

# Beachwood Buzz

December 2021

Every Resident

Every Month.

MAGAZINE



## TINA TURICK

DECADES OF HOLDING KEYS  
TO CITY HALL'S SMOOTH OPERATIONS

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and so much more!

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## Letter from **THE EDITOR**

By Debby Zelman Rapoport

**T**he holiday season is here, bringing with it a time to reflect on the past year. Have you thought about what's working or what you'll do differently in 2022?

Benjamin Hardy, an organizational psychologist and author, recently said in one of his podcasts, "Commitment is a statement of what *is*. You can know what you're committed to by your results, not by what you say your commitments are."

That stuck with me. Sometimes I think I'm committed to building skills in art and photography, or building strength with Pilates. Benjamin's statement rubber stamps that those have not been my commitments for the past few months. If they were, I would have spent more time focused on them.

Each of us creates a new chapter to our personal story every year. Instead of waiting until January to determine what resolutions to make (and break), let's take an honest look at where we are today and where we'd like to be a year from now.

I published a similar article six years ago, and its content is worth repeating:

In Bronnie Ware's book, *The Top Five Regrets of the Dying*, she shares her patients' most

common regrets. As a palliative nurse, she witnessed that people gain an impressive clarity of vision at the end of their lives, and we can learn from them.

Here are the top five wishes people had toward the end of their lives:

**1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.**

This was the most common regret, since people often looked back on their lives and saw the many dreams that went unfulfilled because of choices they had or had not made. People also realized that good health brought freedom – something that was often taken for granted until they no longer had it.

**2. I wish I hadn't worked so hard.**

Since Bronnie was working with an older generation, this comment was more common among men. They missed their children's youth and their partner's companionship; and they regretted spending so much time on the treadmill of a work existence.

**3. I wish I'd had the courage to express my feelings.**

Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. As a result, many developed illnesses relating to the bitterness and resentment they carried.

**4. I wish I had stayed in touch with my friends.**

When reflecting on life, people often belatedly realized the full benefits of old friends with whom they'd lost touch. Many had become so caught up in their own lives, that they had let golden friendships slip away over the years. There were many deep regrets about not giving friendships the time and effort they'd deserved. Everyone misses friends at the end of life.

**5. I wish that I had let myself be happier.**

Many people did not realize until the end that happiness was a choice. Instead, they stayed stuck

in old patterns and habits. Fear of change had them pretending to others, and to themselves, that they were content. The so-called *comfort* of familiarity overflowed into their emotions, as well as their physical lives.

With 2021 winding down, ponder your "story" and how you want the future chapters to read. Try to be at peace with the past, and remember that each moment is an opportunity to make a new choice. Each trip around the sun is a privilege because tomorrow is guaranteed to no one, so look at your results, consider your commitments, and live with gratitude for being here to celebrate the holidays.

I wish you a happy, healthy, safe holiday season.

*This column is dedicated to my sister, Darcy Alter, who lost her battle to cancer on November 30, 2015. With this dedication, I share a photo of her last sunset.*



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# Beachwood Buzz

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**Buzz**  
MAGAZINE

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P.O. Box 22194  
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## Tina Turick

Decades of Holding Keys to City Hall's Smooth Operations



As one of the longest-serving employees at Beachwood City Hall, Tina Turick has answered calls from every department, with inquiries such as, "Do you remember ...", "Did this ever happen ...", "How did we handle ...", or "Do you have this file ...". She says that she can recall the information or find it in short order most of the time.

Cover story starts on page 11.

Cover image and select story images by Scott Morrison, Discovery Photo



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# Messages to the Community

In the past few months, several Beachwood citizens devoted their time and energy to campaign for public office, and we commend them for their interest and dedication. According to the Cuyahoga County Board of Elections, 25.45 percent of registered voters in the county cast their ballots. In Beachwood, that number rose to 41 percent.

Congratulations to Mayor-elect Justin Berns; Alec Isaacson and Eric Synenberg, who were re-elected to serve another term on City Council; Jillian DeLong, who was re-elected to serve another term

on the Beachwood School Board; and Wendy Leatherberry and Kim Allemby, also elected to serve on the Beachwood School Board.

When *Beachwood Buzz* went to press, election numbers for the third City Council seat were not official: Josh Mintz was leading George Carr by a narrow margin. Results were certified on November 22.

*Beachwood Buzz* thanks all candidates for stepping forward to make a difference, and provided this space for each candidate to share his or her message with the community.

## JUSTIN BERNS



Achieving my lifelong dream to one day become mayor of the City of Beachwood now feels like a very humbling experience. It is with incredible gratitude that I assume this new leadership role, and I will dedicate myself daily to the wellbeing of Beachwood's residential and commercial communities.

I gratefully accept voters' mandate to lead our strong, diverse, capable city forward. To reach this point, I have many people to thank, including campaign volunteers, residents who took the time to share their thoughts with me, and other stakeholders who offered advice. I fully recognize the commitment of so many people's time, energy, and unwavering belief.

For those who didn't vote for me, I hope to gain your favor through solid leadership, transparency, and accessibility.

Beachwood has been home to me for my entire life, and my interest in its safety and success has legions of depth. I promise to be the sort of steward who serves thoughtfully, patiently, and enthusiastically.

Finally, I thank my wife, Lisa; my children, Caleb, Allie, and Sarah; and the rest of my family, all of whom supported me and cleared time on their calendars to help me reach out to all of you.

I also wish Mayor Martin Horwitz well in his professional life, and I hope he finds good health and personal fulfillment on the road ahead.

I'm very excited to begin my tenure as your mayor and I look forward to what the future will deliver!

Sincerely, Justin Berns

## GEORGE CARR



It has been an honor to campaign for Beachwood City Council, and to interact with so many residents who love our city as much as I do. I'm deeply thankful for all the support I received from so many Beachwood residents and stakeholders: we gathered more organizational endorsements than any other local campaign, including support from

United Auto Workers, Black Womens' Political Action Committee, AFL-CIO, Cleveland Stonewall Democrats, and local and county Democratic Party organs.

Many individuals contributed their money, time, advice, and inspiration, all of which were incredibly valuable to helping fashion and disseminate our message throughout the city.

Plus, many of you cast votes for me, which is the most obvious

## MAYOR MARTIN HORWITZ



It's hard to say goodbye. Since 1958, I have been part of Beachwood – as a student, father, volunteer, Board of Education member, City Council member and now, mayor. With 26 years of public service, I am proud to be the only resident to ever serve as president of the BOE and City Council, as well as mayor.

My administration took a fresh, new approach to city services. We designed more uses for Beachwood Park East, we'll reduce flooding with our storm sewer plan, and we'll increase our tax base with new businesses in Commerce Park and the Chagrin Highlands. From leading the launch of the first one-to-one laptop school in Ohio to building an award-winning dog park serving hundreds of our families, I've worked hard to innovate for our community.

When I first ran for school board in 1989, I tried to set an example for my young children by running a positive, ethical, and honest campaign. Through eight campaigns, I lived by that philosophy. Today, my children, Gayle and Justin, make wonderful contributions to their communities. I owe my success to them, but mostly to Sandi, my amazing, supportive wife of 45 years. They have been my team every step of this journey.

Thank you to all the council members, directors, and employees. It has been a privilege to work with you. You are the ones who make this city special. And finally, thank you to the residents of Beachwood. Serving as your mayor has been the greatest honor of my life.

Sincerely, Mayor Martin Horwitz

measure of any political campaign's success. As I write this, we don't know exactly how many of you to thank for supporting me with your votes, nor do we know whether or not our campaign was successful.

Whether or not I end up sitting behind the City Council dais in January, I urge you to consider our campaign a success: it demonstrated widespread support for electing the most skilled and educated candidate in the race; for focusing our city resources on local infrastructure, like streetlights, sewers, and roadways; and most importantly, for embracing the city's diversity and demonstrating our commitment to supporting each other across lines of creed, race, gender, wealth, and the like.

You have all helped Beachwood demonstrate that if we work together, we can all thrive. **Thank you all!**

George Carr

## MAIR COHEN



### **Beachwood Residents,**

I never really thought of myself as a politician. That changed when members of the community urged me to run for City Council. It has been an arduous, yet exciting, campaign. I have learned a great deal about Beachwood and its residents' concerns. I had the opportunity to knock on many, many doors and so many of you welcomed

me and backed me with your lawn signs, your support, and your vote. And for that I am truly grateful.

Many texts and calls came in regarding my campaign. Their underlying message was that it was a solid run for a first-time candidate, especially one with no political-party backing. I can tell you that I am thankful for the opportunity to meet so many of you. I look forward to continuing the work that we have begun, and to serving the community in one capacity or another.

Even though this race was technically a competition against other candidates, I have the greatest respect for these fine gentlemen who ran for council. They are, honestly, tough to beat. It is heart-warming that these 'competitors' actually acted graciously towards me, an outsider. They advised me, and were supportive of my campaign. I thank them for that, and I wish them all good fortune and the ability to make wise, common-sense decisions regarding our fine city.

It is my intention to run again. Thank you all for your support!

**Sincerely, Mair Cohen**

## JOSHUA MINTZ



### **Dear Friends, Neighbors and Residents of Beachwood,**

I am truly thankful for your continued support and confidence in allowing me to represent you, the citizens of our community. As I thank you today, we are still waiting for the results to become official, and I am optimistic that I will be sworn into the Beachwood City Council. Regardless, I will

continue to devote my time, energy and experience representing the needs of our community accordingly. I assure you that the trust you have placed in me is well-founded, and that I will continue my commitment to serve our city and our Beachwood school system.

**Thank you, Joshua Mintz**



## ALEC ISAACSON



I am proud and honored to have earned a third term on Beachwood's City Council. Elections are always challenging, but the opportunity to help improve our city is well worth the effort.

This election again made it clear that our city wants leaders who will build on the excellent foundation we've inherited, and that we don't want divisive, destructive, and radical change.

It made it clear that we want inclusive leaders who will ensure that things are done with our best interests in mind. As always, I'm committed to doing just that.

Thanks to all of the volunteers who helped with the day-to-day operations of the campaign. I also want to thank all of my supporters who worked tirelessly to get my message out into the community. Finally, a big thanks to my family and friends for their help and encouragement.

Most importantly, thanks to all of you for your trust and support. Without you, I couldn't have done this. I look forward to serving you on our City Council.

**I am Alec Isaacson, and I am Positively Beachwood**

## ERIC SYNENBERG



### **Dear Beachwood,**

Thank you for your support and trust in re-electing me to our City Council. To be re-elected is a tremendous honor and I am humbled to be able to continue to serve the City of Beachwood.

I am fortunate to have the opportunity to represent lifelong friends, as well as new friends who I have met more recently. Our community is

larger, stronger, and more diverse than ever, and we should all feel lucky to live here.

I congratulate all of the candidates who ran for public office in Beachwood this year. We were fortunate to have fourteen people run for office and, win or lose, all of them should be congratulated for trying. I especially thank Mayor Martin Horwitz for his service to Beachwood in numerous capacities and roles over the last 30 or so years.

I am confident that the City Council will work well with incoming Mayor Justin Berns, and that we will continue to provide top safety and services to all of our residents and visitors.

As always, I thank the employees of our city who work hard and go the extra mile to make Beachwood the wonderful community that it is.

Thank you again for your support. Please contact me if I can ever be of assistance. Happy Holidays and Happy New Year!

**Regards, Eric Synenberg**

## KIM ALLAMBY



### **Wow, Beachwood Community!**

Thank you so much for electing me to the Beachwood School Board. This is an awesome responsibility and I feel deeply honored by your support and confidence in me to maintain our district's excellence and to move it to the next level. It has been my pleasure and privilege to meet and speak with so many of my Beachwood neighbors. I appreciate

you sharing your histories, triumphs, hopes and concerns regarding our schools, and taking the time to enable me to earn your vote. It has reinforced my awareness of just how special our community is. I look forward to serving our schools, and pledge to be visible and accessible. I will put the needs of our students first with all of my decision-making.

I'd also like to take this time to thank my family, friends, running mates, and supporters for all of your encouragement, patience, and belief in me along this journey. I couldn't have done it without the help of the entire team.

**Sincerely, Kim Allamby**

## KAREEN CAPUTO



### **Disheartened and Hopeful**

It was a privilege to run for Beachwood School Board with Dr. Miriam Weiss and Valerie Charms Mason. Miriam demonstrated dedication, commitment and rare analytical skills. Valerie is a true people person and has a keen perception of ways to improve education. We were hoping to unify our

school community, restore parent involvement and academic excellence, and strengthen fiscal oversight. Sadly, our message was hijacked and turned into a political agenda. People then questioned our motivation and attempted to smear our names. This was truly disheartening. At the same time, many people in our community condemned these attacks and expressed an increased level of support. We would like to thank all of them for their help. They carried us through a very challenging campaign affirming our determination to pursue our efforts.

As I reflect on our campaign experience attempting to process some of its meaning, I remember a quote from Irshad Manji, a *New York Times* bestselling author and educator. In her book, *Don't Label Me, How to Do Diversity Without Inflaming the Culture Wars*, she states: "It is just not smart to be degrading our neighbors while we presume to be upgrading their society."

I believe education of the next generation is a sacred task and that our children look up to us as examples of behavior. I hope that Beachwood residents with divergent views will remember their responsibility as role models and find ways to engage with each other in respectful and unifying dialogue.

**Sincerely, Kareen Caputo**

## JULIE BROUGH



### **Dear Beachwood Community,**

I express my heartfelt appreciation for all of you who supported me during my School Board campaign. The outpouring of support from families, former and current athletes, students, teachers and staff was absolutely amazing and very much appreciated. I was a lone Bison seeking a seat on the Beachwood Board of Education,

knowing that running against two slates would be a difficult task. I'm not down and I'm certainly not out in my quest to help bring a divided Beachwood Schools community together. My focus during my campaign was always on our kids. I stated all along that my reason for running was simply to make the Beachwood Schools better for our kids and our staff. More than ever, I encourage all to take a moment to put our political differences aside and find a way to have respectful conversation on hard issues – for the betterment of our kids. I encourage you to ask questions, and talk to the teachers and staff to gain a better understanding on how this divide impacts our staff and students. Let's work together. Beachwood deserves to be the best.

Thanks again for the encouragement and unwavering support.

**Go Bison, Julie Brough**

## JILLIAN DeLONG



### **Thank you to all friends, family, and community members who supported me.**

I love this community and was reminded daily of this by the actions of so many who helped with the campaign. The true winners of the election are the students and the community. Beachwood residents truly care about the future

of the community and have the students best interests at heart. Thank you to all residents who voted, opened their doors, voiced their concerns, and supported the candidates. Strong schools equal a strong community: Thank you, Beachwood residents, for believing in this message and believing in me. Congratulations to the other elected Beachwood officials on their victories, and thank you to all of the candidates for their energy, courage, and voices throughout the campaign. It was great spending time with all of you and having open dialogue about our schools and community.

**Sincerely, Jillian DeLong**





## WENDY LEATHERBERRY



### Dear Beachwood Voters,

Thank you for voting. Thank you for voting for science, facts, and the overwhelming endorsement for the fantastic path our schools travel each and every day.

I look forward to serving our students and families, and working alongside our administration. I know that we will continue

the strong and careful response to the pandemic; the gains we are making toward equity, diversity and inclusion; pushing for continued academic and extracurricular opportunity; and developing a comprehensive plan to address the needs of our elementary buildings.

Beachwood has a long and storied history of supporting our schools and I am grateful for the decisive endorsement to continue this work.

I am honored by the confidence shown in the team of Jillian DeLong, Kim Allamby and me. We ran together because our values align. And the results from the election confirm that those values are, indeed, Beachwood values.

Sincerely, Wendy Leatherberry

## DR. MIRIAM WEISS



### Dear Beachwood neighbors,

I am deeply grateful for the support of the 1,188 of you who voted for me for Beachwood School Board on November 2. My Rabbi remarked that hidden within this total was the number 18 – in Hebrew, “Chai” or “Life.” In other words, earning the confidence of so many has been the honor of a lifetime for me. I thank my supporters for recognizing

the common-sense, life-affirming platform forged together with my courageous running mates Karen Caputo and Valerie Charms Mason.

And I thank you, Debby Rapoport, editor of *Beachwood Buzz*, for providing one more opportunity to address both my supporters and the community at large.

Through much of the campaign, our slate’s message was obstructed by ugly political slander.

It didn’t need to be this way. If a member of our team had been elected to the school board, she would have pioneered the use of the word “and” in every dialogue. For example, Beachwood schools are successful, and early signs of educational decline require attention. The school system’s budget is sound, and difficult financial problems loom in the future.

Our team supports equality and opposes teaching hatred and racial division. We support age-appropriate health education, and we oppose confusing children with agenda-driven messages about sexuality. We think FDA-approved vaccines save lives, and we oppose the invasion of individual medical privacy.

Someday parents and the community will see what is happening to our children. I hope that time comes soon.

Sincerely, Dr. Miriam Weiss

# Fairmount Early Childhood Center Preschool and Camp Registration

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

## Preschool/Camp Parent Information Night

Thursday, January 6, 2022 • 7 p.m.

*Per district policy, all visitors are required to wear a face mask.*

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2022-2023 school year.

This program offers four afternoons per week.

## Preschool and Camp Registration Residents

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### Open Enrollment

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# TINA TURICK



## DECADES OF HOLDING KEYS TO CITY HALL'S SMOOTH OPERATIONS

By June Scharf

As one of the longest-serving employees at Beachwood City Hall, Tina Turick has answered calls from every department, with inquiries such as, “Do you remember ...,” “Did this ever happen ...,” “How did we handle ...,” or “Do you have this file ....” She says that she can recall the information or find it in short order most of the time.

“Even when someone thinks it’s a long shot because something happened such a long time ago, I can usually point them in the right direction,” she states. Having worked alongside Beachwood’s mayors for the past 26 years has enabled this remarkable kaleidoscope vision.

Tina’s career in Beachwood began in 1988 with a high school diploma, a few years of work experience under her belt, and a pay rate of \$7.50/hour. Initially, following high school graduation, she had been working two jobs to support herself, but after a difficult day, she realized she needed a new job. This led her to buy an electric typewriter and a newspaper where she saw an ad for a clerical job in Beachwood’s City Hall. She typed her resume, and soon after applying, she was hired.

Since that time, Tina has witnessed incredible change in Beachwood on all fronts, from the demographics to major structural developments completed by both the city and a range of commercial partners. She has been involved with numerous projects for the city’s own structures, including Barkwood, the community garden, the new aquatic center, tournament tennis courts, expansion of City Hall and the community center, and the new fire stations – one on Richmond Road across from City Hall and the other on the corner of Park East Drive and Richmond.

With a steady flow of significant projects over the years, Tina has had her hands full, but it has never exceeded her capacity to manage everything.

“I know what it takes to get the job done, and there’s no project that’s too big or small,” she notes. Her other strengths lie in her loyalty and commitment to the city. But part of what motivates her is how much she enjoys working behind the scenes alongside people she respects.

She reports that almost everything that happens in the city comes across her desk. This includes matters that relate to administrative and personnel policies, and city ordinances. She also helps with negotiations for contracts with the Beachwood Chamber of Commerce, Beachwood Board of Education, and other constituents for use of city property or equipment.

“There are no obstacles. I don’t believe in them. I overcome them.”

## Beachwood City Hall Employment History

- Present title: Assistant Administrative Officer, oversees day-to-day operation of city; serves as mayor's liaison to public, along with employees and government officials; involved with long-term planning; coordinates projects with vendors and other providers
- Thirty-three years in Beachwood, 2nd longest currently employed in the city (Tony Aveni in public works department is longest with 34 years, and Chris Arrietta, public works director, is third longest with 32 years)
- 1988 – Started working as a receptionist for the finance department, occasional clerical work in fire department
- Promoted to income tax department, collection handled in-house at the time
- 1995 – Promoted to Mayor's office, beginning with Harvey Friedman, then Merle Gorden for 22 years, then Martin Horwitz
- Member, Cuyahoga County Mayor's Assistants Association
- Developed Beachwood's employee tuition reimbursement program



In 2002, Tina received her Bachelor's Degree in Business Management from Ursuline College.



Above: Tina with former Mayor Harvey Friedman and his wife, Shirley, at the Nordstrom opening at Beachwood Place.

Below: Tina with former Mayor Merle Gorden, 2003.



Other daily tasks involve setting deadlines and prioritizing activities, then following up with team members to ensure timely progress on city projects. Some examples of the fruits of her labor include coordinating the upgrade of the city's initial website, the implementation of live streaming and rebroadcasting of Beachwood's city meetings, and introduction of social media.

As she summarizes her job, it is to "anticipate, initiate, mitigate and communicate with key members of the administration regarding city matters."

When she first arrived in Beachwood, she says she "knew nothing except that it was a prominent community." Her career, however, earned a real boost from former Mayor Merle Gorden.

In a recent emailed message, Merle stated, "Tina was with me from Day 1. She was a valued and trusted employee who assisted me in all phases of what I did. She worked diligently throughout the years for the betterment of the community, was really good at everything, and was very well respected. She literally had her hands in every deal the city engaged in, and she represented the city very positively."

After working with Merle for nearly her whole career, the transition to working with Mayor Martin Horwitz at first felt "a bit scary."

"I didn't know what to expect. I mostly listened to learn and understand how he wanted to administer the city." Before long, she says, they worked very closely, and she was comfortable offering her opinions and insight, adding that she always felt respected and valued.

As a result of the early traction she found in Beachwood, Tina became very invested in her job. "I never had a desire to make a change and look for another source of employment." She also says she developed solid friendships with elected officials and members of the administration.



Tina collaborates with Mayor Martin Horwitz.  
Tina with (clockwise) her husband, Michael, and daughters, Marissa and Taylor.

Mayor Horwitz said, "Tina is the most unique and vital employee in this city. I often refer to her as the 'assistant mayor.' She keeps track of the activity in every department, handles resident inquiries, moves projects forward, and makes sure that everyone is on task. Over the years, she has become an expert in HR, policy, safety, law, finance, economic development, technology, and recreation. If you need an answer on any city matter, always check with Tina first."

The Mentor resident has much to be proud of, and foremost among those elements has been her career/family balance. She is quick to point out that she has maintained a 30-year marriage to her husband, Michael, while working full time, going to school, and raising their two daughters, Marissa and Taylor, both of whom are employed in the nursing profession.

While attending Lakeland College, early signs of her grit and determination were evident, which caught the school administration's attention. Tina was then presented the Dean's Award in 1997. In remarks delivered in her honor, a professor highlighted the fact that Tina held full-time and part-time jobs to pay for her education, plus she delivered her children during her academic career.

"Finding time for any of these responsibilities could be daunting, but not for Tina," the professor said, adding that Tina's response to her situation was to say, "There are no obstacles. I don't believe in them. I overcome them."

She clearly thrives on challenge. But she also makes time to unplug, and she does that with great success by frequently traveling.

**"Tina is the most unique and vital employee in this city. I often refer to her as the 'assistant mayor.' She keeps track of the activity in every department, handles resident inquiries, moves projects forward, and makes sure that everyone is on task."**

**– Mayor Martin Horwitz**

### **Educational/Professional Background**

- Associates of Arts/Science Degree from Lakeland Community College (1997)
- Dean's Award
- All Ohio Academic Team
- Completed a two-year degree in seven years, while working full time
- Charter Member, Phi Theta Kappa, national honor society for two-year colleges (1993)
- Bachelor's Degree, Business Management from Ursuline College, accelerated program (2002)
- Graduated Summa Cum Laude
- Member, Alpha Sigma Lambda National Honor Society
- Earned all As
- All-USA Academic Second Team for outstanding scholastic achievement (1997), nominated by college president, must have a cumulative grade point average of at least 3.25
- Awarded \$500 scholarship by Mayor of Pepper Pike, Bruce Akers (VP of KeyBank, sponsor of All-Ohio Academic Team Program)

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# Discover the Holidays at Legacy Village

Legacy Village is your one-stop shopping destination this holiday season. From tackling your holiday list with the help of more than forty restaurants and retailers to strolling around Legacy Village with a DORA beverage while enjoying the joyful atmosphere complete with a festively decorated tree, menorah, holiday lights and decor, we have you covered!

Convenience and safety are top of mind for everyone these days, and many of the retailers at Legacy Village are going out of their way to provide ways to make the holiday shopping experience as stress-free as possible. Visit [www.Legacy-Village.com](http://www.Legacy-Village.com) to learn more about curbside pick-up, virtual styling, online shopping with in-store pick-up opportunities, and more!

What could make the holiday shopping experience stress-free more than our DORA? Whether you prefer a spiked hot chocolate, hot toddy, beer, or wine, holiday shopping is a bit more enjoyable with a drink in your hand. Stop into one of Legacy Village's participating restaurants and order an adult beverage to enjoy while you shop and stroll around Legacy Village, daily, from 11 a.m. – 9:30 p.m. For more information about DORA regulations, please visit [www.legacy-village.com/dora](http://www.legacy-village.com/dora).

Participating DORA restaurants include Bar Louie, Brio Italian Grille, California Pizza Kitchen, The Melting Pot, and Wild Mango. Be sure to be on the lookout for a DORA decal on the doors of participating retailers who welcome shoppers with DORA beverages.

If taking in the sights of the holiday season is more your speed, Legacy Village has you covered there, too. Take a stroll through Legacy Village this

holiday season to take in the festive décor – not to mention plenty of photo opportunities on The Lawn. Whether it be our grand Christmas Tree, the holiday flower wall, or the Legacy Village polaroid frame – you can find the perfect backdrop for seasonal photos here. Plus, if you post them on social media and tag Legacy Village (@legacyvillage on Facebook and Instagram), you may just win a Legacy Village gift card!

Make this year's holiday gift-giving easy on yourself with a visit to Northeast Ohio's only L.L.Bean, Crate and Barrel, Brio Italian Grille, Lilly Pulitzer, The Capital Grille, Restoration Hardware, Ethan Allen, and Drybar. From shopping for gift cards to a favorite restaurant or the must-have cooking essentials for the foodie in your life to giving the gift of pampering with a blowout at Drybar, manicure at Anthony Vince Nail Spa, or massage at Ladies & Gentlemen Salon and Spa – and everything in between – you can find the perfect gift at Legacy Village!

For the hard-to-shop-for and those who just can't make up their mind about what they would like this year, give the gift of one-stop shopping with a Legacy Village gift card, which can be purchased in-person at the self-serve kiosk (located by the escalators between Contessa Gallery and Starbucks)



or at the mall office (open Monday-Friday from 9 a.m.- 4 p.m.), by phone at 216.382.3871, or online at [www.legacy-village.com/gift-cards](http://www.legacy-village.com/gift-cards).

It is easy to stay up to date on giveaways and Holiday Happenings at Legacy Village. Be sure to follow LV on Facebook and Instagram (@legacyvillage), and on Twitter (@legacyvillageoh), to stay in the loop on photo contests, gift card giveaways throughout the holiday season, restaurant and retailer promotions, and more!

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STAY



# Veterans Day Salute

Sunday, November 7 • 11 am • Beachwood Cemetery

On a beautiful sun-kissed day filled with the height of fall foliage, the City of Beachwood and Beachwood Historical Society remembered the Veterans. "To the servicemen who paid with their life to ensure our freedom. Your sacrifice we commemorate in a humble way as we celebrate Veterans Day. Freedom is not free," commented Rosemary Nemeth, president of Beachwood Historical Society.

Color Guard, made up of Beachwood police and firemen, marched through the path lined by Scouts, and Scout Troops 620, 71962, and 71340 decorated the graves with flags.

Three Veterans then shared their stories:

Robert Pallat served in the Navy from 1962-1968, and then served our community as a police officer. He shared his stories about protecting the Atlantic coast of our country, and about his experience in the Bermuda Triangle.

Dr. Scott Howard, retired colonel, U.S. Army, shared his story about helping to put many broken soldiers from battle back together in Iraq and at Walter Reid Hospital. He also shared a story about a young soldier, formerly a track star, who lost his legs in battle. President George W. Bush often would visit the soldiers, and told him that he had a special mission:

walk again. The president then promised he would jog across the front lawn of the White House with him when he learned to walk and run again. And guess what? He did!

Barry Tolbert, Air Force Captain and Air Defense radar operator spoke of the Mission. He also shared how he helped protect our country's boundaries. One of his fun jobs was tracking Santa Claus on Christmas Eve.

All three speakers talked about the brotherhood that they feel. They also shared the importance of remembering families and loved ones, as well as Veterans.

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

Democracy is delicate. Because of the Veterans' willingness, we have peace and security. God Bless our Veterans! God Bless America!



## *Pictured from top:*

Color Guard; Barry Tolbert; Council person Alec Isaacson presents city proclamation; Beachwood Historical Society president Rosemary Nemeth with Robert Pallatt; Dr. Scott Howard; Boy Scout Troop 620 and Brownie Troops 71962 and 71340.

## *Pictured right:*

*Standing:* Henry Koney, Dr. Scott Howard, Robert Pallat, Officer Jamey Appell, Detective John Finucan, Firefighter Jason Brooks, Lieutenant David Peterson, Dr. George Vourlojianis, and Marc Becker.

*Sitting:* Barry Tolbert, Mo Safenowitz, Al Muhle, Oscar Castro, Carol Tolbert, and Burt Siebert.





# Chanukah – A Short Overview

by Mair Cohen

Chanukah, The Festival of Light, is upon us. The story of Chanukah begins with Matityahu and his resistance to the Roman empire. In Jewish calendar year 3586, 174 B.C.E, the Roman empire descended on Jerusalem.

The Roman army desecrated the Holy Temple and decreed harsh punishments to any who would serve G-d. During Chanukah, we celebrate the victory of the few Jewish resistance fighters over the massive Roman army. We commemorate this auspicious occasion through the lighting of the Menorah and partaking in several festive foods. Latkes/fried potato pancakes, sufganiyot/fried doughnuts, and other holiday favorites serve to remind us of the pure (extra virgin) olive oil that was the crux of the Chanukah miracle.

The menorah is lit for eight days, with a successive candle following the first, until all eight candles (and the lead candle, the shamash) are lit. The progressive

nature of this lighting is due to the fact that a miracle occurred when the Hasmonaean found an untampered, sealed jar of pure olive oil in which to light the candelabra/menorah of the Holy Temple. However, there was only an amount of oil in that container sufficient enough to light the menorah for one day. A miracle occurred, causing this small jar of oil to burn for eight days. This allowed the Jews the eight days needed to press and filter new oil.

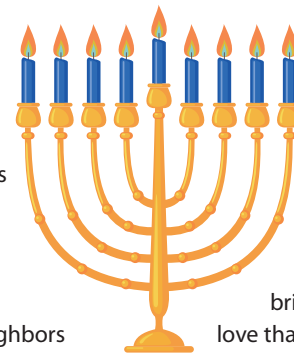
Chanukah is aptly named "The Festival of Light," for it is, indeed, a festival for all those who behold the light. We all know that light, in general, helps us to feel better both physically and mentally. The lights of this season help to defray the

depressed or anxious feelings that we may experience as our days get shorter and our temperatures drop. We all need to be cheered up as autumn closes into winter. Our hearts need warming and our souls need recharging. When we eat the warm foods of Chanukah and we partake in the lighting of the menorah, we feed our bodies and our personalities with sustenance to get us through these harsh winters, at least in these parts of the world.

This feeling of festivity should serve to bring us closer to our neighbors

and to harbor peace and joy in this, and in other, countries. It is my belief that G-d wishes that all of His creatures exist in a peaceful realm. Therefore, it is incumbent upon each one of us to strive to make peace with our families, our neighbors and our communities.

For those of us who celebrate, let the light of Chanukah shine brightly in your homes and in your lives. Regardless of your holiday traditions, I invite you to let the joy of this holiday season bring you warmth and love that we all crave.



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# Van Aken District Invites You to Gather This Holiday Season . . .

Although the summer months promise warmth and contentment with outdoor block parties and markets, the colder months still share this sentiment, calling for gathering and togetherness, and remembering what this means to a community no matter the season. This holiday season, the Van Aken District celebrates what it means to support local by making local the theme of your holiday shopping list. The Van Aken District's mission is to support local businesses, and we emphasize this mission this upcoming season with events where everyone is invited to gather with us.



Whether it's sustainable clothing to fight for better conditions, curated products from humble makers, or food made with local ingredients, the Van Aken District offers a variety of ways to shop and support local businesses. We care about our community and putting love back into our community, and supporting our local businesses is how we do this. This holiday season, be sure to come celebrate your favorite local businesses at the District, join in on the fun, and give the gift of local for your own peace of mind and all of your loved ones! Retailers here at Van Aken offer everything you might need for the most important people in your life, from food, fitness classes, jewelry, clothing, home décor, self-care products, toys and treats for your favorite four-legged friends, handmade goods from local vendors, and so much more. The Van Aken District is your one-stop shop for gift-giving all year long for those special people in your life. Our

merchants come from fascinating stories and offer local and unique products that anyone can feel good about gifting.

Oftentimes during the holiday season, we get caught up in shopping and forget to remember that being with those who mean the most to us is really all that matters. On Saturday, December 4, from 5 to 9 p.m., the Van Aken District will commemorate the most wonderful time of the year with its annual Chill and Toast, which is all about gathering and celebrating the coming of the winter season, whether that's with family or friends. Check out more details for this event at [www.thevanakendistrict.com](http://www.thevanakendistrict.com).

Be sure to also stop by for our North Union Holiday Markets on Saturdays, December 11 and 18, from 10 a.m. to 4 p.m. These markets offer additional opportunities to fulfill holiday shopping lists with gifts from a local farm,

a baker, vineyard, or artist.

We are excited to welcome North Union Holiday Markets again for the atmosphere and offerings they bring to the Van Aken community. At these markets, you'll find one-of-a-kind gifts for everyone, and a little something extra for yourself, too!

In 2022, Van Aken will continue to provide a unique and special place to gather by offering events like board game nights, comedy nights, music by acapella groups, cookie decorating, product demonstrations, and so much more. In the warmer weather, we'll once again invite you to gather with those who mean the most to you to enjoy live music, dance at our summer block parties, and meet local talent at the outdoor markets. And no matter the weather, we invite you to stop by to find your new favorite shops, restaurants, and more, right here in the District!

Van Aken District remains dedicated to offering small businesses a place to call home, and prides itself on hosting events that people from all communities can embrace and enjoy. We invite everyone to gather here at Van Aken to shop local, Chill and Toast with us, and visit the North Union Holiday Markets. Stay tuned for more events after the winter season by going to our website, [www.thevanakendistrict.com](http://www.thevanakendistrict.com), which provides the most up-to-date events going on in the District, all of our retailers and their hours, and links to visit us on social media. The District is a great place to host events, play live music, participate in markets as a local entrepreneur, and more. For more information regarding these events or for an application to sign up for future opportunities, please email [thevanakendistrict@gmail.com](mailto:thevanakendistrict@gmail.com).

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# BAKED by Abbie

## Shortbread Cookies

### Simplicity.

Year's end can be hectic. With many demands for our attention, it can be hard to carve out time to make holiday cookies. A simple shortbread (a crumbly, sweet butter cookie, or biscuit if you are British) might be the answer for those set on baking and sharing treats this time of year, yet are short on time. These cookies make perfect gifts because when given as presents inside airtight tin containers, these complex-tasting treats gain depth in flavor as they age, becoming even more delightful. Further, they last a month when stored properly.

Traditional Scottish shortbread, composed of only flour, sugar and butter (often called "shortening" and hence the origin of the cookie's name), has a fascinating history. While believed to date back to medieval times, the invention is often attributed to Mary, Queen of Scots, who enjoyed shortbread cut into triangles, resembling the shape of fabric pieces used to make petticoats worn by ladies of the court. Since then, these cookies have also been shaped as imprinted circles or "fingers," thin pieces cut from a rectangular slab. Cornstarch was added later to provide denser texture. When created, butter was expensive, causing shortbread to be a luxury for special occasions, like year-end holidays.

*Enjoy, and happy holidays!*



### Chocolate Chip Shortbread Bars

*Adapted from Land O'Lakes*

#### Ingredients

- 1 cup butter (2 sticks), softened
- 1/3 cup granulated sugar
- 1 3/4 cups all-purpose flour
- 1/4 cup cornstarch
- Pinch salt
- 1 cup mini semi-sweet chocolate chips

#### Directions

- Pre-heat oven to 350°F
- Combine butter and sugar in a large mixer bowl. With a stand mixer, beat at medium speed, scraping sides down often, until creamy (1-2 minutes).
- Add flour, cornstarch and salt and beat at low speed, again, scraping sides often, until well mixed (1-2 minutes). Stir in chocolate chips with a wooden spoon.
- Using the spoon, press dough into an ungreased 13 x 9-inch baking pan. Prick all over with a fork.
- Bake for 35-40 minutes, or until edges just begin to brown. Cool in pan for 15 minutes.
- Cut into bars while still warm. Cool completely on a wire rack.



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

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Beachwood Democrats invite you to join them

the second Wednesday of each month at 7:00 pm to learn more about Democratic candidates who will be on our ballot. There is no fee to attend. To vote at meetings, you must be a member. Membership is \$20 per year. For more information, email [beachwooddemocrat@gmail.com](mailto:beachwooddemocrat@gmail.com) or follow the group on Facebook at BeachwoodDems.

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# Honoring Jane B. Sheats and Others in the Future

by State Representative Kent Smith

Last month, I wrote about my desire to create an award to say "Thank You" more frequently. It was my hope that the award would both honor those who are deserving, and serve as an example of gratitude, so that we would all say "Thank You" a little more often.

This month, I share that I have named the award the Jane B. Sheats Community Impact Award. Ms. Sheats was appointed as a Democratic Board Member of the Cuyahoga County Board of Elections in 1975, where she served as chair from 1976-1979. In doing so, she became the first African American female to chair a Board of Elections in the United States, a trailblazing achievement that was recorded in the Congressional Record on November 16, 2012.

Ms. Sheats, an East Cleveland resident, celebrated her 89th

birthday on November 20. She befriended me back in 2014, when I was first running for the Ohio House of Representatives. What I didn't know then was that supporting others was common practice for her: She saw herself as a mentor, assisting local leaders in their public and personal development.

It is my hope that the Jane B. Sheats Community Impact Award will recognize the selfless efforts of others, and the impact that their hard work has made. As long as I have a

public role, I will present this award more than once a year to deserving individuals, whether or not they are in public life.

In the spirit of gratitude, I am happy to report that the first two honorees of this award are Cuyahoga County State Senators Sandra Williams and Kenny Yuko, both of whom finished 16 years in the Ohio House and Senate.

They have worked tirelessly for the residents of Greater Cleveland, and often their victories were seen by only a few, as they are both

outnumbered in their chamber by members of the opposite political party. I thank Senators Williams and Yuko for their work, and Ms. Sheats for her example.

**Who can you thank this month?**

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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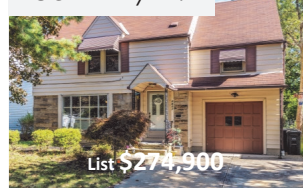


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-Sharon

**The Market in Beachwood is Hot!**

Sharon's Additional Beachwood 2021 Listings & Sales

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SOLD: 11 Kenwood Ct, The Village listed at \$479,900

SOLD: 2402 Brian Drive listed at \$449,900

SOLD: 1 Sherwood Ct, The Village listed at \$349,900

SOLD: 21514 Halburton Road listed at \$349,900

SOLD: 4 Hanover Ln, The Village listed at \$299,900

SOLD: 5 Windrush Ln, The Village listed at \$294,900

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## Beachwood High School Orchestra Seeks Donations!

The Beachwood High School Orchestra is embarking on a concert tour of Italy during spring break of 2022, performing in the cities of Venice, Florence, and Rome. This is a unique opportunity for student musicians to perform in these historical settings.

With shortened time to prepare, musical ambassadors have not had opportunities to reduce costs through normal and usual personal fundraisers.

"We are seeking to defray costs for all students through sponsorships for select items, and ask for your help," Lisa Goldman, BHS orchestra director, shared. "We would love to see YOUR business, corporation, firm, office (or just you!) advertised on our social media, concert programs, and the group's spirit wear."

"We are seeking to defray costs for all students through sponsorships for select items, and ask for your help," Lisa Goldman, BHS orchestra director, shared.

Please reach out to Lisa at [lsg@beachwoodschoools.org](mailto:lsg@beachwoodschoools.org) for details, or if you have any questions. Any amount is appreciated!

## BHS Orchestra Performance

Welcome back! On November 3, the Beachwood High School orchestra had its first in-person concert since 2019. Please join *Beachwood Buzz* by being a sponsor to help students defray costs for their trip abroad!



# Beachwood Pianist Hits a High Note

by Arlene Fine

**R**enowned pianist Donna Lee has scaled new professional heights. This year, the Beachwood resident, and professor and coordinator of piano at Kent State University, was inducted into the Steinway & Sons Teacher Hall of Fame, a prestigious designation recognizing the work of North America's most committed and passionate piano teachers. She also received the 2021-22 Distinguished Teaching Award at Kent State University – the institution's highest honor.

"I am humbled by these awards and am grateful to be recognized for work that has been my lifelong passion," said Donna.

A child prodigy, and one of five daughters, the Silver Spring, Maryland, native began studying piano at age 5. "My fascination with making music was fairly immediate," said Donna. "My mother located a master teacher and I was fortunate to receive incredible support very early in my training."

On her musical career path, Donna earned her Bachelor of Music from the University of Maryland, College Park, her master's from The Juilliard School, and her doctorate from Peabody Conservatory of The Johns Hopkins University. After making her solo debut to great acclaim in 1990 with the National Symphony Orchestra, Donna's career was officially launched.

Now, with a full teaching and concert schedule that includes solo performances, chamber music collaborations, and recitals, Donna gets most of her practicing done in the middle of the night in her soundproof music room.

"I don't mind that quiet time alone," said Donna. "I am constantly working to establish an even deeper understanding of the music and the composer's intention. It's a never-ending process, but it's also one of the joys of being a musician – to be able to roll up my sleeves and literally dig into great art every day."

Performing in front of an audience, whether in small recital halls or major concert halls, never ceases to amaze Donna. "Very often I feel a synergy and palpable sense of creative energy pass between me and the audience," she said. "There is also a spontaneous inspiration that comes from the acoustics of a concert hall and the tone of the instrument. It's an indescribable feeling of creative freedom when all these pieces come together."

During COVID-19, Donna was able to use Zoom to connect with international students who could not get visas to come to the United States.

"Weekly lessons with new students in China would start at 9 p.m. and end at 11 p.m. every Thursday night," said Donna. "It was amazing to see how much we could accomplish via the Internet. However, we were all very happy when they arrived in Ohio last August to study in person."

Along with her Kent State teaching schedule, the highly sought-after teacher and clinician and her husband, clarinetist Dan Gilbert, spend their summers performing and teaching at various festivals, including Brevard Music Center in North Carolina and Classical Tahoe in Nevada. The couple's 10-year-old son, Holden, a promising cellist and a student at Hilltop Elementary School, accompanies his parents on these trips.

"We are happy gypsies," said Donna. "Holden enjoys our summer schedule as much as we do, although we now adjust our touring schedules for him. Dan and I had concerts in Asia but cut our trip short so he could play the National Anthem at a Cleveland Indians game with his cello choir."

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"I am humbled by these awards and am grateful to be recognized for work that has been my lifelong passion," said Donna.

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Donna's two remarkable and talented stepdaughters, Olivia and Layla, have also grown up with a great appreciation of the arts.

Living in Beachwood has been a real boost for Donna and her family. "A pianist's life can often be lonely, solitary and even isolating," she said. "As a child who spent many hours each day practicing piano, I was so grateful to have a large family to provide a loving community," she said. "My Beachwood neighborhood has also provided a vibrant, warm sense of community. We are so grateful to live in a city that actively supports the arts and education."



Donna Lee, Steinway artist, and professor and coordinator of piano at Kent State University, has received the University's highest honor.



# Virginia Kline Wolff:

Sept. 22, 1927 – Oct. 25, 2021

by June Scharf

**An exceptional Elementary School Teacher whose career in Beachwood spanned 24 years**

Virginia (Ginny) Kline Wolff was the type of elementary school teacher who tried to find the spark in every child she encountered, then she turned that spark into a flame, according to her sons. She impacted hundreds of Beachwood students over the years, and they never forgot her.

Her former students' fond memories of her were abundantly apparent, says her sons, who witnessed first-hand their admiration whenever they went out with her.

"We refer to our mom as the Grande Dame of Beachwood because, no matter where she went around town, people would recognize her and want to come up and say hello. And she would, in fact, remember all of them," said Jud, Ginny's oldest son.

Her recent death, at the age of 94, offers an opportunity to pay tribute to someone whose career in Beachwood spanned 24 years and had such a lasting impact which, in multiple instances, involved three generations of students within a single family.

What was her secret to such success in teaching?

One answer is that she loved kids and made learning fun for them. She also encouraged children to be whatever they could be and to use their talents: She gave her students the freedom to be themselves.

Jud and his brothers, Jon and Jim, agree: She was the Pied Piper of encouragement and acknowledgement. Kids walked out of her class with a sense of

their own value, regardless of what others may have thought about them. To her, every child was special and important, and she made them feel that way.

Another way that Ginny transmitted warmth and welcome was with her smile, which was incredible.

The Klines became Beachwood residents in 1955, and their sons all graduated from Beachwood High School. Ginny began working in the Beachwood School System as a substitute teacher, and eventually became a full-time teacher at Fairmount and Hilltop Elementaries for grades K-4.

During her summers off, she loved to travel with her first husband, Larry, to whom she was married for 49 years until his passing. They were among the first westerners to visit China when it opened up under the Nixon administration in the '60s. They also went on numerous cruises. She later was married to Bob Wolff for 18 years until her passing. They traveled extensively as well, and spent winters in West Palm Beach.

No matter where Ginny went, she had an uncanny ability to relate to people. Her sons

explained, "In five minutes, she could have a new best friend. She listened to people's stories and created connections. She could engage people in such a way that they would open up to her, and she learned all about them. Then, she would come back and tell other family members about her new acquaintances."

Jud then told us that his mom had submitted his name as a nominee for the 2020 Beachwood Gallery of Success, and he was honored to be included as one of its 10 inductees. Because of the pandemic, the induction ceremony was delayed and will now take place on April 8, 2022.

"My one regret is that she will be unable to be there. That said, I read to her my speech before her passing in hospice," he shared. "My words acknowledged her influence in my life. I suspect that when I

deliver my presentation at the induction ceremony, it will be very emotional for me."

Ginny attended Cleveland Heights High School and graduated from Mather College.

Her family includes her sister Nancy Loeb Jacobs, also an educator and former head of the Jewish Day Nursery at Bellfaire; nine grandchildren and eight great grandchildren; as well as many nieces, nephews, great-nieces and great-nephews.

Ginny set a wonderful example of influencing lives in a positive way and her memory is cherished by many individuals.

#### *Editor's note:*

If you wish to make a donation in Ginny's name, please consider the Virginia Kline Wolff Memorial Fund at Beachwood Schools: <https://tinyurl.com/GinnyFund>.



Ginny's Hilltop class, 1974:

*Front row:* Steven Schneider, Wendy Kravitz, Dana Kogan, Bryan Cohen, Michael Shulman, Debra Bendis, Billy Stevens, Dennis Lockshine, and Scott Polish.

*Middle row:* Jennifer Myers, Brian Krantz, Richard Myers, Debbie Schwartz, Scott Halpern, Bari Berkens, and Richy Rosenberg.

*Back row:* Michael Firstenberg, Holly Arnold, Jamey Sims, Roger Slain, and Andrea Solomon.



# Celebrate the Holidays With Maltz Museum

This season there are a number of ways to celebrate the holidays with Maltz Museum of Jewish Heritage!

## Give the gift of membership:

This month, individual and household memberships are on sale, and they make great gifts for people who appreciate the arts and cultural activities, and stands for social justice. Members receive invitations to exclusive events, exhibition preview events, special store sales, and free or discounted admission to most programs. Plus, admission to the museum is always free. For questions or to purchase gift memberships, contact Michelle Feinberg at 216.593.0583 or [mfeinberg@mmjh.org](mailto:mfeinberg@mmjh.org).

**Shop the store:** The Museum Store is a celebration of Jewish heritage and culture, featuring a wide selection of Judaica and hand-crafted artisan goods from around the globe. Shop for a milestone gift, holiday treasure, or something special for someone you love or for yourself.

## Visit a permanent collection:

- **An American Story:** Visitors are invited to step into a world filled with inspiring and moving stories of Jewish immigrants and modern-day heroes. By incorporating state-of-the-art computer interactives, film, special effects, individual stories, and oral histories, the Museum's dramatic permanent exhibition is an uplifting experience.
- **The Temple-Tifereth Israel Gallery** features a rich selection from The Temple Museum of Religious Art's important collection of art and artifacts. Established on March 1, 1950, by Rabbi Abba Hillel Silver in honor of The Temple's 100th

anniversary, the gallery includes ritual objects, sacred books and scrolls, and fine art from all over the world. It is the fourth oldest museum of Judaica in the United States.

## Interactive Biography of Holocaust Survivor Stanley Bernath:

Maltz has partnered with the USC Shoah Foundation to preserve Holocaust memories through cutting-edge technology, and is honored to celebrate Stanley's life and legacy in our theater. Drop-in tours are held every Wednesday and Sunday at 2 p.m.

## Stories of Survival: Object.

**Image. Memory.,** a landmark exhibit that showcases more than 60 never-before-seen personal items brought to America by Survivors of the Holocaust and genocide, is a special must-see exhibition. Each artifact is dramatically paired with oversized photographs by renowned documentarian Jim Lommasson, with handwritten responses by Survivors or their family members. Although objects start from very different origins, common threads bind them all together.

## Tune in for Chanukah

**Hoopla:** Young families of all faiths and backgrounds are invited celebrate the Chanukah on Sunday, December 5, at 1:30 p.m. We'll light the menorah, sing and dance to our favorite songs, share holiday objects from home, and write letters to friends and family who have helped create holiday memories, or write to those who would appreciate love this holiday season. Special guests will be in attendance! This event is free to attend, registration required. Register at [Maltzmuseum.org](http://Maltzmuseum.org).



# GIVE THE GIFT OF MEMBERSHIP

A GIFT THAT KEEPS GIVING ALL YEAR LONG



## NEW MEMBERSHIPS ON SALE NOW

**Individual \$35**  
(regularly \$50)

**Household \$55**  
(regularly \$75)

Members receive invitations to exclusive exhibition preview events, special store sales, free or discounted admission to most programs.

Admission to the museum is always free.

**To purchase a membership, contact Michelle Feinberg at 216.593.0583 or email [mfeinberg@mmjh.org](mailto:mfeinberg@mmjh.org).**

*Cannot be combined with any other discounts. Offer good for new members only.*

**2929 RICHMOND ROAD, BEACHWOOD  
216.593.0575 | [MALTZMUSEUM.ORG](http://MALTZMUSEUM.ORG)**



# Simplify: There is no such thing as perfect!

Stress is not festive, it's depleting

by Jennifer Stern

**B**e planful leading up to the holidays. Give yourself time to plan so that you are not overwhelmed and rushing. Honor yourself and what works for you by creating lists in categories that organize and simplify your holiday to-do's.

**Food:** Love to make desserts but not the holiday dinner? Do what you love, have others do what they love, order in the rest. If you enjoy cooking, cook. If you do not enjoy cooking, give yourself permission to order in, hire a caterer, or make it a potluck. Create your menu, and from that menu your grocery list, inclusive of food/drink recipes, before you head to the store. Take pictures of your recipes and grocery list with your phone so you have it with you at the store.

**Decorations:** Use keepsake decorations, objects found in nature, photographs of family and

friends. Keep it simple. There is no need for over extravagance unless you love to go all out ... if you do, enjoy! Just remember: No pressure.

**Gifts:** Instead of spending hours trying to find the latest and greatest gift for the adults on your list, consider cost effective and fun: Send an email to family and friends that in lieu of traditional gifts this year, something was planned that everyone can participate in:

- **Favorite things:** everyone gives just one gift to the gift exchange. Give a favorite recipe with a sample, a favorite thing enjoyed this year for \$18 or under, a

favorite holiday drink with a sample. Each person gets a number randomly chosen from a bowl. As the person's number comes up, they can choose a gift or take one that someone else has opened. Then, the person who they took it from opens another gift. Favorite things elicits fun, connection, and insight into those you spend the holidays with, it won't break the bank, and it truly is a one-stop-shop and a lot of fun!

- **Philanthropy** is another option that makes gift giving simple and meaningful. Send an email to family and friends that in lieu of gifts this year everyone can make a donation to a charity that reflects what you know is important to each other. If your loved one is an avid reader, donate a book in their name to the public library. If your loved one is an animal lover, make a donation in their name to the Humane Society. If your loved one is a foodie, make a donation to a food bank in their name. At the celebration, each person can share where donations were made, and all will know lives were enhanced.

**Engage your five senses in preparing for holidays:**

**Smell:** Light candles, purchase fragrant flowers, use essential oils, or create a bowl of seasonal spices (cinnamon sticks, nutmeg, pine) that bring you comfort and joy.

**Sound:** listen to music or nature sounds that relax you and make you feel happy. If you are feeling really stressed go to healthjourneys.com and find a

meditation or guided imagery to help you through.

**Touch:** wear comfortable clothes, a cozy soft sweater, fabrics that bring comfort, ease or make you feel special.

**Sight:** Decorate your home with meaning by choosing decor that makes you smile, and transports you to times of peace and joy (flowers, pictures, keepsake decorations, objects from nature such as beautiful rocks or clippings from evergreens, candles). Decorating is an inexpensive ways to bring meaning and beauty to the holidays, and create a visual space that will connect you to what the holidays mean to you.

**Taste:** Flavors of the holidays are often tied to memories. Prepare the foods that fill your soul. There is no "must make menu" to follow. Make or bring in what you love.

**Manage expectations of yourself and others.** Try to connect to compassion over judgement. Detach from any and all triggers, and breathe. Create a mantra, such as: I wish you well. Then, smile, knowing that you are okay: You are honoring yourself and the true spirit of the holiday season.

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

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2017 PRESIDENT'S AWARD

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



**When a child is sick, family is the best medicine.**



**Last holiday season,  
Wyatt's family was right by his side  
when he needed them most.**

The Brown family checked into the Ronald McDonald House on Thanksgiving day so Wyatt could receive a life-saving bone marrow transplant from his little sister, Evie.

*They stayed together through the holidays, returning home after 91 nights at the House.*

**GIVE THE GIFT OF TOGETHERNESS.**

For the full Brown family story, with exclusive video and an update on how they're doing today, visit [www.RMHCneo.org/stories](http://www.RMHCneo.org/stories)



**Ronald McDonald  
House Charities®**  
Northeast Ohio

# CITY OF *Beachwood* Insider

December 2021

## 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

AUDITOR  
216.595.3712

BUILDING & COMMUNITY  
DEVELOPMENT  
216.292.1914

CLERK OF COUNCIL  
216.595.5493

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

## WELCOMING BEACHWOOD POLICE CHIEF KATHERINE "KATE" DOLAN

Katherine M. "Kate" Dolan was sworn-in as chief of Beachwood Police Department (BPD) on Thursday, November 11, following the resignation of Kelly Stillman. Chief Dolan is the first woman in the city's history to serve as police chief.



"I was warmly welcomed when I joined the department as deputy chief in September and look forward to leading BPD's fine officers in achieving our public-safety goals for this fast-growing community," Chief Dolan said.

A career law-enforcement professional with two decades of experience, Chief Dolan brings a deep commitment to the development of police personnel and the administration of department procedures to the Chief's Office. In addition to serving as chief of police for Cleveland Metroparks, she is well-regarded for improving operations and bolstering

recruitment at that CALEA-accredited police department. She was hired as deputy chief for BPD in September 2021.

Prior to her role at Cleveland Metroparks, Dolan was employed at the City of Cleveland Heights Police Department from 2001 – 2018, working her way from basic patrol officer to captain. Chief Dolan holds a BS in Criminal Justice from the University of Toledo (OH) and an MS in Criminology from University of Cincinnati.

## BEACHWOOD DELIVERS... TO THE WHITE HOUSE

Last winter's BEACHWOOD DELIVERS program, a fee-free service where City-contracted drivers delivered Beachwood restaurant orders to Beachwood addresses, saved restaurants and customers over \$60,000.



And now, it's been delivered to the White House.

Highlighted as one of nine community success stories nationwide, BEACHWOOD DELIVERS is part of the Presidential COVID-19 Health Equity Task Force report, which included programs that demonstrated proposed outcomes in recommendations to President Biden.



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Facebook.com/BeachwoodPolice



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Twitter.com/BeachwoodPolice

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elist@beachwoodohio.com

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

## PUBLIC MEETING REMINDER

All public meetings are held in-person at Beachwood City Hall and are open to the public.

## GOT AN ISSUE? TEXTMYGOV!

When you need to report a pothole, request a special rubbish collection, etc., use our new TextMyGov communications system by texting "Hi" (no quotes) to 216-545-0041.



City of Beachwood

TextMyGov™

Text the city to find information and report issues!

Try it today,  
Text **Hi** to: **216.545.0041**

View terms and privacy policy info at [textmygov.com/opt-in-terms-conditions](http://textmygov.com/opt-in-terms-conditions). Msg & Data rates apply. Msg frequency varies.

## JOB OPPORTUNITY



The City of Beachwood is accepting resumes for the position of part-time van driver, who will transport city residents to and from appointments and assist passengers with packages.

For more information about this and other city job opportunities, please visit:

<https://www.beachwoodohio.com/jobs.aspx>.

## RECYCLE BROKEN HOLIDAY LIGHTS AND POWER CORDS

The Public Works Department accepts broken holiday lights and power cords dropped off for recycling in December and January, Monday — Friday, 7:30 AM — 3:30 PM.



## RED CROSS BLOOD DRIVE

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

**BEACHWOOD COMMUNITY CENTER**  
Friday, December 17  
1:00 — 7:00 PM



## HOLIDAY HOURS

City offices will be closed on Friday, December 24 and Christmas Day.  
City offices will be closed on Friday, December 31 and New Year's Day.

## UPCOMING MEETINGS

### CITY COUNCIL

Monday, December 6 at 7:00 PM  
Monday, December 20 at 7:00 PM  
Questions? Call 216.595.5462

### PLANNING & ZONING COMMISSION

Thursday, December 9 at 6:30 PM  
Questions? Call 216.292.1914

### ARCHITECTURAL BOARD OF REVIEW

Monday, December 6 at 4:30 PM  
Monday, December 20 at 4:30 PM  
Questions? Call 216.292.1914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

## 2022 CITIZEN POLICE ACADEMY

Applications for the 2022 Citizen Police Academy are now available. The Academy will be held at the Beachwood Community Center on Tuesdays, February 1 through March 29, from 6:30 until 8:30 PM.

Potential topics will include BPD Special Services, the Municipal and Common Pleas courts, domestic violence, firearms, use of force, police legitimacy and procedural justice, crime scene investigations/processing, drug abuse and more.

The goals of the Academy are to provide

- a basic understanding of the operation of the BPD,
- insight into police work,
- a clearer understanding of citizens' roles in assisting law enforcement,
- comfort while communicating with police and city officials, and
- strengthened partnership between the police and the community.



Applicants must be 21 years of age or older, have a high school diploma or GED, and be a resident, employee, or part of the Beachwood community. Applicants must have personal character traits consistent with community standards.

Applications are available at the the "Citizen Police Academy" home page Quick Link at [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com).

NOTE: If you already applied for the 2020 Academy, you do not need to reapply.

## IMPORTANT ADVISORIES

- DO NOT call 911 or non-emergency police numbers for road conditions. You can see real-time traffic cameras and weather hazards at <https://ohgo.com/>.
- Prepare for adverse winter weather. Shop for necessities well before the storm. Stock up now on flashlight batteries, flashlights, fireplace wood, candles (use safely), and portable cell-phone chargers. A portable AM/FM radio is also helpful.
- During the bitter cold: check on your neighbors, especially the elderly. Do not leave pets outside for very long. Make certain you have several days' worth of medications. Consider purchasing a back-up generator (but never run generators indoors). Replace your smoke, CO detector, and garage-door-backup batteries.

Most importantly, let common sense guide you through the winter, and make snowmen: lots of snowmen!



## Do Not Be a Victim



### AUTOMOBILE

- ALWAYS lock your vehicle and take your keys with you.
- Park in well-lit, heavily traveled areas.
- DO NOT leave valuables in plain view. Take them with you, leave them at home, or secure them out of sight prior to arriving at your destination.

#### Valuables include:

Purses, jackets, money, wallets, phones, tablets, laptops, sunglasses, backpacks, shopping bags...

### HOME

- 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.

Be aware of your surroundings and PLEASE report suspicious persons or activity by calling the Beachwood Police Department at 216.464.1234 or 9-1-1.

## SEVERE WEATHER:

When Beachwood City Schools are closed due to severe weather, all Beachwood Recreation and Upperclassmen programs will be cancelled.



## DON'T CROWD THE PLOW



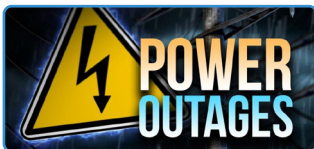
Give snow-plow operators space to work. A loaded snow-plow vehicle can weigh between 20–40 tons and cannot easily stop. In a contest between a snow plow and a car, the snow plow will be the clear winner. Stay at least 100 feet behind the plow when driving.

## SNOW ORDINANCE



Beachwood Ordinance states when snow falls over a 24-hour period to a depth of 2" or more, an emergency is declared and parking may be prohibited on all City streets. We will make an attempt to notify the public on social media. Vehicle owners are responsible for complying with emergency-parking regulations.

## POWER OUTAGE INFORMATION



If your power goes out due to an accident 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.

## SENIOR GAMES - FREE & OPEN TO THE PUBLIC

BEACHWOOD COMMUNITY CENTER

12:30 — 3:30 PM

Every Monday & Wednesday ..... Mahj & Canasta  
 Every Tuesday ..... Duplicate Bridge  
 Every Wednesday ..... Party Bridge

## RECYCLING: BACK TO THE BASICS

Recycling contamination is an issue across the nation. It happens when well-intentioned recyclers put prohibited items in their recycling, which can ruin the recycling process. The best way to avoid contamination in your recycle bin is to **only recycle these five items:**

- **CANS:** Empty and rinse.
- **CARTONS:** Empty, rinse and replace the cap.
- **GLASS BOTTLES & JARS:** Empty and rinse.
- **PAPER & BOXES:** Flatten cardboard items.
- **PLASTIC BOTTLES & JUGS\*:** Empty, rinse and replace cap.



Place these items loose, not bagged, in your recycling bin. All items should be clean, empty and dry.

\*Plastic bottles and jugs include items with an opening or neck that is narrower than the body.

**The following items are prohibited from your recycle bin, per the Solid Waste District:**

**DO NOT RECYCLE**

- Plastic bags and wraps
- Wrapping paper or cardboard boxes with metallic inks
- Cords, hoses, chains, wires, holiday lights, or other things that may get tangled
- Textiles and clothing
- Takeout containers (Styrofoam, plastic)
- Yard waste
- Durable plastic items (furniture, toys, PVC pipes, flower pots)
- Clothes hangers (plastic, metal)
- Ceramics (pottery, dishes, bakeware)
- Tempered glass (window panes, drinking glasses)
- Wood and construction debris
- Batteries and hazardous materials

## 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.

## NEW ART EXHIBIT

BEACHWOOD COMMUNITY CENTER



### DIMENSIONAL DESIGNS: A MIXED MEDIA EXPERIENCE

December 10 – January 7

Artists' Reception  
Sunday, December 12  
1:00 – 2:30 PM



#### FEATURED ARTISTS:

Mikhail Bratslavsky	Victoria Johnson-Parratt
Karen Brown	Ellen Miles
Dave DeFrench	Andrea Serafino
	Deborah Silver

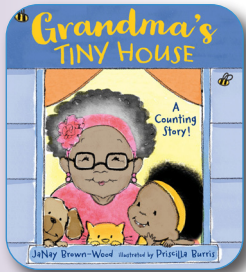
#### View exhibit:

Monday – Friday

9:00 AM – 4:00 PM

For weekend appointments, please call 216.292.1970.

## STORYWALK IN CITY PARK EAST



The December book featured on the StoryWalk® in Beachwood City Park East is *Grandma's Tiny House*, written by JaNay Brown-Wood and illustrated by Priscilla Burris.

This sweet, rhyming counting book introduces young readers to numbers 1 through 15 as Grandma's family and friends fill her tiny house on Brown Street. Neighbors, aunts, uncles, nieces, nephews, and grandkids crowd into the house and pile it high with treats for a family feast. But when the walls begin to bulge and nobody has space enough to eat, one clever grandchild knows exactly what to do. Where there's a will, there's a way when families gather.

The StoryWalk® Project was originally created by Anne Ferguson of Montpelier, VT, and developed in collaboration with the Kellogg-Hubbard Library to help build children's interest in reading, while encouraging healthy activity for children and adults. StoryWalk® is a registered service mark owned by Ms. Ferguson.



## VETERANS DAY SALUTE

Last month, the City of Beachwood and Beachwood Historical Society saluted veterans in a ceremony at the Beachwood Cemetery. The Beachwood Fire and Police Departments Honor Guard presented colors. Thanks to all who took part. For additional information, see page 16.

## RECYCLE CHRISTMAS TREES

The City will collect Christmas trees from treelawns and deliver them to the compost facility on Shaker Boulevard. We recycle 100% of trees, brush and leaves by shredding and utilizing them on City grounds and for the planting program.



## SENIOR DAY OUT (SDO)

December 16 • Francis Drury Story • NOON  
January 20 • Rockin' with Ron • NOON  
February 17 • Ya Gotta Have Heart • NOON  
See Recreation/Upperclassmen Guide for details!



## BEACHWOOD VAN SERVICE



The Beachwood Community Services Department provides van service to disabled and senior residents for medical appointments and to pick up pre-paid grocery and pharmacy orders. For more information, please call 216.292.1971.



# WATCH YOUR MAILBOXES FOR BEACHWOOD FUN!

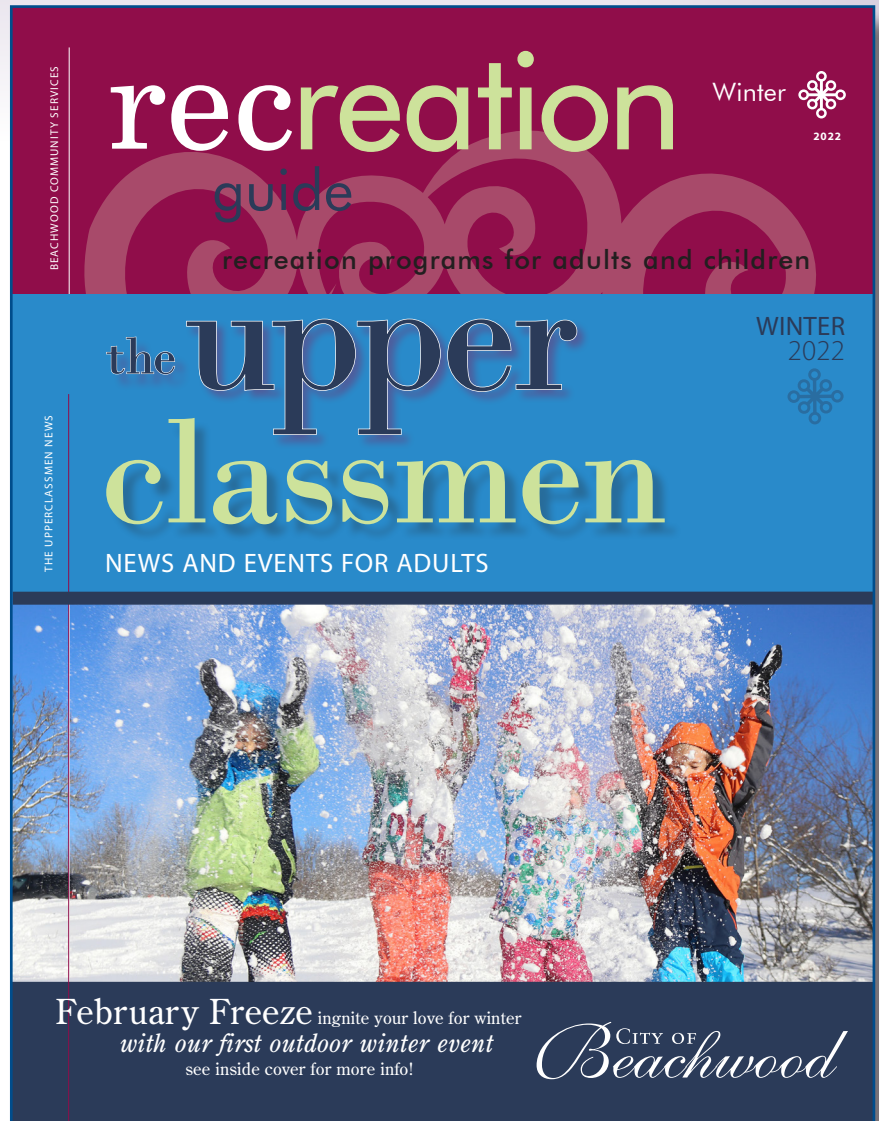
Our Winter Upper/Recreation Guide is scheduled to arrive in mailboxes by the beginning of December!

## WHAT'S INSIDE:

- Our first outdoor winter event, **February Freeze!**
- Winter Break Snapology Camps
- Winter Break Chess Camps
- Baseball/Softball Sign-up
- Summer Day Camp info: Includes a NEW Sports Camp structure for 7 weeks of camp

**Residents can begin Summer Day Camp registration effective Monday, December 6! Verification of Residency required at time of registration.**

- Senior Day Out
- Citizen Police Academy
- Art Exhibits
- **AND MUCH MORE!**



❄️ **GOT SNOW?** The Beachwood City Park West sled hill is located on the south end of the park between the parking lot and the pavilion. Bring your friends and family for a great winter activity! ❄️

## FOLLOW US Stay informed by following the City of Beachwood online:

- [WWW.BEACHWOODOHIO.COM](http://WWW.BEACHWOODOHIO.COM)
- [FACEBOOK.COM/BEACHWOODOH](https://FACEBOOK.COM/BEACHWOODOH)
- [TWITTER.COM/BEACHWOODOH](https://TWITTER.COM/BEACHWOODOH)



We continue to encourage residents to claim a free CodeRED emergency communications account. Click the red circle on [www.BeachwoodOhio.com](http://www.BeachwoodOhio.com)

**BOARD OF EDUCATION**

Dr. Brian Weiss, President, (216) 464-6678, bw@beachwoodschoools.org  
Maria E. Bennett, Vice President, (440) 725-1450, mbennett@beachwoodschoools.org  
Jillian DeLong, (216) 509-3514, jdelong@beachwoodschoools.org  
Josh Mintz, (650) 464-6788, jmintz@beachwoodschoools.org  
Megan Walsh, (216) 287-4657, mwash@beachwoodschoools.org

# BEACHWOOD CITY SCHOOLS

## HEALTH AND WELLNESS COMMUNITY FAIR

On Sunday, October 24th, Beachwood Schools hosted an ambitious Health & Wellness Community Fair that was free and open to all. The fair, timed to meet the needs of so many community members overcoming the challenges of living through a year-and-a-half of pandemic, attracted families from across Beachwood. Presentations covered a comprehensive array of topics for all ages, including mental, physical, and emotional wellbeing. On site, art activities, games, yoga, drum circle workshops, healthy food prep demonstrations and chair massages were offered. Vendors representing numerous community partner organizations were on hand to provide information and giveaways.



### Beachwood Wins Territory Transfer Case

Recently, we learned that the Ohio Department of Education will not support the territory transfer that would have moved a small section of newer townhomes from within the Beachwood School District boundary to within the Orange Schools boundary. If the transfer had been approved, Beachwood would have lost approximately \$90,000 in property tax revenue each year.



Beachwood argued against this baseless transfer request and won the case, protecting this source of tax revenue. We have been enrolling students from this development and will continue to welcome new students from there in the coming years.

### A Full Year of Recognition Banners

The district's year-long project to install monthly recognition banners throughout our buildings honoring the diversity of our community is coming to the end of year one. Our students, families, and staff have taken great pride in these visible representations of diversity, and have been inspired to learn more about one another and engage in discussions about various cultures, beliefs, and causes. December will be a recognition of Multiracial Heritage and January will recognize Jewish American Heritage. Then, the cycle begins again!



## 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



## High School Robotics Team Wins



On Sunday, October 17th, the Beachwood High School Bison Robotics Team 695 won the 2021 Mahoning Valley FIRST Robotics Challenge at Warren G. Harding High School in Warren, OH. The team's winning alliance partners included teams from Orange High School, Warren High School, and Pittsburgh, PA. In addition to winning the event, the team also won the Best Autonomous Award for their robot's consistent, automated operations during match play. Pictured here are team members **Ben Lawrence** and **Sam DeYoung** with the team's winning robot. Bison Robotics Team 695 is a FIRST robotics team that is open to all students at the high school.

*For more information about the team, email [coach@frc695.com](mailto:coach@frc695.com).*

## Board of Education NEWS

### Recent Resolutions:

- Approved 8th Grade Washington, D.C. Trip Proposal
- Approved Science Olympiad Trip to the University of Michigan
- Approved Model UN Trip to Johns Hopkins University

### Upcoming Board Actions:

- Swearing in new Board Members
- Electing Board President and Vice President
- PTO presentation of "Beaming Bison" Awards
- Approve membership in Ohio High School Athletic Association
- Identify Beachwood Schools Support Organizations

### Board Meeting Calendar:

- Monday, December 13, 2021 @ 7 pm

## Chagrin Highlands Case Heard at Ohio Supreme Court

A huge variable in our district's finances in the coming years will be the outcome of the district's Chagrin Highlands court case. Beachwood Schools and Warrensville Heights School District are supposed to share property tax revenue from this area of land that includes the Eaton Corporation headquarters, Lifetime Fitness, and various other companies. Warrensville Heights Schools have not adhered to this legal agreement. The case wound its way to the Ohio Supreme Court and was heard by the justices on October 6th. A win at this level will permit Beachwood to make its case back at the Court of Common Pleas, where we will put forth our strongest argument. A win at the Court of Common Pleas would result in the collection of millions in back taxes and more than a million dollars of tax revenue to support our public schools each year for years to come. Should the district ultimately win this case, we would be able to stretch our levy cycle longer, a big win for the Beachwood community.



## Heisman Trophy High School Scholarship



The 2021 School Winners for the Heisman High School Scholarship have been announced by Acceptance Insurance. The Heisman Trophy High School Scholarship award recognizes high school students' efforts and accomplishments in both the classroom and in their athletic career. Congratulations to Beachwood High School senior **Greg Perryman** for representing our schools and community so well!

# Fall Sports Review

## BEACHWOOD CITY SCHOOLS

**BOYS SOCCER** – The Boys Varsity Soccer team entered the last game of the regular season with a 10-6-1 record, including an undefeated 6-0 mark in CVC Metro Division contests. The Bison won their first league title since 2014, and fifth in program history, while outscoring CVC Metro opponents 38-3. Senior **Alex Park** was awarded CVC Player of the Year and Coach **Brian Greene** was awarded CVC Coach of the Year. **Alex Park** (12) and **Luke Bennett** (11), were awarded All District honors.

**GIRLS SOCCER** – The girls soccer team was highlighted by seniors **Aaliyah Edwards** and **Allison Saghir**, as well as juniors **Briahna Golubitsky** and **Taylor Blackwell**, all of whom earned CVC and All District honors. **Ingrid Maier** (12) also earned CVC honors.

**CROSS COUNTRY** – The Boys Cross Country team had an outstanding season as the team consisting of **Henrik Burda** (9), **Max Kuenzler** (10), **Caleb Berns** (11), **David Steckner** (11), **Vincent Crenshaw** (11), **Greg Perryman** (12) and **Grant Wessler** (12) advanced to the OHSAA Regional Championships for the first time since 2003. The team was led by **Greg Perryman**, **Caleb Berns** and **Vincent Crenshaw**, all of whom earned CVC All Conference honors.

**GOLF** – The Bison Golf Team had a terrific season, as the team finished 2nd in the Chagrin Valley Conference and finished with an overall 10-5 record. The team was led by **James O’Neill** (11) and **Matt Blumenthal** (12), both of whom earned 1st Team CVC honors. **Drew Riley** (12) and **Shane Young** (12) also earned All Conference honors. As a team, these individuals and **Gabe Connor** (12) all advanced to the OHSAA District Championships. This is the first team that has advanced to the Districts in over 10 years.



**FOOTBALL** – It was the Bison Football Team’s first season under its new head coach, **Van Monroe**. Coach Monroe was fortunate to have seniors **Shannon Richardson** and **Clay Tepper**, as well as juniors **Mar’Quis Pinkney** and **Jaymon Caldwell**, to lead this year’s team. The program has a bright future, as our youth program had over 70 participants in grades K-6.

**GIRLS TENNIS** – First year head coach, **Carmela Mostardi**, had a very good season. The team, led by seniors **Grace Yan** and **Zilin Zhang**, finished 3rd in the very tough Chagrin Valley Conference. Grace and her doubles partner, **Abby Cherian** (12), finished 2nd Team All CVC.

**VOLLEYBALL** – The volleyball team was led by seniors **Kaili Clark** (Honorable Mention All CVC), **Brooklyn Bennett** (Honorable Mention All CVC), **Makenzie Nance** and **Dynasty Hawkins**. **Sepanta Entezari** (11) earned 2nd Team All CVC Honors.



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



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



# Beachwood Chamber of Commerce Wishes You Happy Holidays and A Prosperous New Year!

We are excited to have welcomed nearly 50 new members this year, we thank all of our members for your support in 2021, and we look forward to continued growth in 2022!

Watch for exciting new initiatives in the coming year. If you are interested in getting involved by becoming a member, serving on a committee, or volunteering, please reach out to us at [director@beachwood.org](mailto:director@beachwood.org).

## SPECIAL THANKS to Our 2021 Partners

Your support helps us work toward our mission of connecting and engaging the Beachwood community through business development, networking and other opportunities.

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### GOLD PARTNER



### SILVER PARTNER



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## Primary Care Providers Can Help Manage Your Chronic Disease

**W**hen you think of your primary care provider, you may simply think of them as a medical professional who takes care of your common health concerns, performs annual wellness visits, and recommends screenings.

At University Hospitals, primary care physicians, physician assistants and certified nurse practitioners cannot only help with these areas, but can also play a special role in maintaining your health if you have a chronic disease. Chronic diseases are health conditions that last a year or more, require ongoing medical attention, and limit daily activities and quality of life.

### Chronic diseases include, but are not limited to: **Your Primary Care Provider's Role:**

- Alzheimer's disease
- Cancer
- Chronic kidney disease
- Chronic lung disease
- Depression or anxiety
- Diabetes
- Heart disease
- Stroke

Managing your chronic condition with the help of your primary care provider can improve your quality of life. At the same time, you can reduce your healthcare costs by preventing or minimizing the effects of a chronic disease.

Through regularly scheduled visits, you and your providers can stay connected, which leads to better, more coordinated care. Your primary care physician, PA, or CNP can also help identify care gaps and monitor your condition between scheduled visits.

### Services to Help Manage Your Chronic Condition:

Regular visits with your primary care provider can involve screenings, checkups, monitoring and coordinating treatment, and patient education to help manage your chronic condition.

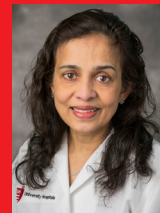
**Screenings:** Identifying risk factors through screening can help prevent disease and lessen the severity of illness through early detection. One of the most effective ways to prevent heart disease and stroke, for example, is by scheduling blood pressure screenings.

**Checkups:** By scheduling regular visits with your primary care provider, you can learn how to manage your chronic disease – either face-to-face during a traditional doctor's office visit or through a virtual visit. For example, if you have a chronic heart condition, you can check in with your provider to make sure you're properly managing your condition over time.

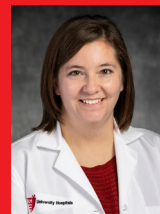
**Coordinating treatment:** Having one doctor who knows your medical history well and acts as the coordinator of your care avoids redundant medical tests and procedures, unnecessary emergency room visits and hospitalizations, and medication errors. Your primary care provider can also help you manage your medications, especially if you have multiple chronic conditions.

**Patient education:** Your primary care provider can help you understand and work toward your target numbers for health measures, such as blood pressure, cholesterol, and weight, leading you to better health.

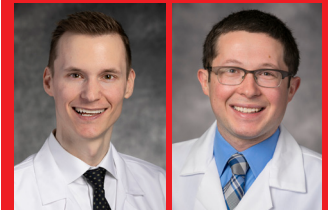
The following primary care providers are now accepting new patients in the Beachwood area. Call one of the locations below to schedule an appointment.



Elizabeth Ranasinghe, MD  
UH Beachwood Primary Care  
23250 Mercantile Rd  
Beachwood, OH 44122  
216.930.6066



Erin Duchon, CNP  
UH Weinberger & Vizio  
3690 Orange Pl  
Beachwood OH, 44122  
216.545.7253



John Horinger, MD  
Scott Yasinow, MD  
UH Internal Medicine Group of Cleveland  
3909 Orange Pl, Suite 2400  
Beachwood OH, 44122  
216.245.5611

Primary care providers at University Hospitals offer comprehensive, compassionate care for patients of all ages, from newborns to seniors. To learn more, visit [UHhospitals.org/ PrimaryCare](http://UHhospitals.org/PrimaryCare)

# Simply Strong: A New Twist to Corporate Wellness

by Debby Zelman Rapoport

Sunny Lurie, CEO of the Perform Strong Group in Beachwood, built her career by working with companies to improve organizational performance. Since business models have changed because of COVID, Sunny pivoted directions by partnering with Hermes Sports and Events to create Simply Strong, a platform that helps organizations increase engagement and performance by strengthening employee health and wellbeing.

With a doctorate in organizational systems, Sunny consistently analyzes research to determine best practices for maximum productivity at work. As a constant, she finds a proven connection between employee health and performance. "When you can build up the whole person and provide tools that help individuals feel better on both their personal and professional levels, they become more engaged and produce better results," she explained.

Corporate wellness, often based on physical fitness, isn't a new concept. Simply Strong is. It differs from standard wellness programs because it prioritizes overall wellbeing. In today's era of remote work, where stress, change, and isolation are creating a need for more emotional, physical, and whole-health support, Simply Strong's science foundation is built on five core areas of wellbeing: career, social, emotional, physical, and intellectual.

"We created a program composed of new monthly challenges in each category," Sunny told us. "Challenges are made to be simple – each taking 15 minutes or less – to encourage repetition that reinforces healthy practices."

Employers sign up for the program. It is then up to each employee to select challenges based on their goals. Inspiring email messages are then sent to employees each week as reminders to keep healthy habits as part of their routine.

For example, an intellectual challenge may be to learn two "new" things and use them. Learn about home repairs, technology, art, cooking, pet training, a language, a new hobby, cryptocurrency or anything that suits their interest.

An emotional challenge may be to budget finances, or practice less stress and more calm by exercising mini-mindfulness and positive thoughts techniques described in the challenge.

Challenges often have resource pages that provide additional details, and they all have information about benefits and instructions about scoring.

"All challenges are simple and fun, and there's nothing in the program that I wouldn't want to do myself," Sunny said. "Participants may pick and choose: They may touch on any number of areas to strengthen specific skills or achieve personal goals. These are whole-health practices that raise awareness, and our hope is that people continue to do the challenges once the timeframe for that challenge has ended."

Simply Strong also uses a companion app, HabitShare, so participants can connect with other users and track progress. "We've set up a structure for participants to track their results, submit them, and compete for prizes," Sunny explained. "The app also allows participants to connect with each other, which encourages accountability."

Gallup and The National Wellness Institute are two sources that continually find career wellbeing to be linked to full wellbeing. "Hermes is already doing corporate challenges, so together we've designed one of the first virtual corporate challenge programs for mind and body whole-health, which is essential for today's evolving remote work world."



Sunny, a member of the Beachwood Chamber of Commerce, invites local businesses to try the Simply Strong platform.

Sunny, a member of the Beachwood Chamber of Commerce, invites local businesses to try the Simply Strong platform. As her holiday gift, she offers the platform free of charge through December.

"Our goal is to empower employees to stay strong and healthy," Sunny said. "We encourage wellness, and we are available for support to help strengthen employee engagement, health, and performance."

To register for your free trial, click on the sign-up link at the top of the website's home page, click on "company registration," and put the words "free trial" next to your company's name. For more information, visit [simplystrongteams.com](http://simplystrongteams.com) or contact Sunny at [sunny@simplystrongteams.com](mailto:sunny@simplystrongteams.com).

**Sunny K. Lurie, PhD.** is CEO of the Perform Strong Group, which helps to build healthy, high-performing organizations. For over 15 years, Dr. Lurie worked with small and large organizations, and 10,000+ employees and managers, to improve performance results. Prior to forming her company, she completed a doctorate in organizational systems and led management training at Key Bank.

**Hermes Sports and Events**, founded in 1981, built a reputation as Northeast Ohio's premier sport- and event-management company. Hermes produces and manages programs on behalf of hundreds of local and national businesses and organizations. Hermes also manages Corporate Challenge events in Cleveland and Akron as well as numerous local sport and social leagues and tournaments.

# Beachwood City Schools Elderclass

Beachwood City Schools is proud to offer our senior community members regular *lunch and learn* opportunities at Beachwood High School. Each Elderclass experience begins with a three-course lunch in our Bistro, followed by a musical, or presentation from local and national keynote speakers. Masks are required in the auditorium.

Programs, starting at 1 p.m. in the auditorium, are free and open to the community. Lunch, served at noon in the Beachwood Bistro, costs \$5 for Beachwood residents and \$8 for non-Beachwood residents. Chef Kortez Wilson and his Culinary Arts students will prepare the luncheon each month. If you have dietary restrictions, please call the Beachwood Bistro at 216.831.2080, ext. 131, and ask for Pat.

If you wish to attend for lunch, please mail the tear slip that is attached to the monthly newsletter, with your check made payable to the

Beachwood Board of Education at least five days before the selected performance. You may request to be added to the Elderclass mailing list by calling 216.464.2600.

Since parking is limited, a shuttle bus is available if you park in the Northeast corner of the parking lot.

Personal sound amplification devices are also available. Use the checkbox on the tear slip if you would like to have a device ready for you. Also, you will find additional seating for walkers and wheelchairs on the 2nd level. Please use the elevator in the auditorium vestibule.

For more information, contact Casey DeMay at 216.464.2600 or [cdemay@beachwoodschoools.org](mailto:cdemay@beachwoodschoools.org).

## January 13 • Chuck Fink



Chuck Fink is a versatile singer, acoustic guitarist, harmonica player, well-seasoned solo performer, and veteran of countless clubs, pubs, coffeehouses, fairs, festivals, country clubs, restaurants, corporations, public and private parties, schools, and the list goes on.

## February 10 • Beachwood High School Students

Enjoy a musical presentation featuring our very own Beachwood High School students. It is always a treat to see the students perform, and is one of the crowd's favorite presentations!



## Whatever the Reason, Whatever the Season... Beachwood Can Count On Smylie One!



## IT TAKES

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\*Subject to credit approval. See Smylie One for details.

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# Weiss Sisters Make Uncommon Scents

By Arlene Fine



Created by Dara and Laina Weiss, daughters of Karen and Jeff Weiss of Beachwood, the L'or de Seraphine line consists of exquisite candles molded into unique, artistically crafted vessels. They are intended "to bring joy, warmth, life, and personal expression into people's living spaces by marrying beautiful design with luxury fragrance," said Dara.

The idea for L'or de Seraphine was sparked when the sisters were college roommates in New York. "Our mom is an interior designer and we grew up in a home filled with warmth, light, color, texture and great style," said Dara. "Laina and I wanted that same feeling in our apartment and knew beautifully scented candles would help transform our home into a cozy, relaxing, and inviting space."

As Dara and Laina began searching New York boutiques for scented candles, they realized that unless they spent a small fortune on designer candles, most candles on the market were "uninspired scents in glass vessels without much attention to detail," said Dara. "As artists, Laina and I knew we could create and design the remarkable candles we were looking for."

Sage, bergamot, amber cardamom, lavender, eucalyptus, hinoki, patchouli. If these intriguing scents light your fire, then meet your match with the luxury candle line, L'or de Seraphine.

Dara and Laina spent months drawing up a business and marketing plan, and locating fragrance houses and skilled chemists to create their candles. "We wanted to introduce a line of candles in the \$30-40 range that had sustainably sourced ingredients, clean formulations, and aromatherapy elements," said Dara. "Our beautiful vessels were designed by Laina, along with a number of licensed partners, including fashion designer Cynthia Rowley."

L'or de Seraphine launched to critical acclaim in December 2019, just months before the COVID-19 lockdown. "Along with everything else, the pandemic was an unexpected blow to a small, new brand," said Dara. "We couldn't attend national trade shows or have in-person conversations with buyers or the media."

To meet this challenge, the sisters' marketing team worked non-stop on a social media campaign and sent boxes of beautifully wrapped candles to key players in the candle-buying industry.

Their efforts paid off. Two years after its launch, L'or de Seraphine is flourishing. The candles may be found in leading department stores, on Amazon,

and in boutiques around the country, including Mulholland & Sachs at Eton, on Chagrin Boulevard. "Men and women who are now spending more time at home appreciate the calming, therapeutic, mood-boosting effects of scented candles," said Dara.

A special holiday line is available for gifts, and the sisters will soon be launching the Sanctuary Series, designed to give back to the community. "Our candles are all about helping people create a personal sanctuary in their own home," said Dara. "Recognizing that not everyone has a safe haven they can call home, we are donating the profits from this line to organizations that provide sanctuary to at-risk people in homeless shelters, women's shelters and foster care programs."

Even though Dara lives in University Heights and Laina is in New York, the sisters communicate

regularly throughout the day. "One of the joys of our new business is working so closely with someone you love and trust," said Dara. "Laina and I grew up seeing our dad work with his brothers and father at American Greetings. We feel fortunate to be able to replicate that experience with L'or de Seraphine."

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Men and women who are now spending more time at home appreciate the calming, therapeutic and mood-boosting effects of scented candles.

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The advice Dara offers other young entrepreneurs who are eager to make their mark is to "believe in yourself and don't let anyone take your dream away," she said. "You have to try, or else you will always wonder, 'What if?'"



Sisters Dara and Laina Weiss, co-founders of L'or de Seraphine, a luxury candle company.



# Bullish on the Sock Market

by Arlene Fine

**W**ant to put your best foot forward? Then march over to the new Sox Games micro store at Beachwood Place. Sox Games, the brainchild of entrepreneurs Jamel and LaTasha Watts, is the first-of-its-kind sock shop in Northeast Ohio. Located in the center of the mall's lower level, it's easy to find – "Just follow your nose to Cinnabon's, and we are right there," said LaTasha.

Sox Games, a sock-a-holic's delight, offers a mind-blowing array of crazy, zany and just-plain-fun socks for people of all ages. There are socks featuring Sour Patch Kids, Betty Boop, *Sixteen Candles*, *Back to the Future*, super heroes, Michelle and Barack Obama, holiday scenes, Mickey Mouse, Popeye, Flintstones, pizza, camo, gone fishing, the Beatles – you name it.

"If there is a licensed image from cult classics to anime, we have the socks for it," said LaTasha. "And we now offer boxer shorts, t-shirts and accessories to complement our best sellers."

When Sox Games opened in August, it was located in a

small kiosk. When a micro store opened on the first floor, the couple jumped at the chance to have a larger retail space, especially with the holiday season approaching. "We were up until 3 a.m., as soon as we got the space, setting up our shop – we relied on lots of coffee and our high hopes for this business," said LaTasha. "Our efforts paid off, Beachwood Place has lots of traffic, our fellow merchants have been supportive, and word of what we are offering is spreading quickly. Our biggest challenge is keeping up with demand and buying enough inventory to stock our shelves to the ceiling."



LaTasha and Jamal Watts, co-owners of Sox Games at Beachwood Place

Armed with their strong business and marketing backgrounds, Jamel and LaTasha tapped into their financial resources to open their business. Jamel, who has a solid 25 years of experience in sales and retail, is owner and president of the company and LaTasha, an author, child advocate, national speaker, and founder of two non-profits, is Sox Games' co-owner and vice president of operations and communications.

As the couple adds staff, they are reaching out to Youth Opportunities Unlimited with the intention of training young people and giving them marketable skills. "So many kind and caring adults helped me on my life's journey and I want to pay it forward," said LaTasha. "It is life-transforming when a mentor serves as a positive force for good in a young person's life."

LaTasha, founder and executive director of the Purple Project ([www.thepurpleproject.com](http://www.thepurpleproject.com)), spent her entire childhood in foster care. The Purple Project is a support and resource network for youths aging out of foster

care. "Our goal is to help these young people maintain stability by providing resources and a support network," said LaTasha, who faced poverty, homelessness, and multiple health issues when she aged out of foster care at age 18.

The many challenges LaTasha has overcome in her life reinforced her commitment to give back to the community, including a percentage of Sox Games' profits. "If you put yourself on an island, you never get off that island," said LaTasha. "The only way to be part of a larger community is to give back with a purpose, intention, and all your heart."

Clearly, LaTasha is following her own advice – one pair of crazy, zany, adorable socks at a time.

**Sox Games**  
Beachwood Place, Lower Level  
216.375.4043



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# HNTRESS: The Hooded Pullover That Makes You Feel Fierce

by Debby Zelman Rapoport

Lauren Tatarчук recently launched her new clothing product, HNTRESS, which is a patent-pending piece of outerwear clothing that combines everything you love about a sweater, scarf, and vest into ONE everyday staple that you'll never want to take off.

Lauren created HNTRESS during a challenging time in her life, when she felt disempowered. "I realized that I needed something stylish to wear, that would also remind me of who I am."

She envisioned something that would warm her from the inside out and help her feel confident, strong, and empowered.

When Lauren watched *Hunger Games*, a costume worn by Katniss caught her eye. "That's what I needed," she confidently told us. "I bought a crocheted garment that represented the costume, and it helped me stand a little stronger and straighter."

Lauren loved the garment, but it was bulky, itchy, and didn't cover her neck. "People would stop me to comment on my top, so I decided to create a more comfortable, functional version," she said. "I've always had an entrepreneurial spirit and was determined to design a tangible product that would fit my needs and also inspire others."

Now, with a closet full of trial-and-error samples, Lauren perfected her design. The one-size-fits-most HNTRESS, manufactured in Cleveland, is made from 100% Polyester Sherpa Fleece, certified STANDARD 100 by OEKO-TEX®, and is a functional layering piece that can be worn anywhere – over a shirt, tank top, sports bra, or sweater, and under a jacket, blazer, or cardigan.

"Our ancestors used to wear this type of cut. It makes you stand up straighter, and gives you a confidence boost and extra oomph," Lauren

explained. "It elevates every outfit, and once someone puts it on, she's obsessed!"

She named the product HNTRESS, after the huntress archetype. There are seven feminine archetypes, and the huntress embodies the independent, female spirit. "It gets you in the driver's seat of your life, enabling you to pursue a life of your choosing," she said. "It also elevates your willpower, confidence, ambition, and willingness to take risks."

Lauren paused, then added, "The HNTRESS is a symbol that reminds women that they're capable of whatever they're striving to achieve."

*"The HNTRESS is a symbol that reminds women that they're capable of whatever they're striving to achieve."*

Lauren, a lifelong Beachwood resident, is on a mission to help women feel empowered. She donates one item to a community-based organization for every 10 sold, and plans to create additional sizes, including a HNTRESS for kids so parents can teach them empowerment from a young age.

For more information or to order a HNTRESS, visit [www.hntresswear.com](http://www.hntresswear.com) or contact Lauren at [lauren@hntresswear.com](mailto:lauren@hntresswear.com) or 440.336.5220.

Lauren, feeling fierce in her HNTRESS.



## Beachwood History Book Club

**A book club especially for history lovers!** The Beachwood History Book Club meets virtually and new members are always welcome. For more information or to register (and receive the Zoom link), please contact Margaret Reardon at [margaret\\_reardon@att.net](mailto:margaret_reardon@att.net) or 216.272.4277.

**Wednesday, December 22  
7 pm**

*The Taking of Jemima Boone: Colonial Settlers, Tribal Nations, and the Kidnap that Shaped America*, by Matthew Pearl

"In his first work of narrative nonfiction, Matthew Pearl, bestselling author of acclaimed novel *The Dante Club*, explores the little-known true story of the kidnapping of legendary pioneer Daniel Boone's daughter and the dramatic aftermath that rippled across the nation."

– Amazon

**Wednesday, February 2  
7 pm**

*The Three Mothers: How the Mothers of Martin Luther King Jr, Malcolm X and James Baldwin Shaped a Nation*, by Anna Malaika Tubbs

This dynamic blend of biography and manifesto centers on Louise Little, Alberta King, and Berdis Baldwin – the mothers of, respectively, Malcolm X, Martin Luther King, Jr., and James Baldwin – women whose legacies, as Tubbs notes, have been overlooked. Using them as a window into the varieties of Black American experience ... Tubbs' book stands against the women's erasure, a monument to their historical importance. As Malcolm X put it, 'All our achievements are mom's.'"

– *The New Yorker*

# Cleveland Kosher Food Pantry Runs Its Chanukah Campaign

The Cleveland Kosher Food Pantry is in the midst of its 2021 Chanukah campaign. Recognized as one of the busiest food relief agencies in Northeast Ohio, the Kosher Food Pantry is a partner agency of both the Greater Cleveland Food Bank and the Hunger Network.

In regular times, the Kosher Food Pantry serves more than 4,000 people per month. Because of the COVID-19 pandemic, the numbers have swelled to more than 5,200 per month. Its weekly drive-through distribution and open pantry serve approximately 250 area families. The Pantry also provides bi-weekly food deliveries to 1,500 seniors in 10 low-income apartment buildings. Packing and deliveries are done by dedicated volunteers.

Nourishing souls as well as bodies, the Kosher Food Pantry provides Chanukah candles, menorahs, and latkes (traditional potato pancakes) to its senior

clients, in addition to food deliveries. "Helping our seniors and shut-ins celebrate the light of Chanukah is an integral part of our mission of meeting both the spiritual and material needs of our clients," said Devorah Alevsky, director.

"We serve all who are in need. As the dark and cold of winter come upon us, we hope that people will help to spread light and warmth by supporting their vulnerable neighbors," Devorah added.

Donations may be sent to 2004 South Green Road, South Euclid, Ohio, 44121. Donations are also accepted online at [kosherfb.org](http://kosherfb.org).

The Cleveland Kosher Food Pantry was established over 40 years ago by Devorah's parents, Rabbi and Rebbitzin Zalman, and Shulamit Kazen, as part of their efforts to help Russian Jews settle in

Cleveland through the Semach Sedek Russian Immigrant Aid Society (RIAS).

The Cleveland Kosher Food Pantry Advisory Board is co-chaired by Muriel Weber and Chuck Whitehill.



Volunteers Susan Wyman, Marcia Arons, Meryl Kaplan, and Roz Lader.

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# Magic at Barkwood

by Margie Chesler

Beachwood residents build community every day, year-round, when we take our four-legged friends to Barkwood. After sharing opinions about veterinarians, groomers, day care, vacation care, and general canine lore, we make personal connections and become instant friends.

Steve Tepper and his Doodle, Ollie, are my backyard neighbors. My rescue dog, Jack, occasionally sneaks under our fence and goes to visit Ollie. If Steve's sliding door is open, he then walks in the house and treats himself to breakfast!

Steve then texts me, and I retrieve Jack. We call it, "A stop at Ollie's Diner!" Beachwood School Board member, Jillian DeLong, has also rescued Jack when he was cruising through the neighborhood.

I'm grateful for the close group of friends I've made at Barkwood. When we found out that Charlie Brasner and his four-legged friend Coco were moving to

New Hampshire, about a dozen neighbors and friends threw them a bon-voyage party. Everyone dined on Charlie's favorites: chicken and dumplings, lox and bagels, blintzes, kugel, hummus and vegetables, salsa and chips, and an array of desserts, including Browns' cookie dog bones!

Where else can an eclectic group of physicians, attorneys, educators, IT gurus, financial experts, and social workers congregate, relax, and have a delightful time with their beloved canine pals – but at Barkwood!

We look out for one another, which is what community is all about. Jointly, we thank the city

of Beachwood for creating such a welcoming gathering place!

To get your doggy fix, visit Barkwood on Facebook and Instagram.



Margie Chesler and Charlie Brasner; Coco, Ollie and Jack.

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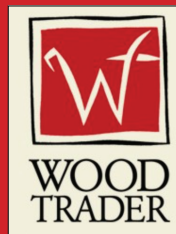
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# Posh Senior Living

Times are changing and so are options for assisted living. Boutique homes are popping up in many locations, and Beachwood is no exception. David Gross believes in the value of boutique homes and proudly opens one on Fairmount Boulevard.

"Boutique homes have been growing since 2016. These licensed homes offer room, board, food, assisted-living services, home health aid, and entertainment in small, homey atmospheres," David explained. "The staff cook, clean, and handle everything when it comes to running the home. I was sold on the concept, and I purchased a Beachwood home and created Posh Senior Living, which will accommodate up to four residents, or two couples."

The home has been renovated, handicap retrofitted, furnished, licensed under the Department of Mental Health, and is now ready to go. "Our goal was to

create a family-style home for individuals when their personal residence is no longer practical," he shared.

David said that the emotional drain on seniors is immense when they must depend heavily on family and friends, and this living option helps to minimize stressors, thereby improving mental and physical wellbeing. "Residents and their families instantly become part of a small, close-knit group and enjoy consistent 24-hour care from skilled, devoted caregivers.

"This home and concept provide an opportunity for couples or friends to feel at peace, while remaining in a

home setting," he explained. "We work closely with the families and want them to know that their parents are getting the care and attention they deserve. Ultimately, we want each family to be in control of the care their loved ones receive."

David's background at Gesher, a non-profit that empowers individuals and families to maintain independence and security, provided him with the knowledge to create Posh, which bridges the gap between at-home care and traditional nursing facilities.

In-person tours are available by appointment. Contact David at 216.245.7060.



## New Year ~ New You

**JANUARY PROMOTION**

Join us by advertising in our *New Year, New You* section, which will focus on health and wellness as we begin the new year. Contact Adam Jacob at [beachwoodbuzzsales@gmail.com](mailto:beachwoodbuzzsales@gmail.com) or 216.338.7823 for details!

Beachwood **Buzz**  
MAGAZINE

**SATURATE THE BEACHWOOD MARKET • ADVERTISE IN BEACHWOOD BUZZ!**

# Beachwood Arts Council Presents The Night Owls

Sunday, December 5 • 2-3 pm • Beachwood Community Center

Imagine yourself back in the era of bathtub gin, Prohibition, flappers and The Great Gatsby. The Night Owls, a veteran troupe of Cleveland musicians, is dedicated to bringing alive the music of

those zany years. A typical dance band of the time, The Night Owls play such standards as the Charleston, Crazy Rhythm, Black Bottom, and My Canary Has Circles Under His Eyes.



BAC thanks its sponsors: Cuyahoga Arts & Culture, *Beachwood Buzz*, Ohio Arts Council, Marshall Carpet One & Rug Gallery, Big Frog, *Mimi Magazine*, Diamond Auto Lease & Sales, The O'Brien Law Firm, Paladar, and Mayor Martin S. Horwitz.



The instrumentation differs from that of the swing-era bands that soon followed. Instead of a guitar, the audience will hear a banjo; rather than a string bass, a tuba; and rather than trumpets, cornets.

The band plays from stock arrangements that were published in the 20s and 30s. The audience will hear the music to which flappers danced and early jazz enthusiasts listened.

Free! Masks required.

BAC concerts are sponsored by grants from Cuyahoga Arts & Culture and Ohio Arts Council.

## Yarn Over Beachwood

Members of Yarn Over Beachwood knitting and crochet group are finally able to meet in person. We meet at Beachwood Library the first Friday of each month, from 10-11:30 am. Upcoming meetings are December 3, January 7, and February 4.

Our group has been growing, and we continue to receive yarn donations from many generous people. In the past year, we've gifted our made-with-love shawls, scarves, baby caps, baby blankets, veterans' lapghans, and dolls to nine charitable organizations to help clients.

Participation is very rewarding and we invite you to join us! For more information, contact Iris November at [lbertyclub@gmail.com](mailto:lbertyclub@gmail.com) or 216.375.9111.



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# Suburban Symphony Orchestra is Back!

Violinist Steven Greenman to Perform with Suburban Symphony Orchestra, December 12



Suburban Symphony Orchestra and Domenico Boyagian, music director of Suburban Symphony Orchestra and Cleveland Opera Theater, welcome Steven Greenman, Cleveland's own internationally revered klezmer violinist, in a free performance at Beachwood High School.

"Mendelssohn and Klezmer" will feature Felix Mendelssohn's Hebrides Overture; Steven Greenman's Klezmer Suite for Solo Violin and Orchestra, with the composer as the violin soloist; and Mendelssohn's Symphony No. 4 "Italian." The concert will take place on Sunday, December 12, 3:30 p.m., at Beachwood High School Auditorium. Admission is free, with donations encouraged. Masks are required.

We'll travel across Europe in this culturally diverse performance as we enjoy the vast green landscape, crashing waves, and echoing caves of Scotland, depicted by Felix Mendelssohn in his Hebrides Overture. Then, we'll journey to Eastern Europe and surround ourselves with the sounds of a Jewish wedding, with

Steven Greenman's Klezmer Suite for Solo Violin and Orchestra, featuring the composer as lead violinist. Finally, we'll make our way to Italy with what Mendelssohn described as his "most jolly work," as we explore the composer's depictions of Rome and Naples in his Symphony No. 4 "Italian."

Domenico Boyagian has been called a "born conductor" by the *Cleveland Plain Dealer* and has dedicated himself to symphonic music and opera. He was named one of "The Ten Most Successful Italians in the USA" by the Italy-America Chamber of Commerce in New York City, and is a "Most Distinguished Artist" grant recipient from the Community Partnership for Arts and Culture in Cleveland. He was born and

raised in Bologna, Italy, and is a graduate of the Cleveland Institute of Music.

Described as "particularly impressive" by the *Washington Post*, Steven Greenman is recognized as one of the finest practitioners of traditional East European Jewish klezmer violin music in the world today. He has traveled widely, for performances on three continents, and is

frequently sought out as an educator both locally and across the country. He has two degrees in violin performance from the Cleveland Institute of Music.

Suburban Symphony Orchestra is the premier community orchestra in the greater Cleveland area, presenting five free concerts each season. For more information, visit [www.SuburbanSymphony.org](http://www.SuburbanSymphony.org).



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## "Options for Resolving the Israeli-Palestinian Conflict"

Join Park Synagogue on Wednesday, December 15, 1 p.m. on Zoom, for a lively discussion on "Options for Resolving the Israeli-Palestinian Conflict," led by Professor Meron Medzini, direct from Jerusalem. Professor Medzini will address the nature of the conflict – its historic, national, religious, psychological, and economic ramifications. The discussion will also touch on many key issues that must be addressed in any proposed solution: borders, Jerusalem, Arab refugees, settlements, security arrangements, water

issues, and more. Professor Medzini is a retired Hebrew University professor and former communications director for many of Israel's prime ministers. Don't miss hearing his thoughts on this difficult conflict.

Pre-registration by December 14 is required to receive the Zoom link. Please register at [www.parksynagogue.org](http://www.parksynagogue.org) or by contacting Ellen Petler at [epetler@parksyn.org](mailto:epetler@parksyn.org) or 216.371.2244, ext. 122. The program, free and open to the community, is sponsored by Park Synagogue's Senior Adult Group.

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## "Refugee Resettlement 101: Welcoming Newcomers to Cleveland"

Park Synagogue presents "Refugee Resettlement 101: Welcoming Newcomers to Cleveland," Wednesday, December 8, 7 p.m., on Zoom. Hear Ron Hedrick and Liv Randall, staff from US Together, one of Cleveland's refugee resettlement organizations, to learn more about what is happening with refugee resettlement in Cleveland. Find out more about US Together, an affiliate of HIAS (Hebrew Immigrant Aid Society), and how and from where refugees come

to Cleveland. Hear about the resettlement process and how to get involved in this important endeavor. Bring your questions to get answered by our two knowledgeable speakers.

Pre-registration is required by December 7 to receive the Zoom link. Please register at [www.parksynagogue.org](http://www.parksynagogue.org) or by contacting Ellen Petler at [epetler@parksyn.org](mailto:epetler@parksyn.org) or 216.371.2244, ext. 122. The program, free and open to the community, is sponsored by Park's Social Action Committee.



# Do You Have Back Pain? We Have a Solution

## Moving Right Along with Aquatic Therapy

When Jack Ryan came to the Peter B. Lewis Aquatic & Therapy Center for help with back pain and mobility, he wasn't sure what to expect. It turned out that aquatic therapy was just what he needed.

"I used to use a walker, and now, sometimes I use only a cane," Jack said. "The improvement in my overall physical condition allows me to get back to a certain degree of my original lifestyle. I'll be 85 in January and my physical therapy at Peter B. Lewis has allowed me to continue doing the things that I like to do in retirement: exercising, gardening, golfing, and things that I thought I had lost."

Jack chose the Center after friends recommended it to him, and from the start, he felt welcomed and in good hands.

"The staff is personable and professional in the way they handle scheduling and questions, to explaining the exercises that will improve your overall health and quality of life. Everybody is so nice, but it really comes down to the physical therapists," he said. "It takes a lot of perseverance, a lot of effort, but results are just amazing."

Therapist Deb Glett discovered a way to diagnose and treat back and limb pain through the McKenzie Method, developed in 1956 by Physical Therapist Robin McKenzie. This highly regarded method relies on mechanical

diagnosis and therapy, rather than imaging, to find the pain generator. Therapists decide how to proceed based on the client's reaction to repeated movement. Since 2005, LAC has found great success by using this method.

Deb has been part of the LAC PT team since the Center's grand opening in 2000. She has experienced firsthand the triumphs of the McKenzie Method, sometimes resolving a patient's problems in just a visit or two.

"It has kept a lot of people out of surgery, and has helped them get back to their normal lives," she said.

While living in Dallas, Deb began doing aquatic exercise for her own conditioning and fitness and realized how wonderful it made her feel. Now, she offers aquatic therapy to patients like Jack Ryan.

Deb has continued her education, including a Doctorate in Physical Therapy in 2016 as well as certifications in (MDT), Titleist performance golf fitness, and integrative pain-reducing dry needling. She enjoys working with the other staff members at LAC – all amazing professionals devoted to helping the clients. The friendship and laughter shared between the clients and the staff makes this a great place to be.

For more information, call 216.595.7345 or visit [www.MenorahPark.org](http://www.MenorahPark.org).

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Peter B. Lewis Aquatic & Therapy Center Therapist Deb Glett with Jack Ryan.

# Beachwood Chamber of Commerce Welcomes Launch Workplaces Eton Chagrin

Launch Workplaces of Maryland has partnered with Stark Enterprises, the Cleveland-based developer and Eton Chagrin management company, to offer unique, flexible office-solutions space. The newly constructed location has 36 customizable private offices, 16 co-working spaces, and two meeting rooms. Additional amenities include: reception/administrative services, two kitchens, lounge, 24/7 access, free parking, complete security, high-speed internet, restrooms, copier/printer, lockers, and social and professional development events and activities.

The new Launch Workplaces Eton Chagrin features all-inclusive pricing for workspace solutions, providing just under 11,000 square feet of flexible and affordable space with a full array of services, which is just the answer for solo professionals, start-ups, small businesses, entrepreneurs, and teams of all sizes with a “community office” culture and virtual office solutions.

With the Eton Chagrin location open, Launch Workplaces now has nine locations operating, with an additional two new locations slated to open later this year and early 2022.

Launch Workplaces, headquartered in Edgewater, Maryland, is the flexible space concept of a 129-year-old family-owned commercial real estate

company, The Brick Companies. Co-working space has become the new normal and a preferred workplace of today’s workforce, especially as more companies shift to permanent remote work options or hybrid work models.

CEO Mike Kriel says, “Launch Workplaces was founded with the mission of creating inspiring spaces where solo professionals, satellite teams, growing businesses, and established enterprises could thrive, and we’re excited to offer this concept to the Northeast Ohio community. Our success as a company is reflected in the success of our members, which is why everything we do is rooted in the goal of supporting our members to grow and flourish. Our members

choose Launch Workplaces because of our four core pillars: hospitality, community, flexibility, and integrity.”

The Beachwood Chamber of Commerce welcomes Launch

Workplaces Eton Chagrin to its network and wishes them success at their new location. For more information, call 216.200.5411 or visit [launchworkplaces.com](http://launchworkplaces.com).



Mike Kriel, CEO Launch Workplaces; Stephana Tarver, office manager, Launch Workplaces Eton; Kristsa Schill, senior vice president of operations, Stark Enterprises; and Mayor Ben Holbert, Woodmere Village.

## Sunrise, Sunset



On November 5, a group of seniors from the Beachwood High School class of 2022 enjoyed donuts provided by Beachwood PTO as they gathered to watch the sunrise, as a symbol of the

sun rising over their senior year. This spring, seniors will again gather to watch the sunset, which will symbolize the completion of their education in Beachwood.

# Cleveland Jewish News to Honor 2021 Class of 18 Difference Makers

The 2021 Cleveland Jewish News 18 Difference Makers will be honored on Thursday, December 9, 6 p.m., at Landerhaven. There will also be a virtual option to watch the awards ceremony.

Recipients include:

- Edna Talmor Akrish, Education Director, Temple Israel Ner Tamid; President, Sole Business Systems, Inc.
- Sam Chestnut, Head of School, The Lippman School
- Loren Chylla, Senior Executive Vice President, ADCOM
- Beth Nusbaum Curtiss, Community Volunteer
- Ronald Gross, CEO and President, MGO; CEO, One Seven
- Maya Holtz Groys, Development Director, Milestones Autism Resources
- Adam G. Jacobs, Ph.D., President, Bellefaire Jewish Children's Bureau Wingspan Care Group
- Amy R. Kaplan, Vice President of External Affairs and Director of Government Relations, Jewish Federation of Cleveland
- Donald H. Messinger, Partner, Thompson Hine, and Sally Messinger, Realtor, Howard Hanna
- James Pasch, Regional Director, Anti-Defamation League
- Susan Ratner, Community Volunteer
- Carrie Rosenfelt, Director of Community Lending, Business Banking, Huntington Bank
- Stephen L. Rudolph, Senior Wealth Advisor & Team Leader Managing Director, MAI Capital Management LLC
- Jeffrey D. Schwartz, Co-Founder, Jeffrey D. Schwartz & NaTang Jewish Taiwan Cultural Exchange

- Patricia A. Shlonsky, Partner, Ulmer & Berne LLP
- Mark Stovsky, MD MBA, Chief Medical Officer, Cleveland Diagnostics, Inc.
- Tom Sudow, Director of the Burton D. Morgan Center for Entrepreneurship, Ashland University
- Muriel Weber, Community Volunteer

Aliki and Peter Rzepka will receive the Lifetime Achievement Award and the Saltzman family will be presented the Generation Award at the seventh annual awards celebration.

The in-person event will begin with cocktails and hors d'oeuvres, followed by a seated dinner and the awards ceremony.

Individual tickets are \$108 and table sponsor is \$1,300. Email [glloyd@cjn.org](mailto:glloyd@cjn.org) if you would like to request a kosher meal or have a dietary restriction. Visit [cjn.org/18dm](http://cjn.org/18dm) to purchase tickets.

For those unable to attend the in-person awards ceremony, livestream attendance is \$18. The event, plus a one-year print and e-edition subscription to the CJN, is \$54 for new subscribers. Visit [cjn.org/18dm](http://cjn.org/18dm) to purchase the livestream.

Co-presenting sponsors are Classic Lexus, McCarthy Lebit Crystal Liffman, LPA. Supporting sponsor is shark&minnow. Generation Award sponsor is the Krause Family Foundation. Cocktail sponsor is Cleveland Jewish Funeral Homes. Lanyard sponsor is Rent a Daughter Senior Care Services. Video sponsor is the Cuyahoga County Public Library.

For more information, contact events manager Gina Lloyd at [glloyd@cjn.org](mailto:glloyd@cjn.org) or 216.342.5196.

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**HERE FOR GOOD**  
2022 CAMPAIGN

# Beachwood Library: A Community Gem

by Preeti Venkataramani

*"A book is a gift you can open again and again." ~ Garrison Keillor*

**F**or the past 18 months, we have truly been fortunate for all the books and resources offered by the Beachwood Library. Staff went above and beyond to meet the needs of patrons by adapting, pivoting, and creating new programs and services to engage and enrich our minds.

Who would have thought that a public library system started close to 300 years ago would thrive both physically and virtually?

The American Library Association refers to libraries existing in America long before their creation. Although the time of establishment of the first public library is contested, there are three generally accepted answers:

- In November 1731, the Library Company of Philadelphia was founded by Benjamin Franklin. It was a subscription-based library for members.

- In 1833, the first free modern public library was opened by the Peterborough (N.H.) town Libraries. It was funded by the municipality to be available to all classes of the community.

- In 1848, the Boston Public Library, a free municipal library, was opened to a very large community.

The oldest university library, the University of South Carolina Library, opened its doors in 1840 and it remains the oldest continually operated stand-alone library building in the country.

The library system in the United States has a deep, rich history, and our Beachwood library staff continues to build on this foundation.

Cuyahoga County Public Library (CCPL) has much to offer residents of all ages. Whether one seeks to digitize and share old videos, use a state-of-the-art Innovative Center or utilize resources that support your writing interests, CCPL has something for you. It continues to transform our community with programs that far exceed

what libraries used to offer.

The library also offers passport-processing services, homework mentoring, and so much more. For complete information, including programming, call 216.831.6868 or visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org).

Our Beachwood library is a valuable resource to find solace, escape, and comfort. As Mason Cooley wisely said, "Reading gives us some place to go when we have to stay where we are."

Now, that's some great food for thought!

## **Here are a few unique programs offered:**

### **Digital Collection**

CCPL has a huge collection of free e-books, magazines, audiobooks, comic books, music, and movies that our cardholders may access anytime, anywhere, 365 days a year. Just visit [cuyahogalibrary.org/digital](http://cuyahogalibrary.org/digital) and start exploring. The staff at the library are also happy to help customers navigate the digital collection, so if you're in the neighborhood stop in with your device to get started.

### **Book Sale**

The Beachwood Branch's ongoing book sale is fantastic and the best-kept secret in town. It's run by Friends of the Beachwood Library, and the money raised by the sales helps fund programming and supplies. Come check it out.

### **LinkedIn Learning**

LinkedIn Learning, formerly Lynda.com, is a leading online-learning website that offers thousands of video courses. It's a great way to learn software applications, creative and business skills. Normally you must pay a subscription fee to employ this service, but with a CCPL library card you may access it at no cost.

### **Memory Lab**

The Jack, Joseph and Morton Mandel Memory Lab is another innovative space, and located in the South Euclid-Lyndhurst Branch where county residents may learn how to access, digitize and share old videos, audio recordings, photographs and slides. The Lab is open to the public at no charge. Individuals and organizations may use the Memory Lab's resources to preserve their cultural heritage for current and future generations through digitization and storytelling.

### **William N. Skirball Writers' Center**

The William N. Skirball Writers' Center, located in CCPL's South Euclid-Lyndhurst Branch, was created to help foster and support Northeast Ohio's writing community. It's a welcoming space with private writing rooms, laptops, a special collection of books and magazines about writing, and access to our free online self-publishing resources. The Center also hosts a variety of writing workshops and events throughout the year. It's a great place for local writers to network, do their work, and hone their craft.



## What Did Beachwood Read in 2021?

There was a lot of circulation of Writer's Center Stage authors: *Bewilderment*, by Richard Powers, flew off the shelves; and *Cloud Cuckoo Land*, by Anthony Doerr, is currently popular.

### Here are some stats:

- Most popular adult genres: historical, literary, and Jewish fiction
- Most popular authors: Ronald Balson, Marie Benedict, Naomi Reagan, Daniel Silva, and Danielle Steel
- Most popular children's genres: fantasy (particularly series), sports, time travel, and school stories
- Most popular children's authors: Dan Gutman, Mary Pope Osborne, Dan Pilkey, and Rick Riordan.

### Top 25 titles of 2021:

1. *The Paper Palace*, by Miranda Cowley Heller
2. *The Personal Librarian*, by Marie Benedict
3. *Cloud Cuckoo Land*, by Anthony Doerr
4. *The Midnight Library*, by Matt Haig
5. *The Last Thing He Told Me*, by Laura Dave
6. *The Maidens*, by Alex Michaelides
7. *Harlem Shuffle*, by Colson Whitehead
8. *The Four Winds*, by Kristin Hannah
9. *Vacation Under the Volcano*, by Mary Pope Osborne
10. *The Cellist*, by Daniel Silva
11. *The Sweetness of Water*, by Nathan Harris
12. *When the Stars Go Dark*, by Paula McLain
13. *Eternal*, by Lisa Scottoline
14. *Sooley*, by John Grisham
15. *Nine Lives*, by Danielle Steel
16. *The Lincoln Highway*, by Amor Towles
17. *The Women's March*, by Jennifer Chiaverini
18. *Golden Girl*, by Elie Hilderbrand
19. *Enemy at the Gates*, by Kyle Mills
20. *The President's Daughter*, by Bill Clinton
21. *A Slow Fire Burning*, by Paula Hawkins
22. *It's Better This Way*, by Debbie Macomber
23. *Black Ice*, by Brad Thor
24. *Our Woman in Moscow*, by Beatriz Williams
25. *The Woman with the Blue Star*, by Pam Jenoff

## Programs at the Beachwood Library

To register for these programs or learn more, please visit <https://attend.cuyahogalibrary.org/events> or call 216.831.6868.

### ADULT PROGRAMMING

#### Medieval Mirrors • Virtual

Tuesday, December 14 • 2-3 p.m.

We will discuss the concept of mirrors in medieval Europe, as seen in countless works of art and literature. We will also showcase one of the pieces from the Cleveland Museum of Art. Registration required.

#### Tuesday Book Chat • Virtual

Tuesday, December 14 • 7-8 p.m.

Join us for a discussion of *The Night Watchman*, by Louise Erdrich. Registration required.

#### Third Thursday Book Discussion • Virtual

Thursday, December 16 • 2-3 p.m.

Join us for a discussion of *Nutshell*, by Ian McEwan. Registration required.

#### Knit and Lit • In-Person

Monday, December 20 • 6:30-8 p.m.

Join us at the Beachwood Branch for knitting and informal chats about what everyone is reading. Registration required.

### CHILDREN'S PROGRAMMING

#### Little Artists

Grades K-1 • Virtual

Tuesday, December 7 • 3:30-4:15 p.m.

Get creative while learning something new. Hear about the life of a famous artist and get inspired to create your own works of art. Registration required.

#### Heroes of Olympus Trivia

Grades 3-8 • Virtual

Monday, December 13 • 7-7:45 p.m.

Test your knowledge of Rick Riordan's *Heroes of Olympus* with other fans of the series. Trivia will focus on all five books in the series. Registration required.

#### STEAM Tuesday

Grades 2-5 • Virtual

Tuesday, December 21 • 3:30-4:15 p.m.

Learn, build, experiment, and create during each month's fun activity. Registration required.

## Tips from the Doctor

### Dr. Jessica Coleman, Menorah Park Vice President of Medical Affairs



Dr. Jessica Coleman

December is Stress Management Month, so let's take time to recognize sources of stress in our lives and learn how to utilize positive coping mechanisms to prevent the development of burnout. Stress is a normal feeling in response to emotional or physical tension from any event or thought that makes you frustrated, angry, fearful, or nervous. It is often our body's reaction to challenges or demands, and occurs in short bursts. When stress goes unrecognized or is dealt with using unhealthy coping mechanisms, it can lead to burnout, which is a normal response to an abnormal situation. There are many things we can do to recognize early red flags in ourselves and others.

**Recognition:** Early signs of burnout include insomnia, recurrent illness, loss of enjoyment in usual activities, feeling undervalued, or exhaustion. These red flags may display themselves as an increased feeling of anxiety, uncertainty, or feelings of loneliness, sadness, frustration or helplessness.

**Coping:** A healthy coping mechanism is one that decreases your level of stress while teaching you a new skill. Online resources, or free meditation and health-tracking apps may help. Consider exercise, communicating with loved ones or friends, relaxation techniques, practicing mindfulness, or utilizing self expression, music, and humor.

**The Takeaway:** Burnout is a normal response to an abnormal situation. It's important to recognize burnout in yourself and others. Act early to treat burnout now and prevent it in the future. For more information, visit [positivepsychology.com/coping](http://positivepsychology.com/coping) or [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org).

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