

Beachwood Buzz

November 2020

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MAGAZINE



Meet
Beachwood
Police Chief
**Kelly
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Letter from THE EDITOR

By Debby Zelman Rapoport

GratITUDE is a powerful emotion that can enhance our life. When we frame scenarios to recognize gratitude, we may see rays of sunshine where there were once only clouds.

Thanksgiving, just a few weeks away, will kick off the holiday season. Ideally, this season is viewed as cozy and festive. This year, because of external circumstances that include COVID-19 and our country's divisive political arena, more people may feel disconnected, facing challenges that bring on feelings of sadness, anxiety, or depression – feelings that may lessen when we focus on gratitude.

Gratitude is an emotion that produces long-lasting positivity. With it, we have the power to live in the present and acknowledge the goodness in our lives.

An article published by Harvard Medical School in 2011 and updated in 2019 states, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further."

Research by Dr. Robert A. Emmons and Dr. Michael E. McCullough, both psychologists, reinforced through a journaling study that people who focused on gratitude, rather than daily irritations, things that displeased them, or events without emotions, were more optimistic and felt better about their lives. They also exercised more and had fewer physical ailments.

Gratitude improves our mental state by helping us focus on what we have rather than what we lack and, like any learned skill, it takes practice and repetition to embed an attitude of gratitude into our belief system.

We may take for granted things that deserve our gratitude, such as family, friends, good health, clean water, happiness, laughter, love, nature, seasons, technology, comforts of home, and even our bodies and senses. We may also feel gratitude for disappointment, because it helps us recognize what matters to us most; sadness, because it helps us appreciate the spectrum of human emotions; mistakes, because they help us improve; challenges, because they help us grow and become who we are; being sick with a cold, because we recognize good health when we're not sick, etc.

Not all of us see the world with a silver lining, but we can adjust our thought process or keep a gratitude list to become more of a glass-half-full person.

A list may include anything from having a place to sleep tonight, to having a good heart, striving to be better, breathing, or having someone in your life who cares about you.

Ciara Conlon, productivity coach, speaker, and author of *Chaos to Control, a Practical Guide to Getting Things Done*, shares a list of 40 simple ways to make gratitude a part of every day. Items on her list include:

- Keep a daily gratitude journal.
 - Tell someone how much you love and/or appreciate them.
 - Notice the beauty in nature.
 - Nurture friendships.
 - Smile more often.
 - Watch inspiring videos that will remind you of the good in the world.
 - Include an act of kindness in your life each day.
 - Avoid negative media and movies with destructive content.
 - Call your parents or grandparents more often.
 - Cook meals with love; think of the people you will feed.
 - Volunteer and help others.
 - Spend quality time with family and friends.
 - Compliment those around you.
 - Write a card to someone and tell them something nice.
 - When you think a negative thought, try to see the positive side.
 - Meditate, giving thanks for all your good fortune.
- Live mindfully, not worrying about the past or future.
 - Say thank you for the little things your loved ones do for you, things you normally take for granted.
 - Post quotes and images around your home that remind you to be grateful.
 - Call an elderly neighbor and thank them for being present in your life.
 - Embrace challenges and turn them into opportunities to grow.
 - Be thankful when you learn something new.
 - Help your friends see the positive side to life.
 - Make a gratitude collage by cutting out pictures of things for which you are grateful.
 - Focus on your strengths.
 - Share the benefits of gratitude with family and friends.

I echo Ciara's sentiment, also published in her article at lifehack.org: ***Be the change you want to see in the world by making gratitude a part of each day. If we all practice gratitude more regularly, the world will be a better place.***

I wish you strength to count your blessings, and a happy Thanksgiving filled with gratitude and love.

Debby ♥

Vaping: Risk and illness on the rise in young people.



Ellen Rome, MD, MPH
Cleveland Clinic
Children's Center for
Adolescent Medicine

The use of e-cigarettes, also known as “vaping” or “juuling” is an alarming trend among young people. Reports of serious respiratory illnesses linked to vaping are popping up across the country, demonstrating that vaping is not a harmless alternative to smoking.

“Teenagers and young adults who vape may be at higher risk for COVID-19,” says adolescent medicine specialist Ellen Rome, MD, MPH, at Cleveland Clinic Children's Center for Adolescent Medicine. “Vaping and use of e-cigarettes compromises lung functioning, potentially amplifying the negative effects of COVID-19.”

Research suggests that nicotine exposure during teen years disrupts the brain's neurotransmitter systems. This can lead to long-term changes in cognitive development and even decreased memory capacity.

“The most popular e-cigarette on the market contains almost three times the nicotine as a



single pack of cigarettes,” explains Dr. Rome. “But unlike cigarettes, which are smoked one-by-one and have a clear starting and stopping point, e-cigarettes can be puffed on continuously – further adding to the danger of addiction.”

If you suspect your child may be vaping or being pressured to participate, Dr. Rome urges parents to discuss the potential dangers with your child, or parents may reach out to specialists who understand the unique physical, mental and social health needs facing children as they transition into adults.

Cleveland Clinic Children's Center for Adolescent Medicine offers care for children and young adults ages 10-22 years. Specialists at the Center for Adolescent Medicine perform routine gynecologic and reproductive care and manage other medical concerns including eating disorders, gender identity issues, mental health issues (including anxiety, depression and ADHD), and substance abuse.

To schedule an appointment at the Center for Adolescent Medicine, call 216.444.5437 (KIDS).

Dynamic stretching: One key way to avoid athletic injury.



Salvatore Frangiamore, MD
Cleveland Clinic
Solon Family Health
Center

With fitness centers opening, and children playing and participating in fall sports, injuries are bound to happen. Even the most high-tech equipment and expensive trainers can't always prevent an unexpected injury.

Some of the easiest ways to keep your joints safe and prevent injury include stretching, staying hydrated, and not pushing through musculoskeletal pain.

“It doesn't matter whether you're a beginner or a professional athlete, stretching is an important part of any athletic regimen, including competing and working out,” says Salvatore Frangiamore, MD, a sports medicine specialist at Cleveland Clinic Solon Family Health Center. “It loosens the muscles and readies the body in order to prevent injury.”

Dynamic stretching involves actively moving joints and muscles with sports-specific motions for 10 to 12 repetitions. Each exercise targets specific muscle groups.



Dr. Frangiamore explains that dynamic stretching can be beneficial because it:

- Increases body heat and blood flow to loosen tendons.
- Prepares muscles by practicing the required movements.
- Improves flexibility needed for the specific sport by increasing range of motion around the joints.
- Prepares the mind and body for competition.

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“Even when taking precautions, athletes can overdo it during training,” says Dr. Frangiamore. “Ortho Express Care can help get athletes at all levels back in the game.”

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Debby Zelman Rapoport
Editor/Publisher

Yocheved Wylen
Senior Account Executive

Scott Morrison
Staff Photographer

Elaine Cicora
Tybee Zuckerman
Proofreaders

Stephen Valentine
Art Director

Arlene Fine
June Scharf
Jan Stern

Shana Wallenstein
Contributing Writers

Jerry Zelman
Vice President of Operations

Letters to the Editor
Please send letters via email to
beachwoodbuzz@gmail.com.

Calendar Section

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Editorial Information

email beachwoodbuzz@gmail.com

Advertising Information

call 216.315.1827 or email
beachwoodbuzzsales@gmail.com
P.O. Box 22194
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Meet Beachwood Police Chief Kelly Stillman



Beachwood's police chief is responsible for the safety and security of our community's 12,000 residents, along with 100,000 employees and visitors who travel through our city daily. The position requires someone with a strong work ethic, excellent leadership and communication skills, compassion, empathy, integrity, negotiation skills and a vision, because the business of safety never closes. After an extensive interview process that spanned a couple of months, Mayor Martin Horwitz welcomed Kelly Stillman as Beachwood's new police chief.

Written by Debby Zelman Rapoport

Cover and article photos by Scott Morrison, Discovery Photo



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Our Coronavirus Fight Must Continue

This is the column that I did not want to write but based on the news of October 9, it's an essay that must be shared. On October 9, Ohio broke its daily record with 1,840 new Coronavirus cases and it was also reported that day that Dr. Anthony Fauci's family will be skipping their traditional Thanksgiving gathering due to COVID concerns.

While we are all weary of COVID restrictions, we must maintain and, where possible, increase our vigilance to defeat this disease.

On September 3, the Institute for Health Metrics and Evaluation (IHME) at the University of Washington's School of Medicine updated its COVID projections as fall turns into winter. Its projections are shocking. They include the possibility of a "deadly December, estimated with nearly 30,000 deaths each day as winter returns to the Northern Hemisphere."

As stated by the IHME, the worst-case American scenario for cumulative deaths as of January 1, 2021, is 620,029,

which is based on a predicted range of 463,361 - 874,649.

If mask usage is near universal and governments do not loosen social distancing requirements, the estimated death toll could be cut in half.

If mask usage is near universal and governments do not loosen social distancing requirements, the estimated death toll could be cut in half.

As projected by the IHME, the best-case scenario American death total is 288,381, based on a predicted range of 257,286 -

327,775 (Source: [healthdata.org/news-release/first-covid-19-global-forecast-ihme-projects-three-quarters-million-lives-could-be](https://www.healthdata.org/news-release/first-covid-19-global-forecast-ihme-projects-three-quarters-million-lives-could-be)).

As of mid-October, about 3.6 million COVID tests have been conducted in Ohio. At the current rate of 40,000 tests a day, it will take another six months for the rest of the Ohio population to be given one COVID test. Since testing has not been optimized, 11.7 million Ohioans must continue to assume we are all asymptomatic carriers of COVID. Therefore, we must wear a mask and maintain social distance whenever we can.

I believe state leaders must act to protect Ohioans – and that

example needs to start inside the Ohio Statehouse. To that end, I have asked Speaker Cupp to mandate masks at all future Ohio House Committee meetings and Floor Voting Sessions for representatives, staff, and visitors. The work of the people need not become a super spreader event during a global pandemic without a treatment or cure.

State Representative Kent Smith represents Ohio's 8th House District, which includes Beachwood, Euclid, South Euclid, Richmond Heights, East Cleveland, Woodmere Village, and a little bit of the City of Cleveland.

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by Debby Zelman Rapoport

Beachwood's police chief is responsible for the safety and security of our community's 12,000 residents, along with 100,000 employees and visitors who travel through our city daily. The position requires someone with a strong work ethic, excellent leadership and communication skills, compassion, empathy, integrity, negotiation skills and a vision, because the business of safety never closes. After an extensive interview process that spanned a couple of months, Mayor Martin Horwitz welcomed Kelly Stillman as Beachwood's new police chief.

The Selection Process

The city received 28 applications. After redacting all references to name, race and gender, applications were reviewed by a selection committee composed of Mayor Horwitz, Assistant Administrative Officer Tina Turick, Human Resources Administrator Dana Canzone, Assistant Law Director and Prosecutor Nathalie Supler, Civil Service Commission Chair Pete Smith, and Shelly Zimmerman, a 35-year law-enforcement veteran who served as chief of the San Diego Police Department and is nationally recognized as a public-safety leadership expert. She is also a Beachwood High School graduate and BHS Gallery of Success inductee.

This committee selected nine applicants for interviews, four of whom were then tested by the Ohio Association of Chiefs of Police Assessment Center. Personal interviews followed, and "Chief Stillman rose to the top in every aspect of the hiring process," Mayor Horwitz told us.

On September 21, 2020, Chief Stillman was sworn in at a City Council meeting, closed to the public but televised and live streamed, because of COVID-19. An outdoor, ceremonial program followed, when Mayor Horwitz acknowledged participants on the interview selection committee, along with Captain Lessick and Captain Korinek for their time and thoughtfulness throughout the hiring process. He also recognized Captain Lessick for serving as officer-in-charge since former Chief Gary Haba's retirement in July.

"Everyone I talked to in Rocky River, from the mayor down the line, had high praise for Chief Stillman's ability, work ethic, and leadership," Mayor Horwitz said. "I was moved by his palpable enthusiasm for his profession and his dedication to the continuous improvement of the department under his command.

"In addition to his depth of professional experience and high assessment scores, I was particularly impressed with his knowledge of police procedures and policies, advanced law enforcement technology, and communication and management skills," Mayor Horwitz said. "I welcome Chief Stillman to Beachwood; I am grateful to have him on our team, and am confident that he will serve our community well."

A One-on-One with Beachwood's New Police Chief

Q: Tell us about your professional background.

A: I knew I wanted to be a police officer since I served in the Coast Guard. In my final two years of enlistment, I got a taste of law enforcement and never looked back. I started my career as an officer in Cleveland and Cleveland Heights before accepting a position in Rocky River, where I was employed for 36 years, serving as police chief since 2011. I also served as president of the Cuyahoga County Chiefs Association in 2018 and I remain an active member.

Q: What are some strengths that helped you land this position?

A: One of my greatest strengths is being a visionary. Before I was promoted to chief in Rocky River, officers handled radio calls, wrote tickets and reports, and arrested people. I saw that it was imperative for us to meet and engage with the people we work with daily and started a community policing program. Residents and business owners have an impression of police officers based on what they know, which is often tied to a negative interaction. Community policing provides opportunities for officers to get out in the community, talk with people, get to know them, and show that we are more than a person in uniform with a gun and a badge, and that we truly care about people.

I've also been commended for my use of best practices, which include ongoing department leadership training, resident involvement, and partnership building with business and community groups. Plus, I played a key role in the research, design and construction of a state-of-

the-art police station that will open next year in Rocky River.

Q: Tell us more about community policing.

A: Community policing is the umbrella for all programs that bring our department and the community together. Currently in Beachwood, our bike and motorcycle units make our officers more approachable, and our partnership with the Beachwood City Schools helps officers build rapport with students in non-threatening ways. I saw transformation and acceptance from the Rocky River community when members of our department interacted with businesses and residents, and I plan to expand this program, which already has a strong foundation in Beachwood.

Additional examples of how we will interact with the community will include the creation of a Crime Response Officer (CRO) program, and modifications to the Senior Police Academy and Coffee with a Cop.

I will introduce a CRO program to build a direct bond with City Council members. Each Council member will be assigned his or her own Crime Response Officer, who will be available to answer questions when needed. This will create a win-win scenario by establishing rapport, empowering officers with their problem-solving capabilities, and providing Council members with a direct line of information.

Our Senior Police Academy will be revamped as Citizens Police Academy, providing an opportunity for participants 18 years and older to get a true feel of what it's like to go through police training. People are genuinely curious about what we do, and

"I'm approachable, here for you, and my phone is always on. If you have comments, questions or concerns, call me at any time, for any reason. Engage me in your issues. If I can't solve them, I'll steer you in the right direction. I answer calls, return emails, and meet with people. That's what I'm paid to do. I'm not paid to sit behind a desk."

Beachwood Police Chief Kelly Stillman
216.606.5044 (cell) | 216.595.3731 (office)

through lessons, exercises, and speakers, they will get a good idea of the ins-and-outs of police work.

Coffee with a Cop will be re-initiated once the pandemic ends. A police officer will be stationed at a local coffee shop where residents can meet, ask questions, and have a dialogue.

When we get out of our cars, walk the beat, approach residents, introduce ourselves to business owners, and engage in conversations under circumstances that have nothing to do with the law, people learn that we are here for them and we care. It opens lines of communication, creates bonds, and instills a feeling of safety. We never want people to feel they're being a bother when they call us. Community policing breaks barriers by building relationships that make it easier to actually pick up the phone and make the call, regardless of what it's about.

Q: You mention the importance of building strong relationships. Tell us more.

A: Strong relationships are a result of great customer service. I tell a story about a "moment in time" to drive this initiative home. It is based on a program that was implemented by a major airline that was on the verge of bankruptcy. The program empowered customer service

representatives to be decision makers and provide excellent customer service to all clients. The program was successful, buzz spread, business increased, and the airline survived.

Everyone's experience when working with the police department, whether with me, an officer, or dispatcher, should be memorable in a positive way. As a west side police chief, I once had an experience with an east side police department that left me shaken and flustered. I had received bad customer service. My angst was followed by an "aha" moment. I never wanted anyone to walk out of a station under my leadership feeling depleted and ignored, which resulted in today's mantra: When anyone walks into our lobby, they will remember that "moment in time" because they received great customer service. I never want someone to question why they stopped in, called, or reached out to us in the first place. We are here to serve everyone in the community, and we welcome communication at all times.

Q: What is your philosophy about leadership training?

A: I'm an advocate and I'm familiar with many excellent programs. Plus, I've walked the walk by participating in a number of training courses since I first became an officer,

"We never want people to feel they're being a bother when they call us. Community policing breaks barriers by building relationships that make it easier to actually pick up the phone and make the call, regardless of what it's about."

including a specialized program at the FBI National Academy in Quantico, Virginia: the top police-leadership training venue in the world.

De-escalation is today's hot topic, and the Beachwood Police Department contracted with Blue and Gold University for its specialized training in this area. The program teaches practical and workable tactics to help de-escalate many types of encounters. And because technology advances so quickly, we need continued training to remain on the cutting edge.

Police Executive Leadership College (PELC) and Certified Law Enforcement Executive (CLEE) are two highly respected programs that all officers should attend; if they haven't, they will! It's imperative that supervisors have top-shelf leadership training to empower those whom they supervise.

Q: How can residents participate in their own safety?

A: I view residents as members of the Beachwood Police Department. We can't be everywhere at once, so we rely on community partners to be our eyes and ears. Our professionals can only provide safety and security when we know about something. Our highly trained dispatch team is always waiting for calls; we would rather receive calls that don't amount to anything than miss calls that may. Beachwood residents pay for exemplary service and we're here to provide that.

Residents benefit when they're cognizant of their surroundings, and keep their eyes and ears open. If you see something, say something, no matter how trivial it may seem. Good neighbors watch out for each other, which provides a better sense of security.

A Police Call-back Program is in the planning phase because we want to have a system to follow up with everyone who

calls in within 24 hours. When people don't know the facts, it's human nature to speculate. When we provide concrete, credible information to someone who calls us, it works wonders and cuts down on rumors that may circulate through the community.

A Vacation Watch program, where we can patrol homes when residents are out of town, is also on my radar.

Q: Is Beachwood building a new police station?

A: Beachwood is currently looking over plans. We have a beautiful facility, but with pitfalls. I just completed the process of building a new police station in Rocky River. Because its current building was built in 1954, we were totally out of space, and our jail did not meet current standards and could never pass a state inspection. There are internal issues here, too, that need to be addressed. The spatial layout is not efficient – the department has grown and technology has advanced.

Q: What are some current challenges with today's policing climate?

A: Our current challenges are to recognize how police are portrayed by the media and to continue to build stronger relationships within the community to offset poor perception. With trust comes support, and with support comes community backing for what we do. We are cognizant of how people feel. We encompass their feelings and bring them into our thought processes. This is what we do, how we do it, and why we do it. We are transparent with information, understand what's going on, and don't sweep anything under the rug. We guarantee rights, protect people, and if someone needs help, they can trust that we're here to help them.



Police Chief Kelly Stillman being sworn in by Mayor Martin Horwitz at a social-distance celebratory program open to the community following the official Oath of Office that took place during the September 11 City Council meeting.

Q: As a 38-year police veteran, what motivates you to continue working?

A: I love doing what I do. I am extremely empathetic to people's plights in life and get no greater enjoyment than helping people in every aspect. I will always do what I can to help, and I love helping people solve problems and being there for them. I plan to be here long-term and am motivated to do what I've done damn well in Rocky River, and better. I'm mentally and physically fit, have a great attitude, love coming to work, have excellent people skills, and utilize everything I have for the residents and people of Beachwood.

Q: Tell us about your family.

A: I've been married to Trish for 40 years and we live in Cleveland, where we raised our three children, Nicole, Corrine, and Jack.

Q: What do you enjoy doing outside of work?

A: I'm an avid CrossFitter and teach CrossFit at the gym. I'm a high school wrestling official, an instructor for new officials, and am proud to have been selected to officiate at a number of state tournaments.

Q: Five things that most people don't know about you?

A: I'm a cat guy, a lawn-maintenance guy for neighbors, I love airplanes, I listen to traffic control, and I ruck walk, which is walking with a weighted sack on my back. I usually walk 5-10 miles and carry 30 pounds.

Q: Final messages or thoughts?

A: Trust and believe in us. We're an extremely dedicated group of highly trained individuals who are engaged, dedicated to public service, and come in every day to serve the community. We have the latest in technology, software, and tools to fight crime and assist people against all aspects of the criminal element because the city regulates funds in a prudent manner and is an excellent steward of taxpayers' money.

This position is beyond what I ever envisioned. I am surrounded by people who exhibit professionalism, warm camaraderie, and hospitality. The city welcomed me with open arms and rolled out the red carpet. I knew Beachwood was an outstanding community and I'm grateful to have landed here, in what I consider to be utopia.

A Veteran's Day Story

Driver's Ed in a Combat Zone

by Alexander Cohen

Nearly a decade later, a Beachwood resident looks back on his service in Afghanistan

When most adults think of driver's training, they think back to the comical rites-of-passage driver's education courses they took during high school. When I began my yearlong deployment to Afghanistan in the summer of 2010, I could never have envisioned that, among my many other duties, I would be teaching a driver's training course to other soldiers in a war zone. It would prove to be one of the most memorable and highly rewarding experiences of my life.

By the spring of 2010, the U.S. war effort in Afghanistan was spiraling out of control and needing critical attention. Despite better security in some Afghan provinces, and far fewer U.S. troops deployed to the country, Afghanistan was about eight times more deadly to U.S. troops than Iraq at that time. Furthermore, when compared with the war in Iraq, public support for the war in Afghanistan was at an all-time low. In fact, many service members would serve multiple deployments in Iraq due to the prioritization of that war over the war in Afghanistan. For that reason, soldiers, including me, often joked that Afghanistan had become the "forgotten war," a veiled comparison to the Korean War, which is similarly referenced.

In an effort to try to fix the situation in Afghanistan, President Obama reluctantly agreed to send reinforcements along with the one man who could turn the war effort around, Army General David H. Petraeus, who had been the architect of the Iraq troop surge years earlier, which allowed the U.S. to regain control of Baghdad and other parts of Iraq. With General Petraeus in command, President Obama and American planners hoped to repeat what had successfully worked in Iraq since the strategy used in Afghanistan for the past nine years had not been working. Because Iraq, located in the heart of the Middle East, has billions of dollars in

domestic oil revenues, whereas Afghanistan's largest export is illegal opium, the country is far more isolated and less critical to the world economy.

From a tactical perspective, Iraq is flat, arid, clear-skied, accessible by sea, and ideal for air operations. Landlocked Afghanistan is mountainous, hard to supply, with a harsh climate and often-stormy weather. Perhaps most significantly, Iraq also has a stronger secular tradition, and its population is mostly literate. Afghanistan is far more fundamentalist and tribal, with well over half the population illiterate.

To overcome these obstacles, General Petraeus's aggressive new strategy was to deploy nearly 33,000 "surge" troops to Afghanistan to fill critical gaps in manpower, allowing army and marine combat units to extend supply lines, establish new areas of operation, and engage the Taliban in previously unreachable areas. This influx of soldiers brought the total number of U.S. troops to 100,000, the greatest number of soldiers during the 20-year war.

As one of the "surge" troops deployed for one year on short notice, I was assigned as the non-commissioned officer in charge of an intelligence unit stationed at the International Security Assistance Force (ISAF) Headquarters (HQ) in Kabul, Afghanistan. Upon my arrival, I learned that I was replacing a sergeant who had gone home

because of an emergency and I would have to learn my duties on the fly, without getting myself or anyone else killed in the process. Fortunately, my prior experience in Iraq helped me adapt quickly.

Of all my accomplishments and missions, I am most proud of the driver's training course I established in 2011, which was the first formalized tactics-training course for soldiers stationed at the base.

I learned the ropes, met other team members and, together, we became a cohesive unit that undertook challenging operations and sensitive intelligence missions under Major General Michael Flynn. During the year, I led more than 200 missions. Although we had some close calls, my team never suffered any casualties. I had promised my team members that if we worked together and watched each other's backs, everyone would make it home, and everyone did.

Of all my accomplishments and missions, I am most proud of the driver's training course I established in 2011, which was the first formalized tactics-training course for soldiers stationed at the base. Without the training, it would have been dangerous for soldiers to navigate the city on

their own because the Taliban attempt to kidnap or kill U.S. and foreign soldiers and foreign aid workers. In fact, the week before I arrived, two U.S. Navy sailors had been kidnapped and later killed.

I was often approached for help when someone had to undertake a complicated mission outside the base, so the best solution was to create a course. As a qualified master driver and graduate of multiple army tactical driving courses, I had credentials to teach a course and was given the green light. The base commander, a colonel, then sent out an email to introduce the course and, within an hour, nearly 100 soldiers had responded to the opportunity.

Unfortunately, due to time, operational, vehicle, and instructor constraints, we could only offer the course one day a week, on Fridays, and could only train twelve new students during each class. The course was intended for soldiers and non-commissioned officers who were designated as convoy commanders, and each participant was required to have a civilian driver's license from his home state because we were not teaching them how to drive, but how to drive in Kabul, and react to and plan for various contingencies.

I was the primary instructor, assisted by two team members. Each class consisted of a three-hour classroom session, with equal time behind the wheel. We covered duties of the convoy

commander, map reading, route planning, how to react to contact protocols, and a dozen other procedures when leading a mission. During each class, the base judge advocate general (JAG) also explained the Status Of Force Agreement (SOFA) and clarified that each soldier had the inherent right to self-defense and other relevant laws of war.

Driving in Kabul was not for the timid or faint at heart. There were no traffic lights or traffic laws, and the roads were shared with vehicles and donkey carts. To get anywhere, you had to be aggressive, like a New York City cab driver, I used to joke. In Afghanistan, unlike Iraq, U.S. vehicles were required to blend with traffic in accordance with the counterinsurgency policy guidance. Unless it was an emergency, we were prohibited from using sirens or “pushing” our way through local traffic. We were also prevented from enforcing the “standoff” space between our vehicles and local vehicles. While this greatly increased our vulnerability to attack, it also made our presence more amenable to the local Afghan citizens. It was a trade-off that required great restraint on the part of U.S. soldiers who conducted missions in Kabul, and was often a point of consternation for soldiers who had previously served as drivers in Iraq.

When local Afghan children spotted U.S. soldiers, they would often swarm their vehicle in hopes of receiving food or other items. Other times, when we were stuck in bumper-to-bumper traffic, local civilians approached us. I recall when an Afghan man walked up to my window, smiled, and saluted me. For a split second, I was convinced he was a suicide bomber who was about to blow himself up and take us with him, and my heart skipped a beat. However, nothing happened, and we pulled away.

One of the worst possible scenarios for a driver, other

than being attacked by the Taliban, would have been to be involved in an accident with a local national. If a U.S. vehicle hit a local national or his vehicle, no matter who was at fault, a spectacle would ensue. If a local national was run over or killed by a U.S. vehicle, it could also cause an international incident that would quickly be used by the Taliban for anti-U.S. propaganda.

If you came under attack, got in trouble, or your vehicle was disabled, you had to be self-sufficient. Although someone was always on standby to help, it could take them a long time to reach a unit in distress. Once outside the base, soldiers had to rely on each other. I always taught convoy commanders to plan for all contingencies and, most importantly, to make quick decisions to ensure the safety of their personnel since indecision could be more fatal than a wrong decision.

Once classroom training was over, I scanned the room to observe expressions on the soldiers’ faces. Those who were nervous about driving outside the base were reinforced with words of encouragement. The students were then divided into three groups, each assigned an up-armored land cruiser and instructor. I always sat in the front passenger seat of the lead vehicle, serving as the convoy commander for each training class. This portion of the training was the most dangerous, since once you left the safety of the base, anything could happen. For each training mission, I provided a convoy briefing, and explained the routes we would travel and how we would react to various scenarios. All soldiers wore body armor and carried their weapons, and every passenger was expected to watch activity in his or her sector and be vigilant for potential dangers. On multiple occasions, we had to change routes due to perceived or actual threats.



In May 2011, at ISAF HQ, General David H. Petraeus presented Sergeant Alexander Cohen a commander's coin of excellence.

Students took turns driving and, for safety purposes, practice routes were altered to minimize the possibility of being targeted by a well-coordinated Taliban attack since the Taliban had spotters outside of all U.S. bases to surveil our operations and try to decipher patterns of activity. The most dangerous part of the training was our drive to Camp Phoenix on Jalalabad Road, near the outskirts of Kabul. The Taliban regularly conducted attacks against Afghan and U.S. security forces on that road and had even tried to storm Camp Phoenix on a few occasions. During that portion of the training, we would undertake special countermeasures to avoid multiple vehicles being hit with one car bomb – as had happened to other U.S. units.

By the time I left ISAF HQ, more than 100 soldiers had taken the training course, and each was awarded a special ISAF driver's license with a hologram. Ultimately, 900 U.S. soldiers were killed in action in Afghanistan during my deployment between the summer of 2010 and 2011. My team members and I reasoned that if we saved even one life

by teaching the driver training course, it was worth it and I truly believe it was.

My team members and I reasoned that if we saved even one life by teaching the driver training course, it was worth it and I truly believe it was.

Alexander Cohen is a resident of Beachwood, where he lives with his wife, Jamie. He served in the U.S. Army from 2003 to 2011. His awards and decorations include: The Bronze Star Medal, Army Commendation Medal, Joint Service Achievement Medal, Army Achievement Medal (with one oak leaf cluster), Good Conduct Medal, Army Reserve Component Achievement Medal, the Armed Forces Reserve Medal, National Defense Service Medal, Afghanistan Campaign Medal (with one campaign star), Iraq Campaign Medal (with two campaign stars), Global War on Terrorism Service Medal, Army Service Ribbon, Overseas Service Ribbon, NATO Afghanistan service Medal (ISAF) and the Drivers Badge.

Deborah Lipstadt to Discuss the Changing Face of Antisemitism

Leading international expert Deborah Lipstadt will discuss *The Changing Face of Anti-Semitism* on Tuesday, November 17, 7 pm, via Zoom. Anti-Defamation League Regional Director James Pasch, president of Beachwood City Council, will moderate.



Debra Lipstadt and James Pasch

"It's frightening to see the increase of antisemitism in a world where hate is only a click away," said Michele Kaminsky, president, NCJW/Cleveland. "We are thrilled that one of the world's most respected authorities will answer questions about how antisemitism is spreading, who is listening, and what can be done."

Professor Lipstadt's presentation will focus on the following aspects of antisemitism:

- The ways in which antisemitism metastasizes to other forms of hatred against other minority groups.

- Antisemitism's chameleon-like nature and how it morphs to suit the messenger, whether on the political left or right.
- The spread of antisemitism online by this unprecedented means of communicating propaganda, and why social media companies are failing to control it.
- How we can respond to minimize the impact of antisemitism.

Winners of the NCJW/CLE 2020 Advocacy in Action Award, Linda Schlein and Stephanie Quaranta, will also be honored at the event.

Dr. Lipstadt, Dorot professor of Holocaust Studies at Emory University in Atlanta, has published and taught about the Holocaust and antisemitism for close to 40 years. She is most widely known for the libel lawsuit brought against her in 1996 by David Irving for calling him a Holocaust denier. The judge found in favor of Dr. Lipstadt, declaring Irving to be a "neo-Nazi polemicist" who "perverts" history and engages in "racist" discourse. The movie *DENIAL*, starring Rachel Weisz, is based on her book *History on Trial: My Day in Court with a Holocaust Denier*, one of her several acclaimed books about antisemitism.

James Pasch graduated from the University of Vermont and Case Western Reserve University School of Law. He worked on Capitol Hill for both Senator Frank Lautenberg and Senator Patrick Leahy prior to building a thriving small-firm litigation practice in Cleveland.

Mr. Pasch served as the Case Western Reserve Law School's assistant dean of Development and Alumni Affairs during the law school's Capital Campaign. He also served two terms as a Beachwood City Council member, and is its current president.

In 2019 Mr. Pasch became the Cleveland regional director of the Anti-Defamation League (serving Ohio, Kentucky, West Virginia and Western Pennsylvania), having previously served on ADL's Cleveland regional board.

The Lois Zaas Annual Memorial Advocacy Lecture, now in its 16th year, is sponsored by the family of the late Lois Zaas, an NCJW local and national activist. Elaine Geller and Leslie Resnik are chairs of the free event, with reservations required. For more information or reservations, call 216.378.2204 or visit ncjwcleveland.org.

"We are thrilled that one of the world's most respected authorities will answer questions about how antisemitism is spreading, who is listening, and what can be done."

— Michele Kaminsky

Professor Lipstadt was a historical consultant to the United States Holocaust Memorial Museum; she helped design the section dedicated to the American Response to the Holocaust. She has held presidential appointments to the United States Holocaust Memorial Council and is frequently quoted in the *New York Times*, *Washington Post*, *Wall Street Journal*, *Forward*, and *Tablet*. She regularly appears on BBC, CNN, NPR, PBS, and many others.

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Dual Partnership Creates Stop the Hate Ohio, a Holocaust Education Campaign

Ohio museums establish partnership as antisemitism rises

As antisemitism increases throughout the U.S. and knowledge of the Holocaust declines, the Maltz Museum of Jewish Heritage in Beachwood and the Nancy & David Wolf Holocaust & Humanity Center in Cincinnati established Stop the Hate Ohio, a statewide campaign to increase Holocaust education.

Through this dual partnership both museums now offer programming and workshops to reach thousands of Ohioans throughout the year.

"There are lessons to be learned from the Holocaust," said Dahlia Fisher, director of external relations for the Maltz Museum. "This is not just a Jewish story, but a human story."

The partnership includes digital programming for the public, training opportunities for educators, and in-person experiences through interactive exhibits. It coincides with introduction of a Senate bill by Ohio lawmakers to create the Holocaust and Genocide Memorial and Education Commission.

"We know that simply pledging to never forget is not enough as sadly, genocide continues to this day," said Sarah Weiss, chief executive officer of the Holocaust & Humanity Center. "With reports of antisemitism and hate crimes on the rise in our state and knowledge of the Holocaust in decline, we must prioritize Holocaust education and remembrance in Ohio now."

The following list includes examples of current programs and workshops, with an expectation to increase future offerings.

- Weekly Holocaust Speaker Series
- Monthly Holocaust Documentary Series
- Ongoing classes with prestigious institutions
- Quarterly Introduction to Holocaust classes
- Ongoing lectures, book talks, and panel discussions
- Annual Holocaust Remembrance Events

Plus, to meet the needs of educators and students, the partnership offers interactive training workshops for educators, digital tours and lesson plans for the classroom, and writing contests and leadership opportunities for students.

The Maltz also offers its Stop the Hate Digital Tour, Stop the Hate Classroom Workshops, Stop the Hate Youth Speak Out and Youth Sing Out Contests; 2020-2021 Writing Content presented by the Holocaust & Humanity Center; Jacob G. Schmidlapp Bystander to Upstander Youth Leadership Day; and more.

For more information or to collaborate in the effort, visit StopTheHateOhio.org.

For more information about the Maltz Museum of Jewish Heritage, visit MaltzMuseum.org.

maltz museum of jewish heritage

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Enter the *Stop the Hate* contest as a class (Youth Sing Out) or as an individual (Youth Speak Out)

LEARN.MALTZMUSEUM.ORG

Ria Raj Doubles Down with Speech and Debate Skills

by Debby Zelman Rapoport

Laurel School senior Ria Raj is one of the country's top high school debaters. She has been participating on Laurel's Speech and Debate team since her sophomore year, and was recently selected as a member of an elite team of twelve outstanding debaters from around the country to participate globally in World Schools Debate after earning the position of international runner-up this past summer.

Ria's standout debate skills equal her speaking skills. Generally, when someone participates on Laurel's Speech and Debate team, she focuses on one aspect or the other. Ria is the first student in Laurel's history to apply time-management skills and successfully excel in both speech and debate activities.

When Ria first learned about Laurel's Speech and Debate team, she was interested in Original Oratory, a program that would challenge her creativity and build public speaking skills. She then learned of an opportunity to participate as an international extemporaneous speaker, and her path immediately changed.

Born to immigrant parents from India, Ria grew up

traveling and learning about her family's roots, which resulted in cultural and world-affair interests. While in Middle School at Laurel, she participated in Model UN, an academic activity in which students learn about diplomacy, international relations, and the United Nations.

"I enjoy public speaking and learning about other cultures, and the Extemporaneous Speaker track provides opportunities for continued growth in these areas of interest," Ria said.

Because of her stellar performances at the local level, Ria excelled as a sophomore to compete in regional and state tournaments. During her junior year, she was ecstatic to be named a member of the North Coast district "all-star" team, competing in World Schools Debate at the National Speech and Debate tournament. She was soon offered a position on the 2020/2021 USA Debate national team, with just 11 other students from the U.S.

Ria participated in a demanding four-stage selection process to qualify as a USA Debate team member. Just 12 U.S. students were

selected to participate on this team, all top high school debaters in the country. On this team, Ria and two teammates debate multiple topics against another team of three students. Additionally, throughout her senior year, Ria will continue to compete on Laurel's Speech and Debate team.

It is no easy task to have polished skills in both speech and debate activities. In speech, Ria is often presented with four topics. She selects one, and has 30 minutes to research, organize, write, memorize, and deliver a seven-minute speech, inclusive of reference materials and, often, her opinions. Topics may include global politics, economic issues, environmental issues, or other topics with global appeal.

Like anything else, repetition builds skills, and for the past three years, Ria has been preparing and delivering between four and six speeches a week. Her mind is sharp. It has to be in order to absorb and recall information on so many subjects.

"I usually know about 80% of the information on a specific topic when I start doing my research," Ria told us. "I'm constantly reading news sources and challenging myself."

She added, "I often select topics that I'm passionate about, which makes it easier to recall information."

In her sophomore year, Ria placed in the top five in two tournaments, and qualified for the state tournament, where she placed as a quarter finalist, in the top 24. She then qualified as an alternate in the Nationals.

"Ria's trajectories are remarkable," said Rich Kawolics, director of Speech and Debate at Laurel. "To make it to a state tournament and place as a quarter finalist as a first-year competitor is unheard of."

Like anything else, repetition builds skills, and for the past three years, Ria has been preparing and delivering between four and six speeches a week. Her mind is sharp. It has to be in order to absorb and recall information on so many subjects.

In Ria's junior year, she continued to excel and became a mentor to younger students. "Ria broke all personal records and placed in the top four in almost every tournament," Rich added. "She won four tournaments and attended two national tournaments."

Rich then explained how tournament "bids" are earned when top competitors place in



Laurel Senior Ria Raj at the 2020 Brecksville-Broadview Heights tournament, one of the most competitive local tournaments of the year. Ria won first place with a nearly perfect record and went on to win the next two tournaments.

“All of my speech and debate experiences have provided opportunities for personal growth,” Ria told us. “These programs provide opportunities to think in different ways and push me to new limits.”

local tournaments. Four bids are needed to skip a qualifying step for States, and Ria had almost doubled that number to advance through the system.

Ria’s favorite topics are those from the Middle East. She is particularly passionate about Israel, Palestine, Saudi Arabia, Iran, and Iraq, as well as South Asia. She is also interested in India and Pakistan.

“All of my speech and debate experiences have provided opportunities for personal growth,” Ria told us. “These programs provide opportunities to think in different ways and push me to new limits.”

Training is long and intense. Prompts may be prepared or impromptu. Participants are forced to think on their feet as they prepare to speak on various topics, from nationalism to keeping up with the Kardashians. Because of COVID, world travel has been eliminated and debates are held online.

“I love what I’m doing,” Ria told us. “Although I’m missing out on travels to Germany, China, Croatia, and Prague, just to name a few, because of COVID, I’m the only debater on the international team from Ohio, and I enjoy working with people from all over the world.”

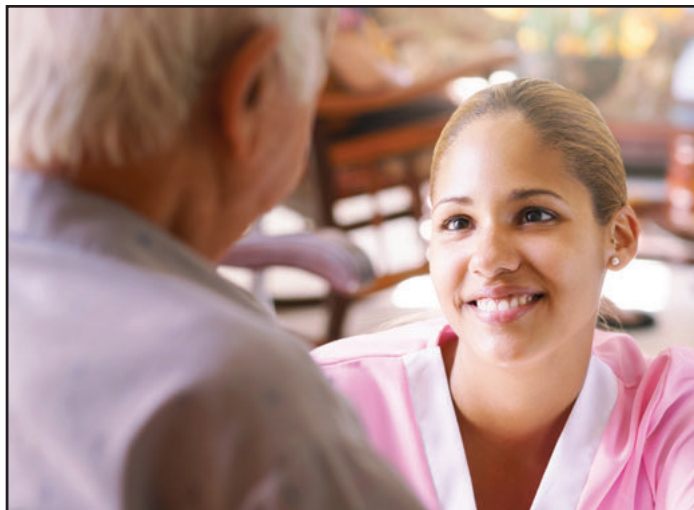
“Ria continues to build bridges, and learn about different perspectives and different cultures,” Rich said. “Her skills are rare, and it’s fulfilling to watch her blossom and see her thrive. Round after round, she does an amazing job and is a standout team player.”

When Ria graduates this spring, she plans to continue her education and focus on political journalism and international relations. Her dream is to be a political journalist, stationed in the Middle East, or to work with the U.S. Foreign Service or United Nations.

“I love what I’m doing,” Ria told us. “Although I’m missing out on travels to Germany, China, Croatia, and Prague, just to name a few, because of COVID, I’m the only debater on the international team from Ohio, and I enjoy working with people from all over the world.”

Her additional leadership roles at Laurel include: editor of Laurel’s Political Review, class government, and co-chair of Diversity Fellows, which includes a group of students who are committed to diversity, equity, and inclusion work and are trained in facilitating and leading discussions and programming. She is also co-founder of MIX, an Upper School affinity group for students who identify as multicultural, multi-racial, multi-religious, third culture, and/or in between identities. Ria is also an avid rower, but is taking some time off because of COVID.

And in her spare time? Ria loves Bollywood movies and music, saying, “They are my favorite things ever.”



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StoryWalk In the Park

StoryWalk® in Beachwood City Park East features a new story each month. It was created

by the Beachwood

Branch of Cuyahoga County Public Library to help build children's interest in reading, while also encouraging healthy activity.

The November story is *Before We Eat: From Farm to Table*, by Pat Brisson.

Before we eat, many people must work very hard – planting grain, catching fish, tending animals, and filling crates. This book, vibrantly illustrated by Caldecott Medalist Mary Azarian, demonstrates what must happen before food can get to our table to nourish our bodies and spirits.

Follow the StoryWalk® path and talk about the story as you go!



The Beachwood Library Welcomes You Back!

The Cuyahoga County Public Library board of trustees debuted a new video that highlights the profound impact that its programs, resources, and services have on visitors. It showcases efforts made to serve customers virtually and welcome them back safely during this pandemic.

You may view the video at http://youtu.be/Pew_49lhRGI.

BAKED by Abbie ~ *Cranberry Rich*



By now, I hope you and yours have settled into new autumn routines. With temperatures dropping and recognizing we're going to be back indoors, here are some thoughts, tips, and recipes to inspire you to have fun in your kitchen. Next time you go to the grocery store, plan to pick up a bag or two of fresh cranberries so you can make something new for your family to eat now, and then repeat the process for Thanksgiving dinner!

Thoughts and Tips

Cranberries are really good for you! These vibrant red-hued berries are nutrient rich phytonutrients that offer antioxidant and anti-inflammatory properties, in addition to other health benefits like blood sugar regulation.

Cranberries, which are now in season, are available all year long – either dried, or frozen. I enjoy adding dried cranberries to many of my salads whenever I can!

There is no reason to wait for Thanksgiving to enjoy eating these beautiful berries – and to gain tremendous nutritional value from them, too.

Here's an easy and fun way to add them to your family's diet. Plus, if you liked my pumpkin bread recipe from last month and want to get creative, try making cranberry bread by following the Ocean Spray recipe that

is always on the back of the bag. Then, for a fun twist, add the cream cheese filling from last month's pumpkin bread recipe. Yum!

Recipe

Thanksgiving means cranberries. If you're up for making a different relish, try this great recipe from Dorie Greenspan, a multi-James Beard Award-winning cookbook author, published in *Parade* magazine, November 2010.

Ginger-Apricot Cranberry Sauce

Ingredients

- 2 (12-oz) bags fresh cranberries
- 1 cup orange juice
- 1 cup apricot jam
- ¾ cup sugar
- ½ tsp ginger
- ¼ lb dried apricots, finely diced

Directions

- Stir all ingredients together in a large, heavy pot and bring to a boil.
- Reduce heat to medium and cook, stirring, until the berries pop and sauce starts to thicken, for about eight minutes. It will thicken much more as it cools.
- Cool to room temperature, cover, chill, and enjoy!

Abbie Nagler Sender is the owner of BAKED by Abbie, a licensed, Beachwood-based, home-bakery offering customized baked goods with a Jewish twist. For more information, visit BAKEDbyabbie.com and like her Facebook business page [BAKEDbyabbieCLE](https://www.facebook.com/BAKEDbyabbieCLE).



COVID Makes Film Producer Edit Business Plan by Debby Zelman Rapoport

Since the pandemic began, most of us have adapted personally and/or professionally. We continue to inhale new realities and exhale choices and possibilities. This month, the spotlight is on Beachwood resident Steve Hacker and his business, Steven Hacker Films.

Steve is a multiple Emmy Award producer who specializes in feature films, documentaries, and TV news sweeps production. He also has fun utilizing his skills to create concept videos and cover local events. Since the start of the pandemic, Steve has taken artistic liberty to edit films as well as his business model.

Just before Passover, Steve produced a video for Lev Miriam Bikur Cholim of Cleveland, a largely volunteer Jewish organization that tends to Jews in medical need. The project was to create a video that drove home a single message before Passover, a time when, traditionally, families would have gathered: **Stay home. Stay safe.**

To drive this message home, four rabbis and four medical professionals, all local, pleaded their cases in a public service announcement. Messages in the video include: This year has to be different. Doctors spoke clearly, it's important for us to stay home. We have to do whatever we can to save lives. Even though coming together is a highlight, we have to stay as separate as we can.

The Bikur Cholim project was the first of many that address COVID and today's times. Additional videos for the organization include "Stigma and COVID" and "Salute to First Responders," both of which reinforce safety messages and educate viewers.

"I always appreciate Steve's talents," said Rabbi Alan Joseph, director of development at Bikur Cholim. "Since the start of the pandemic, his expertise has taken our messaging to a new level. He has helped us deliver critical messages from doctors and rabbis, and warm messages for holidays. I'm not sure where we would be without him!"

"I am convinced that Steve's video had a significant impact on the Cleveland Jewish community's ability to successfully flatten the curve," said Nomi Landis, creative director of Partners in Torah of Cleveland. "Without the powerful messages from local rabbis and physicians, that degree of compliance would not have been achieved.

"It's amazing how easily Steve is able to adapt to any given circumstance within his industry," she continued. "His humility is the secret weapon that keeps him relevant and in such high demand."

Rabbi Mendy Alevsky, director of the Chabad House at Case Western Reserve University, is another example. Blowing the shofar is a ritual performed by Jews on Rosh Hashanah (the Jewish New Year). The shofar is a musical horn, typically made of a ram's horn. In non-virus times, rabbis go room-to-room to blow the shofar for hospitalized patients. Because that wasn't possible this year, Steve filmed him blowing the shofar outside Cleveland Clinic, MetroHealth, and University Hospitals so patients may hear the sound of the shofar and know they're in the Rabbi's thoughts. Then, the video was published online for viewers to enjoy.

Another project was to create an opening-ceremony video for Friendship Circle's Virtual Walk-a-thon, which took place October 25. The video replaced annual in-person opening ceremonies, and included Jewish history from the organization's east-side location to 105th Street, a route that walkers took, along with inspirational messages to participants.

Whether he's creating marketing videos for MetroHealth to be used for recruiting purposes, High Holy Day videos for Fairmount

Temple, "We Are Back" for Fuchs Mizrahi School, "Then and Now with COVID" for Cleveland Kollel, a Torah Life Institute, or a high school graduation video for Yavne High School that was shown at Mayfield Drive-In, Steve tackles each project with the same level of personalization and professionalism as he did his Emmy Award-winning videos.

There are challenges that come with our social-distance world, which include shooting individuals separately, like Steve did for the Anshe Chesed Fairmount Temple High Holy Day videos. He then combines clips to create a cohesive product.

"I was confident that our congregation would be moved by the films that our Anshe Chesed Fairmount Temple member Steve Hacker would produce to support our live-streamed High Holy Day experiences," said Rabbi Rob Nosanchuk. "What he produced safely indoors with us contributed to a closeness our members felt with the Torah readings and prayers of Yom Kippur, and his ideas and execution of our safe, outdoor Shofar service positively inspired our community."

"Plus, Steve has a talent for capturing the essence of what we were trying to convey during

the pandemic: Temple leadership cares about the life of our congregants within and outside of our walls," Rabbi Joshua Caruso added. "He ably brought the clergy – and many lay leaders – into every living room tuned in to our services and programs.

"Steve is incredibly easy to work with, and all the while we felt like we were in capable hands," he added. "We are so glad he turned our ideas into reality, and we are still receiving positive feedback about his work."

"A lot of work has shifted because of COVID," Steve said. "I'm grateful to work with clients to help raise awareness, bring comfort, educate, and effectively deliver their messages."

Steve's most recent project is with Nomi. He is creating videos to support the Cleveland Shabbos Project 2020, a virtual event that takes place November 5-7.

"A lot of work has shifted because of COVID," Steve said. "I'm grateful to work with clients to help raise awareness, bring comfort, educate, and effectively deliver their messages."

For more information, visit stevenhackerfilms.com.



Steve Hacker and Rabbi Mendy Alevsky filming at MetroHealth



The Greater Good

by Jennifer Stern

RBG died. The election is here. Our country has never been more divided. I am depleted by the overwhelmingly pervasive “*us against them*” mentality. After all, we are the United States of America. I have become weary in my commitment to reframe and find a middle path – an *us* along a continuum perspective.

There are many words spoken, thoughts shared, and choices made that leave me confused, saddened, disgusted and, honestly at times, outraged, if not gutted. Yet, I try to not lose hope in humanity, civility, integrity, and the commitment to having solution-focused and respectful dialogue with those who see things differently than me. From family to friends, from colleagues to people on my Facebook feed – some familiar and some complete strangers – I try to find the respectful middle path in debate. How can I maintain respect towards

you or recognize the good in you when I disagree with your perspective?

This is not easy. In fact, at times, this effort feels herculean yet, I believe, worthwhile.

As Justice Antonin Scalia so wisely said, “I attack *ideas*, I don’t attack people, and some very good people have some very bad ideas.”

It is possible to find and connect to the good in people even when you disagree with their ideas. Justice Antonin Scalia and Justice Ruth Bader Ginsburg had a close and enduring friendship in spite of their differing views on

everything to do with politics. Their shared focus, they said, was about making the institution work no matter their disagreements.

As Justice Antonin Scalia so wisely said, “I attack ideas, I don’t attack people, and some very good people have some very bad ideas.”

These are tumultuous and polarizing times. I wonder what it would take for our elected officials to find common ground rooted in respect and regard for the humanity in one another, and to focus on the work they were elected to do: to compromise, achieve consensus, prioritize greater good over ego, and put aside personal/political agendas to create meaningful impact in spite of obvious disdain for each other’s politics.

The ability to stay focused on attacking *ideas* in a productive, respectful, solution-focused manner instead of attacking *each other* is the *us* continuum of which I write. Justice Scalia was quoted as saying, “If you can’t disagree ardently with your colleagues about some issues of law and yet personally still be friends, get another job.”

How can we create space in our thinking to respond with curiosity, *respectfully*, to those with whom we disagree?

How can we work to find that *us* continuum in which our opinions may differ but our commitment to being

respectful, productive, and solution-focused still exists?

How can we make it a goal to respectfully attack *ideas* and not each other?

Whether among family, friends, or opponents in thought; whether at home, work, or in our communities trying to affect change; let us try to follow in the footsteps of Justice Scalia and Justice Ginsburg and work to find common ground for the greater good. Meaningful impact occurs when we show up for ourselves and each other, and when we use our influence, power, and voices to try and make things better in our homes, schools, jobs, and community.

Positive impact makes it better for everyone, not just those who agree with our point of view.

Meaningful impact occurs when we show up for ourselves and each other, and when we use our influence, power, and voices to try and make things better in our homes, schools, jobs, and community.

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, transformativegrief.com, and sign up for monthly posts.

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- Were you provided **SECOND OPINIONS**?

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M.R.I REVIEW
by Dr. Christian, D.C., C.C.S.P.

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*Excludes Medicare / Medicaid

Dr. Lori Christian, D.C., C.C.S.P.
3355 Richmond Rd., Ste. 120
Beachwood, OH 44122

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SHARON'S BEACHWOOD LISTINGS

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\$379,000

24706 Meldon Road

FOR SALE!



\$369,000

21514 Halburton Road

FOR SALE!



\$250,000

3224 Richmond Rd in Baywood

FOR SALE!



\$174,900

3450 Green Road Unit 202



To All of My Customers, Clients, and Colleagues... HAVE A HAPPY

Thanksgiving

The Market is Hot! 🔥 Is Your Home Next?
Call me for a market evaluation of your home if you are Selling this season! -Sharon

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Sell Phone: 216.338.3233
Email: sfriedman@bhhspro.com
www.sharonfriedmanhomes.com



SHARON'S 2020 BEACHWOOD SALES!

- SOLD:** 25300 Community Drive list price \$1,375,000
- SOLD:** 2500 Buckhurst Drive list price \$789,900
- SOLD:** 23315 Ranch Road list price \$675,000
- SOLD:** 25415 Letchworth Road list price \$474,900
- SOLD:** 25339 Cardington Drive list price \$459,900
- SOLD:** 26185 Hurlingham list price \$449,000
- SOLD:** 25150 Cardington Drive list price \$345,000
- SOLD:** 24 Deerfield Lane list price \$345,000
- SOLD:** 25010 Hazelmere Road list price \$345,000
- SOLD:** 24129 Greenlawn Avenue list price \$339,000
- SOLD:** 25415 S Woodland Road list price \$324,900
- SOLD:** 25836 Fairmount Boulevard list price \$259,900
- SOLD:** 16 Windrush Lane list price \$244,900
- SOLD:** 2559 S Green Road list price \$179,900

Veterans Day Salute

**Sunday, November 8 • 11 am • Beachwood Cemetery
(Located at the corner of Green and Halburton Roads)**

The community is invited to attend Veterans Day Salute, an annual program, free and open to the community, that is co-sponsored by the City of Beachwood and Beachwood Historical Society.

Veterans will share stories about their military experiences and how they continue to better people's lives, Color Guard representatives from the Beachwood Police and Fire Departments will march with flags, Mayor Martin Horwitz and City Council will present a proclamation, the Boy Scouts of Troop 620 will place flags on the graves of soldiers, Girl Scout Troops 71428 and 71506 will participate, and Beachwood Community Services will add special touches to complete the day.

Special thanks to retired Army Major Mark Becker and members of the Cleveland Chapter of Military Officers Association of America (MOAA), who will also be in attendance, for their regular visits to the Beachwood Cemetery to remember our veterans.

Rosemary Nemeth, president of Beachwood Historical Society, emphasizes, "freedom is not free. We will never fully understand the depth of veterans' scars, but what we can do is extend blessings and gratitude, and thank them for their service."

Beachwood Cemetery is the resting place of more than 40 soldiers from the Revolutionary War to World War II.



Regional Artists: A Virtual View

**A Virtual Art Exhibit Presented by Beachwood Arts Council
November 1-December 31 at beachwoodartscouncil.org**

The Beachwood Arts Council presents Regional Artists: A Virtual View, an online art exhibit that showcases artwork of Beachwood residents and BAC members.

Since art makes great gifts, the BAC encourages you to support local artists this holiday season! This special exhibit showcases paintings, jewelry, mixed media work, and more. All artwork is for sale, and may be purchased directly from the artists.

A partial list of participating artists includes Sawsan Alhaddad, Barbara Breen, Hazel Brown, Fern Weiss, and Shari Wolf. To see a complete list of artists and to view this show, visit beachwoodartscouncil.org.

Since art makes great gifts, the BAC encourages you to support local artists this holiday season!

For more information, contact Leah Gilbert, art exhibit chairperson, at 216.752.0752 or leahgilbert@sbcglobal.net.



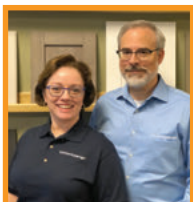
Lilies of the Field
Mixed Media and Acrylic
by Fern Weiss

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There has never been a better time to upgrade your old furnace and air conditioner!

From the Federation

A Look Into the Housing Kaleidoscope: A Fireside Chat Featuring Ivy Zelman and J. David Heller

Wednesday, November 18
5:00 – 6:15 pm

Real estate professionals are invited to the Jewish Federation of Cleveland's real estate affinity group virtual fall feature Campaign Event. Ivy Zelman, CEO of Zelman & Associates, and J. David Heller, CEO and co-founder of The NRP Group, will join in conversation about the dynamics and factors impacting today's housing market.



Ivy Zelman



J. David Heller

Young Leadership Division Big Event, Featuring Jerry Greenfield, Co-founder of Ben and Jerry's Ice Cream



Calling all young adults ages 21-45: Celebrate the success of YLD, learn how you can make a difference in the 2021 Campaign for Jewish Needs, and be part of something bigger! This year's event will be unlike any other, with both a daytime and nighttime program.

Sunday, November 8 • 11 am – 2 pm • Drive Thru Experience

Choose a time slot to pick up your YLD Big Event swag bag, get ice cream, and see some special surprises! Children are welcome to join their parents at the drive-thru experience. Register early. The first 250 people to sign up will receive access to the drive-thru experience.

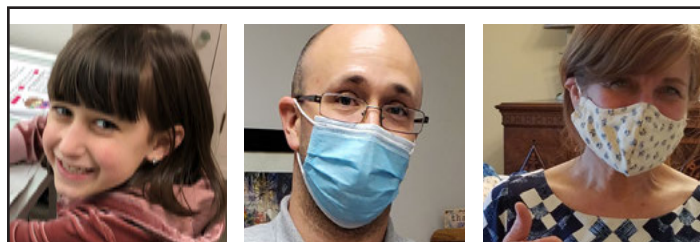
7:30 – 8 pm • Ben-Gurion Society Reception

Join fellow BGS members for a private reception and virtual meet and greet with our featured guest speaker. Then, stay online for The YLD Big Event.

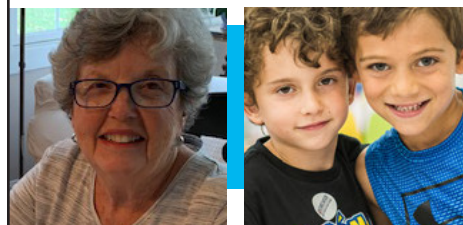
8 – 9:30 pm • YLD Big Event Virtual Program

Enjoy this meaningful online program where YLD will show its support for the 2021 Campaign for Jewish Needs, learn about its dollars at work, and hear from Jerry Greenfield, co-founder of Ben and Jerry's Ice Cream, about the importance of social responsibility.

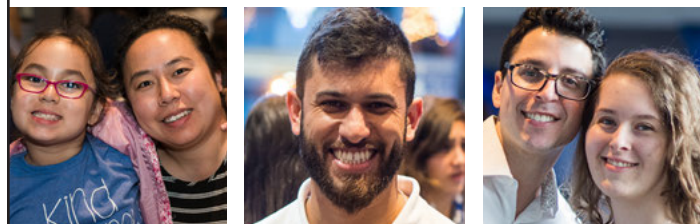
To register for these programs or learn more about the 2021 Campaign for Jewish Needs, visit jewishcleveland.org.



Working together keeps our community safe and healthy. It enables us to be here for each other and the generations to come. It ensures our voices are heard and our world can be repaired.



Here for each other. Here for good.



Support the Jewish Federation of Cleveland's annual Campaign and provide the critical resources needed to do all this and more.

Together, we are — and will be —
HERE FOR GOOD.



Your gift can do twice as much good this year! Every new or increased gift to the 2021 Campaign will create a **matching gift*** from the Jack, Joseph and Morton Mandel Foundation to Jewish Cleveland's Coronavirus Emergency Relief Fund.



Jewish Federation
OF CLEVELAND

HERE FOR GOOD
2021 CAMPAIGN

campaignforjewishneeds.com

Beachwood Historical Society Contest

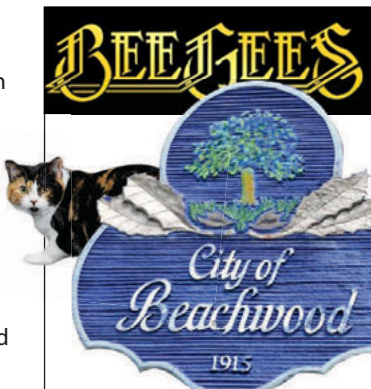
The Beachwood Historical Society is committed to preserving the dynamic history of Beachwood, educating people of all ages, and sharing historic collections. It preserves and promote artifacts, documents and photographs; educates people about the history of Beachwood, from “Beechwood” to Beachwood; sponsors events; and researches and archives information.

This month's challenge:

What do the Bee Gees, Manx cats, and Beachwood all have in Common?

Please email answers to beachwoodbuzz@gmail.com with the words “Beachwood Historical Society Challenge” on the subject line.

All correct answers received by November 10 will be entered in a raffle for a \$50 gift card.



Answer:

The Marous Family Farm spanned many acres on the corner of Richmond Road and Shaker Blvd., where the Maltz Museum of Jewish Heritage and The Temple – Tifereth Israel are currently located.

Congratulations to **Larry Gordon**, last month's winner!



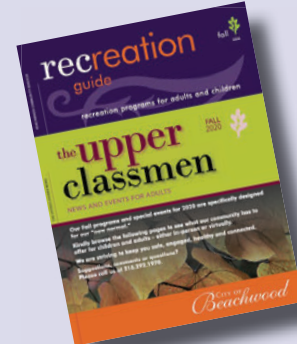
Last month's challenge:

Where was the Marous Family Farm located, and what is on the property now?

What do the Bee Gees, Manx cats, and Beachwood all have in Common?

Looking for New Activities?

Be sure to view the City of Beachwood's Recreation & Human Services Activity Guide on the Quick Link titled “NEW Recreation Programs” at beachwoodohio.com. Browse its pages to see what our community has to offer for children and adults – in person and online – to stay safe, engaged, healthy, and connected. Suggestions, comments or questions? Please call 216.292.1970.



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The Cleveland Shabbos Project 2020 – A Virtual Experience

November 5-7 • A Family Event Hosted by Richard and Beverley Uria
"Keeping it Together – Keeping it Apart – Keeping it at Home – Keeping it in the CLE"

The Shabbos Project is an international, grassroots Jewish identity movement that unites all Jews to keep one full Shabbos together. Since the project's 2013 inception in South Africa, thousands of events have been celebrated in more than 1,600 cities around the world.

This year's Shabbos Project will shift to a virtual platform, including the Challah Bake Experience, which will feature a tribute to past Cleveland Challah Bakes. It will also celebrate its origin story, with South African natives and current Beachwood residents, Richard and Beverley Uria, serving as virtual hosts. The juxtaposition of the past and present is intended to inspire the community to hope for a more promising future.

The event will convey a powerful message to participants that this year may feel different as cities struggle to avoid another shut down, grandparents are still unable to hug their

grandkids, and some full-time parents continue to be their children's full-time teachers. Yet, Shabbos remains a constant anchor in all the crazy.

"What Does Shabbos Mean to You?" is the theme of the three-day event, which kicks off on November 5, at 6:30 pm, with a Virtual Challah Bake, during which participants may:

- Participate in breakout rooms that will be hosted by local organizations to connect on more intimate platforms.
- Enjoy a live baking demonstration with childhood friends Heather Greene and Joanne Davis, whose grandmothers were best

friends. They will reminisce about the Jewish values, traditions, and recipes that continue to be passed down from generation to generation.

- Explore different challah recipes, cultures, and customs within the Jewish religion.
- Be a lucky recipient of gift certificates to local community businesses.

The website also offers:

- An ingredient list for the recipe that will be used during the live demo.
- A blog with links to Shabbos-themed craft ideas for all ages
- An e-commerce store with Shabbos-themed items



"We hope to update our website's content throughout the year so people in our community feel more connected," said Rabbi Doovie Jacoby, the new assistant director of Partners in Torah of Cleveland, who is spearheading the virtual event. "Our goal is to attract families, engage the community, and create a spark."

Consider becoming a Shabbos Project VIP member by joining the Challah Bakers Circle and receive a free Challah Baking Swag Bag. For more information or to register, visit theshabbosprojectcle.com.

WHAT WILL YOU
DO TO MAKE
THE NEW
YEAR BETTER
THAN 2020?

MATCH WITH A LEARNING PARTNER TODAY
WWW.TORAHCLEVELAND.COM



CITY OF *Beachwood* Insider

November 2020

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
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE
216.292.1913

FIRE & RESCUE
216.292.1965

LAW
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE
216.464.1234

PUBLIC WORKS
216.292.1922

WELCOME TO BEACHWOOD, CHIEF STILLMAN

On September 21, a 36-year veteran of the Rocky River Police Department who served as their chief since January 2011 began his position as Police Chief in the City of Beachwood. Chief Kelly Stillman brings to Beachwood a deep commitment to public service and a focus on community policing and community engagement.

"We were fortunate to attract many qualified candidates for our police chief search, and Chief Stillman rose to the top of every aspect of the hiring process," said Mayor Horwitz. "I am sure he will be well-known to our residents, civic and religious leaders and business community very quickly."

Welcome Chief Stillman! For additional information, please read this month's cover story.



CONGRATULATIONS, OTTO

Congratulations to Otto Ziska, who retired from the City of Beachwood in September 2020. Otto started working in the Public Works Department in 1982, first in the Body Shop, then as Foreman. He finished his career in Shipping and Receiving. We thank Otto for his 38 years of service!

CONDOLENCES TO THE ROSENBLUM FAMILY

Condolences to the Rosenblum family on the recent death of Harvey, who worked in the Community Services Department for 25 years. Whether he was supervising soccer, hanging out with the late Soke Ron Balas during Tai Shin Doh karate or running the Beachwood Community Theater Recreation box office, he always had a kind word and a smile. His gentle spirit and warm humor will be missed.



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REGISTER FOR BEACHWOOD eLIST
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EMAIL YOUR COUNCIL MEMBER
firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

MAYOR
MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

JAMES PASCH



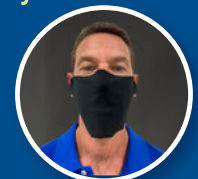
COUNCIL PRESIDENT
216.630.9671

BARBARA
BELLIN JANOVITZ



COUNCIL V.P.
216.406.5914

JUSTIN BERNIS



216.509.6509

VETERANS DAY SALUTE

SUNDAY, NOVEMBER 8

11:00 AM

BEACHWOOD CEMETERY

The Beachwood Historical Society and the City of Beachwood will partner to commemorate Veterans Day. This program, free and open to the public, will feature local veterans, dignitaries and the presentation of colors.



Beachwood Cemetery, located at the corner of South Green and Halburton Roads, is the final resting place of 40 soldiers from the Revolutionary War to World War II. Please see more information on page 20.

RED CROSS BLOOD DRIVE

Blood donations are **by appointment only**. Please call the Red Cross at (800) 733.2767 or visit www.redcrossblood.org to schedule your appointment.



BEACHWOOD COMMUNITY CENTER

1:00 — 7:00 PM

Friday, November 20

SAVE A LIFE. GIVE BLOOD.

CRIME ADVISORY

AUTO & HOME BREAK-INS are on the rise. Protect yourself and your property with these simple tips:
LOCK your car doors and do not leave any car keys or house keys in your vehicle
LOCK your doors even if you're in the house
SET your security alarm at night when home
CLOSE your garage door even during the day
KEEP valuables out-of-sight: if you must keep valuables in your car, put them in the trunk
REMEMBER: if you see something suspicious in the city, call 911 immediately. Do not hesitate because you don't want to be wrong or you're not sure. The police would rather respond to a suspicious person call immediately to make a determination about the activity than to wait and the person and/or vehicle has left before police arrive. Also, to reach Beachwood Police Dispatch FROM YOUR CELL PHONE it's more efficient to call 216-464-1234.

RECYCLE CAMPAIGN SIGNS

Campaign signs may be recycled at:

Public Works Department

23355 Mercantile Rd.

November 6 – 29

Monday – Friday, 7:30 AM – 3:30 PM



HOLIDAY RUBBISH COLLECTION

In celebration of Thanksgiving, Beachwood City offices will close at noon on Wednesday, November 25 through Friday, November 27. If your rubbish and recyclables are collected on Thursdays, they will be collected the Wednesday of Thanksgiving week. Residents whose collections are normally on Monday, Tuesday or Wednesday will not be affected.

UPCOMING MEETINGS

CITY COUNCIL

Monday, November 2 at 7:00 PM
Monday, November 16 at 7:00 PM
Monday, December 7 at 7:00 PM
Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, December 10 at 6:30 PM
(NO November date)
Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, November 2 at 4:00 PM
Monday, November 16 at 4:00 PM
Monday, December 7 at 4:00 PM

Questions? Call 216.292.1914

Public City meetings are now held online and can be viewed on the City website. For information on how to participate or submit a comment, please email whitney.crook@beachwoodohio.com. For information about Planning & Zoning and the Architectural Board of Review, please email veronica.muth@beachwoodohio.com.

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

HONKIN' HAULIN' TRUCK PARADE

On Sunday, October 18, we held a Honkin' Haulin' Truck Parade in place of our annual Honkin' Haulin' Hands-On Trucks event. Be sure to see more photos in next month's *Beachwood Buzz!*



Photos by BThomasHart Photography

OF SPECIAL NOTE

Drivers seeing a stopped school bus with the stop arm out and lights flashing are to stop at least 10 feet from the front of or rear of the bus and not move until signaled to do so by the bus driver.

When traveling on a highway with four or more traffic lanes, a driver does not need to stop for a school bus approaching from the opposite direction.



BEACHWOOD VAN SERVICE

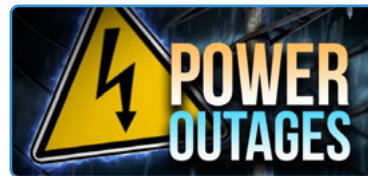
The Beachwood Community Services Department continues to provide van service to resident seniors and residents with disabilities to get to medical appointments or to pick up pre-paid grocery and pharmacy orders. For more information, please call 216.292.1971.



SENIOR RUBBISH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your rubbish & recycling bins? We can help. Call 216.292.1922 to register.

POWER OUTAGES



If your power goes out due to an accident or force of nature such as high winds, lightning or storms, please call First Energy at 888.LIGHTSS (888.544.4877),

not 911. This will allow the power company to track and repair outages while leaving our dispatchers free to handle emergency calls. You may also report outages by texting REG to 544487 (LIGHTS). You will need your account number and ZIP code.

MASK REMINDER

Our City Playground and Barkwood are considered outdoor gathering areas. Face coverings are required to be worn by all visiting people over the age of five.

STOP SIGNS: NOT MERELY DECORATIVE

If it's late at night or early in the morning, or you're in a hurry, remember: Stop signs are for stopping. Please slow down and drive carefully through our neighborhoods.



FALL LEAF PICK-UP

Loose-leaf pick-up has begun!
Weather permitting, it runs through mid-December.

- Rake leaves into piles on the treelawn
- Keep piles free from debris such as grass, branches and sticks
- Vehicles parked on the street may impede the City's ability to collect leaves



NEW ART EXHIBIT

BEACHWOOD COMMUNITY CENTER

ADVENTUROUS ART

*Tuesday, November 3 — Thursday, December 3

BY APPOINTMENT

Featuring work by:
Philis Coleman
Jennifer D. Coleman
Shyvonne Coleman
Denise Rowell
Jacques P. Jackson



*Visit exhibit online or
call 216.595.3733 to schedule an in-person appointment.
Monday — Friday, 9:00 AM — 3:00 PM



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 pills at the Drug Drop Box at the Police Department, Monday through Friday between 8:00 AM and 4:30 PM. No liquids or needles.

QUICK LINKS: QUICK INFO

For instant information about activities in the City of Beachwood, visit Quick Links at beachwoodohio.com. Topics include: COVID-19 Updates, Watching City Meetings, Recreation Programs, Virtual Rec Guide and more. Visit today!

USE CAUTION & BE SEEN

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



BE A HERO

In the event of a fire, you may have as little as 1-2 minutes to escape safely from the time the smoke alarm sounds.



Please follow these safety plans:

- Make a home escape plan — draw a map of your home and discuss escape plans with everyone in your home
- Know at least two ways out of every room
- Have an outside meeting place a safe distance from the home where everyone should meet
- Practice home fire drill at night and during the day with everyone in your home twice a year
- Know and practice your ways out
- Teach your children to escape on their own in case you cannot help them
- CLOSE doors behind you — this could reduce the spread of the fire!

If your fire alarm sounds:

- Get out and stay out. Never return for people, pets or personal items
- If there is smoke in the house, stay low and under the smoke as you exit
- Call 911 as soon as you are safely outside

For more information, visit www.FPW.org and as always, STAY SAFE!



Build a Scarecrow

The City of Beachwood's Build a Scarecrow event, on October 11, took place in Beachwood City Park East. Sixty families participated, each providing their own creativity, clothes, and accessories. The City provided the scarecrow mounting, straw, and twine. Fun was had by all at this family-friendly event. The event was co-sponsored by the Beachwood Historical Society and Beachwood Arts Council and scarecrows were on display through the end of October.



Wieselthier/Meyer team



Isacson family



Khodzynskiy family



Beachwood Library



Heitner family



Shumaker family



Ronak family



Greenberg family



Adams family



Nemeth family



Liao family



Fieldman family



Hostetler family



Vinocur family



Howard family



Blond family



Parkin family



Stephens family



Jacobs family





Alkarmi family



Viswanath family



Melton family



Kraus family



Javiad family



Markley family



Horowitz/
Kronenberg family



Umansky family



Johnson family



Cochran family





Gilbert family



Holliman family



Yang family



Poddar family



Babaev family



Seth family



Litwin family

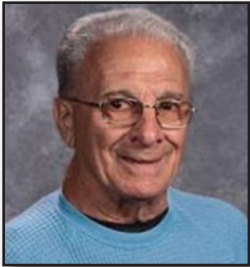


Dong family



Raphaely/Wolinsky family

Honoring Domenick Iammarino



Beachwood Schools said goodbye (sort of) to legendary staff member **Domenick Iammarino**, who resigned after **55 years of service to our community**. Thankfully, Mr. Iammarino will continue to coach in Beachwood; he has seen and done it all here for more than half a century. We thank Coach I for the positive impact he continues to have on thousands of students, families, and colleagues.

Carole Katz Awarded



Congratulations to Director of K-12 Mathematics **Carole Katz!** The Ohio Council of Teachers of Mathematics (OCTM) has awarded her its 2020 Bert Waits Friend of Mathematics Award. According to the National Council of Teachers of Mathematics, Bert Waits was a “true visionary in the field of mathematics education... [He] served as professor emeritus of mathematics at The Ohio State University... [and was] the cofounder and director of the Ohio Early College Mathematics Placement Testing Program of the Ohio Board of Regents, which later became a model for the nation... Anyone who has taken a mathematics class in the past 30 years is likely to have benefited from the educational tools, professional development, and mathematics curriculum devised under his guidance.”

National Merit Semifinalists and Commended Scholars



Beachwood Schools is proud to announce that **ELEVEN members of the graduating Class of 2021 are National Merit Scholar Semifinalists and that THREE more are Commended Scholars**. This is an unprecedented number for our small school district. Congratulations to these high school students, their supportive families, and our talented, committed staff.

Semifinalists: **Amy Chen, Lauren Clar, Somin Jung, Jacob Lawrence, Yoav Pinhasi, Lizaveta Sharakova, Alice Soprunov, Xiaohan Wang, Paige Wong, Xiaoxing Wu, and Chelsea Zheng**

Commended Scholars: **Neha Chellu, Alisa Leskov, and Jeffrey Wang**

Facilities Projects Update:

Assistant Superintendent **Ken Veon** and Supervisor of Facilities & Grounds **Brian Koss** have been meeting consistently with our design team and construction manager to make progress on the five facility improvement projects that will be completed in the coming year: natatorium and softball stadium renovations, high school parking lot reconfiguration, maintenance building, and high school retaining wall replacements. We thank community members who continue to serve on renovation committees for these projects.



Schools Collaborate with City on Community Reinvestment Area (CRA):

Beachwood Schools is a strong supporter of business development within our city. The modern founders of Beachwood designed a community with a unique blend of residential and commercial development. This design demonstrated great foresight and has served our community and our public schools incredibly well for many decades.

Ohio law (HB 920) prevents school districts from collecting additional revenue when property values increase due to reappraisal. It decreases the voted tax rate so no increase in tax collections takes place. For this reason, property taxes generated by new development are the primary source of new revenue for schools. Over the years, new business development in Beachwood has allowed us to maintain funding levels for our excellent educational programming without frequently returning to voters for additional revenue.

When the City's original CRA was approved in 2018, a vision for this area was shared where innovative high-tech and biomedical firms would relocate to a revitalized Commerce Park. This is an exciting vision for business development that is sustainable and valuable to our community and, in turn, our schools. Beachwood Schools is hopeful to see this type of business development come to fruition throughout our city. We appreciate the collaboration that has taken place between the schools and city about the CRA expansion. The final legislation included measures to ensure Beachwood Schools benefits from critical revenue sources.



ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 x264 • vparker@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



COVID-19 Update

In-Person School

Approximately 75% of Beachwood students returned to school in person on September 21st. Our preschool and elementary students are attending in small groups, five days per week. Middle and high school students have a hybrid schedule that includes four half days per week in school and the remainder online. Thanks to staff across the district for working their hardest to ensure a safe and engaging environment, as well as those supporting students whose families have chosen to remain online exclusively. We are all working together to make the best of a very strange school year.

Community Circles

Time is being dedicated in all our classrooms to conduct Community Circles with our students. The goal of this discussion format is to build relationships and trust among students, and between students and teachers. We are utilizing circles to raise the bar for civil discourse within our school community and to build unity within our diversity.

Peer Mentoring

Efforts are underway throughout the district to connect peers with one another, with a particular focus on helping students new to Beachwood transition to their new schools. The high school has the **Bison Buddies** meeting online with elementary students, and members of the **National Honor Society** tutoring their peers during daily virtual sessions. The **New Bison Hangout** at Beachwood Middle School invites new students to meet with the school counselors and middle school athletic director Andy Pohl. **Peer Leaders** are also matched with new middle schoolers. Bryden's **Friendship Group** helps students connect with the facilitation of counselors **Katy Crismon** and **Topher Starzyk**.



Extracurricular Clubs

Each Beachwood school has an elected **Student Council** up and running. **Destination Imagination** teams are forming across the district and will compete virtually this year. Similarly, our high school and middle school **Model United Nations** and **Science Olympiad** teams are meeting and will compete virtually at tournaments this year, as will the high school **Speech & Debate Team**. The **MAC Scholars** groups are being organized at the high school, middle school and Hilltop; and the high school literary magazine, **Introspect**, as well as the **Gender and Sexuality Alliance** and **Amnesty International** club, began meeting. The middle school **Yearbook** and **Art Club** will hold distanced meetings in person. Hilltop's popular **Diversity Club** is also forming. We are pleased students will still have so many extracurricular opportunities despite the pandemic.

Fall Sports

The abbreviated Fall Sports season for the middle and high school was coming to a close as this issue of *Beachwood Buzz* went to print. Our high school football team completed an undefeated season and hosted a state playoff game for the first time in school history, beating Grand Valley 41-12! Sophomore golfer **James O'Neill** earned MVP of the Chagrin Valley Conference. Doubles tennis partners **Emily Fan** (Senior) and **Zilin Zhang** (Junior) earned 1st Team All-CVC honors.

Winter Sports

Winter sports teams ramped up their cautious preparations in anticipation of the winter season which began in late October.

Board of Education NEWS

Recent:

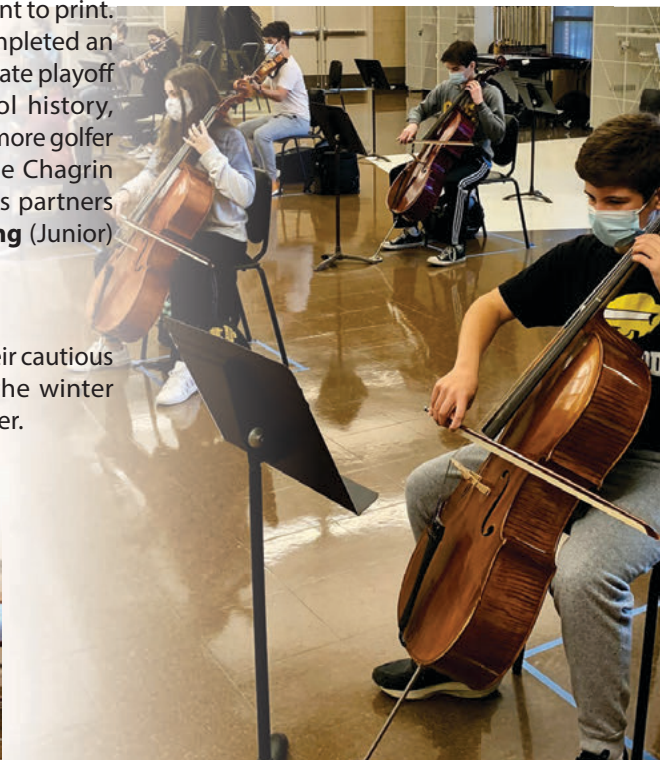
- Recognized 11 National Merit Semifinalists and 3 Commended Scholars
- Approved expanded City CRA Compensation Agreement
- Bid on new school bus for Summer 2021 delivery

Future:

- Shared Services Agreement with City of Beachwood
- Approve fees for 2021 Fairmount Preschool & Fairmount Summer Camp

Upcoming Meetings:

- November 9 @ 7:00 pm
- November 23 @ 7:00 pm



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Beachwood Grad Writes Earthshaking Novel

By Arlene Fine

When Alex Miller, 36, studied French at Beachwood High School, little did he know that one day it would help him learn Creole while volunteering as an EMT soon after a devastating earthquake tore Haiti apart in 2010, resulting in the greatest natural disaster in the Western Hemisphere.

While Alex helped residents in the aftermath of the earthquake that killed 238,000 people in just 38 seconds, the storyline for his newly released novel, *Zo*, was born. Also during that time, Alex met a Haitian native, Naomi, while they worked together at a cholera treatment center. She eventually became his wife.

Alex was an EMT in Santa Fe, New Mexico, when the earthquake hit Haiti. He traveled to the Caribbean country with a medical team overseen by a Catholic priest from the Democratic Republic of Congo. Instead of staying a few weeks, Alex remained in Haiti for almost a year.

Responding to the need for additional medical support for earthquake victims, Alex helped found a nonprofit called Ambulance for Haiti that repurposed a used ambulance from the States. "I went back to America and with help from friends, bought a used ambulance for \$10,000. It is still being used in Haiti today," said Alex.

Upon his return to the States in 2011, Alex began writing *Zo*. It was picked up by Knopf Publishing Group, an imprint of Penguin-Random House, and released on August 11, 2020. "My dad goes to the Barnes and Noble Booksellers at Eton all the time, just for the pleasure of seeing my book on the shelf," said Alex.

In just a few months, *Zo* has achieved critical acclaim, earning a favorable *New York Times* book review and making the paper's Editors' Choice/Staff Pick in the September Book Review section. After having manuscripts rejected by dozens of agents, Alex began using the pen name Xander Miller, and that seemed to do the trick.

The novel is described in Knopf's press release as: "Suspenseful, heartrending, written in lyrical prose, *Zo* captures the sensory splendor of Haiti at a moment of historic crisis and transformation, as it tells the unforgettable story of one remarkable man's life and love."

Although Alex says the novel is not about him or Naomi, elements of his dramatic year in Haiti inform the fictional account. For example, the protagonist, Zwazo Delalun, uses a foot wagon rickshaw to help transport wounded people to the hospital following the earthquake. As an EMT, Alex often sat on the back of a motorcycle as they rode over rutted dirt roads to aid earthquake victims and once had to perform CPR on a five-year-old girl while riding on the back of a motorcycle.

Alex's life is almost as interesting as his novel's main character. He spent a year in India while studying at the University of Wisconsin. After graduation, he worked for the

U.S. National Park Service as part of a backcountry trail crew in Washington State. He then traveled to Arizona, working a seasonal job maintaining national monuments, and eventually wound his way to Santa Fe. "During that time and through my many experiences, I was searching for a book idea," said Alex.

Based on his experience in Haiti and his frequent trips to the country to visit his wife's family, Alex sees the gaping disparity between the lifestyle of Americans and those of his Haitian relatives and friends. "In my wife's home town of Petit-Goave, the people still have no running water or electricity, and use an outside latrine," said Alex.

With all the possibilities for adventure his life has provided so far, Alex, the son of Scott and Ricki Miller, said that growing up in Beachwood remains one of the highlights. "My childhood friends are still my best friends; we are like brothers. And my BHS history teacher, John Perse, was a mentor who changed my world view."

Alex, Naomi, and their son,

"Suspenseful, heartrending, written in lyrical prose, *Zo* captures the sensory splendor of Haiti at a moment of historic crisis and transformation, as it tells the unforgettable story of one remarkable man's life and love."

– *Zo*, as described in Knopf's press release.

Emerson, currently live in Lancaster, Pennsylvania, where Alex is a physician's assistant in a family practice.

Zo, by Xander Miller
(Knopf, \$26.95)



Emerson, Naomi and Alex Miller



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@beachwoodchamber
LinkedIn
@beachwoodcoc

Upcoming Events

Wednesday November 11 • 12:00 PM • Monthly Luncheon
Economic Health of Our Region

Thursday November 19 • 8:30 - 9:30 AM • Toast and Talk
Beachwood Chamber Townhall – A Pure Networking Event

Thursday November 19 • 11:45 AM - 1:00 PM • Women's Connection
Getting Beyond These Turbulent and Emotional Times with Sara E. Roth Ph. D.

We Invite you to Check Out
Our *NEW* Website
at beachwood.org

Become involved by joining a
committee to make your voice heard!



Missed anything? Check out recordings from past events,
such as our Diversity and Inclusion series, on our *NEW* website!"

Sunshine Sisters Boutique Shines

by Shana Wallenstein

Early this summer, Rayna and Romi, 8-year-old twin girls, and their younger sister, Moselle, age 5, each received a mask chain from a friend to hold their newest wardrobe accessories – masks. The girls' younger brother, Zander, age 3, wanted one too, so the girls and their mom, Lauren Sable Freiman, turned it into a project. They did some online shopping, ordered supplies, and created their own designs. They began with making a chain for Zander and it took off from there, selling to friends, family and neighbors. These young ladies are savvy – much savvier than their ages suggest.

They created a company, Sunshine Sisters Boutique and, like all good business owners, sought feedback on their designs and products. One product tester, neighbor and friend Darby Steiger, said, "It's amazing how these girls came up with this idea, ran with it, and stayed committed to it. They've been successful in marketing their much-needed product, which is fun and useful for anybody who wears a mask."

Mask chains created excitement, so the girls expanded their business to include bracelets and bracelet sets for friends to share. Plus, it didn't take long for them to realize that mask chains can also be used as eye glass holders.

When the Freiman family learned about the Young Entrepreneur Market, a program of the Young Entrepreneur Institute at University School, it was an exciting opportunity to expand their outreach. The Young Entrepreneur Market provides real-world selling opportunities at community events and farmers markets. Participation is free and open to all K-12 students in Northeast Ohio.

"Before a selling event, students attend a workshop to discuss product creation, pricing, customer interaction and pitching, in addition to receiving on-site coaching on the day of their event," explained Jessica Dragar, program manager for the Young Entrepreneur Market.

The girls chose early October for their first market experience, allowing six weeks to prepare inventory. On the day of the market, the girls, their mom, and their dad, Mark, left the house

before dawn to haul merchandise to their booth at Shaker Square. They had meticulously prepared 50 mask chains and 30 bracelets, many customized with messages, such as "BE BRAVE," "BE CURIOUS," or "SMILE." They were responsible for setting up their display, enticing shoppers to browse their offerings, interacting with visitors, and taking payments. At the end of the four hours, the girls were exhausted, but proud of their sales and the positive feedback they received from their customers. Since then, they received a large order from the Young Entrepreneur Institute to be a part of a curated box that will be sold at an upcoming educator conference, and they signed up to attend two more markets this fall.

Rayna and Romi are in second grade at Mandel Jewish Day School, where Moselle attends kindergarten. This ad-hoc lesson in entrepreneurship has allowed them to utilize skills from the classroom – from mathematics and project management to public speaking and perseverance – in a real life, exciting way.

Rayna shared, "I like selling the best! It's sometimes hard to get people to the booth,

Young entrepreneurs Romi, Moselle, and Rayna Freiman

but when they come, they are interested in what we have."

Romi likes setting up displays and watching the market come to life as shoppers arrive. She loves the organizational aspect of the business, and especially enjoys tracking inventory, sales, and their most popular items.

Moselle likes that mom and dad are there to help, and a highlight of her experience is being rewarded with a donut from a fellow market vendor.

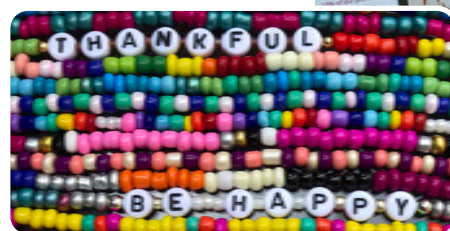
YEM teaches business owners to save, spend, and share their earnings, so 10% of the company's profits are used to buy flowers for Jewish Nursing Homes in the area. "We knew we could make a lot of people happy and make them smile by giving them flowers," Romi explained.

When asked to share advice with other young people, all three girls were in agreement. "Just try," Moselle suggested. "Practice on your parents until you're comfortable, and practice your set up and tear down." Strong advice from these future titans of business.

Sunshine Sisters Boutique will be at the Shaker Square Farmers Market on Saturday, November 14, 8 am - noon. Masks are mandatory. They also take custom orders and offer free delivery to Beachwood residents.

Sunshine Sisters Boutique will be at the Shaker Square Farmers Market on Saturday, November 14, 8 am - noon. Masks are mandatory. They also take custom orders and offer free delivery to Beachwood residents. Bracelets are \$3 single, \$5 sets. Name chains are \$12, wordless chains are \$10.

For more information or to place an order, email shopsunshinesistersboutique@gmail.com. For more information on YEI, contact Jessica Dragar at 216.831.2200, ext. 7823 or jdragar@us.edu.



Why Cleveland? Finding Answers in the Industrial Removal Office Records

The Jewish Genealogy Society of Cleveland invites you to attend its next virtual meeting and program on Sunday, November 15, 1:30 pm, presented by Renée K. Carl. The event is co-sponsored by the Siegal Lifelong Learning Program of Case Western Reserve University, LOGos of the JGSC, and CWRU

Wondering why your immigrant ancestor chose to live in Cleveland instead of Pittsburgh? Little Rock, not Los Angeles? Memphis, not Miami? The answers might lie in the records of the Industrial Removal Office, a scary name for a good organization. The IRO, founded in 1901, assisted immigrants in finding employment and better living conditions, and helped assimilate them into American society. IRO agents, often working in partnership with B'nai B'rith or other Jewish fraternal groups, spread around the USA to secure jobs, and then immigrants would be sent to those locations to establish new lives.

Records of the IRO, housed at the American Jewish Historical Society, include ledger books, case files, correspondence, and reports by local agents on the newly settled immigrants. Ohio, specifically Cleveland, played outsized roles in the history of the IRO. This presentation will examine the history of the IRO and its records, with an Ohio-focused angle. The presentation, with use of a case study, will demonstrate how to navigate the online index to find immigrant case files, correspondence, and reports.

Renée K. Carl was born in St. Louis, raised in Chicago, and now lives in Washington, D.C. She left the public-policy world for

professional genealogy, and found that researching dead people is easier than working with Congress.

Renée's business and blog can be found at EasternEuropeanMutt.com. She serves private clients, researchers, journalists, and others. Renée worked as a researcher for Season 2 of PBS' Genealogy Roadshow, and served as lead researcher for Season 3. She is a regular at the National Archives, Library of Congress, and US Holocaust Memorial and Museum; and partners with researchers in Europe, Australia, and Israel. Renée graduated Wesleyan University with a Bachelor



of Arts degree in Cultural Anthropology and is a member of the Association of Professional Genealogists, Jewish Genealogy

Society of Greater Washington, and the Latvia Research Group at JewishGen. She is also Ukraine Research Group's town leader for Medzhybizh.

This program is free for members of the Jewish Genealogy Society of Cleveland, and for members of the Siegal Lifelong Learning Program of Case Western Reserve University. It is open to the public for a fee of \$5. To register, visit tinyurl.com/WhyCleveland.

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UH Ahuja Medical Center Expands Services in Phase II

UH Ahuja Medical Center is dedicated to providing our community with exceptional, safe patient care, and is expanding its services to better fit the needs of our community.

The expansion will add services including:

- A new Emergency Department
- A new Rainbow Babies and Children's hospital Mother Baby unit, including new specialized emergency services, neonatal intensive care unit, and large spacious rooms
- A new Women's Health Center including a state of the art Breast Center
- Increased operating room capacity by 80%, including expanded pre- and post-surgical areas
- A new Sports Medicine Building, including rehabilitation services, featuring a 60-yard synthetic turf field; dedicated MRI; Orthopedic physician services; and a Men's Health Center, featuring specialized urological services

As we begin construction, we are still open and serving our community with high quality, compassionate care.

Thank you for your support.

UH Ahuja Medical Center Announces New Chief Medical Officer

University Hospitals has named Timothy P. Kasprzak, MD, MBA, as chief medical officer of UH Ahuja Medical Center.

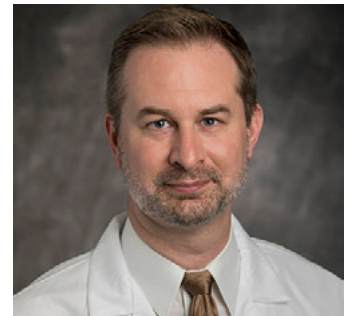
Alongside the Executive Leadership Team, Dr. Kasprzak will work to enhance and expand clinical programs and services, patient outcomes, safety, and quality. He will serve as a liaison between administration and the medical staff, and partner with the Executive Team to recruit new physicians for UH Ahuja's Phase II expansion project, which will provide a growing range of services for the community.

"We look forward to having Dr. Kasprzak join us at UH Ahuja," said Alan J. Papa, FACHE, president of UH Ahuja Medical Center. "His leadership experience within the UH system and involvement with teaching and community initiatives make him a natural fit to help take our team to the next level. We are confident that he will be a strategic leader as we transition into our next chapter and embark on the building of our new facilities."

Dr. Kasprzak moved to UH Ahuja from UH Samaritan Medical Center, where he has served as chief medical officer since June 2019. At UH Samaritan, he was responsible for enhancements

to clinical quality, physician performance, patient experience, and utilization management. He has played an active role amidst the COVID-19 pandemic, including serving as incident commander for the hospital. Prior to that role, he was nominated and elected to serve as president of the Medical Staff at The MetroHealth System; and he also functioned as medical director for Innovation and Strategy, where he successfully established procedures for management of institutional intellectual property and identified opportunities for innovation. During his time as president, Dr. Kasprzak chaired the Medical Executive Committee, facilitated the passage of new by-laws, and participated on the Provider Compensation Executive Committee.

"As we searched for the perfect candidate to fulfill this important role, Dr. Kasprzak's leadership experience within the UH system helped him stand apart," said William W. Brien, MD, University Hospitals chief medical officer. "We are excited to see how he builds relationships between



administration and our medical staff to facilitate a positive and progressive culture at UH Ahuja."

Dr. Kasprzak earned his medical degree from Wayne State University in Detroit. He completed his diagnostic radiology residency at Oakwood Hospital and Medical Center, and an oncologic imaging fellowship at Memorial Sloan Kettering Cancer Center. Dr. Kasprzak currently serves as an associate professor for the UH Department of Radiology. He also received his Master of Business Administration from Case Western Reserve University's Executive Program.

Dr. Kasprzak is a member of numerous professional and academic societies, including the Radiological Society of North America, American Roentgen Ray Society, Association of University Radiologists, Society of Abdominal Radiology, Alliance of Clinician Educators in Radiology, Alliance of Medical Student Educators in Radiology, and American College of Healthcare Executives.



Cardiac Electrophysiologists Keep Your Heart Beating to the Right Rhythm

Cardiology care is always close to home at UH Ahuja Medical Center

Your heart is a part of an electrical system that needs to stay in working order to keep you at your healthiest. Blocked arteries can result in chest pain or a heart attack, and electrical irregularities can cause abnormal heart rhythms, resulting in very fast or very slow beating.

Fortunately, Antonio Sotolongo, MD, a cardiac electrophysiologist at University Hospitals Ahuja Medical Center, and his skilled team are able to safely perform many corrective electrophysiological procedures comfortably close to home.

Electrophysiology refers to the study of the heart's electrical activity, and is a relatively new field in cardiology. The UH Electrophysiology Center, a part of University Hospitals Harrington Heart & Vascular Institute (HHVI), is one of the first specialized centers of its kind in the county.

"We have a longstanding tradition of teaching and practicing electrophysiology, as UH and Case Western Reserve University established one of the first cardiac electrophysiology fellowship programs," Dr. Sotolongo says.

The Electrophysiology Center offers the latest medical and technological advancements, such as:

- 3-D mapping systems that use advanced technology to track the exact location and movement of catheters for the evaluation of a heart's electrical activity;
- Cardiac computed tomography (CT) scans that produce detailed pictures of a beating heart;
- Intracardiac echocardiography (ICE), which provides

advanced monitoring and real-time three-dimensional imaging to prepare and guide interventional procedures;

- Cardiac magnetic resonance imaging (MRI), which produces detailed pictures of a heart's anatomy or structure to evaluate issues and function;
- Stereotactic magnetic navigation, which is used for the accurate diagnosis and treatment of heart arrhythmia and to guide catheters into the hard-to-reach areas of the heart.

One of the most interesting things about electrophysiology is the variety of patients we see, from young patients with an abnormally fast heart rhythm to older patients with heart failure who need cardioverter defibrillators. We also see patients who have an abnormally slow heartbeat and need a pacemaker.

We also specialize in the diagnosis and treatment of atrial fibrillation, a leading cause of stroke worldwide.

Chronic conditions like diabetes, obesity, hypertension or sleep apnea may sometimes be related to cardiac arrhythmias. In addition, cardiac arrhythmias can be the result of previous heart issues like heart attacks or heart failure. Sometimes, however, the cause is undetermined.

Sometimes, with a completely normal heart, there is just a premature beat coming in at the wrong time that causes short circuits; and other times, people may experience arrhythmia without having symptoms. Others may experience modest to life-threatening symptoms that can include low energy, heart palpitations, or shortness of breath during exercise or exertion.

Dr. Sotolongo advises that patients contact their physician or a cardiologist to schedule an examination if they are experiencing symptoms.

"Typically, a patient will get an electrocardiogram or some form of monitoring to diagnose the condition," he says. "If an arrhythmia is found, the patient will be referred to an electrophysiologist."

Unlike some health conditions that can only be treated or managed, some arrhythmias can actually be cured. "It's very rewarding to actually be able to fix a problem," he says.

Pacemakers, which regulate the electrical pulses in the heart, are commonly implanted to correct abnormally slow heartbeats. Other arrhythmic conditions are treated with medications or cardiac ablations, which use a catheter, fed through a vein or artery, to treat heart tissue that is causing the abnormal heart rhythm.

Unlike some health conditions that can only be treated or managed, some arrhythmias can actually be cured.

"These procedures are safe, and have a very low complication rate and very high probability of correcting the problem. Depending on the procedure, patients typically go home the same day, or may stay in the hospital overnight.

"A lot of patients like to be as close to home as possible," Dr. Sotolongo says. "Some of these procedures need to be done in a time sensitive manner, so having the ability to fix the problem right here, very quickly after diagnosis, is a big advantage. The team here at UH Ahuja Medical Center is wonderful. We've had a lot of experience performing cardiac implantable procedures."

Having the support of HHVI, a nationally recognized leader in heart and vascular care, is another benefit offered at UH Ahuja Medical Center. HHVI includes more than 1,700 experts across 26 locations.

You can schedule an appointment with a cardiologist or learn more about the Electrophysiology Center at UH Ahuja by calling 216-595-7969, or by visiting UHHospitals.org/for-clinicians/specialties/heart-and-vascular/centers-and-programs/electrophysiology-center. UH Ahuja Medical Center is located at 3999 Richmond Road, in Beachwood.

Great Lakes Physical Medicine Opens in Beachwood

In April 2020, Dr. Eric Wolk opened Great Lakes Physical Medicine on Chagrin Boulevard. Recognizing the importance of health and wellness, GLPM's mission is to improve patient health by providing the best individualized care to every individual they treat. Dr. Wolk, a sports physician with extensive training in biomechanics and physiology, provides one-of-a-kind chiropractic care and Active Release Techniques (ART).

Prior to starting his business, Dr. Wolk was a junior partner in an established Cleveland practice. Unfulfilled when working for someone else, he hung his own shingle to realize his philosophy of *quality over quantity*. Dr. Wolk currently works with Dr. Kevin Brown, and has a long-term goal of building the business to include additional like-minded practitioners who listen and understand each client's needs, and educate them on what's causing their pain or discomfort.

"Instead of masking symptoms, we treat the cause," Dr. Wolk explained. "All too often, people see chiropractors on a regular basis for adjustments without knowing what caused the misalignment in the first place. If the cause is poor posture, walking in a way that compensates for pain, lifting something improperly, standing up incorrectly, or employing poor form when participating in a sport, the cause needs to be corrected before the pain will go away.

"Our goal is to educate people on movement," Dr. Wolk said. "People often get caught up in *how often* they are moving with no regard to *how* they're moving. We teach *proper* movement. Furthermore, we don't put new patients on indefinite bi-weekly treatment plans. Instead, we teach proper form and motion that will align them naturally, and guide them along the way. Our motto, a quote by Gray Cook, is, to 'first move well, then move often.'"

Dr. Wolk explained that they help with pain, education, and rehabilitation, a formula that helps patients recover so they can be taken off their schedules as soon as possible.

"I'm confident this model will help us earn trust and create long-term relationships with patients. As a former athlete, I would have loved to learn about strength, conditioning, wellness, posture, and recovery," he said. "The notion of health and wellness is pretty new, and I want the community to know it's available."

Dr. Wolk is also certified in ART, which is the gold standard of soft-tissue treatment for injured muscles, ligaments, tendons, and nerves. It is used to identify, isolate, and target the affected area to break up scar tissue, which increases blood flow and promotes faster healing of injuries. ART restores range of motion because muscles and joints may then glide more freely without pain and stiffness. To the best of his knowledge, Dr. Wolk is the only ART practitioner in Beachwood.

To further expand his credentials, Dr. Wolk became TPI (Titleist Performance Institute) Level 1 certified and is now qualified to screen golfers to determine limitations that may negatively impact their golf swing and lead to potential injury. There are 12 swing characteristics that impact a golfer's game, and an infinite number of ways to swing a golf club. However, each golfer has one efficient swing that best fits his or her body's abilities. Screenings help golfers create a more consistent, efficient swing, and move in a way that will best prevent injuries.



Dr. Eric Wolk

"People often get caught up in *how often* they are moving with no regard to *how* they're moving. We teach *proper* movement."

"I completed this certification because golf has been a great way to get out and social distance during this pandemic," Dr. Wolk said. "I'm getting the word out now so golfers who will be wintering in a warmer climate know that this screening is available."

GLPM also specializes in concussion evaluations and management, and virtual physical therapy.

Concussions in athletics is an area of sports medicine that continually evolves. Clinical decisions regarding the assessment, management, and return to play remain one of the greatest challenges to sports-medicine providers.

Virtual physical therapy benefits those who recognize the need for therapy but who prefer to stay home because of COVID-19. Through an initial phone consult, exercise videos, progressions, community support, and ongoing coaching, clients are provided with tools to relieve pain and improve movement, strength, and flexibility in the comfort of their own homes.

Dr. Wolk completed his undergraduate degree at Pennsylvania State University with a major in kinesiology. He is a graduate of New York Chiropractic College and holds his license with the Ohio State Chiropractic Association.

Dr. Kevin Brown earned his Doctor of Physical Therapy from The Ohio State University. He is a former NCAA Division 1 athlete who specializes in orthopedics and sports medicine. Throughout his career, Dr. Brown has helped people of all ages and fitness levels get relief from pain and return to living an active life. He has a passion for health and fitness and has devoted his career to helping others be healthy, active, and pain free.

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Benefits of Music Therapy

by Kanrry Kang

Along with 2020 came forced challenges because of the pandemic. As a 2020 Beachwood High School graduate who is now a music therapy major at Cleveland State University, I share benefits of music therapy that are proven to be beneficial to people of all ages. Although this therapy is often used for treatment, its techniques are particularly valuable during these unprecedented times.

Music therapy, as defined by the American Music Therapy Association (AMTA), is “the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.” It addresses physical, emotional, cognitive, and social needs of individuals. Through musical involvement in the therapeutic context, clients’ abilities are strengthened and transferred to other areas of their lives.

Research in music therapy supports its effectiveness in physical rehabilitation and facilitating movement, increasing people’s motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings. It is often used in schools, hospice, nursing homes and hospitals, and targeted toward people of all ages. The beauty of this lyrical therapy is that anyone who is receptive to its powers can benefit.

My research project focused on how music therapy helped heal Congresswoman Gabrielle (Gabby) Giffords in 2011 after she was shot in the head by Jared

Lee Loughner, a schizophrenic man who attended one of the congresswoman’s events in Tucson, Arizona. After she was transported to the TIRR Memorial Hermann Hospital in Houston, Texas, and diagnosed with aphasia, a speech disorder where the patient has trouble finding words, Congresswoman Gifford’s music therapist, Ms. Morrow, along with a team of speech therapists and pathologists, worked with her on a near-daily basis. There is emotional footage of her when her treatment progressed, and she was able to sing, “This Little Light of Mine.” The total recovery process took 10 months. Always a public servant, Congresswoman Giffords now helps raise awareness about aphasia, and advocates for stricter gun controls.

Music therapy was also cited in a memoir written by Betsey King, a music therapist/instructor from Nazareth College. The patient was a 60+ year-old male who suffered injuries sustained in a helicopter crash. He had to go through a grueling physical therapy exercise routine that involved squats, burpees, jumping jacks, pushups, etc. Ultimately, the music therapist would sing, and the patient would echo back, albeit fairly crudely through gritted teeth because of

his efforts to complete his painful exercises. He was grateful for the therapy, stating that he didn’t know how he would have gotten through the exercises if it weren’t for the music.

The beauty of this lyrical therapy is that anyone who is receptive to its powers can benefit.

Finally, I cite instances of music therapy used with children, also referenced in Betsey’s memoir. An 11-year-old girl who had an asthma attack during a soccer game had collapsed, and therapists wrote songs about her favorite colors and things to do. When a nurse came in with an IV injection, the girl was fearful. The therapist drew attention to her guitar and began singing: “My arm says ‘no, no thank you’ but my lungs say ‘yes, thank you...’” As the girl sang along, her heart rate slowed, she was visibly more relaxed, and she accepted the injection.

Another instance shows that music therapy can be used with toddlers. A two-year-old girl was being quite fussy. The music therapist walked in and started singing, and the toddler was calmed down.

Music soothes the soul and, thankfully, there are many quality music therapy programs here in northeast Ohio. As far as my knowledge goes, The Music Settlement, The Beck Center for the Arts, Cleveland Clinic, Lake Health, University Hospitals, and The Fine Arts Association all offer wonderful music therapy services. All you need to do is call and inquire. If you’re interested in studying music therapy, Cleveland State University, Ohio University, Eastern Michigan University, and Baldwin-Wallace University all have great programs.

Hopefully, after reading this article, you now have a better understanding of music therapy and will consider it as a treatment option either for yourself or someone else. Now that you’ve finished reading this article, go turn on some music, take a deep breath, drink some water, relax, and stay safe and stay clean!

Let the Music Play

- Music is heart healthy
- It stimulates the mind
- It elevates mood
- It reduces stress
- It relieves symptoms of depression
- It stimulates memories
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- It helps people eat less
- It boosts exercise performance
- It can lower anxiety
- It decreases fatigue
- It jump-starts creativity
- It enhances expressive abilities
- It is good for the soul



Kanrry Kang at a 2016 piano studio recital, Mixon Hall, Cleveland Institute of Music, performing on a Steinway Model D Concert Grand piano.

Cleveland Restaurant Week to Go

November 9-20



Cleveland Independents' largest annual campaign, Cleveland Restaurant Week, comes with new twist this year: Cleveland Restaurant Week To Go.

Unlike previous years in which prix-fixe menus were featured, this year's iteration includes 50 restaurants that will feature dinners for two or four, and special dinners with cocktails. There is no designated price with this promotion as members each have the freedom to create their own menus and formats. Some restaurants will also offer dine-in options.

"We are very excited about Cleveland Restaurant Week to Go because it will generate much-needed additional revenue for our members.

Plus, more members are participating," said Myra Orenstein, president of CATV and acting executive director of Cleveland Independents.

This promotion marks the fourteenth celebration of Cleveland Restaurant Week, and the first of Cleveland Restaurant Week To Go! Participating restaurants, menus, and phone numbers are available at clevelandrestaurantweek.com.

Beachwood restaurants include Blu the Restaurant, Bomba Taco + Bar Beachwood, and Hyde Park Prime Steakhouse-Beachwood.

Newsweek: Menorah Park #1 in Ohio

Menorah Park is honored to be selected by *Newsweek* as one of America's Best Nursing Homes 2021, and once again, is rated #1 Nursing Home in the State of Ohio. *Newsweek* determined this through its partnership with the global data research firm, Statista Inc. The article appearing on its website, newsweek.com/best-nursing-homes-2021, states that they analyzed "over 15,000 nursing homes in the U.S. and have recognized award-winners in 20 states. In total, the state lists contain 400 unique nursing homes."

According to the website, rankings were determined by performance data, peer recommendations, and the facility's handling of the COVID-19 threat, with the best responses and protocols in place. They also examined input from Centers for Medicare

and Medicaid Services (CMS), and engaged 46,000 medical experts in what they categorized as a reputation survey. These experts were asked to rank quality of care measures, health inspections, and nurse staffing according to their influence on the quality of nursing homes.

"Our award-winning excellence in caring throughout our campuses and in each of our nursing homes is a testament to our dedicated caregiving team and all of our collective staff. We are very proud to receive this recognition. It demonstrates Menorah Park's focus on each individual as part of our extended family, honoring our collective mothers and fathers, and the entire community we serve," stated Jim Newbrough, Menorah Park president and CEO.

WIN A FREE TURKEY!

Here is your chance to win a turkey for your Thanksgiving Dinner! Send me an email before November 15th to secure your entry into the Turkey Raffle! Use subject line TURKEY

Easy Peasy Lemon Squeezzy Turkey Recipe

1 Turkey	1 tsp salt
1 Onion	1/2 tsp ground black pepper
1 Lemon	6-8 cloves of garlic minced.
1 Apple	Chopped up rosemary, thyme and sage.
Fresh Thyme	
Fresh Sage	
Herb Rub:	
1 cup melted margarine	

Directions: Quarter the apple, lemon and onions. Add in fresh herbs. Stuff the Turkey with the mixture. Rub the Herb mixture under and on top of the turkey skin. Bake at 325. 13-15 minutes per pound.



Winner Winner Turkey Dinner!



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CIFF Unveils Plans for 2021 Festival

The 45th Cleveland International Film Festival, which will take place April 7-20, 2021, will be held online in its entirety.

This decision, which was unanimously approved by the CIFF Board of Directors at its September 29 meeting, is based on science and community circumstances, as well as the state of the film, theater, and event industries. In addition, during this time of great uncertainty and in the throes of a resurgent coronavirus pandemic, the organization believes it is the most responsible option when it comes to the safety of all those involved – including attendees, filmmakers, volunteers, trustees, and staff.

“We are very much looking forward to building on the success of CIFF44 Streams,

during which our audience proved that an online festival is not only an option, but also the newest component to making CIFF the best and most accessible experience for our incredible patrons,” said CIFF board president Chris Blake.

After quickly pivoting from an in-person festival to the online CIFF44 Streams earlier this year, CIFF’s invaluable connections to film, filmmakers, and the community remain unbroken, as well as deepened. The organization is viewing CIFF45 as a bridge to its future and looks forward to CIFF46 taking place in its new home at Playhouse Square during the spring of 2022.



Mallory Martin, CIFF’s new artistic director

“At a time when the entire film industry is facing a transformation, I am both honored and eager to help lead CIFF into its new chapters and toward new possibilities.”

CIFF45 will consist of hundreds of films, post-film conversations and Q&As with filmmakers, balloting, awards, and a slew of activities to make the online festival a robust experience for all involved. The festival will also include two extra days (making it a 14-day presentation) for extended viewing and engagement opportunities. CIFF Speaks (the organization’s podcast series) will be returning with episodes surrounding and during the festival.

The road to CIFF45 also brings a change in the organization’s artistic leadership with the promotion of Mallory Martin to artistic director. Mallory joined CIFF full-time in October 2011 as programming assistant. Following a number of advancements, she became director of Programming and Projection in 2015 and remained in that position until her most recent appointment.

“We are so very excited for Mallory and for the organization, knowing that the programming for CIFF45 and beyond is going to be remarkable. Both the filmmaker experience and the viewer experience will be exceptional because of Mallory’s talent and expertise,” CIFF executive director Marcie Goodman stated.

“At a time when the entire film industry is facing a transformation, I am both honored and eager to help lead CIFF into its new chapters and toward new possibilities. No matter where the CIFF will live in

the future – be it our own living rooms or Playhouse Square – we remain dedicated to bringing the best of independent cinema home to Cleveland for many years to come,” said Mallory.

Mallory replaces Bill Guentzler, who stepped down from his role after 22 years with the organization and 15 years as its artistic director. CIFF is appreciative for Bill’s decades of dedication to the organization and for all of the amazing team accomplishments that occurred during that time.

The organization is viewing CIFF45 as a bridge to its future and looks forward to CIFF46 taking place in its new home at Playhouse Square during the spring of 2022.

“I couldn’t be more grateful to have spent half my life at CIFF. I will always be part of the heart and soul of what CIFF is and stands for, and CIFF will always be a huge part of me,” noted Bill.

The 45th Cleveland International Film Festival will announce its program lineup in March 2021. For more information on CIFF please visit clevelandfilm.org.

The Cleveland International Film Festival is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture.

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Timeless Gardens Re-Energize Gardeners

There may be eight inches of snow on the ground, but in the newly renovated greenhouse at the R.H. Myers Apartments, the Garden Club is just heating up! A new horticultural program has also been created, thanks to efforts and creativity of residents.



Phyllis Wolk, Helen Rivelis, and Charlotte Gould enjoy the newly remodeled R.H. Myers greenhouse.

The greenhouse was recently renovated, thanks to a generous donation by resident Miriam Hoffman. Its appearance and functionality are now greatly improved, and Marie Smith, Campus Art Program coordinator, is facilitating programs.

The initial planned curriculum includes identifying plants that need transplanting and repotting them, inventorying available pots and ordering new ones, identifying plant types and labeling them, and creating an informational binder to include

plant care and information about each type of plant.

"Gardeners will learn to propagate plants from cuttings to gift to new residents and others who would like them, start plants from seeds, and work on their own special projects," Marie said. "We're excited to take advantage of this unique opportunity to engage in horticultural projects year-round."

Donations of pots, garden tools, and gardening/house plant books are gratefully

accepted. For more information, please contact Marie at 216.839.6515 or msmith@menorahpark.org.

Donations of pots, garden tools, and gardening/house plant books are gratefully accepted.



Beachwood Buzz thanks you for continued support and wishes you and your family a Happy Thanksgiving.



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Beachwood Place Welcomes New Tenants

At a time fraught with economic challenges due to the global pandemic, Beachwood Place is celebrating the opening of multiple new tenants, many of which are national brands.

First to open was Carter's, the leading brand of children's clothing, gifts, and accessories in the U.S. Shortly thereafter, youth footwear brand Journeys Kidz began to welcome guests, followed by H&M Home, Dresscode, and Ashton's Corner.

More to Come

Additionally, Beachwood Place the will soon welcome the following stores:

Zumiez: Leading specialty retailer of apparel, footwear, accessories and hard goods for young men and women who want to express their individuality through the fashion, music, art and culture of action sports, streetwear and other unique lifestyles.

JD Sports: Leading global retailer of sports fashion clothing and shoes. Since 1981, JD Sports has introduced fresh looks and exclusive collections to the world. –

Baja Bistro Tex-Mex Grille: Quick service restaurant specializing in fresh Mexican and Southwestern food. Baja Bistro offers customer-customized, made-to-order items like premium salsas and grilled chicken and meats that are prepared on site daily for each customer right before their eyes.

"We're excited to welcome new retailers to the property and provide positive new experiences and offerings to our shoppers as we approach the holiday season," says Heidi Yanok, Beachwood Place general manager.

Safety First

Beachwood Place adapted quickly in the early stages of the COVID-19 pandemic, implementing recommended precautions and learning from shopper behaviors to enhance safety measures. Quick adjustments – such as floor markings that remind guests of recommended social distancing in the food court and other high-traffic areas – were made to ensure responsible shopping.

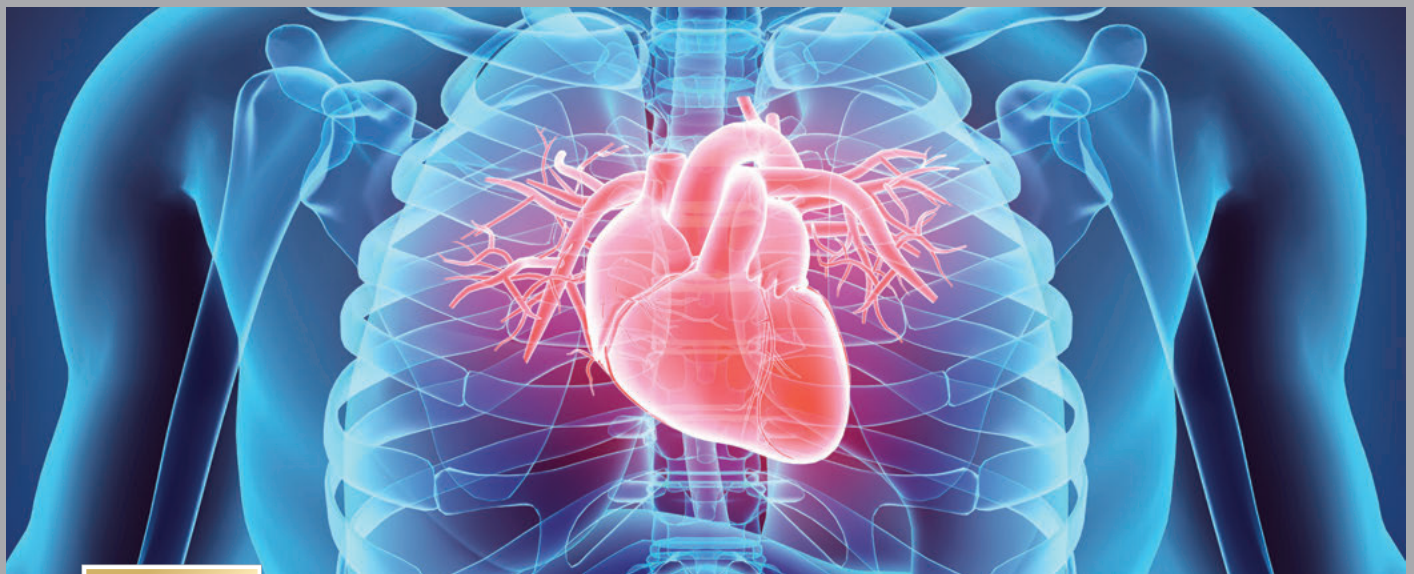
Similarly, with the guidance of property management, retailers have instituted appropriate in-store occupancy limits as well as appropriate social distancing measures outside of stores where lines are likely to form. For more information about this release, please contact Julie Brown at jbrown@theadcomgroup.com or (216) 574-7968. Please contact press@brookfieldpropertiesretail.com to reach Beachwood Place directly.



"When we give cheerfully and accept gratefully, everyone is blessed."

~ Maya Angelou

Happy Thanksgiving ❤️



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