust, volunteers, and enjoys writing. He is also a recipient many awards and honors, including the Indiana Governor's highest award, the Sagamore of the Wabash, personally presented by the Governor.

In August, Mike and Sylvia were honored by Israel Bonds at Oheb Zadek-Cedar Sinai Synagogue for Mike's 33 years of service, where they received recognition certificates from Representative Marcia Fudge, Ohio State Senator Kenny Yuko, Senator Sherrod Brown, Ohio House representative Kent Smith, Speaker Ryan Smith, and a Beachwood City proclamation from Mayor Martin Horwitz.

"Michael Blain was the face of

Israel Bonds in Indianapolis for more than 30 years," said Thomas Lockshin, Israel Bonds executive director, Ohio and Kentucky. "Mike's efforts made an incalculable impact on Israel's economy, and we were privileged to honor this most deserving couple."

Sylvia was administrator of the Hebrew Academy of Indianapolis for 24 years, and has always been an avid volunteer. The Blains have three sons, 12 grandchildren and 18 great grandchildren.



Mike and Sylvia Blain, honored by Israel Bonds, with guest speaker Dr. Bernd Wollschlaeger, MD.

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# Repetitions & Inventions

Artwork by Julianne Edberg, Catherine Butler, Barbara Bachtell and Alan Burton Tucker  
An Art Exhibit At the Beachwood Community Center • Wednesday, January 9 – Thursday, January 31  
Artists' Reception: Sunday, January 13 • 1 – 2:30 pm

**J**ulianne Edberg, Catherine Butler and Barbara Bachtell are all Cleveland Institute of Art graduates. Alan Burton Tucker, Barbara's husband, is a Rhode Island School of Design grad. They all have a passion for art, have known each other since the '80s, and are enthusiastic about bringing their talents together for this special exhibit at the Beachwood Community Center.

## Julianne Edberg

Julianne has been making art since she was old enough to hold a crayon. "Art is what I am, what I do!" she told us.

Julianne was a graphic designer for 32 years, during which time she was also making art. Her current medium is paper. She designs, prints and glues inkjet-printed paper onto cardboard tiles, and then ties them together with nylon string to create shapes.

"This technique was inspired by a bookbinding class. I learned proper gluing and knot-tying, and made a bird shape out of the tiles," she said. "It came out rather nice, and the technique stuck!"

## Catherine Butler

Catherine has also been making art since childhood. "Art is my life, I make it, I teach it," she said. "It is how I dress, how I dance, how I cook, how I live in the world."

Catherine works in a variety of media, from metals, like silver, aluminum, copper and brass, to found objects, plaster cloth, eggshells, printmaking and more. For a good portion of her adult life, she built a reputation based on her jewelry. For the past few years, she made a conscious decision to take more time for exploratory works, and the pieces she will exhibit are from a series of ink drawings that she first exhibited at the Monster Drawing Rally at SPACES.

"Art was not a choice," she said. "Or maybe, I should say, it chose me."

## Barbara Bachtell

Barbara also began making art at a young age, and has pursued joint careers since 1984, both as an artist and arts administrator. Her current media are drawing and drawing collage. She, too, said that art chose her as much as she chose art.

"It is the thing that most engages my attention," Barbara told us. "I enjoy the sense of discovery in finding my images as I work, and the feeling that there are no limits to exploration."

Barbara's mother, an artist and writer, was a huge influence on both her and her younger brother, who is a *New Yorker* cartoonist.

"To me, drawing and thinking are one, and for a long time I have used letter forms and text in my work," she added. "I'm happy to be 'returning' to Beachwood, where I was an artist-in-residence at Beachwood High School in 1986 and 1987 at the invitation of long-time art teacher A. Allen Scott!"

## Alan Burton Tucker

Alan has been making art for more than 40 years. He's sold commissioned works and considers his artistic activities to be a career although, by definition, if you are not making a living at it, some would deem it a hobby!

"My motivation comes from a desire to realize ideas and bring them to tangible form. I get immeasurable satisfaction from that," Alan said. "It's a bonus if someone likes my works and wants to buy them."

Currently, Alan creates his work digitally, using Photoshop

and an Asian brush-painting program called *Expresii*. He repositions and repeats textures and patterns to create a large, new pattern from a very small one. Then he warps and manipulates it into a figure, animal or a fantastical world of color and shape.

Alan also grew up surrounded by art makers – his mother is a painter, his grandmother was a knitwear designer, and a close cousin is a ceramic artist.

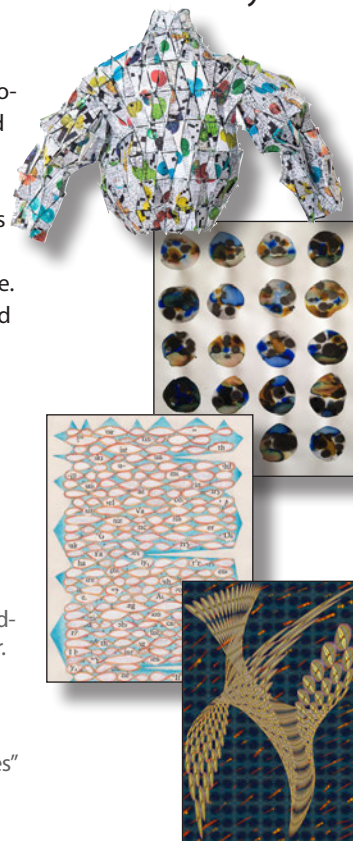
*Pictured from top:*

Julianne's "Happy Cross Words"

Catherine's "SPECIMENS: sumi golden brown ultra blue," ink on paper.

Barbara's "Page 205"

Alan's "Cells Take Wing #2 In Flames"



## What words of wisdom can you give to someone who is interested in pursuing art?

### Julianne

Devote time to your art. You have to love it. Don't try to make a living with it and don't try to guess what will sell.

### Catherine

Make art as much as you can with whatever you have, in whatever space you have available. Don't wait to have the perfect studio or materials. Always look at your world around you and sketch things that fascinate you. Stay curious.

### Barbara

Just keep on doing it. Your art will grow with you, and you will find, and keep finding, yourself in it.

### Alan

As the great writer on comparative mythology, Joseph Campbell, once said, "Follow your bliss!"



# GET RESULTS!

*"Having lost all the weight I gained during my pregnancy, my only regret is not joining the Mandel JCC sooner. Exercise has done great things for my body and mind and that's a great motivator to get to The J." – Melanie*



## OPEN HOUSE

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# Beachwood City Schools Online Parent Resource Center

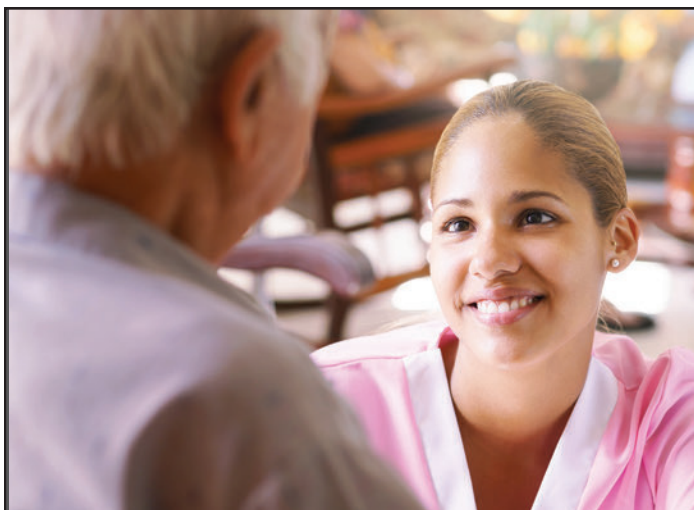
A team of experts that includes Beachwood City Schools psychologists, counselors, and a local-leading bereavement counselor have developed an online Resource Center to provide parents and community members with talking points to guide conversations around pertinent issues that impact students and their families.

Topic categories include: school safety, healthy behaviors, coping strategies for grief and death, talking to teens about suicide; and teens, violence and social media.

Specific topics include: bullying prevention, online safety guidelines, drinking, preventing drug abuse in teens, supporting your child through grief, teen dating violence, teens and parents in conflict, and more.

Topic categories include: school safety, healthy behaviors, coping strategies for grief and death, talking to teens about suicide; and teens, violence and social media.

All of this pertinent information is found at [www.beachwoodschoools.org/ResourceCenter.aspx](http://www.beachwoodschoools.org/ResourceCenter.aspx).



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# Beachwood Arts Council Programs

The following programs take place at the Beachwood Community Center unless otherwise noted. Start the year off by supporting the arts in Beachwood! For complete information, follow Beachwood Arts Council on Facebook or visit [www.beachwoodartscouncil.org](http://www.beachwoodartscouncil.org).

## Kids Valentine's Day

### Craft Workshop

Saturday, February 9  
12:30 – 2 pm

Create delightful Valentine's Day cards and gifts with Beachwood art teachers Chunny Hahn and Heather Grano. The \$10 fee per child includes all materials. Grades K-7 welcome. To register, please call 216.595.3400, leave your name and phone number, and a volunteer will return your call. Registration deadline is Saturday, February 2.



## Ileen Kelner

### Juried High School Art Show

Sunday, February 10 –  
Sunday, March 3

#### Gallery Hours:

Monday-Friday, 10 am – 4pm  
Saturday, 10 am – 3 pm  
Sunday, 10 am – 1 pm

#### Opening Reception:

Sunday, February 10  
2 – 4:30 pm, with awards ceremony and refreshments at 3 pm.

This free special exhibit will feature artwork, including drawings, fiber art, jewelry, paintings, photographs and sculptures, by more than 100 regional high school students.

## Zygote Press Tour

Saturday, February 23  
11 am – 12:30 pm

1410 East 30th Street, Cleveland

Enjoy a docent-led tour of this fine-art printmaking workshop. Learn about different print processes and leave with a "make and take." Afterwards, meet for lunch (Dutch treat) at a nearby restaurant. The fee is \$10 for BAC members and \$15 for non-members. To register, please call 216.595.3400, leave your name and phone number, and a volunteer will return your call. Registration deadline is Saturday, February 16.

## The Pop Tarts Concert

Sunday, February 24  
2 – 3 pm

This dynamic, retro, 1960's "girl singing group" will bring back a blast from the past. This free program is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council.

For complete information, follow Beachwood Arts Council on Facebook or visit [www.beachwoodartscouncil.org](http://www.beachwoodartscouncil.org).

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# Slow Down and Smell the Challah

by Arlene Fine

**W**hen it comes to baking challah, Dr. Beth Ricanati is no loafer. The native Clevelander, who now calls California home, has written a best-selling cookbook, *Braided: A Journey of a Thousand Challahs*. She'll be the keynote speaker at NCJW/Cleveland's Winter Luncheon and Boutique on Wednesday, February 6, at Landerhaven.

Beth began her challah-baking odyssey ten years ago. "I was a busy, stressed-out, overwhelmed mom of three young children, working at Cleveland Clinic," she says. "My good friend in New York suggested I try baking challah for the upcoming Rosh Hashanah holiday as a way to relax."

Even though Beth's previous forays into baking centered on boxed brownie mixes, she followed her friend's advice and recipe. Standing at her kitchen counter, putting the challah ingredients together, Beth's mood began to lift as organically as the yeast in her mixing bowl.

"When my hands began to knead the soft, warm dough, I

was transformed," she says. "I was totally in the moment, making challah for my family. I was not answering emails, cleaning up Legos or folding laundry. When I brought that first loaf out of the oven, and my kitchen filled with the aroma of freshly-baked bread, I was hooked."

Recognizing that challah was not only feeding her family (and her challah-loving dog), but it was also nourishing her soul, Beth began to share her challah-baking passion with friends and family.

"Baking challah is such a great way to build community," she says. "Jewish women have been making challah for thousands of years, and we still do. I know

when I'm baking challah for Shabbat, there are many women around the world who are doing the very same thing. In this stressful world, it's wonderful to feel that kinship and connection."

*"The best medicine is to make time for yourself to do something fulfilling and productive."*

As an internist who works at a family clinic for underserved individuals in Los Angeles, Beth recognizes the importance of developing meaningful rituals as a path towards wellness and inner peace.

It doesn't matter if your meaningful ritual is gardening, painting, fishing or attending religious services," she says. "The best medicine is to make time for yourself to do something fulfilling and productive."

In the case of challah baking, Beth's great joy is disconnecting from her hectic life each Friday to create a loaf of challah she can share with others.

"Challah is the ultimate soul food for me," she says.



*Pictured: Dr. Beth Ricanati in her kitchen, with her challah-baking ingredients.*

## Dr. Beth Ricanati's Challah Recipe

- 2 1/4 tsp. loose yeast
- 1 tsp. sugar
- 1 cup very warm water
- 2 eggs
- 2 tsp. salt
- 1/4 cup sugar
- 1/3 cup oil
- 4+ cups flour

Mix yeast, sugar and warm water together in small bowl; let stand for 10 minutes. This mixture will start to bubble.

Meanwhile, in a large mixing bowl, mix eggs, salt, sugar, oil and 2 cups of flour together. Now, it is a great time to say, "I am making this dough in the merit of . . . (name someone – maybe a friend who is sick that week, or someone you are happy for, sad for, mad at, etc.)"

Add yeast mixture to flour mixture.



Add 1 1/2 cups of flour to mixture. Dough should start to form a ball, separating from the bowl.

Place dough on a floured surface and knead, lifting up with one hand and then the other. Knead for at least five minutes as dough becomes increasingly elastic. If it is still sticky, add a bit more flour to dough. Knead dough into a ball.

Place dough back into oiled bowl, cover and place bowl somewhere warm for 1 – 1 1/2 hours to rise, until it doubles in volume.

Remove cover from bowl, place dough on floured surface.

Punch down dough one more time. Cut dough in half, one for each challah. Then divide each half into three equal pieces. Roll out each piece, crimp together at the top and braid into a loaf. Place on a greased cookie sheet. Repeat with second ball of dough. Let dough rise again.

Preheat oven to 375°.

Paint each challah with a mixture made of egg yolk, plus a little water.

Bake for 25 – 30 minutes, or until bread rises and is golden brown. Remove, cool.

Place challah on platter, cover and wait for Shabbat dinner. Eat and enjoy!



### WHAT:

NCJW/Cleveland Winter Luncheon Meeting and Boutique

### WHEN:

Wednesday, February 6. Doors open at 10 am for a Lifestyle Boutique

Luncheon and Program begin at 11:30 am

### WHERE:

Executive Caterers at Landerhaven

### CONTACT:

NCJW/Cleveland 216.378.2204

### FOR MORE INFORMATION:

Visit <http://ncjwcleveland.org/>



# Our Vision: Live empowered. Live better. Be inspired.

A note from CEO James P. Newbrough Jr.

**A**s we move into the new year, Menorah Park thanks the community for its support and I proudly share our new vision statement, noted above.

Our desire was to develop a statement that would best reflect Menorah Park's current initiatives and that would help guide choices for our future. The power of a vision statement lies in its ability to keep us focused, provide energy and achieve our goal to deliver excellence in caring to our community.

This is a big goal; one that requires each member of the Menorah Park team to bring the best of them each day, to be proud of their passion toward what they do, and to be compassionate for all who come to the Menorah Park community.

Our team of more than 1,400 individuals is our backbone. We all must optimize our energies and skills, and even develop new skills to support the needs of everyone in our community as we age.

It takes understanding to best support the needs of the people we serve. Let's face it, the aging process is inevitable. The reality is that it begins after we are born. That birth year starts the statisticians' work to learn and report each generation's habits and behaviors. These statistics, other available data, new technology and new societal capabilities help to shape our understanding and decision making about what clients may want, and how they may want to interact and receive support.

Age is not chronological, it's personal, which means services are customized based on client needs and input.

We hope we inspire you to break down the barriers set forth by age-ism, and live your best life as only you can define it.

As a healthcare and residential organization, we provide people with many tools to help navigate and overcome life's challenges. We are your advocates and encourage you to live empowered by taking advantage of our team's professional advice and expertise. We work with you to determine what choices are most suitable for you in your personal situation.

As a society, we are living longer. With that, many of us have a desire to take a proactive approach to our health and well-being. Yet, we may experience a number of hurdles. In all situations, we must deliver on our promise to help each person under our care live better, regardless of personal circumstance. We invest in specializations, ongoing learning and skill development, and cultivate a team that has the passion to deliver care with the highest level of compassion.

We as a community encourage people to take advantage of what our dedicated team has to offer. We hope we inspire you to break down the barriers set forth by age-ism, and live your best life as only you can define it. We wish you the best in 2019.



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- Taste of Beachwood

## Here's a testimonial that mirrors what many members say:

"As a member of the Beachwood Chamber, I realize what a vibrant business community there is in Beachwood and the surrounding areas. Located in Westlake, TCC Technology Solutions has many eastside customers and becoming a member of the BCC has enabled us to become part of this terrific business community in a way not possible prior to membership. The warm welcome to join, the networking events and opportunities, the website and tools available to members and, most of all, the great people and relationships, make this Chamber one of the best in Northeast Ohio to help grow your business. And, we have a lot of fun, too!"

**Todd Tramba** – TCC Technology Solutions / Conexo Communications

## Utilize Member Benefits From:

Anthem (hospitalization), Paramount Preferred Solutions (Worker's Compensation), Buy Rite (Office supplies and furniture), Fed Ex (shipping), Community Energy Advisors (save money on electric and natural gas bills), Service 1st Payroll (payroll services), SLN Connect (digital marketing tool) and Heartland (credit card processing)

## Join Us!

We invite you to join us at an upcoming event to grow your business network.

For a complete schedule of upcoming programs, visit [www.beachwood.org](http://www.beachwood.org).

To register for a program or obtain additional information, email [chamber@beachwood.org](mailto:chamber@beachwood.org) or call 216.831.0003.

On behalf of the membership committee, we look forward to meeting you soon!

Donna Cook  
Membership Committee Chairperson



"Your Voice in the Business Community"  
[www.beachwood.org](http://www.beachwood.org) • 216.831.0003  
23355 Mercantile Rd., Second Floor  
Beachwood, OH 44122

Belonging  
Community  
Involvement  
Action  
Connections  
Benefits



# Sally Wachter – IMPACT! Volunteer of the Month



When we asked Sally Wachter why it is important for her to volunteer in the community, she said, "I have so much to be thankful for and now that I'm no longer working, it's a priority to give back."

Shortly after retiring, Sally spoke with the IMPACT! team at the Federation about wanting to volunteer, but she didn't know what was available. When she learned how flexible and diverse the opportunities were, she began to volunteer at InMotion, a nonprofit center dedicated to helping people manage their Parkinson's.

"I help out during one of their exercise classes, which provides a comfortable, encouraging and caring environment," she said. "Exercise has always been an important part of my life, and I believe it has a positive impact physically, emotionally and psychologically."

Sally also tutors adults at Seeds of Literacy, an organization that provides personalized education programs to help adults pass high school equivalency tests.

"I'm passionate about literacy after all my years of teaching children," she said. "At Seeds of Literacy, I enjoy working with adults who are committed to

furthering their education. I'm inspired by these adults who balance jobs and a family, and still make time and an effort to study and work towards the goal of passing their high school equivalency test."

Through the IMPACT! email newsletters, volunteers are able to find new opportunities that match up with their interests and schedules – whether looking for a long-term or one-day opportunity.

"Even though I'm retired, I love to be hands-on and interact with people," Sally told us. "Through these opportunities, I've developed friendships with volunteers who share similar interests and skills.

"It's fulfilling," she added. "I'm giving back, learning, meeting wonderful people, supporting others as they face challenges, and getting outside of the bubble I live in, and beyond my comfort zone."

Sally lives in Beachwood with her husband, Mark Wachter, a former Beachwood City Council member and attorney at Wachter Kurant, LLC.

For volunteer opportunities or more information on how you can make an IMPACT!, contact Susan Hyman at 216.593.2887 or [shyman@jfcleveland.org](mailto:shyman@jfcleveland.org).

## Find Comfort During the Flu

In addition to chicken soup, Menorah Park dieticians recommend lemon, garlic, ginger and honey if feeling discomfort from the flu.

**Lemon** is a rich source of vitamin C that protects the body from immune system deficiencies.

**Ginger** is chiefly known as an anti-inflammatory agent and nausea reliever.

**Garlic** contains several compounds that possess antibacterial, antifungal and antiviral properties.

**Honey** contains enzymes, minerals, amino acids and a wide range of B vitamins.

## Hebrew Storytime

סיפורים ושירים בעברית לילדים

at the

Cuyahoga County Public Library, Beachwood Branch  
25501 Shaker Boulevard

**Wednesday,  
January 9, 2019  
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

## Health Insurance Questions?

I'm here to help.



- Small Business
- Self-Employed
- Individuals and Families

Please Call Today for an Appointment  
**216.292.8700**

**Dave Cunix**  
Certified Senior Advisor  
Certified Long Term Care



Cunix Insurance Services

## Cunix Insurance Services

6690 Beta Drive, Suite 212 • Mayfield Village, OH 44143  
[dave@cunixinsurance.com](mailto:dave@cunixinsurance.com) • [www.cunixinsurance.com](http://www.cunixinsurance.com)



# MULHOLLAND & SACHS

at ETON ~ Chagrin Blvd

## SIDEWALK SALE

Thursday, January 10 - Monday, January 14

## Shop Your Neighborhood Gift Store

The holidays are over...it's time to treat yourself!

Shop Our Semi-Annual Seasonal and Everyday  
Giftware Clearance Sale.

**40% to 70% off**

**Stay warm and have fun!**

Free weekend underground parking available.

## Gifts for All Occasions



28699 Chagrin Blvd. • 216-831-4444

[www.mulhollandsachs.com](http://www.mulhollandsachs.com)

Mon - Saturday 10 to 6:30 • Sun noon to 4

# CITY OF *Beachwood* Insider

JANUARY  
2019

## Contact Info

**CITY OF BEACHWOOD**  
25325 Fairmount Blvd.  
Beachwood, OH 44122  
216.464.1070  
www.beachwoodohio.com

**TV PROGRAMMING**  
Spectrum - Ch. 1020  
AT&T U-Verse - Ch. 99

**EMERGENCY** Dial 9-1-1

## Departments

**CLERK OF COUNCIL**  
216.595.5493

**AUDITOR**  
216.595.3712

**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

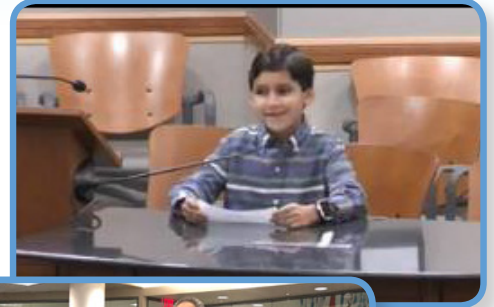
**POLICE DEPARTMENT**  
216.464.1234

**SERVICE DEPARTMENT**  
216.292.1922

## BEACHWOOD STUDENTS LEAD PLEDGE

At every City Council meeting, a Beachwood Schools student is invited to lead the Pledge of Allegiance. On November 19, Yasha Cohen proudly had this honor. Yasha enjoys reading, science and social studies. On December 3, Salvador Navarrete De Arbeloa led the Pledge. His favorite classes are science and math, and he loves to travel.

*Pictured above: Salvador Navarrete De Arbeloa  
Pictured right: Yasha Cohen*



Happy  
New Year

City Hall will be closed on Tues. January 1 in observance of New Year's Day and Mon., January 21 in observance of Martin Luther King Jr. Day.

## POLICE DEPARTMENT PROMOTIONS

Congratulations to Lt. Lisa K. Budny and Sgt. Andrew J. Calvey on their recent promotions.



Lt. Budny has been with the Beachwood Police Department for almost 13 years. She is involved in our crime-prevention and recruiting programs and does resident and business Security Surveys.

Sgt. Calvey has served our city for more than 10 years. He is a certified instructor in defensive tactics, helped start the city's Rape Aggression Defense (RAD) program, obtained a Master Criminal Investigator certification, and is a certified fraud examiner and a SWAT operator.



### LIKE US ON FACEBOOK

Facebook.com/BeachwoodOH  
Facebook.com/BeachwoodPolice



### FOLLOW US ON TWITTER

Twitter.com/BeachwoodOH  
Twitter.com/BeachwoodPolice

### EMAIL YOUR COUNCIL MEMBER

firstname.lastname@beachwoodohio.com  
Ex: barbara.janovitz@beachwoodohio.com

MAYOR

**MARTIN S. HORWITZ**



216.292.1901

mayor@beachwoodohio.com

COUNCIL PRESIDENT

**BRIAN LINICK**



216.496.0202

COUNCIL V.P.

**JAMES PASCH**



216.630.9671

**JUSTIN BERNS**



216.509.6509



## SUMMER CAMP RESIDENT REGISTRATION NOW

Beachwood Day Camp registration for residents is underway. Register for Kidz, Bison, Sports, Teen Travel and Theater Camp Monday through Friday at Beachwood City Hall. Proof of residency is required. An early bird resident rate expires March 8, 2019.

### NEW! NON-RESIDENT REGISTRATION PROCESS

You must register at [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com) to receive a wait-list number. This is your place in line for signing up on Sunday, March 10 at 10 a.m. in the Beachwood Community Center. Numbers will be called in order. Failure to be present when your number is called will forfeit your place in line. Having a wait-list number does not guarantee a place in Camp.

For more information: refer to the Winter Recreation Guide, visit [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com) or call 216.292.1970.



**Missed a Council Meeting?** Listen to audio recordings or view live & archived videos by visiting [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com).

## SNOW ORDINANCES

Beachwood Ordinances state when snow falls to a depth of 2" (or more) over a 24-hour period, an emergency is declared and parking may be prohibited on all City streets. Vehicle owners are responsible for complying with emergency parking regulations; vehicles parked in violation may be towed at the owners' expense.



## SUMMER INTERN EVENT: PLEASE VOTE



Is your Beachwood business planning to hire an intern for this summer? Let the City help! Interested companies, please respond to an online poll at <https://lnkd.in/dNgGfzy> before Jan. 15, to help determine whether it will be an in-person or online event.

## HOLIDAY RUBBISH PICK-UP

Rubbish and recycling will not be collected by the City on New Year's Day (Tues., Jan. 1) and Martin Luther King, Jr. Day (Mon., Jan. 21). Collections will be delayed one day, so if your regular collection day is Tuesday, your collection will be Wednesday, Wednesday will be Thursday, etc.

## DON'T CROWD THE PLOW

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



## HOLIDAY LIGHTS COLLECTIONS

Broken power strips and cords and/or burned-out strings of holiday lights may be dropped off for recycling at the Beachwood Public Service Department, 23355 Mercantile Rd., Mon. – Fri. from 7:30 a.m. – 3:30 p.m., through Jan. 15.

## UPCOMING MEETINGS

### CITY COUNCIL

Mondays, January 7 and January 22 at 7:00 p.m. Questions? Call 216.595.5462.

### PLANNING & ZONING COMMISSION

Thursday, January 31 at 7:00 p.m. Questions? Call 216.292.1914.

### ARCHITECTURAL BOARD OF REVIEW

Mondays, January 7 and January 22 at 5:30 p.m. Questions? 216.292.1914.

ALEC ISAACSON



216.291.2797

BARBARA BELLIN JANOVITZ



216.406.5914

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

## 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.



## RESIDENTIAL EXTERIOR MAINTENANCE PROGRAM

The Residential Exterior Maintenance Program helps to protect the property value for your home, your neighborhood, and the entire community. Inspections are based on a four-year rotation schedule. Point of Sale Inspections are not performed by the City of Beachwood, so this program helps residents recognize the repairs necessary for keeping their property in top condition. In 2019, inspections will take place at:



- Albert Lane
- Annesley Road
- Beechmont Court
- Bernwood Road
- Brucefield Road
- Crafton Road
- Dianne Drive
- Duffield Road
- Halburton Road (23250-25545)
- Hawthorne Drive
- Hazelmere Road
- Hendon Road
- Hurlingham Road
- Letchworth Road
- Meldon Blvd.
- Rexway Road
- Richmond Road (2730-2998)
- Selkirk Road
- Shaker Blvd.
- Shakercrest Blvd.
- Somerset Drive
- South Green Road (3190-3379)
- South Woodland Road
- Stratton Road
- Sulgrave Road (3135-3220)
- Sulgrave Oval (2965-3075)
- Wendover Drive
- Willow Lane
- Wimbledon Road
- Woodside Lane

BEACHWOOD RECREATION COMMUNITY THEATER  
SPRING PRODUCTION

# THE LITTLE MERMAID

MONOLOGUES AVAILABLE  
AT [WWW.BEACHWOODOHIO.COM](http://WWW.BEACHWOODOHIO.COM)

Tuesday, January 8  
Grades 3 - 5

Wednesday, January 9  
Grades 6 - 12

Thursday, January 10  
Adults and Callbacks

7:00 p.m.  
Beachwood Middle School

QUESTIONS? 216.292.1970

## OF SPECIAL NOTE

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.

## UPCOMING ART EXHIBITS



### MINDFUL ART - THE ART OF RECOVERY & HOPE

Now – January 4

Featuring consumers/ participants/members of the Gathering Hope House and Stephen Dargaj, Director of Program Services

### REPETITIONS & INVENTIONS

January 9 – 31

Artists' Reception – January 13, 1:00 – 2:30 p.m.

Artwork by Julianne Edberg, Catherine Butler, Barbara Bachtell and Alan Burton Tucker

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.





## HILLTOP THIRD GRADERS HAVE A VOICE IN CITY GOVERNMENT

City Council members Brian Linick, James Pasch, Eric Synenberg and Alec Isaacson met with Hilltop third-grade classes to provide up-close, personal experiences about legislature.

More than 100 students visited City Hall in December to ask questions and learn more about our local government.

They also shared ideas about legislation, and were invited to attend the December 17 City Council meeting, when one idea was implemented.



## PARENT COACHES NEEDED

Beachwood Recreation programs cannot be offered without parental involvement. Interested in coaching? Contact Frank Vicchiarelli at 216.292.1970. The City requires Youth Sport Volunteer Adult Coaches to submit to a background check.

## 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. 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

**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.

## SAVE TREES: RECYCLE CARDBOARD!

Cardboard packaging is generally recycled five to seven times to make new products such as cereal boxes, tissues and more cardboard. Recycling reduces the number of trees required for cardboard manufacturing.

Per CuyahogaRecycles.org, it's easy to recycle cardboard boxes and containers when you follow a few simple steps. Please note: Cardboard must be empty, clean and dry when placed in recycling. If cardboard is not recycled in the following manner, it is considered to be trash.

- Remove all packing materials, such as packing peanuts or styrofoam blocks.
- Don't worry about removing any tape or labels: those will come off during the recycling process.
- Flatten your box or container. It's okay if the box is dented, bent, ripped or damaged.
- Only place cardboard out for collection in dry weather or in a closed recycling receptacle.
- Place the flattened, clean and dry cardboard in your curbside recycling container or drop it off at a Paper Retriever / River Valley paper drop-off location. There is also a cardboard recycling bin at the Beachwood Municipal Complex behind the Community Center.

## GEARED UP FOR WINTER

Beachwood is prepared for the winter season. We take great pride in the high quality work performed by our Public Service Department. We want to make sure you are ready, too.

- Perform routine maintenance on your vehicle.
- Wear warm clothing, including hats and gloves, to protect you from the cold.
- Slow down while driving. Ice can be unpredictable, but more reaction time will certainly help.

For more tips, search online for "NTSI winter driving."

# City Insider

**ENJOY FREE MUSIC CONCERTS**

# SUNDAY MUSIC

**2 - 3 P.M. • Beachwood Community Center**

**JANUARY 6** • A.R.T. Trio with Julia Russ, piano

**FEBRUARY 17** • Amy Tan and Chee-Hang See, piano  
Nina Sandberg, violin

**MARCH 3** • Marshall Griffith Trio with Virginia Crabtree, flute and Kallen Bierly, violin

**APRIL 7** • Yaron Kohlberg, piano

**MAY 5** • Kimia Ghaderi, violin and Andrew Focks, piano

**FREE**

*CITY OF* Beachwood **QUESTIONS? 216.595.3733** PRESENTED IN COOPERATION WITH ARTS CONNECT CLEVELAND INTERNATIONAL PIANO COMPETITION

## BEACHWOOD SUPPORTS UNIVERSITY HOSPITALS RAINBOW BABIES & CHILDREN'S

Beachwood Police and Community Services Dept. served up a prize-winning illuminated brew at University Hospitals Rainbow Babies & Children's Mocktail Party.



## RX DRUG DROP BOX

A prescription drug drop-off box is located in the Police Department lobby. Residents can deposit unused, unwanted or expired prescription drugs at the Drug Drop Box at the Police Department Monday-Friday between 8:00 a.m. and 4:30 p.m. No liquids or needles are allowed.



## NO-SHAVE NOVEMBER

During No-Shave November, the Beachwood Police Department raised \$2,111 to benefit The Gathering Place. Many thanks to all who participated and/or donated in support of this organization that helps people with cancer and their families.



Pictured from left:

Detective Allan Baumgartner, Officer Pete Messina, The Gathering Place Founder/CEO Eileen Saffran, Police Chief Gary Haba, The Gathering Place Development Coordinator Maureen Paez, Officer Matthew Pawlak, Officer CJ Piro and Officer Terry Schaefer.

## WEBSITE ACCESSIBILITY

The City of Beachwood has reaffirmed its commitment to accessibility and digital inclusion by further optimizing its website for users of Assistive Technology (AT). Our accessibility partner, AudioEye, is completing its manual audit of our website and will continue to enhance our site for optimal accessibility and usability for all. If any page or feature on the City's website presents a challenge for visitors using AT, please submit your comments through the AudioEye HelpDesk by clicking the website's accessibility icon (white figure on a blue background).

## SENIOR TRASH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your trash & recycling cans? In cooperation with volunteers from Village in the Heights, the City of Beachwood can help. Call 216.292.1922 to register.

*CITY OF*  
*Beachwood*

# Preventing Crime in Your Neighborhood

**IF YOU SEE SOMETHING, SAY SOMETHING!**

**Call BPD: 216-464-1234 from a cell phone or 9-1-1 from your landline**

### AROUND THE HOUSE

- Place exterior lights around your property
- Close your curtains and garage doors
- Lock vehicles & don't leave valuables visible
- Make sure your address is visible from the street
- Lock your doors when doing yardwork
- Trim trees & shrubs around your home
- Close & lock windows when away
- Keep valuables in a safe place
- Use alarm systems and deadbolt locks
- If unexpected workers don't have an ID, immediately call BPD
- Never open the door to strangers
- Don't hide extra keys on your property: leave an extra set with a friend

### WHILE TRAVELING

- Place a hold on your mail & newspaper, or have a trusted person bring them in daily
- Put lights on timers if away for more than 24 hours
- Notify BPD to watch your property when away

### FIGHT FRAUD

- Never share Internet passwords, Social Security, credit card or bank account numbers
- Shred personal information before discarding
- Never send cash in the mail or allow anyone to pick up a check at your home
- Complete Internet sale transactions in-person at the Beachwood Police Department parking lot

[www.BeachwoodOhio.com](http://www.BeachwoodOhio.com) [Facebook.com/BeachwoodPolice](https://Facebook.com/BeachwoodPolice) Non-Emergency: 216-464-1234





## Culinary Arts Program Honored



**Congratulations** to Beachwood's Excel TECC Culinary Arts Program. The Ohio Restaurant Association Education Foundation named Beachwood High School, a member of the 10-district Excel TECC consortium, as a School of Distinction for its Culinary Arts Program that has:

- at least 70% of its seniors who are enrolled in the ProStart program earn the industry certification - the ProStart Certificate of Achievement
- and at least 70% of all students enrolled be successful in passing the Level 1 and Level 2 exams in any given academic school year

Visit the Culinary Arts program's student-run restaurant, the Beachwood Bistro, Wednesday - Friday from 11:00 am - 12:30 pm.

For more information, visit [beachwoodschoools.org/Bistro.aspx](http://beachwoodschoools.org/Bistro.aspx).

## Upcoming Choral Performance

On January 24th, the High School Choir and the Solid Gold Show Choir will perform at 7:30 pm in the high school auditorium.

Enjoy a combination of holiday songs, a Spanish ballad, a Newfoundland folk song, and a contemporary selection from Pentatonix. The show choir will perform "You Will Be Found," as a photo montage is screened, featuring the work of Beachwood Middle School and High School students. Hope to see you on January 24th!



## Middle School Robotics Symposium

Organized by Beachwood Design & Innovation teachers **Bob Davis** and **Chris Croftcheck**, Beachwood Middle School will host the first annual Chagrin Valley Conference Middle School Robotics Symposium on January 31, 2019. Ten Chagrin Valley Conference teams will compete against each other programming different types of robots through a series of challenges. Rockwell Automation representatives will present to the students about careers and innovations in robotics and engineering.

January 31, 2019





## ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoos.org  
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoos.org  
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoos.org  
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoos.org  
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoos.org  
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoos.org



## Deaf/Hard of Hearing Holiday Party

Beachwood High School's American Sign Language classes and club hosted the 14th annual DHH Holiday Party on December 4, 2018. With more than 550 attendees from throughout Northeast Ohio, this is a highly anticipated annual party for the deaf and hard of hearing community. 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 with guests, a gesture clearly appreciated by those in attendance. Many generous sponsors make this event possible, particularly our Diamond and Platinum Sponsors:

### DIAMOND

Around Downtown Catering

Cleveland Hearing & Speech Ctr / Maria O'Neil Ruddock & Casey Ring

### PLATINUM

Boar's Head Meats – Jeff Babush

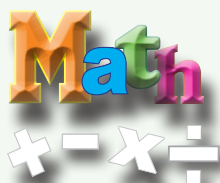
Dan and Ellen Zelman

Dr. Lou Horwitz

Joshen Paper & Packaging / Winking Lizard Bob & Michelle Reiner  
Playhouse Square



## Math Honors for 145 Beachwood Students



Noetic Learning Math Contest

One hundred forty-five Beachwood students across grades 3-8 earned Honor Roll and Honorable Mention awards in the national 2018 Noetic Learning Math Contest! Congratulations to our students and their math teachers for their amazing achievement among the 561 schools in 44 states who participated this year.

The Board of Education will recognize our math stars at its February 11, 2019 meeting, to be held in the Beachwood High School Auditorium at 7:30 pm.

## Alumni & Community Members - Our Seniors Need Your Support!

Every year, BHS Seniors embark on a multiple-week immersion to learn more about, and report out on, a career of interest.

If you are willing to host a BHS student for a 2-3 week immersion this May, or would like to learn more about Senior Search:

- email Angela Maxwell at [amm@beachwoodschoos.org](mailto:amm@beachwoodschoos.org)
- or Julie Brough at [jbrough@beachwoodschoos.org](mailto:jbrough@beachwoodschoos.org)
- or call the high school at 216.831.2080, ext. 143.

Students are graded on their participation and present about their experience during end-of-year senior activities. Student placements can be made across a wide variety of companies and organizations.

## Beachwood Medical Academy

Beachwood's unique partnership with University Hospitals, the Beachwood Medical Academy, will host its annual information meeting for prospective students and parents on:

**January 29, 2019**

**High School Community Room**

**7:00 pm**

The Academy incorporates a rigorous 4-year math and science curriculum with immersion experiences at University Hospitals, which include opportunities for summer coursework, internships, volunteering, and physician-led lectures and medical demonstrations.



[www.facebook.com/BeachwoodBison](http://www.facebook.com/BeachwoodBison)



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

Visit us at [www.beachwoodschoos.org](http://www.beachwoodschoos.org)

# FREE ON MLK DAY



Join us at the Maltz Museum  
Monday, January 21  
11AM - 5PM

## HEAR OUR VOICES CELEBRATION

Explore the idea of how iconic civil rights leader **Martin Luther King, Jr.**, and everyday citizens fight against discrimination to change America.

See our special exhibition, **Israel: Then & Now** to learn about the landmarks, history, and people of this young nation.

Share a cause you would fight for with hands-on crafts and activities 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.



2929 Richmond Road, Beachwood, OH  
216.593.0575 | [maltzmuseum.org](http://maltzmuseum.org)

# FREE FOR THE HOLIDAYS?!?

## Free Holiday Events at the Maltz Museum

Join us on Christmas, MLK Day, Presidents Day and more!

Free for the holidays? The Maltz Museum of Jewish Heritage opens its doors at no cost this winter during special holiday events. From making cards on Christmas to celebrating Martin Luther King, Jr. Day, to "meeting the presidents" on Presidents' Day, there are several free opportunities for the community to engage at this cultural hub. The Maltz Museum is located at 2929 Richmond Road in Beachwood. Registrations are encouraged by calling 216.593.0575 or visiting [www.maltzmuseum.org](http://www.maltzmuseum.org).

### Christmas Day Can-Can, "Give What You Can, Pay What You Can"

Tuesday, December 25  
11 am – 5 pm

Celebrate the giving spirit of the holiday season! Bring a canned-good donation and/or pay what you can toward museum admission.

Come explore the inspiring stories in the Museum's newest exhibition – *Israel: Then & Now*, see the treasures in The Temple-Tifereth Israel Gallery and share in the Jewish immigrant experiences that make up An American Story. The day also includes a chance to create welcome cards for new immigrants to Northeast Ohio. Canned goods will be donated to the Semach Sedek R.I.A.S. Kosher Food Bank & Pantry and the Greater Cleveland Food Bank.

### Stop the Hate® Youth Speak Out Essay Competition

**Grades 6-10:** Essays Due  
Wednesday, January 9 at  
11:59 pm

**Grades 11-12:** Essays Due  
Wednesday, January 16 at  
11:59 pm

Stop the Hate® Youth Speak Out celebrates students committed to creating a more accepting, inclusive society. By reflecting on real-life situations and detailing ways to make a positive difference in the world in 500 words or less, young leaders can win big. Scholarships, prizes and anti-bias education grants totaling \$100,000 are awarded each year. The program is sponsored in part by Dealer Tire, Dominion Resources and the Nordson Corporation Foundation.

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

Monday, January 21  
11 am – 5 pm

Join us for a free day to honor iconic civil rights leader the Rev. Dr. Martin Luther King, Jr., and everyday citizens who fought against discrimination by celebrating the everyday hero in all of us. Tour the Maltz Museum's core and special exhibitions while enjoying hands-on crafts and activities on this family-friendly day.

- 11 am – On the One Band performs live
- 1 pm – The Evelyn Wright Quartet performs live
- 3 pm – Panel discussion on Race, Gender, and the Power to Vote

Sponsored by the Jewish Federation of Cleveland's Community Relations Committee.

### Friends of the Maltz Museum's Presidents' Day Celebration

Monday, February 19  
11 am – 5 pm

Celebrate Presidents' Day with a free, family-friendly day. Participate in crafts and activities, plus explore our special exhibition, *Israel: Then & Now*. Presented by the Friends of the Maltz Museum. For complete information, visit [www.maltzmuseum.org](http://www.maltzmuseum.org).



## For Better Health, Go with Your Gut



Amy Jamieson-Petonic  
MEd, RDN, CSSD, LD

**A**s Americans in the 21st century, we don't always eat the best way to keep our digestive systems healthy, and that can lead to a range of issues, from constipation to irritable bowel syndrome to cancer.

"The understanding of diet in the health of our digestive systems and our general health continues to advance, with new research coming out all the time," says University Hospitals dietitian Amy Jamieson-Petonic, MEd, RDN, CSSD, LD. "It's scientifically proven that improving your diet can make a big impact on not only your digestive health, but also your overall health and how you feel every day. Hippocrates was correct when he said, 'let food be thy medicine and medicine be thy food.'"

Jamieson-Petonic's top tip for improving your digestive health? Eat more fiber.

"Fiber promotes digestive health by keeping foods moving through your digestive system," she explains. This may reduce your risk for hemorrhoids, diverticulosis (a disease in which small pouches form in the colon) and colon cancer. On a day-to-day basis, fiber helps keep bowel movements normal and regular. Fiber can also have a very positive impact for those trying to lose weight, control blood sugar levels and promote heart health.

The goal for fiber intake for most adults is 20 to 35g. per day. Jamieson-Petonic recommends that if you aren't used to eating fiber, you should gradually build up to this amount to avoid

unpleasant symptoms. Also, make sure to drink at least six to eight cups of water per day to help your body become adjusted to this increase in fiber.

Fiber comes in two forms – soluble and insoluble. "It's important to try to include both of them in your diet because they act differently in your digestive system," Jamieson-Petonic says.

Soluble fiber dissolves in water to form a thick gel and can firm up loose stools. Good sources of soluble fiber include oat bran, nuts, seeds and legumes, which includes beans and lentils. Soluble fiber has benefits that go beyond digestive health, too. It can help lower your total cholesterol levels and may benefit your heart by lowering blood pressure and inflammation.

For people with existing diabetes, a diet with high amounts of soluble fiber can help with managing their disease. Soluble fiber reduces the rate at which naturally occurring sugar from foods is absorbed and improves blood sugar levels. Soluble fiber may reduce the risk for developing type 2 diabetes, and it's also a healthy choice for people with existing type 2 diabetes because of its positive effects on heart health.

Insoluble fiber, what we commonly call "roughage," does not dissolve in water and adds bulk to stools. By doing this, insoluble fiber keeps our digestive system working. Whole grains, bran and vegetables are good sources of insoluble fiber.

As you increase the amount of fiber you eat, you may find that you are having an easier time getting to and maintaining your healthy weight. It's not your imagination. High-fiber foods make you feel fuller after eating and stay with you longer. As a result, you may eat less without feeling hungry.

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**Jamieson-Petonic's top tip for improving your digestive health? Eat more fiber.**

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Even beyond the digestive-system benefits of fiber, increasing the amount of fiber you eat can improve your overall health, Jamieson-Petonic says. "Research shows that a high-fiber diet is associated with a longer, healthier life," she says. "This is primarily due to the association between high-fiber intake and reduced risk of heart disease and all cancers."

For optimal digestive health, Jamieson-Petonic also recommends drinking eight 8 oz. glasses of water a day, limiting alcohol and caffeine consumption and quitting smoking. Smoking can cause heartburn and peptic ulcers and increases the risk of Crohn's disease and possibly gallstones, which makes quitting smoking one of the best actions you can take to improve your digestive health.

### Make Good on Your New Year's Resolution

Make 2019 the year you follow through on your resolution to schedule a colonoscopy for yourself or a loved one. A colonoscopy is the best technology available for evaluating your risk for colon and rectal cancer. UH Digestive Health Institute experts recommend people at average risk of colorectal cancer start regular screenings at age 50.

To schedule a colonoscopy appointment with the UH Digestive Health Institute at UH Ahuja Medical Center or another UH location convenient to your home or work, call 844-842-0931 or visit <https://www.uhhospitals.org/programs/colon-cancer>.

# HEY NEIGHBOR!

by Arlene Fine

## Beachwood Resident Flying High

“Come fly with me,” could be Richard Rohl’s theme song. The Halworth Road resident, along with his dad, Larry, are co-owners of T&G Flying Club, where they teach people of all ages how to become hobby pilots or enable them to earn professional pilot status. As their ad says, “Professional or pleasure, T&G Flying Club has your flight plan.”

### When did you first learn to fly?

**Richard:** When I was around five years old, before my feet could touch the pedals, I sat on my dad’s lap and he let me steer the plane. I got my official flying license when I was 17. My grandfather was the first in our family to fly. He flew a Piper Cub, which was built in 1948 and is made of cloth and wood. He hunted animals from the air in the plains of South Dakota with it. My dad and I still fly this yellow Cub today!

### Why is there a demand for flying schools like yours?

**Richard:** According to a Boeing study, 42% of pilots flying commercial airlines will retire in the next 10 years, due to the FAA mandatory retirement age of 65. Unless these pilots are replaced with licensed professional pilots, many planes will be sitting on the ground. Airlines are relying on schools like ours to make sure that doesn’t happen.

### What are the requirements to becoming an airline pilot?

**Richard:** The steps to becoming an airline pilot are rigorous and include: earning a private pilot certificate; adding instrument and multi-engine ratings; earning a commercial pilot certificate; gaining experience, including 1,500 hours of total flight time (typically by becoming a flight instructor); and satisfying the requirements of the Airline Transport Pilot (ATP) Certification.

### A private pilot’s license is a lot different – how do you get one?

**Richard:** You need to spend a minimum of 40 hours training in the air – though most people get their licenses around 55-60 hours. It’s about proficiency, rather than hitting a certain number of hours. With this license, you can fly solo, take passengers, and fly in good weather when you can see the ground.

### Who are your students?

**Richard:** We don’t have one particular kind of student; they represent a very diverse slice of the local and international community. We get a lot of people coming from Europe, China, Israel and Africa because it’s much cheaper to fly in the States than in their countries. We also get men and women who want to pursue their dream of learning how to fly. Most people can get their private pilot’s license in a month or two if they dedicate five days a week to it. For others who have less time to dedicate, it might take a few months. We work with students on their own schedules. The total cost including everything (plane rental, instructor, books, tests, etc.) typically runs close to \$8,000.

### What planes do you use to teach students?

**Richard:** The Cessna 152 and 172 are our most common trainers. They are the most stable and easy-to-learn

planes. Our headquarters are at Cuyahoga County Regional Airport in Richmond Heights, and our other two locations are Burke Lakefront Airport and Youngstown-Warren Regional Airport.

### What was your greatest flying adventure?

**Richard:** Two years ago my dad, my girlfriend, Amanda Lincoln, Saki Chen, and I flew a Bonanza A36, single piston-engine-powered airplane, around the world. It took us two months – we flew about 24,000 miles and visited 16 countries. Our journey made headlines because Saki was the first Chinese female pilot to touch down in China on a circumnavigation flight.

### How do you feel when you are flying?

**Richard:** There is an incredible sense of freedom when I’m in the air – I can go to places and see things that the average person on the ground can never imagine. I grew up flying; it is in my blood and I feel very comfortable in the air. I’m fascinated with flight. I feel it is safer than driving.

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There is an incredible sense of freedom when I’m in the air – I can go to places and see things that the average person on the ground can never imagine.

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For more information about T&G Flying Club, call 216.289.5094 or visit <http://www.tandgflying.com>.



Larry and Richard Rohl next to a Beechcraft Bonanza plane that they flew around the world with Amanda Lincoln and Saki Chen.



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Incentive grants are not need-based. First-time campers currently in second grade or above are eligible. Other restrictions may apply. Contact Maya Groys at [mgroys@jecc.org](mailto:mgroys@jecc.org) or (216) 371-0446 ext. 233. For more info visit [www.onehappycamper.org](http://www.onehappycamper.org).

Session I	Tues, June 11–Sun, July 7
Rishon I*	Tues, June 11–Sun, June 23
Session II	Wed, July 10–Wed, July 31
Rishon II*	Sun, July 21–Wed, July 31

\*Rishon is for first time campers in grades 2-5





## Warm Heart Warms Bodies

Last year, Lena Leland and her mom, Eva Allen, entered into a conversation about how many people in and around Cleveland do not have what they need to stay warm. The conversation stuck with Lena, which prompted her to organize a coat drive to benefit Coats for Kids Cleveland. Lena created and distributed flyers throughout the neighborhood, which resulted in collecting about 120 coats.

Based on last year's momentum, Lena, now a Beachwood High School junior, spearheaded another drive and collected 375 coats. She feels good about overseeing a project to help those who are less fortunate.

"For the most part, all I did was get the word out and pick up coats," she said. "This was the community's work. It makes my heart feel so full, seeing people pitch in and take care of each other."

Lena looks forward to carrying on this annual tradition.

For more information about Coats for Kids Cleveland, visit [www.coatsforkidscleveland.org](http://www.coatsforkidscleveland.org).



Lena and her dog, Mose, who wants his couch back.

## Cantor Sarah J. Sager to be named Cantor Laureate

Anshe Chesed Fairmount Temple is building upon its growth and planning for the future of its congregation. The synagogue recently announced that, after almost 40 years of service, the longest tenured of its clergy team, Sarah J. Sager, will transition to Cantor Laureate beginning July 1, 2020.

Cantor Sager has been a fixture within the Northeast Ohio Jewish community since she arrived at Anshe Chesed Fairmount Temple in 1980. The first Cantor to be hired by the synagogue in the 20th century, Cantor Sager has connected with generations of families through her sacred music, teaching of tradition, bar/bat mitzvah and wedding celebrations, and comforting the bereaved. Her passion for her work continues to be apparent and all who know her feel her sense of

Jewish continuity, values, beauty and meaning.

"It would be almost impossible to point to one part of this profession that is the most fulfilling," reflected Cantor Sager, "but upon reflection, it would be the privilege of being a part of people's lives, truly, from birth until death and everything in between."

In her new role, Cantor Sager will continue to enrich the lives of the Anshe Chesed Fairmount Temple congregants, develop and grow adult education initiatives and offer her support as both a pastoral leader and for select lifecycle events.

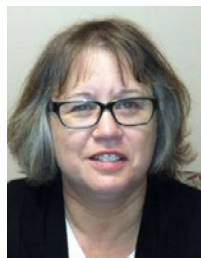
"This announcement brings us all an opportunity to honor Sarah and showcase our gratitude for her unstinting leadership and the legendary service of excellence and distinction that we were blessed to know," said



Anshe Chesed Fairmount Temple Senior Rabbi, Robert Nosanchuk. "We look forward to celebrating Cantor Sager's marvelous tenure with the congregation and the community."

Throughout the coming weeks, the synagogue, along with its board of trustees and senior leadership, will establish a formal search committee to initiate the selection of a worthy successor for Cantor Sager. Anshe Chesed Fairmount Temple plans to seek input from its congregants throughout this process.

## Carrie Bogart Gives Back to Her Community by Volunteering with Montefiore's Hospice Program



They come from all walks of life. They represent different religions. They

range in age from 18 to 83. They are compassionate, committed and caring. They are the very special Vinney Hospice of Montefiore volunteers, and Beachwood resident Carrie Bogart is one of them.

Carrie has served as a Vinney Hospice volunteer for over four years. During that time, she provided one-on-one friendly visits to residents of Montefiore, Maltz Hospice House and persons living in

their own homes. She also assisted with events.

It is the people interaction however that means the most to Carrie. She explains, "Spending time with hospice clients is about helping with their quality of life as their time and energy is waning. I've been privy to many life stories and memories. It's a privilege to be entrusted to witness and support this most intimate part of a person's journey."

Carrie has also instilled the volunteer philosophy into her daughter, Leesa, who has served as a Montefiore volunteer for the past 13 years. Together, they have logged over 3,200 volunteer hours.

Communities are only as strong as their residents. Carrie

has certainly contributed to Beachwood's reputation as a caring and compassionate community.

*Communities are only as strong as their residents. Carrie Bogart has certainly contributed to Beachwood's reputation as a caring and compassionate community.*

For more information and to find out how you can become a hospice volunteer, contact Verna Riffe Biemel, volunteer coordinator, at 216.910.2650 or [vriffebiemel@montefiorecare.org](mailto:vriffebiemel@montefiorecare.org).



# Apple Growth Partners Opens in Beachwood

Apple Growth Partners, an award-winning accounting and business advisory firm, recently consolidated its Cleveland offices into one joint-collaborative space in Beachwood.

AGP specializes in tax, accounting, finance, and business advisory services, and its advisors have been helping privately-held businesses achieve healthy growth for 75 years by creating and delivering sustainable solutions. Located at 25550 Chagrin Blvd., its larger office space, with additional meeting rooms and dedicated areas for brainstorming, is designed to foster collaboration.

"Bringing together our two Cleveland offices will strengthen the employee culture and create stronger working relationships," said Chuck Mullen, chairman. "We considered many suburbs in Cleveland, including the west side and downtown, but ultimately, the perfect space and location for

us turned out to be on Chagrin Boulevard in Beachwood."

To inaugurate the new office, AGP invited Mayor Martin Horwitz to conduct the formal ribbon-cutting ceremony, in which he also declared November 29, 2018, as "Apple Growth Partners Day" in the City of Beachwood. A small reception for staff and shareholders followed after the ceremony.

AGP has been active in the community, most recently presenting at the City of Beachwood's "Entrepreneurship 101" seminar series, and crunching the numbers to help Crain's Cleveland Business recognize Northeast Ohio's fastest-growing companies in its "Fast 50" feature. The firm has been recognized in the NorthCoast 99 "Best Places to Work" for 11 consecutive years.

For more information, call 216.674.3800 or email [www.applegrowth.com](http://www.applegrowth.com).

"We considered many suburbs in Cleveland, including the west side and downtown, but ultimately, the perfect space and location for us turned out to be on Chagrin Boulevard in Beachwood."



Top: Chairman Chuck Mullen and Mayor Martin Horwitz  
Bottom: Cleveland managing partner and shareholder Randy Misch, chairman Chuck Mullen, Mayor Martin Horwitz, City of Beachwood retention specialist Keri Zipay, and principal Bob Neides  
Photos courtesy of Theresa Livechi, Personal Creations.

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## Remembering Dr. Martin Luther King, Jr.

Anshe Chesed Fairmount Temple will honor the legacy of Dr. Martin Luther King, Jr. at the Friday, January 18, 6:15 pm Shabbat Service with two special guests, Michael Hunter Ochs, an American Jew, and Alaa Alshaham, a Palestinian Muslim. An unlikely partnership, these two musicians will present *The Pursuit of Harmony*, to create a song-filled message of building a bridge to peace. They echo the passion of Dr. Martin Luther King, Jr., who preached respect and understanding between people of different races, ethnicities and religion.

Michael Ochs is an accomplished singer-songwriter who lends his peaceful spirit to the important work he does towards reconciliation. His song, "In Her Eyes," was recorded by Josh Groban, and another, "On My Knees," was awarded Song of the Year from the Gospel Music Association. Alaa Alshaham has devoted much of his musical career to improving the day-to-day lives of Palestinian children. In 2014, he was awarded the Children of the Earth Prize for his work in creating understanding between Jewish and Arab children in the Middle East.

This service, which is open to all, is a powerful way to remember Dr. Martin Luther King, Jr.



Alaa Alshaham and Michael Hunter Ochs.

# \$32,708,114 Raised in the Jewish Federation's 2019 Campaign for Jewish Needs

## A true demonstration of "The Impact of Together!"

More than 10,000 community members raised more than \$32.7 million to help care for one another, prepare for the future, share the Federation's perspectives, and repair our world.

Thanks go to the hundreds of volunteers and donors who attended the Campaign Closing Celebration on December 12, when the 2019 Campaign totals were unveiled. Those in attendance also had a special opportunity to

hear reflections from outgoing Federation president Stephen H. Hoffman, and celebrate what they accomplished together, with drinks, music and food from Cleveland, Israel and Russia.

The Federation honored Natan Milgrom, 2018 recipient of the Amb. Milton A. and Roslyn Z. Wolf Young Campaigner of the Year Award, who was recognized for his dedication to the Campaign. "It is important that we encourage

young people to get involved so we can build a group of leaders for the future that can bring our community forward," he said.

Special thanks went to Jeffrey J. Wild, 2019 general campaign chair, for leading our community to success; and to presenters, campaign leadership, campaigners and community members for their continued support and hard work. When we work together, we can achieve anything!



Dr. Nancy Wolf and Gary Gross, Federation Board Chair, present Natan Milgrom with the 2018 Amb. Milton A. and Roslyn Z. Wolf Young Campaigner of the Year Award; Aidan Wild, Danielle Wild, General Campaign Chair Jeff Wild, and Zachary Wild of Beachwood. Photos courtesy of Jewish Federation of Cleveland.

## Girl Scouts Earn Petals

The Girl Scout Daisy Troop 71962, comprised of seven Bryden students, began its scouting journey in September 2018. Scouts earn "Daisy Learning Petals" when they understand different parts of the Girl Scout law. To date, these young scouts earned petals for their *honest and fair, friendly and helpful, and considerate and caring* segments.

They also participated in outdoor activities, including an overnight camping trip, and a service project at Temple Emanu El, where they helped make dinner for the soup kitchen.

The Girl Scout mission is to build girls of courage, confi-

dence and character who make the world a better place.

For more information or to become involved, contact troop leader Karen White at [KPwhite7@gmail.com](mailto:KPwhite7@gmail.com).



The Girl Scout mission is to build girls of courage, confidence and character, who make the world a better place.



Pictured from left: Cherish Bohinc, Evie Bragg, Ellie Small, Emma Vesci-Perez, Charlotte White, Madison Reiner and Julianna Chan at Temple Emanu El.



# Beachwood Residents Open Luster Gift Boutique

**T**amar Brecher and Robin McCann, both Beachwood residents, recently opened Luster, a gift boutique, at 3441 Tuttle Road, Market Hall, in the Van Aken Shopping District.

According to Robin, "We have been working for two years to bring our creative gift boutique to life. We researched, bought and tested products, and met with artisans from all over the nation to bring an eclectic variety of gift options to the Cleveland market at a practical price point."

Before Robin and Tamar started Luster, Robin was a classroom teacher and yoga instructor. Tamar worked as bookkeeper at RosmanSearch, a recruiting company. Both were always looking for unique gifts, finding their coolest treasures when

they were out of town. That's when they decided to open their own store.

Before opening their doors, the owners did their homework. They took classes, had one-on-one meetings with mentors, and met with local business owners and people who inspired them. "There was no avenue of the business left unturned," Robin said.

Luster's décor is both rustic and modern to reflect the owners' styles, and they are proud to carry items that are unique to the Cleveland area.

Tamar and Robin are both

working mothers and have made their new venture a family affair. "Our children are excited and eager to help," Robin said. "It's fun to hear my 13-year-old say she wants to work at the store, and Tamar's four-year-old wants to sell his artwork. As a parent, it's an awesome opportunity for us to show our children that if you have a goal, go out and crush it. Plus, our husbands have been extremely supportive, and we like to say that they are on Luster's board of directors."

The boutique features jewelry and art by local and national artists, as well as fun and functional

home goods, statement jewelry, accessories, handbags, bath products and more. Store hours are Monday – Saturday, 10 am-6 pm; and Sunday, 12-5 pm.

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As a parent, it's an awesome opportunity for us to show our children that if you have a goal, go out and crush it.

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Follow Luster Gifts on Facebook and Instagram, and for more information, visit [www.Lustergifts.com](http://www.Lustergifts.com).



Robin McCann and Tamar Brecher at Luster on opening night.

## Beachwood Snowplow

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# S.T.E.M. in Action – 2nd NOISE Expo Coming to Beachwood

On Saturday, April 13, the second NOISE Expo will be held at Beachwood High School. NOISE, which stands for Northeast Ohio Innovative STEM Expo, will be an all-day event that features S.T.E.M. (Science, Technology, Engineering, Mathematics) principles in action from area businesses and organizations. Highlighting NOISE will be entertainer Nick Uhas, from America's Got Talent, and Nickipedia.

Nick Uhas will be entertaining the crowds during two free performances in the Beachwood High School auditorium at 12 and 2 pm. Nick, originally from Hilliard, Ohio, now travels around the world performing, while making science fun.

NOISE attendees will get to participate in hands-on demonstrations and activities from area companies, including ASM, Cleveland Clinic and Eaton Corporation. The ASM Materials Education Foun-

dation will host a Materials Mini-Camp within NOISE. The first 1,000 students will receive free lab coats, goggles and STEM swag bags as they enter NOISE. The goal for NOISE is to excite students about S.T.E.M. principles and to see them applied through a large variety of business applications.

Fifty student entrepreneurs, from middle school to college, will be featured in the Young Entrepreneur Market, sponsored by the Burton D.



Morgan Foundation. Attendees can shop and learn more from exhibitors in the STEM Marketplace. Area food trucks will also be on premise for NOISE.

Interested sponsors and companies can sign up now at [www.noiseexpo.com](http://www.noiseexpo.com).

Current sponsors include: Burton D. Morgan Foundation, Cleveland Clinic, ASM International, First National Bank, Legacy Capital Partners, Benesch Law, Gorilla Graphics, Federal Equipment, Northwest Hardwoods, *Beachwood Buzz*, WKYC, Beachwood City Schools, City of Beachwood, Junior Achievement and Excel TECC.

NOISE is being created and produced by the marketing/Junior Achievement students at Beachwood High School. Forty seniors from ten area high schools attend the marketing program through Excel TECC. City of Beachwood community services director Karen Carmen and her staff have partnered with Greg Perry and his marketing/Junior Achievement students for the past 12 years to help produce their Junior Achievement Company.

For more information, please visit [www.noiseexpo.com](http://www.noiseexpo.com) or email Greg Perry at [gwp@beachwoodschoools.org](mailto:gwp@beachwoodschoools.org).

## Knitters Needed!

The Beachwood Peace Pod of Women4Women-Knitting-4Peace meets the first Friday of every month at the Beachwood Library, from 10 – 11:30 am. Yarn, needles, and instructions are available at each meeting.

LakeHealth Medical Center has a need for "lapghans" for veterans who use its medical services. As many as twenty vets are treated daily. These lap afghans need to be knitted or crocheted in red, white and blue yarn, and measure about three- by-four feet.

"The hospital has asked our group to create as many as we can, a daunting task," said Iris November, the group's leader. "We can use your help!"

For more information, call Iris at 216.831.2646 or email [lbrtyclub@gmail.com](mailto:lbrtyclub@gmail.com).



Amy Wachs, immediate past president of the Jewish Genealogy Society of Cleveland, will discuss, "Our Eastern European Roots: We Are What Our Ancestors Ate," when the group meets in the Men's Club Board Room at Park Synagogue East, 27500 Shaker Blvd., Pepper Pike, starting at 1:30 pm.

Wachs, an attorney and Fulbright Scholar, lived and worked in Eastern Europe where she taught law in Latvia and Moldova. She traveled extensively throughout the region, conducted research

## What Do Family Recipes Reveal About Our Ancestors' Lives?

What can family recipes tell us about our ancestors' country of origin and life in Eastern Europe? That will be the focus of attention at the January 6 meeting of the Jewish Genealogy Society of Cleveland.

on-site at state archives in Lithuania and Poland, and visited archives in Ukraine and Moldova.

Wachs is also a board member of LitvakSIG, where she serves as coordinator for the Trakai District Research Group.

The Jewish Genealogy Society of Cleveland meets on the first Sunday afternoon of the month in the winter, with board members available from 1 pm to assist with individual research questions. Guests are welcome to RSVP at [Programming@ClevelandJGS.org](mailto:Programming@ClevelandJGS.org).

### Jewish Genealogy Society of Cleveland 2019 Officers

The following individuals have been elected to serve as 2019 officers for the Jewish Genealogy Society of Cleveland:

- Sylvia Abrams, president
- Stewart Hoicowitz, first vice president, programming
- Don Golden, second vice president, membership
- Marilyn Bilsky, secretary
- Noreen Koppelman-Goldstein, treasurer
- Jane Riedel, trustee
- Jeffery Morris, trustee
- Russ Maurer, trustee



# Cedar's 5th Birthday Party and Photos with Santa Fundraiser

On December 9, the Morrison family celebrated Cedar's 5th birthday. Cedar, their service dog, was featured in the December 2017 issue of *Beachwood Buzz*, and the party was held to raise funds for the Assistance Dogs for Achieving Independence (ADAI).

Santa and Mrs. Claus (Mary Faktor and Mike Wickiser) volunteered their time to the cause, and several items, including wine, movie tickets, a handmade scarf, and a metal print by Scott T. Morrison, were donated as a part of the raffle.

Party goers were able to have photos taken by Discovery Photo with Santa or Cedar. Refreshments were also provided, which included a cake, made with sweet potatoes and eggs with a peanut butter yogurt frosting, for all the dogs.

The ADAI helps individuals with disabilities achieve greater independence by training and placing service and therapy dogs to assist with the individual's daily needs.

Service dogs assist in everyday tasks, such as opening doors and carrying items. They provide clients a tremendous boost to self-confidence and self-reliance. Individuals who are partnered with service dogs have public-access rights through the Americans with Disabilities Act to take their dogs with them wherever the public is allowed.

At ADAI, dogs are trained to perform tasks that meet the individual needs of clients, both at home and in public. They may be trained to:

- Open doors, cupboards, refrigerators, dryers, etc.

- Retrieve cordless phones
- Activate access buttons and switches
- Tug off clothing
- Carry items
- Pick up dropped items
- Provide balance when walking

ADAI is a non-profit program that relies on donations, grants, and fundraisers to pay for the placement of an assistance dog. The cost to ADAI, between \$25,000 and \$30,000 for each dog placed, is mostly paid by private donors and grants. The cost to the consumer ranges from \$2,000 to \$5,000, based on a sliding-fee scale.

To donate, please visit <https://www.abilitycenter.org/how-you-can-help/donation/>.

Follow Cedar on Facebook at <https://www.facebook.com/cedartheservicedog/>.



Liz and Scott Morrison with Cedar; Santa and Mrs. Claus (Mary Faktor and Mike Wickiser).

## Practical Tips to Winterize Your Home

Winterizing your home may result in saving hundreds of dollars. An easy place to begin is by looking at window conditions. Cracked and warped windows can often cause heat to escape. "Windows that produce a draft or feel cold on the inside should be replaced," explains Richard Kasunic, a home repair expert with Window Nation. "Modern vinyl windows fit tightly to shield homes from wind, water infiltration and inclement weather overall. Many homeowners have older windows, and are often heating the outside."

On average, homeowners spend 40 percent of their utility expense dollars on heating and cooling, Richard told us. He said that if new windows aren't in your home budget, you might want to pick up insulated

curtains, window and door gap seals and add draft snakes on window sills. He also suggests replacing the weather stripping around doors if you see any light around the edges. For less than \$10, you can likely save hundreds in electrical bills.

Beyond windows, exterior outlets, plumbing/utility access, chimneys and walkways should be sealed for unwanted holes. Richard also suggests homeowners professionally clean and inspect their furnaces, as well as roofs.

Finally, he suggests covering the water heater and changing the furnace filter so your furnace doesn't have to work as we know it will this time of the year. If you are thinking of new windows, Kasunic says that this is the best time of year for both installation and price.

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## Workout with YLD: Co-Ed Dodgeball Tournament

**Sunday, January 27**  
**10:30 am – 1 pm**  
**Mandel JCC**  
**Gymnasium**

Dodge, dip, dive, duck, and dodge! Sign up to participate in the first-ever Jewish Federation of Cleveland "Workout with YLD: Co-Ed Dodgeball Tournament." Dress in your best dodgeball attire, and get your friends together to form a team of seven, or sign up as an individual. You're sure to enjoy this morning of friendly competition!

The fee is \$5/person. Register at [www.jewishcleveland.org](http://www.jewishcleveland.org).

## Host a Summer Intern!

### Tri-C Summer 2019 Intern Program

Cuyahoga Community College (Tri-C) and The Career Center jointly host the 4th Annual Summer Internship Program, which is aimed at connecting students to experiential learning opportunities by working in various Northeast Ohio companies.

Please consider hosting a summer 2019 intern and providing one or more students an opportunity to work for a maximum of 100 hours from May 28 – August 9.

For more information, contact Claudia in the Career Services Department at 216.987.2893.

## Cleveland International Film Festival Partnering with Tribeca Film Institute® in American Midwest Film Pitch

The Cleveland International Film Festival (CIFF) announces a collaboration with Tribeca Film Institute (TFI) on its IF/Then Shorts program, which invites filmmakers living and/or working in the American Midwest to apply for a new pitch opportunity, scheduled to take place at the CIFF43 in Spring 2019.

The program calls for original stand-alone pitches of short documentaries (running 10-20 minutes) about the American Midwest that explore a range of socially, politically and culturally relevant topics. The 12 eligible states are Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South

Dakota, and Wisconsin.

TFI and CIFF will jointly select up to six finalists who will be invited to pitch their projects to a panel of industry judges on Sunday, April 7, 2019, during the closing weekend of CIFF43. The winner will be announced that evening during the CIFF43 Closing Night Ceremony.

The winning project will receive up to \$25,000 in production support, allowing the filmmakers to complete their short documentary. In addition, they will have the opportunity to participate in Tribeca Film Institute's IF/Then Shorts program, which provides one year of distribution mentorship. The program is developed

with support from the John D. and Catherine T. MacArthur Foundation.

Marcie Goodman, CIFF executive director, said, "The IF/Then Shorts program is an amazing opportunity for filmmakers, and the CIFF is honored to be collaborating with TFI."

Applications are due Monday, January 21, 2019. Finalists will be notified in late February 2019.

For full IF/Then Shorts American Midwest application information, please visit [www.clevelandfilm.org/if-then](http://www.clevelandfilm.org/if-then).

*Beachwood Buzz* is a proud community partner of CIFF. Watch for more information in upcoming issues.

## Chagrin Valley Camera Club

The Chagrin Valley Camera Club meets twice a month. Guests are always welcome. For a complete overview of meetings, speakers and events, visit [www.chagrinvalleycameraclub.com](http://www.chagrinvalleycameraclub.com).

### Tuesday, January 8 • 7-9 pm South Euclid Library

Enjoy presentations by Les Greenberg and Erwin Bruder. Les will address innovative ways to use Photoshop as a tool to produce striking images that can take your photos a step beyond the "plain picture" you snapped with your camera. He will also discuss how you can best use your digital camera to capture creative images, even without using programs like Photoshop. Whether you're an expert or a novice, Les will share ideas that may help to improve your work!

Erwin will discuss the challenges and rewards of photographing people – whether

through images captured on the street or through formal studio sessions. Erwin is a skilled practitioner in both genres and will share many tips that can help you think ahead before raising your lens and simply asking someone to smile.

### Tuesday, January 15 • 7-9 pm Beachwood Library

Lori Diemer, a local, professional photographer who journeyed to New Zealand in late 2017, for a month-long shoot on the country's scenic "South Island," will talk about the logistics of planning an extended photo expedition and the unexpected challenges that arise once the trek has begun. She will share a number of outstanding images from a spot that many consider to be one of the most spectacular places on earth.

The club congratulates the winners of its recent Peoples'

Choice Photo Contest, held at Beachwood Library. This year's winners are David Alan, first place; Jim Carey, second place; and Charles Rich and Chad Barr, third place.



From top left: Jim Carey, David Alan, Charles Rich and Chad Barr.



# Peter and the Starcatcher

The Beachwood Schools Drama Club recently presented its inaugural fall play, Tony award-winning Peter and the Starcatcher, the first production created under the district's newly-revived theatre program. The show brought the century-old story about a miserable orphan who would not grow up (a.k.a., Peter Pan) to life.

Following the show, we had an opportunity to interview co-producer Patricia K. Haynish:

## Why did you pick this show?

First and foremost, Rob Sapp, my co-producer, and I wanted to select a show that involved as many students as possible. Next, we wanted to provide a challenging and fun experience that would allow them to feel a great sense of accomplishment, grow their confidence and encourage them to work as an ensemble.

## What was your favorite part of the show process?

My favorite part of the process was watching the students use their creativity and courage to bring vivid characters to life. It

was also thrilling to witness the cast and crew conquer such an advanced piece of theatre, while forming friendships that will go on long beyond their time in Beachwood schools.

## What was your favorite part of the show itself?

My favorite part of the show was the end of Act I, where the whole cast and crew had to depict two pirate ships sparring over very important cargo being carried on one of the ships. We incorporated fight choreography that our cast learned from a professional fight choreographer, which involved every single member of the cast and crew. Act II opened with a song titled "Starstuff" that featured a

few "mermen," and that was also a huge crowd pleaser.

## What is the drama club and how do you get involved?

The Beachwood Schools Drama Department is an organization created to welcome any high school student who is interested in the theatre arts (acting, singing, stage crew, set building, light-

ing, sound, choreography, stage makeup and special effects). The club promotes appreciation of theatre through friendship, teamwork, practice and performance. Any questions are welcome via: phaynish@beachwoodschoools.org. Additionally, students who are currently involved in the program will gladly share information about their experiences.



Slank (Jack Brewer) and Black Stache (Zach Harf) fight over possession of the queen's trunk

# Programs at The Gathering Place

The Gathering Place is a cancer support center located in Beachwood. Programs and services are provided free of charge to support, educate and empower individuals and families currently coping with the impact of cancer in their lives. To learn more about the various programs available, visit [www.touchedbycancer.org](http://www.touchedbycancer.org) or call 216.595.9546. Upcoming programs listed below require advance registration.

## New Year 'Newtrition'

Sign up to receive emails and check The Gathering Place out on social media for videos and tips on nourishing your body with a whole food plant focused lifestyle. To sign up, email Cheryl at [apisdorf@touchedbycancer.org](mailto:apisdorf@touchedbycancer.org) or call 216.595.9546.

## Chinese Bamboo Brush Painting

Tuesday, January 8 • 2 – 3:30 pm

Discover tranquility, balance and beauty while exploring this ancient art form.

## Cancer Fighting Kitchen

Wednesday, January 9  
6 – 8 pm

Learn the latest information on the food and cancer connection, while preparing nourishing recipes for yourself or your loved one. Access to Rebecca Katz's online self-paced course will be available after completion of this class.

## Lego Fun for All Ages

Saturday, January 12  
10:30 am – 12 pm

This program is for children and teens who have cancer, and their siblings and other family members.

## Updates on Lymphoma

Wednesday, January 16  
6:30 – 8 pm

Presented by Brian Hill, MD  
Director, Lymphoid Malignancies Program  
Cleveland Clinic  
Taussig Cancer Institute

## Reiki for Self-care

Thursday, January 17  
6 – 8:30 pm

Reiki is an ancient Japanese practice that promotes calmness and relaxation. Learn and practice hand-positions for self-reiki.

## Healthy Weigh

Mondays, January 21, 28; February 11, 18; March 4, 11  
6:30 – 7:30 pm

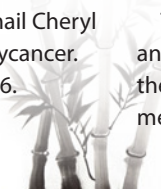
A six-week program for healthy weight loss for cancer survivors who have been encouraged by their physician to lose weight. Caregivers are welcome to participate.

# Milestones National Autism Conference Opens Call for Proposals

Milestones Autism Resources is seeking proposal submissions from perspective speakers for its 2019 Milestones National Autism Conference, June 11-12 at the Cleveland I-X Center.

Professionals, parents, and individuals with Autism Spectrum Disorder are encouraged to share their research, perspective, and inspirational insight with a national audience of more than 1,200 attendees.

To see a list of suggested topics, for more information, or to submit proposals, visit [www.milestones.org](http://www.milestones.org). The proposal deadline is January 15.



# Who's Buzzin' in Beachwood?

by Arlene Fine

## Cleveland Jewish Book Festival was a Best Seller!

Thousands of community members listened and learned while attending the Mandel JCC's ten-day Cleveland Jewish Book Festival. Participants discovered new writers and made fresh connections as festival authors discussed topics such as Jewish life, Zionism, history, business and religion. Author visits were accompanied by lectures, Q&A sessions, book signings and dessert receptions. The annual event is supported by The Henry & Eugenia Green Family Foundation.



## Iris November Honored

Iris November and Rosemary Corcoran were honored at Beck Center for the Arts' annual Spotlight Gala. The event, held at Gray's Armory, included dinner and entertainment. Beck Center for the Arts is a non-profit organization that combines professional theater with arts education.



Book festival co-chairs Shelly Lewis and Eliana LeVine, with Cleveland Jewish Book Festival author and actress Alexandra Silber and Book Festival co-chair Laura Simon



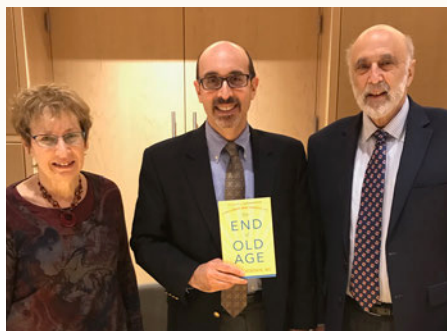
Pianist Alan Schmuckler with Darby and Jon Steiger



Anne Freimuth, author Rachel Kadish and Marc Freimuth



President and CEO of Destination Cleveland David Gilbert and Alan Semel



The Temple Tifereth-Israel librarian Andrea Davidson, author Dr. Marc Agronin and Rabbi Roger C. Klein



President and CEO of Mandel JCC Michael Hyman and Susan Hyman

Iris November, Beck Center for the Arts CEO and president Cindy Einhouse and Rosemary Corcoran.







## Go Bison Basketball!

The stands were packed at the BHS gym as the Beachwood Bison varsity basketball team, coached by Matt Miller, played the Perry Pirates varsity team. The BHS varsity cheerleading team provided lots of spirit to the action packed mid-season game, where the mighty Bisons came out on top.



Olivia Mayfield, Jen Stern, Ellen Bergman and Eden Bergman



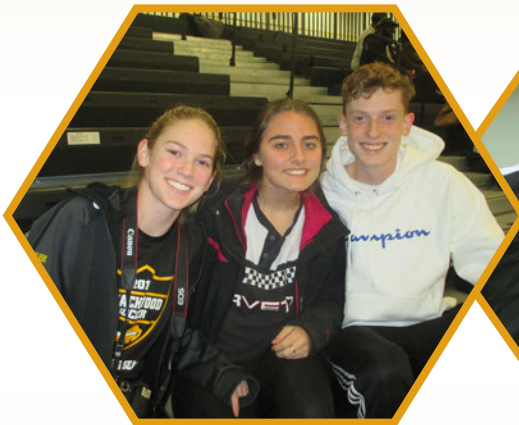
Ethan Solomon, Drew Schnee and Jake Muencz



Rita Holsey and Antonio Kidd



Maurice Soremekun, Antoinette McCall and Bessie Soremekun



Miranda Luxenburg, Zoe Zilbert and Max Luxenburg



Jack Brewer, Julia Charnas, Teilah Simon and Jvian Ferguson



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# Top Chefs Speak About Israeli Soul Food

By Arlene Fine

**F**or some people, soul food is fried chicken and biscuits. For Philadelphia restaurateurs and six-time James Beard award winners' chef Michael Solomonov and his business partner Steve Cook, soul food is hummus, falafel, schnitzel, shawarma, bourekas, and sabich (a deliciously messy pita sandwich of fried eggplant, mango pickle, hard boiled egg, tahini and salad).

Both men are ambassadors of the multicultural tastes and flavors of Israel. In 2015, they published the critically acclaimed cookbook *Zahav*, and this year, their second, beautifully-illustrated cookbook, *Israeli Soul: Easy, Essential, Delicious*, is receiving rave reviews. The book contains the best recipes the authors gleaned from a whirlwind trip to Israel, where they visited 82 restaurants in eight days.

"Of the 82 restaurants only two were not great," says Steve. "The other 80 were amazing."

Steve and Michael were in Beachwood to speak at the Mandel JCC's Cleveland Jewish Book Festival. Cleveland restaurateur and chef Doug Katz interviewed the duo to an enthusiastic crowd in The J's Stonehill Auditorium.

"You can take the recipes from our book and eat for a month without repeating a meal," says Israeli-born Michael. "We have made them simple and easy for home cooks to prepare, like our five-minute hummus recipe and shawarma you can make in an oven, not on a spit."

Both Steve and Michael's passion to share the savory, exotic and satisfying tastes of Israeli food is reflected in their Philadelphia flagship, award-winning restaurant, *Zahav*.

"The amazing thing about the soul of Israeli cuisine is the journey these foods have taken to the ends of the earth and back to be woven together in a emerging, evolving

culture that is both ancient and modern," says Michael. "You can visit any Israeli town and taste foods from Libya, Egypt, Iran, Iraq, Turkey, Ethiopia, Tunisia, Eastern Europe, India, Yemen and Spain. Cuisine has found its way to Israel, in fancy restaurants or small stands on back streets, from wherever Jews have lived."

Along with *Zahav*, Steve and Michael have launched a string of other successful Philadelphia-area restaurants, including *Dizengoff*, *Abe Fisher*, *Federal Doughnuts*, and *The Rooster and Goldie*. Three more eateries are planned for next year.

"Along with loud noise," quips Michael, "the secret to a successful restaurant is customer service and making everyone feel comfortable. We want our guests to know they are valued. Cooking good food is a tangible way to display our hospitality. Food is a bridge that connects us to our heritage and to each other."

While in town, Michael and Steve toured the Maltz Museum of Jewish Heritage and viewed its *Israel: Then & Now* exhibit, which includes a video of Michael preparing food. "It was a treat to have the cooking duo tour our museum and experience our special exhibit," said Dahlia Fisher, the Maltz Museum's director of external relations. "They were both impressed with the range and scope of all the museum has to offer, and they promised to make a return visit soon."

"Food is a bridge that connects us to our heritage and to each other."

Cleveland restaurateur Doug Katz is flanked by Israeli Soul cookbook authors Steve Cook and Michael Solomonov.





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