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December 2022

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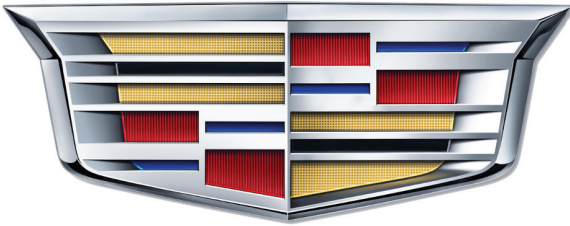


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Letter from THE EDITOR

By Debby Zelman Rapoport



Gift Yourself a Positive Mindset This Holiday Season

As we wind down the year and take a glimpse into what 2023 may bring, I share some information about mindset, based on a handout provided by the Institute of Integrative Nutrition.

The average person has an estimated 70,000 thoughts per day. Take a moment to think about the thoughts that run through your mind. Are they positive and uplifting, like, "Today is going to be an amazing day," or negative and self-defeating, like, "I don't have the energy to get through today"?

Self care, with mindset being front and center, is always important to consider when it comes to our overall well-being. Positive thoughts boost our mood and spirit, and generate more positivity and

happiness in our life. Conversely, pessimistic thoughts create a domino effect of negativity. Our thoughts tremendously affect how we live our lives and how others perceive us. Thankfully, we don't have to live with negative mental chatter. We each have the power to change the channel and have a positive outlook.

With practice, our minds will naturally gravitate toward positive thoughts. These tips may help to cultivate a happy outlook:

Let go of ...

Negative Self-talk

Bashing ourselves takes a toll on our health. When you hear negative self-talk, consciously say, "cancel cancel." Then, replace it with a positive comment to condition yourself to be kind to yourself.

Limiting Beliefs

Replace beliefs that aren't serving you anymore with uplifting, supportive thoughts.

Comparison

When we compare ourselves to others, our thoughts allow us to discard what we have going for ourselves now. Admiration is awesome, as it's often a reflection of the great things we want for ourselves. Learn to distinguish between admiration and comparative self-judgment.

Resistance

If you want different results, do things differently. Make small changes consistently and they'll add up and transform your life. Change is scary. It's crucial to self-evolution; don't resist it.

Your Ego

It's nice to be right but it's nicer to be happy.

Hold on to ...

Gratitude

Even when you think you don't have it all, focus on what you have today. Keep a gratitude journal and write down five things you're grateful for each day.

Your Energy and Purpose

Make a conscious effort to strut. Even when you're feeling down and discouraged, stand tall and smile. Posture affects your mood; make it work in your favor.

Uplifting People

People who are vibrating on a positive frequency will keep you grounded, inspired, and connected to your greater purpose. They'll help you believe in yourself, too.

Quiet Time

Take time to reflect, meditate, or simply make quiet time for yourself. Clear your mind and let physical tension melt away.

Good Deeds

Uplift someone else by doing something kind and notice how it impacts your mood and energy.

In a recent interview with Robin Roberts, former First Lady Michelle Obama talked about self care, suggesting the following:

- Start each day by being kind to ourselves.

- Focus on our small powers (one of hers is knitting).
- Control things within our grasp, and
- Find the light in each other.

Please join me in my effort to follow this advice as we head into the holiday season and beyond.

Debby ♥

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Senior Account Executive

Scott Morrison
Staff Photographer

Elaine Cicora
Proofreader

Stephen Valentine
Art Director

Arlene Fine
June Scharf

Abbie Nagler Sender
Jen Stern

Shana Wallenstein
Contributing Writers

Jerry Zelman
Vice President of Operations

Letters to the Editor

Please send letters via email to
beachwoodbuzz@gmail.com.

Calendar Section

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If you have a story idea or photos you would like to share, email beachwoodbuzz@gmail.com.

Subscriptions

Beachwood Buzz is distributed via the U.S. Post Office to every resident and every business, every month. If you live outside our distribution area, subscriptions are available by sending your name, address and a check for \$36 (12 issues) to Beachwood Buzz
P.O. Box 22194
Beachwood, Ohio 44122

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Editorial Information

beachwoodbuzz@gmail.com

Advertising Information

beachwoodbuzzsales@gmail.com

P.O. Box 22194
Beachwood, Ohio 44122
216.315.1827

Beachwood Buzz
Every Resident. Every Business. Every Month. MAGAZINE

Let's All Join CLEVELAND ADL and STOP HATE



The Cleveland Anti-Defamation League (serving Ohio, Kentucky, West Virginia, and Western Pennsylvania) is a leading anti-hate organization. A global leader in exposing extremism, delivering anti-bias education, and fighting hate online, the ADL's ultimate goal is to help create a world in which no group or individual suffers from bias, discrimination, or hate.

There is no time like the present to embrace our neighbors, focus on personal similarities, and **STOP HATE**. With the holidays approaching, let's embrace our differences, unite, and celebrate together.

Story, by Debby Zelman Rapoport, starts on page 6.
Photos by Scott Morrison, Discovery Photo.

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Cleveland ADL leadership team, from left: Yelena Boxer, James Pasch, Sara Scheinbach, and Kelly Fishman.

STOP HATE

With CLEVELAND ADL

The Cleveland Anti-Defamation League (serving Ohio, Kentucky, West Virginia, and Western Pennsylvania) is a leading anti-hate organization. Founded in 1913, in response to an escalating climate of antisemitism and bigotry, the ADL's mission is to stop the defamation of the Jewish people and to secure justice and fair treatment to all. Today, the ADL continues to fight all forms of hate with the same vigor and passion; it is the first call when acts of antisemitism occur. A global leader in exposing extremism, delivering anti-bias education, and fighting hate online, the ADL's ultimate

goal is to help create a world in which no group or individual suffers from bias, discrimination, or hate.

There is no time like the present to embrace our neighbors, focus on personal similarities, and stop hate. With the holidays approaching, let's embrace our differences, unite, and celebrate together.

Cleveland ADL leaders reside in and around Beachwood: James Pasch serves as Cleveland's regional director, Sara Scheinbach as senior associate regional director, Kelly Fishman as education director, and Yelena Boxer as regional board chair.

This staff, along with a board of lay leaders, assists victims of identity-based incidents of bias and discrimination; provides anti-bias education to educators, parents, students, and community members; impacts public policy as it relates to hate crimes, cyberbullying, and immigration; promotes interfaith and intergroup relations; trains law enforcement on hate crimes and extremist groups; and promotes peace in the Middle East. They work with the national ADL professionals to utilize top-rate programs and materials.

We had an opportunity to talk with our local ADL staff, who shared the following about their roles and civil rights advocacy.

THERE IS NO TIME LIKE THE PRESENT TO EMBRACE OUR NEIGHBORS, FOCUS ON PERSONAL SIMILARITIES, AND STOP HATE. WITH THE HOLIDAYS APPROACHING, LET'S EMBRACE OUR DIFFERENCES, UNITE, AND CELEBRATE TOGETHER.

James Pasch

REGIONAL DIRECTOR

In 2019, James became Cleveland ADL's regional director, having previously served on its regional board. Prior, he served as Case Western Reserve University Law School's assistant dean of development and external affairs, where he helped raise an unprecedented \$58 million, including a \$10 million gift to endow the Coleman P. Burke Center for Environmental Law. James also served two terms as a city of Beachwood council member, where he led the city's passage of its anti-discrimination ordinance.

In 2018, while serving as an ADL board member, James traveled to Pittsburgh with other board members to try and provide any sort of solace or comfort to the Pittsburgh community, and the family and friends of those who had just lost their loved ones in the deadliest antisemitic attack in our nation's history at Tree of Life Synagogue. In those awful moments,

watching a community come together to push back against pure hatred, James said he found his purpose and the experience altered the trajectory of his career.

He remembers the silent car ride home like it was yesterday. "I thought about my children and knew that I wanted to do something that would make an impact to create a kinder, more tolerant world," he said. "I had to get off the sidelines in this fight against antisemitism and hate."

James serves in this role during a particularly challenging time, with incidents of antisemitism rising at unprecedented rates across the region. While leading in this role, he launched a pro bono legal assistance program to assist victims of hate crimes in Ohio, and under his leadership, the ADL's "No Place for Hate" programming has grown over 200 percent region wide.



Sara Scheinbach

SENIOR ASSOCIATE REGIONAL DIRECTOR

Sara began her career as a Teach For America corps member, where she was placed in Atlanta to teach kindergarten in a low-income community. Most of her students were immigrants or children of immigrants, speaking very little or no English. It was the first time she got to know people on a deep level who grew up with significantly different life circumstances than the ones she was privileged to be born into. This experience, paired with Sara's upbringing as one of the few Jews in her community in West Virginia, inspired her to work to create a world where every person would be treated with dignity and respect, regardless of their identity. Although Sara loved teaching, she deeply wanted to make a broader impact in society and the world, so she obtained her law degree at The Ohio State University Moritz College of Law.

After practicing law as a litigator and participating in the ADL Glass Leadership Institute (GLI), Sara knew that her skills and drive to make the world a better place for all were

aligned with the ADL's mission. She served on the ADL regional board until about a year after she graduated from the GLI program when, in 2020, her current position became available.

The ADL Glass Leadership Institute is a nationally recognized leadership development program designed to give a select group of young professionals between the ages of 25-40 an up-close and personal view of the programs, policies, and expertise of one of the nation's premier civil rights and anti-hate organizations. The program serves as a comprehensive introduction to the ADL. Through a six-month course, local and national speakers share expertise on a wide variety of topics that are central to the ADL's work, including education, civil rights, contemporary antisemitism, and more. Participants are chosen through a competitive application process and graduates have gone on to serve in leadership roles within and beyond the organization. James also participated in this program.



Kelly Fishman

EDUCATION DIRECTOR

For 10-plus years, Kelly was a Solon High School English teacher and club advisor who introduced conversations around equity. Kelly enjoyed the conversations and recognized that the students did too. She also knew that she could only delve into them so deeply.

"I wanted to see more extensive change," she told us. "It was important for me to be in a position where I could better educate students of all ages about equity, a topic that was limited in the classroom."

During the 2021-22 school year, Kelly was working on her doctorate in diversity

and equity in education and began looking for a position where she could utilize her advanced knowledge. Her current role, which she began in June of this year, was a perfect fit because the ADL's resources and support help her make an impact in the schools and beyond.

"I work with students, teachers, and administrators, providing tools that align with anti-hate," she said. "My role is embraced because, as a former teacher, I speak the same language as people with whom I work, which builds trust."



Yelena Boxer

REGIONAL BOARD CHAIR

Yelena has been a practicing civil litigator for over two decades and teaches lawyering skills as an adjunct professor at Case Western Reserve University Law School. Before attending law school, she worked as an advocate for women and children who were victims of domestic violence and later for a national environmental organization.

As a young attorney, Yelena's introduction to the ADL was also through the GLI. More recently, she noticed an increase in antisemitism and she did not want to stand on the sidelines. Society was changing and she wanted to be part of the solution by helping schools, children, and families.

Yelena immigrated to the United States with her mother in the mid-70s. She later learned her father was rendered stateless because of an intolerant and antidemocratic government. "My father wasn't overtly political. He simply sought to work with international organizations to promote art and technology," she shared.

"I never take the privilege of living in a democratic and pluralistic society for granted," she said. "Today, antisemitism is a canary in coal mine. It is a signal of growing societal intolerance. If we want a future that is safe for ourselves and our children, it is important to work toward a more open, accepting, and tolerant society. The ADL's goal is a world in which no group or individual suffers from bias, discrimination, or hate."



HOW CAN WE HELP?

- Reach out to people who are different – it's healthy to build relationships with people of differing perspectives.
- Support victims by reporting incidents of antisemitism, extremism, bias, bigotry, or hate.
- Speak up when you hear something hateful.
- Report hateful comments and actions to the ADL and police.
- Teach acceptance and encourage kids to become activists.
- Join forces with community groups to make sure your voices are heard.
- Volunteer or donate.
- Reach out to the ADL for speaking engagements, school programs, corporate trainings, or youth workshops.

To further explain the ADL's mission, James said, "The ADL is the largest anti-bias educator in the United States, annually teaching hundreds of thousands of youth and adults to challenge antisemitism and other forms of bias in themselves and others. This organization is a tireless champion of civil rights for all, advocating at the federal, state, and local levels for better prevention and response to antisemitism and all forms of hate. In the Cleveland region, we work diligently to combat antisemitism and other forms of bias through investigation, advocacy, and education."

Although each staff member has his or her own responsibilities, the team comes together seamlessly to support victims of antisemitism and other forms of bias; build diverse coalitions; work with schools, campuses, and other institutions; respond to requests for assistance and support; partner with synagogues; track extremist trends, ideologies, and groups; train police officers; and so much more.

"We step in and work together to support our communities when they need help," James explained. "We're not just here in the moment. We're here long term, guiding and growing anti-hate programs."

When it comes to advocacy on state and federal levels, the ADL leads the way. It works to protect democracy and ensure a just and inclusive society for all. "We create and defeat legislation at all levels," Sara told us. "In 1981, the ADL crafted the first model hate crime law in America. Today, 46 states and the District of Columbia have laws based on or similar to our model, which was unanimously upheld by the U.S. Supreme Court in 1993."

Last year marked the highest number of antisemitic assaults, harassments, and



Cleveland Mayor Justin Bibb and Cleveland ADL Regional Director James Pasch stand up against hate, antisemitism, and racism at ADL Cleveland's Inaugural Walk Against Hate.

vandalism that the ADL has seen since it began tracking in the 1970s. There were 2,717 antisemitic incidents – an average of more than seven per day – that the ADL responded to. In Ohio, there were more than 50 incidents. Nationally and in Ohio, 2021 trends beat 2020, which beat 2019, indicating growth of antisemitism and all forms of hate.

"Ohio saw a 92-percent increase in antisemitic incidents over the past five years," James said. "We need a societal approach to curb and reverse this trend. We need political, corporate, civic, and community leaders to all say 'enough.' That's the only way. We need to band together and send a message that we're not going to tolerate this."

James then said that each social media platform needs to figure out its role. "Companies need to band together and pull ad dollars when social media platforms promote hate," he said. "Society needs to pressure companies to make changes."

Sara emphasized that each of us has a role to play. "If you hear something that rubs you the wrong way, say something. Personal conversations are where real change happens. When people take ownership over their language, and don't let those around them use biased or offensive language, the conversation changes."

Sara emphasized that she does this work because the stakes are high when fighting hate. "We are nearly 80 years after the Holocaust ended and there are still fewer

ADL CLEVELAND'S INAUGURAL WALK AGAINST HATE

On October 23, more than 250 people marched against hate, antisemitism, and all forms of bigotry at ADL Cleveland's Inaugural Walk Against Hate, a 1.6-mile walk at Wade Oval Park, which raised more than \$38,000.

At the event, Cleveland Mayor Justin Bibb quoted the Rev. Martin Luther King Jr.: "The arc of the moral universe is long,

but it bends toward justice." He then said, "Change takes a long time, but it does happen. I pledge to you that I'm going to keep fighting to bend that moral arc toward justice. We must do everything we can to stand up against hate, stand up against antisemitism, and stand up against racism. As your mayor, I believe we can show America how to get it done."

"We were excited to see so many people attend," Yelena said. "We hope to make this an annual event, so be prepared to attend next year to support our goal: a world that is free of discrimination, bias, and hate toward people who are different. Everyone walking wanted folks to realize we have so much more in common with each other than what divides us."

Jews alive today than there were before it began. That's what the essence of hate is and does – it seeks to eradicate people because of who they are."

The ADL's education programs reach all community segments, including students of all ages. Thanks to generous donors, "No Place for Hate," a student-driven initiative aimed at providing a model for combating intolerance, bullying, and hatred, is offered to pre-K through grade-12 students. This free, school-wide program focuses on choice, regardless of age, race, gender, sexual orientation, religion, or cognitive abilities. More than 70 schools currently participate. Beachwood Schools has participated in the past and is currently discussing continued collaboration.

"We teach students how to be allies and to recognize intersectional identities – all the ways they show up in the world and how they can support peers," Kelly said. "The work is important because students will continue to advocate for change as they grow up.

"We don't want people to fight hate with hate," she continued. "We want them to know how we can all do better. Although it's scary to stand up on your own, it's empowering to be educated and stand up with others. I encourage everyone to stand together and support each other. When we do, we have the capacity to foster equity and inclusion."

The ADL also offers police training and is scheduled to educate all 1,300 Cleveland officers in 2023, with hopes of expanding this training to neighboring communities. "We want our presence to be known

everywhere and we would like to support as many people as possible," James stated.

Yelena then told us that the ADL is one of the only platforms that actively tracks on-line extremist trends, ideologies, and groups across the ideological spectrum. "It has become an important resource for exposing hate and addressing criminal activity. That's one of many reasons I support this organization, and I encourage others to do so too."

The ADL offers many additional resources and training programs, including Corporate Education Sessions with three options: General Anti-Bias Workplace Sessions, Antisemitism Education Sessions, and Understanding Extremism and Hate. It also provides legal information, ways to participate and donate, information about reporting an incident, and much more.

"When I take a step back and look at pivotal moments in recent history, from the 'Unite the Right' rally in Charlottesville to the January 6th insurrection, I recognize that what we do today and how we collectively respond will largely determine the future of this great nation and the health of our democracy," James said. "We need everyone's help and voice in this fight against hate. We are here today to say, 'Not here – not on our watch, not in our city, not in our state, and not in this nation.' There is no time like the present to get involved."

As we celebrate the holiday season with family and friends, let's each do our part to protect democracy and ensure a just and inclusive society for all.



Sara Scheinbach decorates cookies for first responders during the anniversary of the Tree of Life shooting.

**To learn more, visit
www.cleveland.adl.org,
call 216.579.9600, or
email cleveland@adl.org**



**ADL Cleveland Office offers many resources for all segments of our population.
For details, visit www.cleveland.adl.org.**

GENERAL INFORMATION

- Ohio Legal Assistance
- Ways to Give
- Report an Incident

EDUCATION AND OUTREACH

- No Place for Hate (Pre-K-12th Grade)
- Hate Uncycled (Colleges and Universities)

- Echoes and Reflections (Antisemitism Education)
- A World of Difference (Anti-bias Training)
- Words to Action® (An interactive education program designed to help Jewish youth and college students examine their identities and be equipped with constructive and effective responses to combat antisemitism and anti-Israel bias in their lives.)

CORPORATIONS AND LEADERS

- Shine a Light
- Glass Leadership Institute (GLI)
- Stop Hate for Profit
- Corporate Trainings

UNDERSTANDING EXTREMISM & REPORTING

- Center on Extremism
- Audit of Antisemitic Incidents
- Report an Incident

Building a Brand Called “You”

By Lauren Meade

Gone are the days when a firm handshake and solid reputation sealed the deal in a job interview. To stand out in today’s workforce, professionals need an outstanding personal brand.

Students in the Marketing/ Junior Achievement program at Beachwood High School learned to hone their professional presence through digital storytelling and social media during a unique speaker series organized by Jing Lauengco, brand strategist, chief optimist, and business consultant at JING INC. The series featured an international panel of female entrepreneurs in the fields of business, fashion, architecture, and design.

The concept of personal branding has gained momentum in recent years. A personal brand showcases who you are and what you stand for – your values, mission, expertise, experience, and personality.

“Personal branding helps us lead with intention,” said Jing. “It’s really about personal storytelling and human connection.”

Jing, who produces the *Next Thing with Jing* podcast and the *Other Brown Girl* online community, is a master storyteller. She is driven to inspire the next generation of global entrepreneurs by amplifying the stories and leadership of women from diverse backgrounds.

To organize the speaker series, Jing tapped her impressive coterie of fellow entrepreneurs, including Aya Garcia Shlachter,

a Beachwood resident and chief executive officer of MGS Global Group; Aimon Ali, founder of Fashion Talks; and Cathy Culp Posner, founder of Transition Consulting and Coaching.

“They bring a global perspective that we need right now,” said Jing. “We need leaders who look like us and lead like us.”

These dynamic business leaders taught the marketing program’s 40 students how to tell their stories using various digital channels. Students learned to create a one-sentence bio for social media, produce a 60-second personal video, take a professional selfie, and build their web presence using technologies such as Canva, TapBio, Memento, and Motion Leap.

The speakers also coached students on traditional ways to stand out, including how to dress to impress, and how to craft an “elevator pitch” and answer common job interview questions. The series culminated in a mock speed-networking event at Aloft Hotel in Beachwood. Students dressed in professional attire and practiced making connections with Cleveland-area business persons, city officials, and district administrators.

While thanking the speakers, senior Benjamin Lawrence said, “All of the work you put in to help us develop our personal

and professional brands will help us more than we ever realize. Your inventive approach kept class engaging and made it easy to learn.”

The concept of personal branding has gained momentum in recent years. A personal brand showcases who you are and what you stand for – your values, mission, expertise, experience, and personality.

Beyond working with students on networking and personal branding, Jing helped students expand their branding to the Junior Achievement company AQUA, which raises awareness of the importance of clean, fresh water in Lake Erie.

“Jing’s experience as a brand strategist, entrepreneur, and connector has made such a positive impact on the marketing students,” said Greg Perry, Junior Achievement marketing teacher. “The skills learned will be transferable across their academic and professional lives.”



Students in the Junior Achievement Marketing program dress to impress during a mock speed-networking event at Aloft Hotel, which was attended by Mayor Justin Berns and members of the greater-Cleveland business community.



AQUA’s Essential Goals:

TO EDUCATE our community about the importance of clean water to our health and well-being

TO SUPPORT clean water and sustainability for Lake Erie and the Great Lakes

TO HELP PRESERVE the world’s largest supply of fresh water

TO ACTIVATE hundreds of Northeast Ohio high school students to clean up area beaches

Be sure to watch details unfold in future issues of *Beachwood Buzz*.



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Discover the Holidays at Legacy Village

Legacy Village is your one-stop shopping destination this holiday season! Tackle your holiday list with the help of our 40+ retailers and restaurants, stroll Legacy with a DORA beverage, and enjoy the atmosphere complete with festive decorations, a 36-foot decorated tree, menorah, and lots of fun photo-ops.

Take the edge off during your holiday shopping experience by taking advantage of our DORA. Whether you prefer spiked hot cocoa, a hot toddy, beer, or wine, holiday shopping is a bit more enjoyable with a drink in your hand. The best part? It's so easy!

Stop into one of our participating restaurants and order an adult beverage to enjoy while you stroll and shop around the property. Be sure to be on the lookout for a DORA decal on the doors of participating retailers who welcome shoppers with DORA beverages. For regulations and additional information, please visit www.legacy-village.com/dora.

If the "holiday aesthetic" is more your vibe, Legacy Village has you covered there too! **Join us on December 10th for our Holiday Sip, Shop & Stroll.** Guests will have the opportunity to learn about seasonal fashion trends from talented store associates while enjoying light refreshments from Legacy Village restaurants. They may also enter to win opportunities, and more!

Other activities include making s'mores on The Lawn, holiday photo opportunities, costume characters, and a strolling Santa. For more information, visit www.legacy-village.com/play.

Take a stroll through Legacy Village this holiday season to take in the festive décor and take advantage of photo opportunities on The Lawn. Whether it be our 36-foot decorated tree, the holiday flower wall, or the Legacy Village polaroid frame, you can find the perfect backdrop for seasonal photos here. **Make sure to #CreateJOY this holiday season by bringing your friends and family to our life-sized JOY sign!** If you post your photos on social media and tag Legacy Village (@legacyvillage on Facebook and Instagram) you will have a chance to 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, RH Gallery, Ethan Allen, and J. Crew Factory. 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.

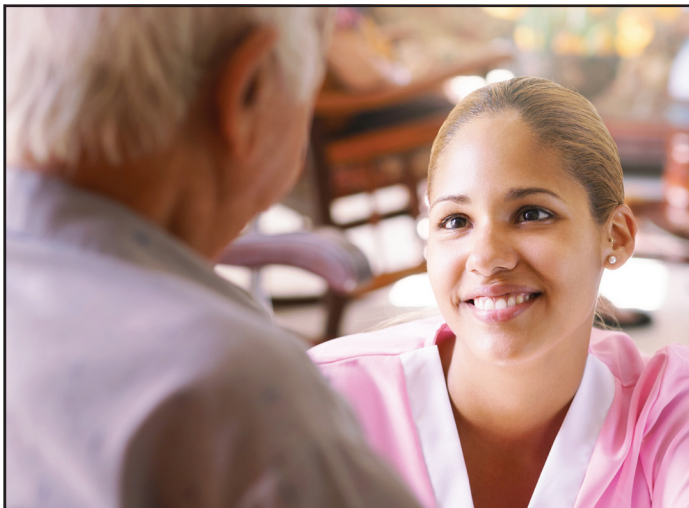


For those on your shopping list who are hard to shop for or who just can't make up their mind about what they would like this year, **give the gift of one-stop shopping with a Legacy Village gift card!**

Gift cards may be purchased at our self-serve kiosk, located by the escalators between Contessa Gallery and Starbucks; at our mall office, Monday-Friday, from 9 a.m.- 4 p.m.; by phone, at 216.382.3871; or online, at www.legacy-village.com/gift-cards.

Stay tuned on social media to participate in our "12 Days of Giveaways" this holiday season. Be sure to follow us on Facebook and Instagram (@legacyvillage) and on Tik Tok (@legacyvillageoh) to stay in the loop about photo contests, holiday events, gift card giveaways, restaurant and retailer promotions, and more throughout the holiday season!

For those on your shopping list who are hard to shop for or 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!



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The Future of Ohio's Economy Will Hinge on Diversity and Creativity

by State Representative Kent Smith

For 7,600 Ohioans, September 2022 was a cruel month because that is how many jobs were cut by Ohio employers – the most of any state in the country. Ohio's economy has yet to be fully restored to its pre-pandemic levels, so let's focus on two things that will grow Ohio's economy: diversity and creativity.

Ohio and the American Midwest do two things really well: We feed the world and we build things. But how we do those things will change. We don't do them as a state, but as independent regions within the state.

Ohio's economy is different, region by region, and it must continue to be diverse.

For example, the economy of Columbus is different than the economy of Youngstown. To grow the economy across the state, we need to know what the sustaining "driver" industries are within each region. These are the

industries within the region that have gained worldwide market advantage, industries that are distinct and unique across the state. For example, Ohio is the leading state in the Boeing supply chain, but Boeing contracts are not for equal amounts across all 88 Ohio counties. They are focused in the Dayton and Cleveland regions because that is where aerospace has an economic foothold.

Creativity is how you find the next big thing. Innovation comes in 100 different ways. Oftentimes, it leads to the invention of something brand new (product

innovation) or combines existing products for new applications (process innovation).

A great example of process innovation was the combination of the inverted Roman coin stamp and the physics of the wine press to create the moveable-type printing press. Research shows that 77% of U.S. patents from 1790-2010 came from the combination of existing "things." The rate of change will never be this slow again and if Ohio does not strengthen its diversity and creativity, there will be more cruel months to come.

Ohio's economy has yet to be fully restored to its pre-pandemic levels, so let's focus on two things that will grow Ohio's economy: diversity and creativity.

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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Words Matter

By Jen Stern

Enough of the negativity, fear, and divisiveness. Enough of the distorted and hateful narratives, and the irresponsible use of power, social media, and media in general. We must elevate. We must look for, connect to, and honor the best in ourselves and in each other.

Compassion. Empathy. Respect. Honesty. Integrity. Words matter. The truth matters. The desire for all people to live safely with equal rights and access to health care matters. We must actively participate in the work of healing our divided country. Of caring. Of wanting our time in this world to be safe and meaningful for all.

This is an individual and shared responsibility. We can not afford to continue on this

irresponsibly divisive and hateful path. It is destructive and dangerous.

My soul is weary from all of the labels. The all-or-nothing categorization of individuals. The if/then assumptions. The need to win or be right at all costs ... Even our humanity.

“Labels are for filing. Labels are for clothing. Labels are not for people.”

– Martina Navratilova

I hope this holiday season brings the spirit of kindness and compassion to all of our lives and relationships – whether behind a screen or face to face.

We have a choice in every interaction to give the benefit of the doubt, to be respectful, to care, to connect to curiosity over judgment, and to stand beside and lift others.

I wish this for all. Happy Holidays!

“Labels are for filing.
Labels are for clothing.
Labels are not for people.”
– Martina Navratilova

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 and sign up for monthly posts.

Cuyahoga County Board of Elections Unofficial Election Results

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55 Pull-ups for 55 Years to Support the Wounded Warrior Project

By Debby Zelman Rapoport

Shelby Hersh, a BHS class of '85 grad, grew up with awareness about what it takes and sacrifices made to serve our country. His dad, Albert Hersh, 94, a Holocaust survivor, fled to the U.S. and served in the Korean War to become a citizen.

Shelby professed that he was never brave enough to join the armed forces. Nonetheless, he has always held great admiration for those who serve, saying, "Life is hard enough with two arms, two legs, and two eyes – without PTSD. Many people who serve do not have what so many of us take for granted."

To help enhance the lives of veterans, Shelby created a GoFundMe account to benefit the Wounded Warrior Project, whose mission is to honor and empower wounded warriors by raising awareness, helping injured service members aid and assist each other, and providing programs and services to meet the needs of injured service members.

"I created this fund with some skin in the game," Shelby told us. "My 55th birthday is on December 13, so I've opted to do 55 pull-ups to celebrate, and I ask for community support through pledges and donations.

"My dad and son (Julian) are two of my heroes. They have

both faced many challenges and prove to come out on the other side, no matter what they're up against," Shelby said. "They inspire me. Although I was never brave enough to serve, I'm quite good at pull-ups, so I'm using my ability to raise funds and awareness about this segment of our community. Fifty-five pull-ups is an insane amount for anyone – whether 25 or 55 years old!"

"As we roll into the holiday season, I ask each of you to consider how lucky you are and to reach deep into your pockets to support the Wounded Warrior Project and spread some joy their way."

Shelby, owner of Jo Hair on Chagrin Boulevard, attempted to do 50 pull-ups for his 50th birthday and made it to 49.

"I didn't train properly and couldn't muster the strength to do the last one," he said.

This time, Shelby's training is more strategic, with Julian joining him in this challenge. His dad; his wife, Lisa; his daughter, Olivia; and his daughter-in-law, Aubrey, will be cheering him on from the sidelines. He knows his late mother, Pearl, is cheering him on as well.

"When we complete this challenge on my birthday, Julian will be 27. If he does two pull-ups for each year of his age, he will do 54 to my 55," Shelby proudly told me while cutting my hair. "He has an amazing

ability to push himself and I'm confident that we will reach our goals together!"

For Shelby, failure is not an option. To insure his success, he even lost weight to lighten his overall load.

"As we roll into the holiday season, I ask each of you to consider how lucky you are and to reach deep into your pockets to support the Wounded Warrior Project and spread some joy their way," Shelby said.

To donate, visit www.tinyurl.com/FundWWP. For more information about the Wounded Warrior Project, visit www.woundedwarriorproject.org.



Shelby Hersh with two of his heroes – his dad, Albert, and son, Julian.

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The tree will be available for wishes from 5 to 9p.m. daily through December 25. In addition, at the top of every hour from 5 to 10 p.m. the tree will feature a dazzling light show.

MEET SANTA CLAUS

Don't miss your chance to meet the jolly man himself when he walks around Pinecrest this year. Be sure to let him know if you've been good or bad and what you hope to find under your tree this season. Snap a photo, post it on social media, and don't forget to tag us @discover_pinecrest!

Dec. 2, 4, 6, 7, 8, 12 & 13: Noon - 6 p.m.

Dec. 9: Noon - 5 p.m.

Dec. 5 & 11: 3 p.m. - 7 p.m.

SAY HI TO MRS. CLAUS

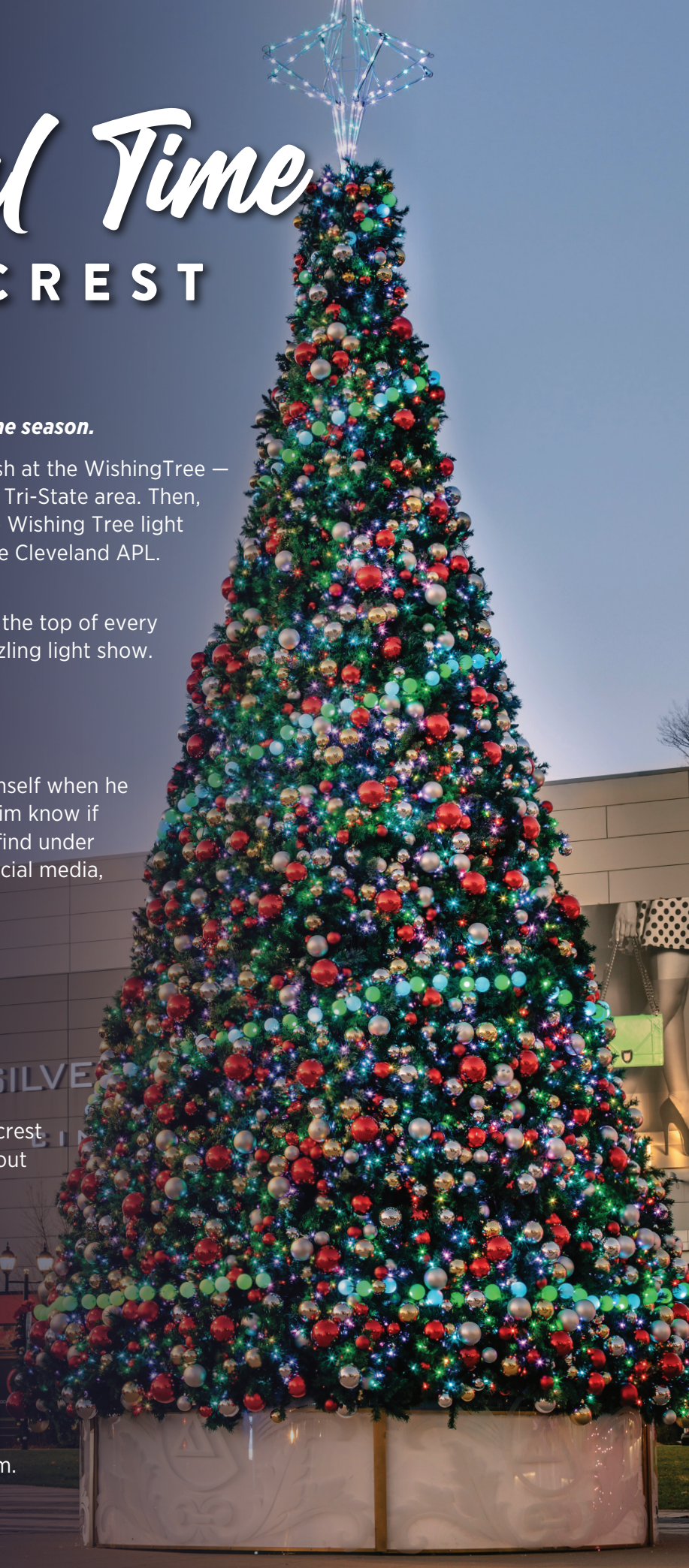
Santa's main squeeze will be walking about Pinecrest Wed. Dec. 14 through Fri. Dec. 23. She will hand out holiday cookies from Wojtila Bakery, surprising random shoppers with Pinecrest gift cards, and wishing everyone a happy holiday.

Dec. 14, 16, 21 & 23: 3 p.m. - 7 p.m.

Dec. 15, 17 & 22: 11 a.m. - 3 p.m.

LIGHT THE MENORAH

Join Pinecrest and Temple Emanu El on Dec. 19 at 6:45 p.m. and on Dec. 20, 21 and 22 at 5:30 p.m.





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BAKED by Abbie

Fruit Cake

According to *Redbook*, fruitcake has been around since ancient Roman times. Initially, it was composed of pine nuts, barley mash, pomegranate seeds, raisins, and honeyed wine. During Shakespearean times, this confection included meat, wine, sherry, fruit juices, sugar, and preserved fruits. After a while, the meat was eliminated (*phew!*), more fruit was added, and it became known as “plum pudding.”

British colonists brought fruitcake to America, where it became popular in places that did not have access to fresh fruit but where nuts were plentiful. The Collin Street Bakery in Corsicana, Texas, which originated mail-

order shipping of fruitcakes in 1913, remains one of the leading producers of this holiday treat. If fruitcake is the butt of jokes in your home, I encourage you to try this recipe. You may have a fresh outlook on this holiday treat!

I wish you and yours a very happy holiday season!

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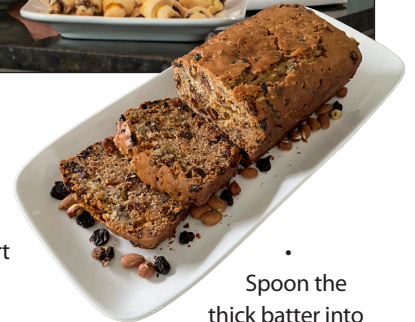
Recipe adapted from www.simplyrecipes.com.

Ingredients

- 1 teaspoon baking soda
- 1 cup sour cream/Greek yogurt
- 1 cup chopped dates
- 2 cups raisins
- ½ cup chopped dried cherries/sweetened cranberries
- 1 cup chopped walnuts
- 2 cups all-purpose flour, divided
- 1 stick unsalted butter, softened
- 1 cup sugar
- 1 egg
- Zest of one orange
- 1 teaspoon salt
- 1-2 ounces brandy/bourbon (optional)

Directions

- Preheat oven to 350°F. Line a 9-by-5-inch loaf pan with parchment paper hanging over the edges.
- In a small bowl, combine sour cream and baking soda. Set aside.
- In a medium bowl, combine dates, raisins, cherries and nuts. Toss with ¼ cup flour.
- In a large bowl, with either a hand or electric mixer, beat butter and sugar until fluffy. Mix in the egg. Add orange zest, then the sour cream/baking soda mix. Mix in the remaining flour and salt. Add the fruit-nut mixture. Mix batter well to combine evenly.



- Spoon the thick batter into pan, pressing down to even the top surface.
- Place pan in oven. Add a separate pan of water either on the rack underneath the cake or beside it to ensure more even, gentler baking. NOTE: Replenish water during baking, if it evaporates. If top browns too quickly, tent cake with foil.
- Bake for 1 ½ to 1 ¾ hours, or until a skewer inserted into the center comes out clean.
- Cool cake for 5 minutes before lifting out of pan using parchment paper edges. Cool completely before adding brandy, which adds moisture and helps cake last longer. Poke holes over the top before sprinkling brandy over top of cake.

Abbie Nagler Sender, a licensed, award-winning baker, is the owner of BAKED by abbie, a home-bakery that offers customized baked good with a Jewish twist. For more information, visit www.BAKEDbyabbie.com and like her Facebook business page, BAKEDbyabbieCLE.

Free For The Holidays?

Maltz Museum offers Free Events this Winter Season

The Maltz Museum will open its doors at no cost or low cost this winter during special holiday events. From celebrating Chanukah as part of its first-ever multicultural festival, with Jewish, Christian, and Muslim families; and making welcome cards for refugees and new immigrants on Christmas Day; to listening to the inspiring words of Cleveland native, Rev. Dr. Otis Moss III, on MLK Day, as he discusses his new book about the teachings of Martin Luther King, there will be several opportunities for community engagement with this Cleveland cultural hub, located at 2929 Richmond Rd., in Beachwood.

No-cost and Low-cost Happenings

Holiday Happiness: A Multi-Cultural Celebration

Sunday, Dec. 11 • 1:30 - 3 p.m. • Free with Registration

Everyone has a culture! This holiday season, young families are invited to explore the universal message of joy and peace across all faiths, cultures, and backgrounds through music, theater, art, and books. Cultural organizations from across Northeast Ohio will gather to share what they do to celebrate in winter. Enjoy a Chanukah story performed by Mandel JCC's Playmaker's Youth Theater, hear Christmas music and poetry from Antioch Baptist Church's youth, hear readings of peace from the youth at Chagrin Valley Islamic Center, learn about kindness from Horovitz YouthAbility, spend time in our multicultural story corner (sponsored by Beachwood Library, JHUB and PJ Library), and much more! Sponsored with additional support from Beachwood Mandel JCC and BravoNation.

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

Sunday, Dec. 25 • 11 a.m. - 5 p.m.

Bring a canned good donation and/or pay what you can toward Museum admission

Get into the giving spirit of the holiday season! Make a donation to explore the inspiring stories in the Museum's newest exhibition, *This Light of Ours: Activist Photographers of the Civil Rights Movement*, see the treasures and ritual objects in The Temple-Tifereth Israel Gallery, and share in the Jewish immigrant experience that makes up *An American Story*. The day also includes a chance to craft greeting cards to welcome new refugee and immigrant families coming to Cleveland. Canned goods will be donated to the Kosher Food Bank and the Greater Cleveland Food Bank. Presented by Friends of the Maltz Museum.

Mark Your Calendar: Watch for More Information Next Month!

A Community Event! Hear Our Voices: Annual MLK Day Celebration

Monday, Jan. 16 • 11 a.m. - 5 p.m. • Free and open to the public

Honoring International Holocaust Remembrance Day

What the U.S. Taught the Nazis: Deconstructing Nazism and Jim Crow South

Wednesday, Jan. 25 • 7 p.m.

Space is limited and reservations are always recommended. For more information on these and other Maltz Museum events and exhibitions, or to register for one or more programs, call 216.593.0575 or visit www.maltzmuseum.org.



FREE FOR THE HOLIDAYS?



The Friends of the Maltz Museum present: Christmas Day Can-Can

Sunday, December 25, 11am - 5pm

We're Open on Christmas Day!

Bring canned food or pay what you can toward admission and make greeting cards to welcome refugee families new to Cleveland.



Hear Our Voices: Annual MLK Day Celebration

Monday, January 16, 11am - 5pm

All day family friendly activities and public programs celebrating Martin Luther King Jr.

Register in advance at
maltzmuseum.org

Beachwood Rapper is Well-Versed

By Arlene Fine

While some rappers are making headlines for the wrong reasons, Beachwood rapper Ari Lesser, 36, is making his community proud. Ari began rapping while attending Cleveland Heights High School. During a lull in one of his classes, he wrote a Jewish “gangsta” rap.

“I shared it with friends as a joke and their reaction, ‘Oh man, that was tight,’ was encouraging,” he said. “That feedback motivated me to keep going. When I look back, the song was not good, but that initial positive feedback has kept me writing rhymes ever since.”

While a student at the University of Oregon, Ari rapped at rallies for social justice and sustainability and competed in poetry slams, where he shared his political fervor, rhymes, and highly refined memorization skills. He spent his summers traveling along the West Coast, performing at concerts and music festivals. After graduating from college, he moved to LA to record an album with world famous reggae artists who exposed him to King David’s Book of Psalms, which eventually proved to be highly influential on his music.

During this time, Ari visited Cleveland to record acoustic albums with his dad, Raymond Lesser. “My dad is a fabulous bluegrass and folk musician,” he said. “I rap the lyrics and my dad plays banjo and guitar. My rhymes are flexible and can easily be performed as bluegrass and folk music.”

In 2012, Ari took a Taglit-Birthright trip to Israel and stayed for a year. He enrolled in the Chabad Yeshiva Temimei Darech in Safed where, along with studying Torah, he formed a band and played with members of the Kabbalah Dream Orchestra. While in Israel, Ari developed a deep love of Torah

and began incorporating classic nigunim (improvised music with repetitive sounds) and Hebrew songs into his written and performed music.

For the past 15 years, Ari, now an Orthodox Jew, has traveled the world performing as a rapper and spoken word artist at synagogues, schools, celebrations, retreats, youth groups, and Jewish music festivals. He also teaches songwriting to members of the community who are interested in learning how to rhyme.

For inspiration Ari looks to King David. “He had the Billboard Top 150 for the last 3,000 years,” he quips. “His songs have survived through the millennia. I can write something that is outdated in a year, but King David’s work remains timeless.”

In recognition of King David’s songs and psalms, Ari is currently writing accurate rhyming translations of the King’s work. “King David’s written creations were intended to be performed, not just read,” he said. “He was a child prodigy, whose musical ability was discovered by King Saul, who requested a musician to sooth his spirit.”

Ari does not burn the midnight oil exclusively studying ancient biblical texts. Inspired by the musical *Hamilton*, he is also writing a rap hip-hop musical about King David, turning the King’s songs and psalms into a rhyming script. His musical will include numbers like *The David and Goliath Battle Rap*, and *David as a Shephard with a Bleet Box*.



Ari Lesser has performed internationally as a rapper and spoken word artist.

“This is the first play I’ve written so I’m out of my comfort zone,” Ari said. “But, *Hamilton* made me realize if you string enough of these songs together you have a whole show.”

Another project in the works is translating prayers in the siddur (Jewish prayer book) into rap. “I’m translating the verses line by line, making the words rhyme in English and using synonyms to keep the translation as close to the original meaning as possible,” Ari said. “In this siddur, there will be Hebrew on one side and my rhyming translations of the text on the other.”

These innovative projects take time and commitment because Ari constantly revises and edits his work. “I don’t rest until I make each verse perfect – syllable by syllable,” he said. “Every line must be sharp with the verses rolling effortlessly off my tongue. After much memorization and repetition, I reach a point where each song is locked in a file in my brain so I don’t have to think about the words when I perform.”

“I don’t rest until I make each verse perfect – syllable by syllable,” he said. “Every line must be sharp with the verses rolling effortlessly off my tongue. After much memorization and repetition, I reach a point where each song is locked in a file in my brain so I don’t have to think about the words when I perform.”

Additionally, Ari has produced four albums: *Kabbalat Shabbat*, *The Hippie*, *Tzfat Reggae*, *Acoustic Bluegrass*, and *Psalms of Ascents*.

Ari and his wife, Emuna, and their three young sons live in Beachwood.

Acoustic Bluegrass album cover





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MAYOR'S MESSAGE

The holiday season is here, and your gift list is possibly expanding while your time to shop is potentially shrinking. It's definitely a busy time of the year for many. I'd like to suggest a solution that benefits the entire community. Shop local. Shop Beachwood.

Many good reasons for this approach exist, and I'd like to share a few.

- **Money you spend here stays here.** According to several national studies, about 68% of every dollar spent at a local business stays within the community.
- **Local government receives more tax revenue.**
- **You can avoid crowds and exposures** that can cluster at big box retailers.
- **You'll find unique items.** Local businesses truly shine when it comes to holiday shopping. You can find cool, even one-of-a-kind items that you may not see from online retailers. Plus, when recipients unwrap your gift, you're helping that local business spread its name throughout the community and maybe deliver more customers to them.
- **You may be helping keep your neighbors employed.** Local businesses employ an estimated 77 million Americans, creating roughly two-thirds of all private sector jobs. Choosing to shop at our local stores keeps businesses open, it also helps all those workers stay employed. Maybe you have a child who wants to stay close to home with their seasonal employment? These businesses provide those opportunities.
- **Shopping local lowers your carbon footprint.** Driving a short distance to local shops cuts down on emissions from your car. You'll also use less gas than that required for a shopping trip to multiple big-box stores in holiday traffic. Shopping locally also eliminates the carbon footprint of delivery and packaging materials associated with online shopping.
- **You can eliminate worries about delays in shipping.** Worrying about whether gifts will arrive can be avoided by shopping local. Clogged ports, a thinly stretched trucking industry, labor shortages, higher demand and higher shipping costs are all impacting shipments of toys, electronics, apparel and more. When you shop at a local retailer, you can avoid these sources of stress.

• **You help create a sense of community.**

The more you shop local, the more you'll get to know our merchants, and they'll get to know you.

There's something nice about walking into a store where people greet you by name and provide exceptional service. It's something that strictly online retailers just can't offer.



We have many retail shops here in Beachwood, and during this holiday season, you might want to consider delighting your guests with special treats from one of our bakeries: **White Flower Cake Shop, Archie's Hough Bakery, The Red Velvet Cake and Crumbl Cookies.**

Beachwood Place also has many retailers that are unique to the Cleveland market such as **SoftMoc, Kate Spade New York, Saks Fifth Avenue, Nordstrom and Zara.** Other noteworthy retailers at Beachwood Place include **Altar'd State, Athleta, Madewell, JD Sports, Sephora, Akira, Alex & Ani, Coach, Lush, H&M and H&M Home.**

La Place Centre also boasts a wide variety of unique stores and family-friendly dining options. For an experiential opportunity to create gifts, **Cre8 Sparks** is a new, attractive space that offers a range of great options. Pavilion Shopping Center is another convenient location with a mix of stores like **GolfTEC, Verizon, Lane Bryant and Ross.**

Also, Beachwood's own **Design Center** offers fine custom furniture, exclusive fabrics, wall coverings, artwork, rugs and floor coverings, lighting, accessories and surface materials, all sources from more than 400 premium manufacturers.

No matter what you buy, by shopping locally, you're putting your money back into our community. That's a tremendous gift that keeps on giving throughout the year.

Mayor Justin Berns
MayorBerns@beachwoodohio.com

THE INSIDER



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EMERGENCY
Dial 9-1-1 or
216.464.1234

COUNCIL CONSIDERING INCENTIVES FOR MIXED USE DEVELOPMENT

A proposed \$200 million construction project at 3663 Park East Dr. (former Doubletree hotel property) could fulfill Beachwood's interest in revitalization of the site and transformation of it into a new mixed-use development to optimize land re-use and increase density. It's poised to be one of the largest mixed-use residential investments in Northeast Ohio.

This project compliments other new projects within the city including the expansion of Ahuja Medical Center and the new Porsche dealership located on Orange Place. At the request of the city, developer My Place LLC, owned by Chad Kertesz, is putting together a plan that has the potential to bring 400 luxury units and more than 913,270 square feet of new construction tied to this project.

Council is taking action on a public-private partnership in support for the project through non-school related Tax Increment Financing, a grant and loans.

"We want to be supportive of the overall project, partly because it dovetails with our goal to grow the overall tax base, to continue gaining new investment and to find creative ways to re-invest in new public improvements," states Mayor Berns.



Aerial plaza rendering by VOCON.

Mayor Berns also notes that Kertesz "has been willing to look creatively and work collaboratively with everyone here in our Administration and Council, and he understands the potential we believe a development like this can bring to the region and to the City of Beachwood."

City Planner George Smerigan has been involved with the planning and notes that "the architectural design that was presented by local firm VOCON has elements of what today's best mixed-use projects are delivering."



MAYOR
JUSTIN BERNS
216.292.1901



COUNCIL PRESIDENT
ALEC ISAACSON
216.291.2797



COUNCIL V.P.
ERIC SYNENBERG
216.401.0074



MIKE
BURKONS
216.832.6771



BARBARA
BELLIN JANOVITZ
216.406.5914



JOSHUA
MINTZ
650.464.6788



DANIELLE
SHOYKHET
216.212.9212



JUNE
TAYLOR
216.533.7640

HOW TO EMAIL YOUR COUNCIL MEMBER:

FirstName.LastName@beachwoodohio.com
Ex: alec.isaacson@beachwoodohio.com



POLICE MOURN LOSS

The Beachwood Police Department mourns the loss of one of its own. Lt. John C. "Chris" Atterbury, 54, of Willoughby, passed away Friday, October 21 at his home due to illness. He was an excellent officer, leader and a good man who dedicated 26 years of service to the Beachwood Police Department. He recently retired from his role as a Lieutenant and served as the Administrative Assistant to the Chief of Police. He will be greatly missed and our thoughts and prayers are with his family.



UPCOMING CITY MEETINGS

City Council:
December 5 at 7:00 p.m.
December 19 at 7:00 p.m.

Planning & Zoning:
December 8 at 6:30 p.m.

Architectural Board of Review:
December 5 at 4:30 p.m.
December 19 at 4:30 p.m.

WORK-LIVE-LEARN..THRIVE

SALUTE TO VETERANS

BY ROSEMARY NEMETH, BEACHWOOD HISTORICAL SOCIETY

On Sunday, November 6, the Beachwood Historical Society and City of Beachwood collaborated to celebrate Veterans. On the sun-kissed fall morning in the Beachwood Cemetery, four Veterans shared their amazing stories. Our Beachwood families and neighbors are deeply grateful to Veterans who defended our rights and protected our country, and on Veterans Day we say thank you to all Veterans for their service.



Retired Col. Joe Sarakaitis with WWII Fighter Pilot Jim Frolking.

The Ceremony opened up with City Council President Alec Isaacson reading a special Proclamation making November 6 a Salute to Veterans Day.

Retired Col. Joe Sarakaitis taught us to thank a Veteran whenever you see them at the grocery store or out and about. He said that we should not say Happy Veterans Day, but instead, say, "Thank you for your service."

Jim Frolking, WWII Fighter Pilot, 98 years young, enlisted in the Army right after the bombing of Pearl Harbor. He shared his experiences at Normandy Beach as well as his 51 successful missions. On his 52nd mission, he watched his plane spiral and crash as he ejected from the cockpit. Luckily, he was rescued by a Dutch family that hid him in their house from the Germans. His story is one filled with courage. Retired Beachwood Police Chief Gary Haba, 3rd U.S. Infantry (The Old Guard), shared what the word "sacrifice" really means. On Veterans Day, we want to remember how the soldiers – and their families – made many sacrifices.



Left to right standing: Barbara Bellin Janovitz, Josh Mintz, Detective John Finucan, Firefighter Mike Lucas, Firefighter Ben Welsh, Officer Jamey Appell, Joe Sarakaitis, Jim Frolking, Gary Haba, George Yourlojanis, Danielle Shoykhet, Alec Isaacson, Eric Synenberg

Left to right sitting: George Ray, Tom Kuskin, Burt Siebert, Moe Safenovitz, Andree Hassell, Al Muhile

Andree Marie Hassell, Private First Class Army, was a lab technician and blood specialist who helped soldiers during the Vietnam War. She enlisted because she saw all of her friends leaving to go and serve their country. She felt the call to duty as well.

Special thanks to the Boy Scouts and Girl Scouts of Troop 620 who decorated the graves of Veterans with flags; to members of the Beachwood Fire and Police Departments who formed the Color Guard; and to Jim Nemeth, who played taps at the end of the ceremony.

President Rosemary Nemeth of the Beachwood Historical Society shared, "Freedom is not free. It's important to listen to and share the stories of these Veterans."

In the words of President Ronald Regan, "Freedom is never more than one generation away from extinction. It is not ours by inheritance, it must be fought for, protected, and defended. It will be handed on for the next generation to do the same."

To our men and women in uniform – past, present and future – God bless you and your families. God bless America!



Andree Marie Hassell, Private First Class Army during the Vietnam War.



Retired Beachwood Police Chief Gary Haba, 3rd U.S. Infantry (The Old Guard).



Beachwood Cemetery honors Veterans.



Boy Scouts and Girl Scouts of Troop 620 with the Color Guard approaching.

WHERE BUSINESS IS BOOMING!

THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

UH EXECUTIVE HEALTH PROGRAM AT AHUJA MEDICAL CENTER

The University Hospitals' Executive Health Program provides company leaders with a comprehensive medical evaluation that's designed to optimize demanding schedules. The half-day schedule includes gender and age-specific physical exam, appropriate labs tests, fitness and nutrition assessments and ancillary studies, if needed. The majority of test results are available before patients leave. Using state-of-the-art facilities, the team of physicians create a customized plan tailored to patients' needs.

For clients of this program, the team follows up throughout the year to check on progress, answer questions and address any issues. Companies can work with UH to offer this program to their executive leadership and self-scheduling can also be achieved by contacting Staci Jarosz at UH Ahuja Medical Center at Staci.Jarosz@uhhospitals.org.

CUTTING EDGE BUSINESS

Science Theater Company recently relocated to Beachwood's Commerce Park, 23645 Mercantile Road, Suite M. The company provides virtual reality-based imaging to enhance surgical procedures with applications in the neurological, spine, lung and cardiac spaces. The company's



Anatomy through on-screen technology.

proprietary Precision XR platform is used by surgeons and patients to see a complete picture of the anatomy that's requiring treatment using 360-degree, 3-D technology.

This virtual approach to surgery, offering a stunning internal visual experience, allows for improved diagnostics and for pinpointing the best approach to surgery. For patients, it permits them better access to and comprehension of the intended surgery. With this information, patients can make a more informed decision about their health.

MAYORS' KINDNESS CHALLENGE

Kindland
JUST BE KIND®

A Friendly Competition Among Northeast Ohio Communities

1.) Do something kind! 2.) Share it on social media!
Use #KindlandBeachwood in your post!

Every act counts towards our total through Feb. 2023. Let's be the KINDEST COMMUNITY!

FOOT SOLUTIONS OPENS



Cara Kuhnle, owner of Foot Solutions at 3355 Richmond Rd.

Foot Solutions was formerly located in Woodmere, and the new owner of the franchise has relocated to Beachwood near where restaurant Blu operated, which will soon be the new home for Heck's restaurant. The store specializes in custom orthotics, insoles and footwear.

HOLIDAY SHOPPING

Save the date for these unique shopping opportunities at Beachwood Place.

December 10: City Ballet of Cleveland will perform excerpts from *The Nutcracker* with opportunities for photos with dancers including the Mouse King and Nutcracker characters.

December 17 and 18: Free gift wrapping will be available and on December 17, there will be holiday characters, giveaways, treats, elves, games and crafts. All details can be found at beachwoodplace.com.

Santa will arrive on December 23 in the Saks wing.

RIBBON CUTTING

Congratulations to Cleveland Primecare, Cleveland Primecare MedSpa and Great Lakes Physical Medicine on the opening of their new combined office space on two floors in the Water Tower building on Chagrin Boulevard. We are very fortunate to have these professionals in our midst to help our community members optimize their health, inside and out.

Dr. Miodrag Zivic and Dr. Eric Wolk are the founders and onsite practitioners who will provide all-in-one, private medical, health and wellness options. The doctors made a significant investment in this property, and for that and so much more, we are extremely grateful!



Left to right: Michelle Ryb, Dr. Eric Wolk, Dr. Miodrag Zivic and Mayor Justin Berns

DECEMBER RECREATION GUIDE

NEW SUMMER CAMP REGISTRATION PROCESS

Believe it or not, Beachwood Community Services is already planning a summer full of fun for your child! Summer camp registration will be going “green” with a new online process. The elimination of paper forms and documents will make accessing camper information easier and more efficient for camp directors and staff.



Registration Dates:
Monday, December 19:
Resident Registration Opens
Wednesday, March 1:
Non-resident Number Sign-up
Friday, March 3:
Early Bird Rates End
Sunday, March 5:
Non-Resident Registration

Everyone must submit their camper information form online through the website prior to any registration or payment. Following the submission of this form, you can then register in-person at City Hall or register completely online from home at your convenience.

Beginning Monday, December 12, camper information forms and camp specifics will be available at BeachwoodRec.com. Resident registration will open December 19. Early bird resident rates end March 3 and the final day for all camp registration is June 2. Outlined below is our new process for electronic camper information forms.

- Go to BeachwoodRec.com.
- Click on Summer Camps.
- Here you will find all your camp information and links to our necessary forms.
- All forms are fillable PDFs.
- Fill out your form(s) on the website and click submit (one form per camper).

Submitting forms does not mean you are “registered” for camp sessions, you are simply eligible to complete enrollment and pay online or in-person.

How to Register - Online Registration for Residents:

- Registration will begin Monday, December 19.
- Online registration cannot occur until after you have submitted the necessary online camper information form.
- Online registration is found at BeachwoodRec.com.
- You must have an online Beachwood Rec account already set up.
- If you do not have an online account set up, please call us and we will set it up for you over the phone at 216-292-1970.
- If you forgot your online account password, then please click the “forgot password” link.
- Steps to complete online registration once you log into your online account can be referenced at BeachwoodRec.com.

In-Person Registration for Residents:

- Come to City Hall from 8:00 a.m. to 4:00 p.m., Monday through Friday beginning December 19.
- We will pull up your camper information form that you submitted electronically to make sure it is completely filled out.

Registration for Non-Residents:

- Non-residents will also submit their forms through BeachwoodRec.com and follow the non-resident registration process listed at BeachwoodRec.com.
- Non-resident camp number sign-up begins March 1 and non-resident registrations begin March 5.

Registration is not complete until your electronic camper information form and payment are submitted.



Bison Camp enjoying a field trip at Clay's Waterpark.

BEACHWOOD ART GALLERY:

The Africa The World Seldom Sees Photo & Art Exhibit | December 21-January 6
Featuring the work of Dr. Bessie House-Soremkun. Reception on December 22 from 4:00-7:00 p.m.

COOKING CLASSES HEATING UP

A new program offering both youth and adult classes promises to be so good that you can taste it! Join LaDonna from Let's Cook as she brings her mobile kitchen to the Beachwood Community Center for monthly programs this winter. Participants will roll up their sleeves, get behind the stove to cook and enjoy their meal together at the end of class. Youth classes for ages 8 and up will include pizza in a pan on January 8, pasta pomodoro on February 12 and cashew cheese mac 'n' cheese on March 12. Adults can get cooking on January 25 for potato soup, February 22 for Tuscan gnocchi and March 22 for a special Irish night. Registration is currently open at BeachwoodRec.com or until classes are full.





Winter Guide Now Available!
 Visit BeachwoodRec.com

INDOOR PICKLEBALL

America's fastest growing sport is coming indoors to the Beachwood Community Center this winter. Never played? That's okay! Pickleball is a fun, social and friendly game with simple rules that combines elements of tennis, badminton and ping pong. Indoor play is open to all skill levels on Tuesdays, December 6 through April 25, from 6:00 to 8:00 p.m. There is a \$5 drop-in fee to play.



COMMUNITY COMPLIMENTS

"We absolutely love all the Beachwood events we attend, and we attend a lot. That is one of the main reasons we moved to the area, we saw the care and devotion that the Beachwood community provides for the residents and no other city can beat that. The family inclusion is a very big aspect. Feeding the kids is a big pain since neither one of them like to eat, and distracting them with the music, arts, crafts, movies and fun that you offer is a big selling point."

The Smilovich Family
 Beachwood Residents

"I so appreciate and respect how you have orchestrated and supervised all aspects of the Community Garden, first rate and first class."



Howard Steindler
 Beachwood Resident

YOUTH THEATER SHOWCASE

Beachwood's youngest stars were on display on November 5 and 6 for The Magic Toy Chest, a fall youth showcase by Beachwood Community Theater. This marked the very first performance for many members of the cast ranging from grades K-5. The performance was direct by Julie Matthews and Debi Lewin of Marquee Showcase Productions.



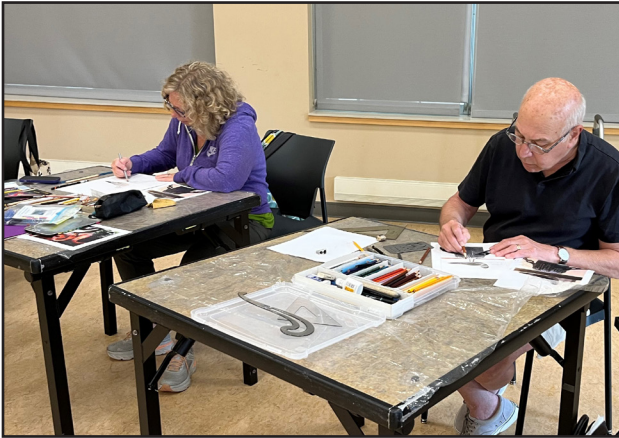
Charlotte W. as Rapunzel from "Tangled."



The cast worked on the show for seven weeks leading up to two live performances.

BEACHWOOD SENIORS

Learn more and register at
[BeachwoodRec.com!](http://BeachwoodRec.com)
Questions? Call 216-292-1970.



Seniors participating in the fall drawing class at the Community Center.

THE CLEVELAND ORCHESTRA

Friday, March 31, departure at 10:00 a.m.
Severance Hall in University Circle

Join us for a matinee featuring conductor Thomas Ades and violinist Pekka Kuusisto playing *Inspiration: The Tempest*. Seats are in the orchestra level and transportation is included. The cost is \$86 for residents and \$103 for non-residents. Register by February 17 at City Hall or BeachwoodRec.com.

THE TINA TURNER MUSICAL

Tuesday, April 25, departure at 6:30 p.m.
Connor Palace in Downtown Cleveland

The Tina Turner Musical is a jukebox musical featuring the music of Tina Turner and depicting her life from her humble beginnings in Nutbush, Tennessee, to her transformation into a rock 'n' roll star. Includes a ticket and transportation from the Beachwood Community Center. The cost is \$97 for residents and \$117 for non-residents. Register by March 17 at City Hall or BeachwoodRec.com.

DECEMBER SENIOR DAY OUT

Winter Wonderfulness

Thursday, December 15, at Noon (Register by December 7)

Beachwood Community Center

Residents - \$13, Non-Residents - \$16, Program Only - \$5

Warm up with Laura Lindauer, vocalist, and Marge Adler, pianist, and their upbeat selection of musical theater and winter songs. Meal choices include a roast beef sandwich or nicoise salad. All meals served with potato pancakes, dessert and a beverage. Register at City Hall, BeachwoodRec.com or call 216-292-1970.

JANUARY SENIOR DAY OUT

The Lost Restaurants of Downtown Cleveland

Thursday, January 19, at Noon (Register by January 12)

Beachwood Community Center

Residents - \$13, Non-Residents - \$16, Program Only - \$5

From humble and hungry beginnings, the city of Cleveland grew over centuries until it boasted a dizzying array of gustatory choices. City dwellers and travelers alike flocked to the eateries at Public Square and Terminal Tower, including the Fred Harvey restaurants with their famous Harvey Girls. A single block-long street, Short Vincent featured the Theatrical Grille, the longest-running jazz joint in the area. The walls of Otto Moser's were a veritable Hollywood roll call, and the New York Spaghetti House offered a complete dining and aesthetic experience. Join author Bette Lou Higgins on a historical tour of the restaurants that kept Clevelanders fed!

Meal choices include chicken lo mein or vegetable subgum. All entrees served with a vegetable egg roll, dessert and a beverage. Register at City Hall, BeachwoodRec.com or call 216-292-1970.

2023 OVERNIGHT TRIPS

Overnight trips are returning and planning is underway!

The first overnight trip is scheduled for May 21-26 in Tennessee.

Registration, information and more trip opportunities will be published at BeachwoodRec.com and in the *Beachwood Buzz* as they become available.

ALWAYS BE AN INSIDER, STAY CONNECTED!

Official Facebook Pages:

@BeachwoodOH
@BeachwoodPolice
@BeachwoodFire
@BeachwoodOHRec
@BeachwoodPublicWorks
@BarkwoodDogPark

Official Twitter Accounts:

@BeachwoodOH
@BeachwoodPolice

Beachwood eList:

Sign up at BeachwoodOhio.com



What to Ask at Your Next Well-Woman Visit

Yearly well-woman visits with your health care provider – often with an obstetrician/gynecologist (OB/GYN) – offer much more for your well-being than the pelvic exam and Pap test that likely come to mind when scheduling a typical annual exam.

Your OB/GYN, a physician who specializes in the care of women, can provide a wide range of health-related education, counseling, and services throughout your lifetime.

Depending on your needs at the time of the well-woman visit, you can address:

- Screenings, such as those for breast and cervical cancers and sexually transmitted diseases (STDs)
- Pregnancy prevention
- Prenatal, pregnancy, childbirth, and postnatal care
- Infertility evaluations and procedures
- Perimenopausal and postmenopausal care
- Surgery, including abdominal and vaginal procedures

“While OB/GYNs are specialists, they can also provide many primary care services, such as immunizations and blood pressure screenings,”

says Sandhia Varyani, MD, an OB/GYN at University Hospitals (UH) Ahuja Medical Center. “You can even work together to reach health goals, like starting an exercise routine, losing weight, practicing safe sex, having a healthy pregnancy, transitioning through perimenopause, and managing menopause.”

Track Your Health History and Symptoms

Talking about your health history is a key component of each well-woman exam. You may be asked personal questions about the following topics:

- Menstrual periods
- Sexual health and partners
- Health conditions that run in your family
- Current use of medicines, vitamins, and herbs
- Mental health history, including depression and anxiety
- Substance use, such as alcohol and tobacco
- Symptoms you’re

experiencing, such as nipple discharge, pelvic pain, or pain when urinating

- Coordination of care with your primary care provider

Just as important – be ready to ask your own questions!

“No topic is off-limits during a well-woman visit,” Dr. Varyani emphasizes. “Remember that your provider discusses sensitive issues every day.” Feel free to ask anything, including:

- Do I need any vaccines?
- How can I protect myself from STDs?
- What are my birth control options?
- How can I tell if my relationship is safe and healthy?
- Should I be concerned about my alcohol, tobacco, or other drug use?
- What can I do to maintain a healthy lifestyle?
- Where can I get help for depression (or another mental health issue)?

Consider writing your questions down before the day of your appointment. Record the answers at your visit. And remember, you can contact your provider after you leave if you feel confused or have new questions or concerns.

“The annual well-woman visit is meant to address some basic women’s health topics,” Dr. Varyani adds. “If you have health concerns beyond what is typically covered in a well-woman visit, be sure to schedule follow-up visits with your OB/GYN so we can spend dedicated time addressing those issues and putting an appropriate plan of care in place.”

University Hospitals has a large network of women’s health experts throughout Northeast Ohio. To schedule an appointment with OB/GYN & Women’s Health Services at UH Ahuja Medical Center, visit UHhospitals.org/womenshealth or call 216.966.1496.

New Women and Newborn Services Coming to Beachwood in 2023

Projected to open in the summer of 2023, UH Ahuja Medical Center’s Phase 2 expansion will bring the Steve and Loree Potash Women & Newborn Center, a family-focused home for expectant mothers and newborns, to the community. The center expects to deliver approximately 2,400 babies annually and will bring the trusted and collaborative care of UH Rainbow Babies & Children’s and UH MacDonald Women’s hospitals to the eastside, introducing maternal-fetal care and a full spectrum of labor and delivery services to the campus. To learn more, visit: UHhospitals.org/AhujaExpansion.



National Merit Scholars

Beachwood City Schools is proud to celebrate seven Beachwood High School seniors who earned the distinction of National Merit Semifinalist and Commended Students. Congratulations to the following students for their outstanding performance on the PSATs:



Netta Haas
Semifinalist



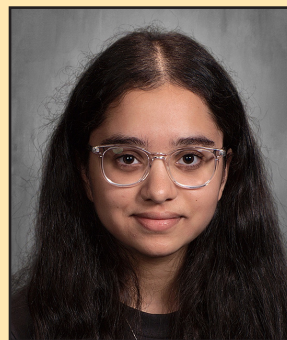
Kai Zheng
Semifinalist



Vincent Crenshaw
Commended Student



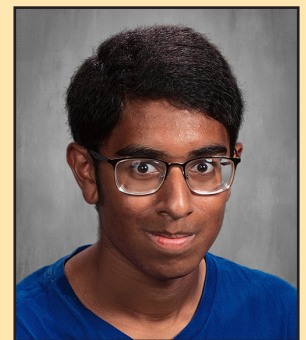
Maya Eisengart
Commended Student



Kaajal Krishnan
Commended Student



Rebecca Lawton
Commended Student

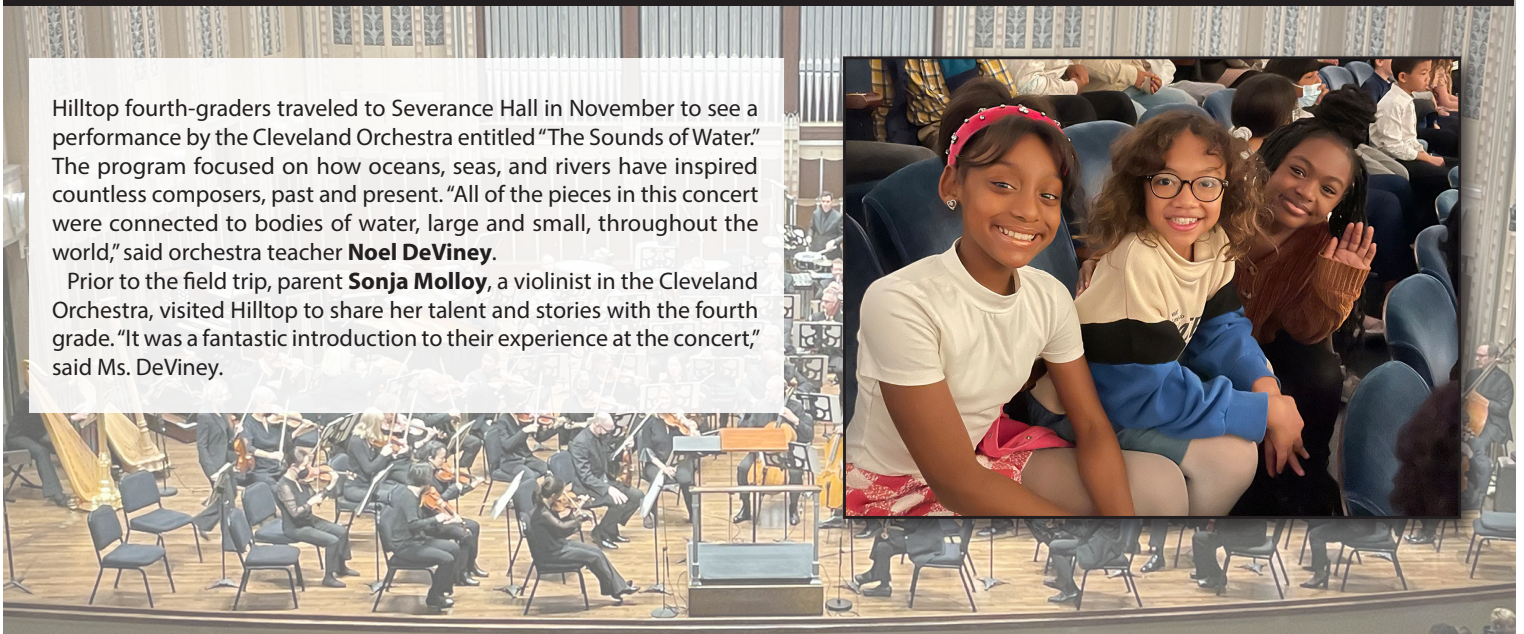


Dhruv Seth
Commended Student

Fourth-Grade Orchestra Field Trip

Hilltop fourth-graders traveled to Severance Hall in November to see a performance by the Cleveland Orchestra entitled "The Sounds of Water." The program focused on how oceans, seas, and rivers have inspired countless composers, past and present. "All of the pieces in this concert were connected to bodies of water, large and small, throughout the world," said orchestra teacher **Noel DeViney**.

Prior to the field trip, parent **Sonja Molloy**, a violinist in the Cleveland Orchestra, visited Hilltop to share her talent and stories with the fourth grade. "It was a fantastic introduction to their experience at the concert," said Ms. DeViney.



ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 2201 • rph@beachwoodschoools.org
 Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 2211 • mm@beachwoodschoools.org
 Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 2202 • kev@beachwoodschoools.org
 Jennifer Polak, Director of Pupil Services, (216) 464-2600 ext. 2215 • jpolak@beachwoodschoools.org
 Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 ext. 2207 • kth@beachwoodschoools.org
 Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 2208 • lhl@beachwoodschoools.org
 Lauren Broderick, Interim Administrator – Pupil Services, (216) 464-2600 ext. 2218 • ljb@beachwoodschoools.org
 Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 2210 • ks@beachwoodschoools.org
 Lauren Meade, Director of Communications, (216) 464-2600 ext. 2205 • lmeade@beachwoodschoools.org



National Honor Society Induction 2022



The Beachwood chapter of the National Honor Society welcomed 29 new members at a candle-lighting ceremony on October 19 in the Beachwood High School auditorium. Inductees must have a 3.7 grade point average on a 4.0 scale and 70 hours of community service.

“It is an absolute honor to induct these inspiring new students into the Beachwood chapter of the National Honor Society as they represent leadership, scholarship, character, and service,” said BHS Senior and Honor Society President **Kimia Adabi**.

Juniors

Iretimofe Akinyoola
 Allie Berns
 Sarah Berns
 Blane Ehasz
 Jack Felder
 Josh Fishman
 Jacob Goldman
 Somerlyn Hollimon
 Luke Jennings-Sanders

Nina Mayers
 Alexis Mercado
 Vivian Myers
 Eli Posa
 Veronica Schwartz
 Nishan Shrestha
 Evan Wang
 Anna Zhao

Seniors

Aayush Bhriugvansh
 Vincent Crenshaw
 Emily Clar
 Netta Haas
 Drew Keilin
 Michael Keselman

Avery Lonzer
 Jack Miller
 Hannah Plotkin
 Ana Ribeiro Duraes
 Erica Ward
 Jonah Wolfe

Elementary Facilities Update

The Board of Education is weighing two master plan options for ensuring the elementary facilities are future ready. These were narrowed from four options developed by the design team with community input.

One option would include updates to Fairmount for pre-kindergarten and the construction of two new elementary facilities—one at Bryden Elementary for grades K-2 and another at Hilltop Elementary for grades 3-5. The projected cost is \$64.9 million.

The second option would include renovations and additions to Fairmount for grades Pre-K through grade 2 and a new elementary school at Bryden for grades 3-5. This plan also would include redeveloping the Hilltop site into a community recreation park. The projected cost is \$58.4 million.

After gathering feedback from residents, the design team recommended these options to the Board at a public meeting held November 14. The Board is considering cost, construction timetables, impact to students, and community input as it decides on a final master plan option later this month.

GO ONLINE to view the **December community meeting schedule, read frequently asked questions, and share your input.**



November Professional Development

School was out of session November 8, but the learning continued for our staff. All District employees participated in sessions on “Adapting to Difference” designed to increase intercultural awareness and better serve our students. Topics included name pronunciation and naming customs, students’ religious and cultural traditions, supporting students and families with blindness and low vision, and LGBTQ students’ needs. Other highlights included CPR/AED training led by the University Hospitals EMS Institute and a vaccine clinic.

Board of Education NEWS

Recent Resolutions:

- Approved Resolution to Accept Resignation of Treasurer/CFO for Retirement
- Recommended Elementary Facilities Master Plan Options
- Approved Model UN Trip to Columbia University
- Revised Five-Year Forecast Presentation
- Extended Administrator/Supervisor Contracts

Upcoming Board Actions:

- Consider May 2023 Bond Levy for Elementary Facilities
- Approve School Calendars
- K-12 Consulting Treasurer/CFO Search

Board Meeting Calendar:

- December 12, 2022, 7 p.m.
- December 13, 2022, 7 p.m.



Calli Herold, Speech-Language Pathologist, and Jennifer Polak, Director of Pupil Services, practice the Sighted Guide Technique, during a session led by the Cleveland Sight Center.

Visit us at www.beachwoodschoools.org



www.facebook.com/BeachwoodBison



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

FALL SPORTS REVIEW

BEACHWOOD CITY SCHOOLS



BOYS SOCCER - The Boys Varsity soccer team enjoyed a record-breaking season, finishing with a 17-3-1 record and a 6-0 record in the Chagrin Valley Conference, earning them the CVC championship. Seventeen wins in a season is the most in school history. This team also had a 10-game winning streak—the longest win streak in school history. The team also won the Sectional and District Championships and finished the season as Regional Runner Ups. Coach **Brian Greene** (Class of '85) earned his 250th win as head coach and was named CVC Coach of the Year. Assistant Coach **Josh Lowe** was named the Greater Cleveland Scholastic Soccer Coaches Association's Assistant Coach of the Year and the Ohio Scholastic Soccer Coaches Association Assistant Coach of the Year. **Luke Bennett** (12) and **Grant Keilin** (10) were awarded 1st Team All District Honors.



Brian Greene



Josh Lowe

GIRLS SOCCER - The girls soccer team had a terrific season led by team captains **Taylor Blackwell** (12), **Briahna Golubitsky** (12), **Maya Greller** (12), and **Anna Zhao** (11). First Team All-District Honors went to **Taylor Blackwell** (12), and **Lilah Droeg** (9).

GOLF - The Bison Golf Team had a strong season, finishing second in the Chagrin Valley Conference with an overall 7-5 record. Leading the team was **James O'Neill** (12), a two-time CVC Most Valuable Player (2020 & 2021). He earned 1st Team CVC honors, and was a four-time CVC 1st Team award winner and a four-time District qualifier. CVC Honorable mentions went to **Ethan Malek** (9), **Jonah Wolfe** (12), and **Gavi Lappen** (9).



GIRLS TENNIS - Girls tennis, led by **Nia Brown** (12), **Arianna Preston** (11), and **Alexis Mercado** (11), finished fourth place in the Chagrin Valley Conference. CVC Honors went to **Charlotte Doughty** (9) and **Nia Brown**.

FOOTBALL - **Mar'Quis Pinkney** (12), **Uzonna Nzekwe** (12), **Mar'Tez Pinkney** (11), **Abdou Dieye** (11), and **Jake Burkons** (11) led the team during its first season under head coach Scott Fischer, as they all earned CVC and All District honors. Nzekwe had an impressive 130 tackles—averaging 13 per game—while Pinkney rushed for 1,078 yards and completed 16 touchdowns. **Uzonna Nzekwe** went on to earn 1st Team All District Honors.

CROSS COUNTRY - Bison cross country was led by **Vincent Crenshaw** (12), and **Caleb Berns** (12). CVC Honors went to **Vincent Crenshaw** and **Max Kuenzler** (11).

VOLLEYBALL - Volleyball was led by **Sepanta Entezari** (12), **Reese Muttillio** (12), **Madison Gray** (10), and **Rachael Fishman** (10). CVC Honors went to **Sepanta Entezari** and **Reese Muttillio**.

Inclusive Sports Day

Five Beachwood High school student athletes, **Sloan Harris** (11), **Briahna Golubitsky** (12), **Vincent Crenshaw** (12), **Sepanta Entezari** (12), and **Luke Bennett** (12) had the opportunity to volunteer at the Chagrin Valley Conference Inclusive Sports Day on September 28 in conjunction with Empower Sports. The volunteers worked with students with disabilities from various CVC schools at drill stations ranging from a football throw to soccer skills and relay races. "It felt really good being able to help kids and make a difference in their day," said **Sepanta Entezari** to CVC-TV.



Fairmount Early Childhood Center Preschool and Camp Registration

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

Preschool/Camp Parent Information Night

Thursday, January 12, 2023 • 7 p.m.

Preschool and Camp Registration

Residents

Wednesday, January 18, 2023 • 8:00 a.m.

Open Enrollment

Wednesday, February 8, 2023 • 8:00 a.m.

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2023 CAMPAIGN

Book Vending Machine Unveiled at Bryden

Students at Bryden Elementary have an extra reason to smile this year: a book vending machine courtesy of the Beachwood Schools Foundation. The book vending machine was unveiled amid squeals and clapping from students in grades K-2 during a ribbon-cutting ceremony held Monday, Oct. 17, at Bryden.

"We first and foremost want to thank the Beachwood Schools Foundation for their incredible, generous donation of the Bryden book vending machine," said Principal Arianna DeGeorge.

Every student at Bryden will have an opportunity this year to select a free book from the machine by earning tokens for showing kindness to others. The initiative is tied to Bryden's character education, which is based on the book *Have You Filled a Bucket Today?*, by Carol McCloud.

"We are all bucket fillers in this school," said reading teacher Michelle Mayer during the ceremony. "We all look out for each other, we are kind, and we make sure everybody's doing okay."

The Beachwood Schools Foundation generously donated the book vending machine through its Above and Beyond program, which raises money to enhance educational programming in Beachwood City School District. Together with the Beachwood PTO, the Foundation also purchased the books for the vending machine.

"We wanted to do something really special for the kids at Bryden," said Beachwood Schools Foundation Vice President Shana Wallenstein.

The ribbon-cutting ceremony was attended by members of the Beachwood Schools Foundation, Beachwood Board of Education, and the

Beachwood PTO. City officials included Mayor Justin Berns, and council persons Danielle Shoykhet and Joshua Mintz.

Marveling at the machine, Mayor Berns told students: "I'm sure all the kids who are older than you wish they had a machine like this to get books from."

"For us, there is probably no more important job that we have in school than to make sure a love and joy of reading is inspired very early on with our youngest students," said Superintendent Robert Hardis. "This vending machine is the perfect tool for us to do that."



Bryden Elementary School students celebrated their new book vending machine at a ribbon-cutting ceremony attended by Beachwood Schools Foundation board members Shubhada Rao, Caroline Rado, Melissa Arbuckle, Shana Wallenstein (vice president), Lauren Raff (president) and Raina Li, and PTO co-president Jen Ferns. Students are Cecily Rado, Melody Wang, Evelyn Arbuckle, Landon Ferns, Srijan Ithychanda, and George Li Vaughn.

Help Cleveland Heights High School Honor 50 years of Pioneering Holocaust-Themed Education Classes

Cleveland Heights High School was one of the first public schools in the country to offer Holocaust-themed education to its students.

On Sunday, April 16, 2023, the Heights Schools Foundation and various community partners, including the Maltz Museum, Kol Israel Foundation, the Jewish Federation of Cleveland, and *Cleveland Jewish News*, will honor

this milestone through a public commemorative event.

Alumni testimonials – either written or digital – will play a central role in the event. So will the creation of archival materials that reaffirm the critical importance of continued teaching – and learning of – Lessons of the Holocaust.

If you or someone you know participated in one of the *Journey of Conscience* trips led by Dr. Rabinsky, or took a Holocaust-themed class with Dr. Rabinsky, Sol Factor, Adrienne Yelsky, or Mark Sack, the Heights Schools Foundation committee wants to hear from you about how the trip and/or class impacted you.

To submit your testimonial by

December 30, 2022, please visit <https://heightsschoolsfoundation.org/lessons-of-the-holocaust/share-your-story/>.

For further information, please contact Heights Schools Foundation Development Consultant Abbie Nagler Sender at abbie@heightsschoolsfoundation.org or Marc Sack at m_sack@chuh.org.



Beachwood Arts Council's Harmony Art Exhibit

Now through Friday, Dec. 16
Beachwood Community Center

Enjoy the bold, colorful artwork of BAC board members Carolyn Frankel-Krieger and Marlene Benjamin. Board member Sharon Schlesinger's beautiful jewelry is also on exhibit. Marlene's originals will not be for sale. Prints for both artists will be available upon request.



From left:
Artwork
by Carolyn
Frankel-Krieger
and Marlene
Benjamin.

BAC Thanks its Sponsors for Supporting the Arts In Beachwood and Beyond!

Beachwood Buzz

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- J. Pistone Market • Lawn Doctor • Marshall Carpet One & Rug Gallery
- Mimi Vanderhaven Magazine • The O'Brien Law Firm LLC
- Ohio Arts Council • Paladar Latin Kitchen and Rum Bar
- VSD Realty, Jennifer Woomer

Jewish Federation of Cleveland Presents:

Chanukah Mitzvah Week • December 18-26

Share the Chanukah light as the Jewish Federation of Cleveland's Jewish Volunteer Network spreads joy and hope to at-risk populations throughout the Jewish and general Cleveland communities by participating in mini mitzvah challenges at home.



Winter Break Lunch Program • December 26-30

Back by popular demand! Individuals and families of all ages can volunteer with the Jewish Federation of Cleveland to help children in need during their school winter break.



For more information about these opportunities, please contact Lisa Hacker at lhacker@jewishcleveland.org.

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Second-Grade Student Starts Save-the-Earth Club

For 7-year-old Shin Hashiba, recess is a time to make the world a better place. That’s why, twice a week, he and a group of fellow second graders – armed with buckets, tongs, and a strong sense of purpose – form into a litter cleanup brigade on the playground. The small-but-mighty volunteers spend recess clearing away straws, gum wrappers, and plastic bottles that may pose a threat to wildlife.

Shin is the founder of Bryden Elementary’s Save-the-Earth Club, which has grown to roughly 50 members since its inception in September. He started the club after being inspired by a Mindset Monday lesson on the power to change. “I asked myself: How do I have the power to change?” said Shin. Shin went home and created a PowerPoint presentation for the entire second grade, educating his peers about practical ways they can do their part for the planet. His presentation ended with a simple, yet powerful, message: “If we work together, we fix something together.”

His teacher, Ellen Margulies, called Shin a true leader. “Shin helped his peers discover the importance of their environment,” she said. “That’s life changing.”

In keeping the playground tidy and litter-free, Shin is learning that small changes can make a profound difference.

“I want to spread the club to the whole state, the whole country, and the whole world,” Shin said.



Bryden Elementary Save the Earth club members Jason Kao, Gryffin Wu, Johnny Zhai, Ashvik Singh, Natanel Gelshteyn, Shin Hashiba (founder), Claire Matthews, Patrick Srithai, Dominic Licatalosi, Kelly Reiner, Sam Andrus, and Adrian Cang volunteer their recess time to clean up litter around the playground.

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“I want to spread the club to the whole state, the whole country, and the whole world,” Shin said.



Second-grader Jason Kao (*far right*) uses tongs to pick up trash with fellow club members Griffin Wu (*left*) and Johnny Zhai (*middle*). All three boys joined the club shortly after hearing Shin’s presentation to the entire second grade.



Save the Earth Club Founder Shin Hashiba, age 7, delivered a PowerPoint presentation to the entire second grade to educate his peers about practical ways they can do their part for the planet.



For more school news and updates, visit beachwoodschoos.org and click on “District News.”



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Kids Hold Sweet Fundraiser for Kosher Food Pantry

Who can resist buying a colorful cup of fresh lemonade from adorable kids, especially when they're selling it to raise money for charity? Beachwood residents Rosie Mandel, 9, and her brother, Gideon, 6, created their own lemonade stand, complete with handmade signs indicating the proceeds would benefit a local kosher food bank.

Along with their grandparents, Bruce and Rita Mandel, who also live in Beachwood, the two young philanthropic entrepreneurs recently delivered a \$100 donation to the Cleveland Kosher Food Pantry (KFP) at 2004 S. Green Rd., in South Euclid.

Tamara Witkes, KFP pantry director, welcomed the four Mandels and described to the children how the money they raised would help provide food to people who couldn't afford to buy it for themselves.

Tamara Witkes, KFP pantry director, welcomed the four Mandels and described to the children how the money they raised would help provide food to people who couldn't afford to buy it for themselves.

"They did such an amazing, sweet mitzvah (charitable act or good deed)," Tamara exclaimed as Bruce and Rita beamed with pride.

KFP is a partner agency of Greater Cleveland Food Bank and one of the busiest food-relief sites in Northeast Ohio, providing food for more than 5,000 people each month. Volunteers pack bags of nutritious fruits, vegetables, eggs, canned items, dry goods, bread, and other items every week, which are distributed by door-to-door deliveries to seniors in their

apartment buildings and by drive-thru pick-ups for families.

Tax-deductible donations are appreciated and can be sent to Cleveland Kosher Food Pantry, 2004 S. Green Rd., South Euclid, Ohio 44121 or made securely online at kosherfb.org/donate. For more information, call KFP at 216.382.7202.



Bruce, Gideon, Rita, and Rosie Mandel at Kosher Food Pantry.

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Fairmount Temple's Pet Blessing

If you heard a lot of barking from Fairmount Temple on October 23, there was good reason. The Beachwood Temple hosted its first pet blessing gathering, which was attended by more than 70 people and dozens of pets, mostly dogs, and one bunny. In a special blessing led by Rabbi Muhlbaum, she shared: "We ask your blessing on these assembled pets, these creatures that bring us joy, and love, and purpose. They are our cherished companions, members of our families, and we hold them dear."



Betsy Markey (top), and Asmita, Janavi (who teaches art at Fairmount Temple's Religious School), and John Goldblum were among those who took their pets to be blessed at Fairmount Temple.



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National School Psychology Week

Beachwood City Schools recently celebrated National School Psychology Week. This year's theme, "Together We Shine," highlighted the power of coming together as a school community to find purpose and possibility.

School psychologists wear many hats. They provide direct support and interventions to students; consult with families, teachers, and mental health professionals to improve support strategies; collaborate with administrators to improve school-wide practices and policies; and partner with community providers to coordinate services.

Beachwood City Schools is fortunate to have three hardworking and compassionate school psychologists: Julie Jameson, Christin Weyn, and Kevin Kemelhar, all of whom create supportive learning environments for students, possess a wealth of knowledge, and are tremendous resources for our district.



From top: Beachwood school psychologists Julie Jameson, Christin Weyn, and Kevin Kemelhar.

Tail Waggin' Tutors Builds Excitement about Reading

Students at Bryden Elementary practiced reading with furry, four-legged study buddies from Tail Waggin' Tutors on Friday, Oct. 14. The goal of the program is to provide a relaxed, "dog-friendly" atmosphere to nurture children's literacy skills, love of reading and social-emotional development.

Bryden reading teacher, Elizabeth Johnson, said, "This was such a joy to see our students so excited to read, and their confidence soared!"

Pictured: Second grader Shannon Williams reads to Arlo, an eager and attentive book hound from the Therapy Dogs International's "Tail Waggin' Tutors" reading program.



Heather Schlang to Receive Prestigious Irene Zehman Volunteer Award

Recognized for "Highest Ideals and Practices of Volunteer Service"

The Jewish Federation of Cleveland recently announced that Heather Schlang is the 2022 recipient of the Irene Zehman Volunteer Award.

Each year, the Federation recognizes a Jewish woman or group of women who demonstrate the highest ideals and practices of volunteer service on behalf of the Jewish and/or general community. Schlang, a community volunteer and chair of Share What You Wear (SWYW), a project of the National Council of Jewish Women/Cleveland (NCJW/CLE), was recently honored at the Federation's Women IN Philanthropy MaIN Event.

SWYW collects then distributes curated bags of clothing and toiletries to children in need or in crisis through school and agency social workers. Combining Heather's work ethic, which developed as an Ohio farm girl, and a degree in business administration from Baldwin-Wallace College, Schlang works to reengineer NCJW/CLE projects to meet community needs. Inspired by her hardworking parents and philanthropically minded in-laws, she sought a place where she could make a difference through direct community engagement. NCJW/

CLE was an excellent fit because of the organization's grassroots spirit and community connections.

"Share What You Wear is a passion project of mine because providing kids in need with clothing that is curated to their preferences boosts confidence and their sense of normalcy. When wearing an outfit that is comfortable and stylish, kids can go to school and feel like they're part of their community," said Heather. "I am so honored to receive this award. The past award recipients have done phenomenal work and I'm humbled to be selected."

The Irene Zehman Award was established in 1980 by Roslyn Z. Wolf and Judith Z. Sherman, both of blessed memory, in honor of their mother, Irene Zehman, who devoted much of her life to giving back to the community through volunteering. Recent recipients of the award include Shoshana Dessler Jacobs, co-founder and executive director of Israel Medical Fund; Mariely Luengo, founder of the West Side Community



Heather Schlang, 2022 recipient of the Irene Zehman Volunteer Award.

Food Co-op; and Judith Wolkoff, an active volunteer with The Transplant House of Cleveland.

"Heather is focused on helping those who are vulnerable but does it in a way that is dignified, caring, and compassionate," said Jennifer Cohen, Women IN Philanthropy chair. "That is what Women IN Philanthropy represents – helping others to make our community stronger."

The MaIN Event recently took place at Green Road Synagogue (2437 S. Green Rd., Beachwood). In addition to honoring Heather, guests heard from Carol Leifer, an award-winning comedy writer for *Seinfeld*, *The Larry Sanders Show*, *Saturday Night Live*, *Modern Family*, *Curb Your Enthusiasm*, and *Hacks*.

To learn more about getting involved with Women IN Philanthropy, visit www.jewishcleveland.org/women.

Addressing Issues That Affect Seniors

As January nears, some of us begin to think about resolutions and finding ways to improve our health and wellbeing. It's the perfect time to engage in healthy behaviors, try something new, and renew our commitment to aging well.

"Be mindful of stress," Dr. Jessica Coleman, Menorah Park's vice president of Medical Affairs, advises. "Stay active! Do something daily to exercise both your body and mind."

Seasonal affective disorder is a type of depression that is related to changes in seasons, most commonly fall and winter. Those affected may experience fatigue, changes in mood and/or appetite. "Social engagement, physical activity, a healthy diet, and good sleep hygiene are the best ways to combat depression," Dr. Coleman said. "Depression can be dangerous and is treatable. Your healthcare provider is the best place to start."

Cognitive decline is another area of concern for seniors. Dr. Coleman suggests engaging in a variety of activities to stimulate all parts of your brain and challenge your ability to think. Examples include practicing yoga, learning or brushing up on a language, taking an art or photography class, and volunteering. If you are already participating in these sorts of activities, try adding a few new ones from time to time or increasing the level of challenge. Being socially engaged and exercising is also important. "Walking with a group is a great way



Dr. Jessica Coleman, Menorah Park's vice president of Medical Affairs

to get exercise and social interaction at the same time. Taking the most advantage of the variety of opportunities and choices you find in your community will add up to healthier brain function. That's why, at Menorah Park, we offer dozens of opportunities for social and learning experiences each month for residents, their guests, and program participants."

Cognitive decline is another area of concern for seniors.

Dr. Coleman suggests engaging in a variety of activities to stimulate all parts of your brain and challenge your ability to think.

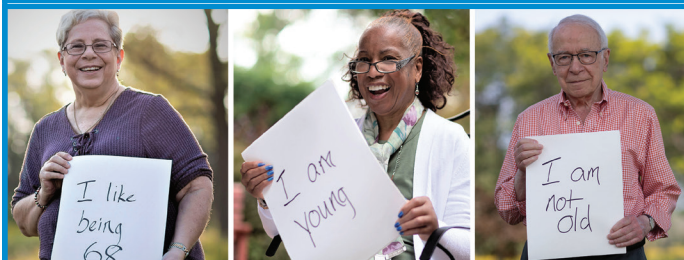
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MAGAZINE

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Free Book Program for Children Speaks Volumes

By Arlene Fine

Paging all parents and caregivers of children under 5. It's time to sign up for Dolly Parton's Imagination Library – a free, exceptional opportunity to help children develop a lifelong love of reading.

The Imagination Library mails a complimentary brand new, high quality, age-appropriate book to enrolled children each month. The program is totally free, with no income restrictions, and is now available to every child in Ohio from birth through age 4.

With much loved titles like *The Little Engine That Could*, *A Snowy Day*, and *Llama, Llama Red Pajama*, each book is designed to encourage parents to read aloud to their children and to help spark their imagination, curiosity, and love of learning. Over the course of enrollment, a personal library of as many as 60 cherished books is created, helping form the foundation of a child's early reading experience.

Joan Spoerl is the director of the Imagination Library for The Literacy Cooperative, which manages the program throughout Cuyahoga County. Although more than one million high-quality custom printed books have been mailed to more than 50,000 Cuyahoga County children, including many Beachwood preschoolers, Joan feels those numbers are too low.

"We need to reach those children under 5 who are

missing out on this important brain building opportunity," she said. "Reading to a child in infancy provides literacy enrichment during the critical window of opportunity for language development, and sets a strong foundation for success in school and life. Studies show that the number of books in the home directly predicts reading achievement. Children who grew up surrounded with books reached a higher level of education than those who did not."

Another benefit of this program is reducing youngsters' screen time. "Children should not be staring at digital media before the age of 2, and after that the time should be limited and monitored for quality," said Joan. "Staring into space is better for a young child's brain development than staring into a screen."

A 2021 survey of Imagination Library families in Cuyahoga County confirms national studies. Overwhelmingly, these parents are reading more frequently with their children, children are asking their parents to read with them more often, and the longer a child is enrolled in the program,

the more skills they have for kindergarten readiness.

"Young children learn best through high quality interactions with real people and objects, and they love attention from their parents and caregivers," said Joan. "We know that when an adult and child read together, it promotes a social-emotional bond and that creates a positive association with reading."

"We need to reach more children missing out on this important brain building opportunity."

– Joan Spoerl

Dolly Parton's staff work nine to five to provide the infrastructure for the Imagination Library. This includes creating a customized flap in every book that contains a reading guide for parents to follow. However, The Literacy

Cooperative must find funders to keep this program going in Cuyahoga County.

"Fortunately, Cuyahoga County Council, the Ohio State Legislature, foundations, and local community partners have provided funding so far, but we are always looking for additional funds as the program expands and our expenses grow," said Joan. "We also welcome volunteers who can help us locate more subscribers, especially grandparents raising young children who would benefit from a free book delivered every month."

In addition to free children's books, families enrolled in Imagination Library receive regular emails from The Literacy Cooperative, which shares useful parenting tips and valuable resources in the community.

"This program is a win-win for everyone," said Joan.

To sign up for Dolly Parton's Imagination Library, visit <https://imaginationlibrary.com/check-availability>.

To contact The Literacy Cooperative to find out more about the Imagination Library, or to donate or volunteer, visit www.literacycooperative.org or call 216.776.6186.



Joan Spoerl, far right, with Dolly Parton, center, celebrating the success of Imagination Library at a recent event in Columbus.



Eastside Blades – Save the Date!

On February 4 and 5, 2023, the Shaker Figure Skating Club will host the Ohio High School Team Figure Skating Championships at its Home Rink, Thornton Park Ice Rink, owned and operated by the city of Shaker Heights. The Eastside Blades team, composed of Beachwood and Orange skaters, includes:

- Allie Berns, 11th grade
- Sarah Berns, 11th grade
- Veronica Schwartz, 11th grade
- Mara Glazer, 10th grade
- Lorena Tovanche, 9th grade
- Sophia Oleski-Nagy, 9th grade

- Anna Tonyushkin, 9th grade
- Lucy Chaisson, 8th grade
- Hazel O'Neill, 8th grade
- Dominik Herjan, 6th grade
- Abby Gourley, 6th grade
- Avery Feuerman, 7th grade
- Jacob Isaacson, 6th grade
- Maria Tonyushkin, 6th grade

The event is free, and there will be a dedicated section in which to cheer on the Eastside Blades team.

Also, please save the date for May 5 and 6 for the Shaker Spring Ice Spectacular!



The Eastside Blades '22 team strikes a pose off the ice. To see them in action, come support the team at this free community event.

December Library Listings

These are select programs. All event listings can be found at <https://cuyahogalibrary.org>. In observance of the Christmas and New Year's holidays, the library will be closed on December 24, 25, and 31, and January 1.

Toys for Tots Annual Toy Drive

Donate a new, unused toy, unwrapped, at the Beachwood Library through Friday, Dec. 9.

Through the Eyes of the Artist – The Art of the Logo

Friday, Dec. 9 • 10 - 11 a.m.

Art historian Felicia Zavarella Stadelman will present a program about the art of marketing and branding. To register, visit <https://attend.cuyahogalibrary.org/event/7235402>.

Japanese Art: Humble and Bold

Monday, Dec. 12 • 2 - 3 p.m.

This virtual art program will explore Japanese culture across various media and forms. To register, visit <https://attend.cuyahogalibrary.org/event/7159904>.

Tuesday Book Chat

Tuesday, Dec. 13 • 7 - 8 p.m.

Enjoy a discussion of *The Violin Conspiracy*, by Brendan Slocumb. Registration is not required.

Third Thursday Book Discussion

Thursday, Dec. 15 • 2 - 3 p.m.

Join us for a virtual discussion about *The Night Watchman*, by Louise Erdrich. To register, visit <https://attend.cuyahogalibrary.org/event/7180946>.

Blood Drive

Saturday, Dec. 17 • 10 a.m. - 4 p.m.

Give the gift of life. To register, please call 1.800.733.2767 or visit www.redcrossblood.org.

Knit and Lit Knitting Group

Monday, Dec. 19 • 6:30 - 8 p.m.

Join us for knitting and informal chats about what everyone is reading. To register, visit <https://attend.cuyahogalibrary.org/event/5592590>.

Book Discussion

Wednesday, Dec. 21 • 2-3 p.m.

Enjoy a discussion of *The Night Watchman*, by Louise Erdrich. To register, visit <https://attend.cuyahogalibrary.org/event/7180794>.

Children's Programming • To register, call 216.831.6868 or visit <https://attend.cuyahogalibrary.org>

Art Explorers

Grades K-5

Thursday, Dec. 1 • 4-4:45 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 is required.

Adapted Storytime

Ages 3 – 5 years with caregiver

Friday, Dec. 2 • 2-3 p.m.

Children with varying learning styles and abilities will learn together in a safe, supportive environment where respect and appreciation for differences is encouraged. Registration is required.

STEAM Club

Grades 2-5

Tuesday, Dec. 13 • 4-5 p.m.

Join us for fun monthly STEAM activities!

Hebrew Language Storytime

Wednesday, Dec. 14 • 4-4:30 p.m.

Enjoy stories and songs in Hebrew and English. Presented in collaboration with the Mandel Jewish Community Center.

Picture Book Pals - Family Book

Grades K-2

Wednesday, Dec. 14 • 6:30-7:15 p.m.

Help your children develop a love of reading as we read, talk, and make crafts around excellent picture books. December's title is *The Book With No Pictures*, by B.J. Novak.

Chinese Language Storytime

Wednesday, Dec. 21 • 4-4:30 p.m.

Join us for stories, songs, and rhymes in Mandarin Chinese and stay for playtime after. Presented in cooperation with the Chinese Academy of Cleveland.

Winter Family Fun

Friday, Dec. 23 • 10-10:45 a.m.

Tuesday, Dec. 27 • 2-2:45 p.m.

Join us on either date and discover the wonders of winter with hands-on activities, crafts, and stories.



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Cleveland Shops

Cleveland Shops will kick off its first annual Cleveland Shops Week, December 5-10, in a big way. It's one big deal for shopping small!

"When we talk about shopping local, it's important to keep in mind that local retailers are our neighbors who offer unique items that are selected with great care," said Gordon Geiger, owner of Geiger's and Cleveland Shops president. "They support Little League and softball teams, consistently donate to local organizations, and are the flavor of the community. They also financially benefit our community. No big-box retailer or e-tailer can make these claims."

Cleveland Shops is giving away \$1,000 in Cleveland Shops gift cards. Plus, each of the following member retailers will offer a \$100 gift card to their store.

- Alson Jewelers
- Buy Rite of Beachwood
- Cara's Boutique
- Casey's Irish Imports
- Geiger's
- GV Art + Design
- Jewelry Art
- Kilgore Trout
- Knuth's
- Lion and Blue
- Mar-Lou Shoes
- Marshall Carpet One
- The Tea Lab

To qualify to win, shoppers must visit participating member locations and complete an entry form. No entries will be accepted online. One winner will be selected for the grand prize. For complete details and a listing of all Cleveland Shops members, visit www.clevelandshops.org.



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StoryWalk®

The December StoryWalk® is *The Thank You Letter*, by Jane Cabrera. This story is perfect for starting conversations about gratitude – both for tangible gifts and for the little things we don't always stop to appreciate. The sweet story encourages young readers to focus on positivity and share it – to write letters of their own to family, friends, and loved ones and share their joys.

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 Anne.



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About the Women & Newborn Center

Designed to exceed the highest standards for quality, expert care while meeting the unique needs and delivery preferences of patients and families. From natural, drug-free births and midwife-assisted water labor to births requiring advanced care, the Potash Women & Newborn Center will accommodate a variety of birth scenarios. As a family-focused home for expectant mothers and newborns, the center will include:

- Maternal-fetal health services
- Labor and delivery services
- Neonatal intensive care unit
- Family gathering spaces
- On-site surgical suite
- Prenatal and postnatal care



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