

# Beachwood Buzz

February 2023

ent. Every Business. Every Month.

MAGAZINE

## Armond BUDISH

*Thank You for Your Service!*



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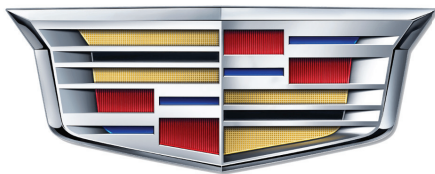
Ad Section Starts on Page 39

The graphic features a light blue background with various summer-themed icons: a watermelon slice, a life preserver, a camera, a pair of sunglasses, a crab, and an ice cream cone.

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*Here's to the next 50!*



**A**s we welcome February, thoughts go to my mother, Harriet Zelman. February 9 marks one year since she passed. November 30 through February 9 are difficult, with many thoughts focused on loss. My sister, Darcy Alter, passed away on November 30 (2015) ... which rolls into the holidays ... followed by Mom's birthday (December 30) ... then by Darcy's birthday (January 6) ... and Mom's passing.

Along with deep feelings of loss, I reminisce and feel their love.

Everybody experiences loss. Nobody's immune. Life is fragile and nothing is guaranteed to anyone. The best we can do is make the most of each day, recognizing what we truly want and taking steps to get closer to our true desires.

What is it that you truly desire?

I believe in the power of the universe and that "energy flows where attention goes," a quote by Tony Robbins, entrepreneur, #1 *New York Times* bestselling author, and life and business strategist. He expands his quote to read, "Where focus goes, energy flows. And where energy flows, whatever you're focusing on grows."

This works both ways. If you focus on gratitude, you'll feel more grateful; if happiness, you'll feel happier; if contentment, you'll feel more content. On the other hand, if you're angry, more anger will come your way, and if you're jealous, more jealousy will follow. Therefore, if you want abundance – in anything – that's where your focus needs to go.

Where is your current focus?

Mine is on balanced mind, body, and spirit – along with a cabin on a lake with Adirondack chairs! When I put my vision out to the Universe, along with daily actions to support it, its reality becomes clearer ... And I fully believe that the cabin will manifest itself once my vision (warmer climate, blue skies) becomes clearer. I welcome input!

Last month, I completed a 21-day manifestation program with Gabby Bernstein, another #1 *New York Times* bestselling author who trains people to live in alignment with their true visions. Each day, she provided information to help participants release limiting thoughts and beliefs, and nourish possibilities. Through meditation, journaling, and belief, Gabby teaches that the Universe has your back, which is also the title of one of her books.

In Gabby's books, podcasts, and challenges, she shares:

#### 1. **The Universe always delivers**

Every thought we have is a message we send to the Universe and the Universe is always responding to our thoughts, energy, and emotions. Therefore, what we put out we will receive back – whether or not we want it.

#### 2. **It's good to feel good**

One of the biggest blocks to attracting what we want is resistance to feeling good. We often live in fear to protect ourselves from being disappointed, hurt, or triggered. We benefit when we welcome worthiness and happiness.

#### 3. **The more we tune in, the more we attract**

Many people believe that we need to push and control to get what we want in life. Pushing is one of the greatest

blocks to manifesting. To attract what we want, we have to have faith, tune our energy to love, and allow the Universe to catch up with our dreams. When we learn how to cultivate a presence of peace, stillness, and inspiration, we get into alignment with the flow of well-being and attract what we desire, including more well-being.

#### 4. **Fun is the destination**

Joy is the most powerful vibration we can embody. When we calibrate our energy to the experience of joy, we become a magnet for whatever we think about. Going hand-in-hand with joy is appreciation. When we're in a state of appreciation, we actively create more of what we want and let go of resistance.

#### 5. **Put out what you want to receive**

Once we clarify our desires through the power of intention, there are many fun, creative ways to co-create with the energy of the Universe, such as visualization or creating a vision board.

So, I ask again, *what do you truly desire?* What messages are you sending to the Universe and what can you do today to get a little bit closer to manifesting this desire? Dr. Wayne Dyer wrote, "You'll see it when you believe it."

I encourage you to believe! Optimism will attract more optimism, and love you feel for yourself will attract more love.

Be sure to read Jen Stern's column on page 16, which is about self love ... Something we can all embrace during the month of February and beyond.



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# The Beachwood 100 Annual Fundraising Campaign

Supporting the Safety Forces that Protect Our Community



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## About The Beachwood 100

The Beachwood One Hundred, incorporated in 1969, is a group of caring citizens whose annual tax-deductible dues are used solely to create a contingency fund to aid the police and fire safety forces of the City of Beachwood in time of personal emergencies. The organization is run 100% by volunteer citizens.

## Please Join Today

Help Us Further Our Mission of:

- Awarding annual academic scholarships to children of our Police and Fire Department personnel
- Assisting the city's safety forces and their families with loans or donations when unforeseen personal emergencies occur
- Supplying safety and fitness equipment to the city's first responders

**SPONSORSHIP OPPORTUNITIES AVAILABLE  
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The Beachwood 100 is a 501(c)(3) entity and dues are tax deductible.  
**Members receive two membership cards and  
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Donate: [www.beachwood100.org](http://www.beachwood100.org)

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**THANK YOU FOR YOUR SUPPORT!**

# Beachwood Buzz

Every Resident. Every Business. Every Month.

**Buzz**  
MAGAZINE

## Armond Budish: *Thank You For Your Service!*



For Armond Budish, the desire to serve the public and improve people's lives wasn't just a passing interest. He began pursuing this goal while in his teens. He was elected president of Beachwood High School student council for the 1970-71 school year and president of the student government at Swarthmore College. When he attended New York University Law School in the Root-Tilden-Kern Program, he further honed his skills and refined his mission to serve. The Root-Tilden-Kern Program is the nation's premier public service scholarship.

Story, by Debby Zelman Rapoport, starts on page 6.  
Cover and lead story photos by Scott Morrison, Discovery Photo.  
Additional photos by Michele Pomerantz.

## Who We Are

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### Calendar Section

Please send information about clubs, organizations, events and meetings to [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com). The deadline is the 10th of each month.

### Article Submissions

If you have a story idea or photos you would like to share, email [beachwoodbuzz@gmail.com](mailto: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.

### General Information

*Beachwood Buzz* is a privately owned independent community magazine that supports the City of Beachwood and Beachwood Board of Education. We reserve the right to accept or decline any advertising or content.

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

Support Beachwood 100 as members award collegiate scholarships to the children of Beachwood first responders.



**Beachwood 100**

**Annual Scholarship Awards Dinner**  
**Beachwood Community Center**  
**Thursday, April 27 • 6 p.m.**

**Sponsorship Opportunities are Available**  
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**BEACHWOOD 100**  
Supporting the Safety Forces Who Protect Our Community



# ARMOND BUDISH

## *Thank You for Your Service!*

By Debby Zelman Rapoport

For Armond Budish, the desire to serve the public and improve people's lives wasn't just a passing interest. He began pursuing this goal while in his teens. He was elected president of Beachwood High School student council for the 1970-71 school year and president of the student government at Swarthmore College. When he attended New York University Law School in the Root-Tilden-Kern Program, he further honed his skills and refined his mission to serve. The Root-Tilden-Kern Program is the nation's premier public service scholarship.

While at NYU, Armond worked for the U.S. Attorney's Office; Common Cause, in Washington D.C., which is dedicated to upholding the core values of American democracy; and Metropolitan Washington Council of Governments, which connects leaders across borders to help shape strong communities and a better region. After graduation, he clerked for two years for Judge Aubrey Eugene Robinson Jr., in the U.S. District Court for the District of Columbia.

After marrying Amy Jacoby Budish in 1979, the couple returned to Cleveland when Armond accepted a position at Hahn, Loeser, Freedheim, Dean & Wellman, now called Hahn, Loeser & Parks, as a corporate litigator and trial attorney. He chose to work with the firm because of its excellent reputation and the high quality of work they provide. Plus, management supported staff to become involved in the community. That's where he met Eric Fingerhut and Lee Fisher, and subsequently worked on political campaigns for both of them. As a young attorney who spent many hours supporting the campaigns, Armond wasn't spending much time at home, so Amy, chose to volunteer with him. "I also had an interest in these campaigns and knew I'd see my husband much more often if I, too, volunteered," Amy shared.

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**"Armond is hard-wired to look for ways to help people do better. I expect him to continue to do that even though he's no longer in public office."**

Tim Wiluger, *President, Mallard Investments, Inc.*

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During that time, Armond also created a consumer-law advice column, "You and the Law," for *The Cleveland Plain Dealer*, which became syndicated and ran for 24 years.

"I wrote about people's rights and responsibilities and received a lot of questions, which I always tried to answer," Armond shared. "As I researched to get answers, I realized that a lot of pertinent information, often about senior concerns and aging, wasn't readily available. That's when I decided to become more of a resource to provide this information."

In 1993, Armond co-founded Budish, Solomon, Steiner & Peck with Michael Solomon. In this role, he became nationally recognized for his work in the fields of consumer law, estate planning, and elder law.

He had already published his first book, *Avoiding the Medicaid Trap: How to Beat the Catastrophic Costs of Nursing Home Care*, and was dedicating more time to public service.

"I became a contributing editor, writing a column for *Family Circle Magazine* and *Modern Maturity*, AARP's magazine, which is now called *AARP The Magazine*," Armond said. "I was also making public appearances, and appeared on local and national radio and television shows, including *The Morning Exchange*."

Additionally, he and Amy co-created *Golden Opportunities*, a consumer-oriented television show for seniors that aired Sunday mornings on Cleveland's NBC affiliate, TV-3. The show ran for for 16 years.

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**"Nobody can do this job alone. I've had great support from employees, staff, Cuyahoga County Council, and elected officials in communities that make up our county, as well as from great nonprofits, foundations, and the business community. When everyone pulls together, we get things done!"**

**– Armond Budish**

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As Armond's career expanded, his thirst for providing information to the public continued to gain momentum, leading him to co-author two more books with Amy: *Golden Opportunities: Hundreds of Money-Making, Money-Saving Gems for Anyone Over 50*, and *Why Wills Won't Work*.

"I was much happier working in an environment that included public service than I was as a litigator," Armond told us. "This work was very satisfying because I was helping people protect themselves, their finances, and their families. Everything I wrote about drew a tremendous response, which motivated me to provide additional information."

"Amy is a close partner in all I do," he added. "She has a background in consumer affairs, her master's in consumer studies, and is an integral part of everything we do. Amy is a creative thinker. She's my co-author, editor, and is right there with me, as a partner, every step along the way."

"From the day we first met, it was very clear that everything Armond did up until that

time was to build a stronger foundation on which to serve the public," Amy told us. "I've always been proud of him for doing things for the right reason. I adjusted my priorities to support him, and he always respected me and my opinions along the way."

"I have great admiration for Armond and we have worked to create a wonderful partnership. When he started writing, he did so with the style of a lawyer. With my consumer affairs background, I helped him turn his ideas into conversational language, enabling people to better understand implications of the laws."

"Armond is a 110-percent person," she added. "When he raised his interest in running for public office, I agreed that he should pursue this dream, but to defer it until Daniel went to college, saying that he can't be 110 percent in both – as father and a politician – at the same time."

In 2005, no sooner than the couple waved goodbye to Daniel as he headed to Cornell, Armond began his run for public office.

"Eric (Fingerhut) encouraged me to run for his seat in the State Senate, a seat that



## Cuyahoga County

*Together We Thrive*

**2022 Cuyahoga County Executive  
Armond Budish  
Final State of the County Address  
December 9, 2022**

### Topics:

- Protecting Our Health
- Supporting Our Children
- Protecting Seniors
- Creating, Attracting, and Growing Good Jobs
- Creating a More Equitable Criminal Justice System, While Keeping Residents Safe
- Enhancing Livability
- Protecting the Environment
- Promoting Equity
- Managing County Finances



Armond presents his final State of the County report.

For details, visit <https://tinyurl.com/BudishFinalReport>.

he was vacating. That began the process," Armond said. "Ultimately, I decided to run for State Representative because our then-representative, Lance Mason, decided to run for Senate. Rather than go head to head against Lance, I went for his open seat in the State House. With the help of a lot of people, particularly my campaign managers, Helen Sheehan and Chris Glassburn, I won!"

"We then bought a condo in Columbus so Armond could work longer hours," Amy said. "He would often invite me to join him, his colleagues got to know me, and I felt comfortable attending meetings and asking questions."

Armond made every effort to make his career a partnership. "It was a wonderful learning experience for me, too," Amy reflected. "He would do the work and I would funnel ideas – I'm not good at details and follow-through!"

Amy also shared that Armond would often thank her publicly for her contributions.

"Marriage is about being able to help your partner become the person they hope to be," she said. "Armond has always supported me as much as I support him."

Armond's first term in 2007-08 in the Ohio House of Representatives to represent the 8th District was difficult because Democrats were in the minority and couldn't get a whole lot done. In his next term, in 2009, he led the Democrats to take the majority and was elected Speaker of the House, the first Jewish Speaker ever and the first from Cuyahoga County in 70 years.

"As Speaker, we had a small majority of diverse Democrats: Those from Southern Ohio who won in gerrymandered districts designed to favor Republicans, and those who were very conservative, pro life, and pro gun. Although it was very hard to accomplish as much as I would have liked, we did get a number of things done," he shared. "We were the only state legislative body in Ohio – up to that point and since – to pass a bipartisan LGBTQ civil rights bill."

Armond also explained that, in 2009 – at the height of financial crisis that resulted from the housing crisis – the Ohio budget was in terrible shape. "We did well to maintain services for people throughout Ohio, despite the huge hit the government took financially."

They also passed the Third Frontier Expansion Project, a huge economic development project for the state of Ohio that was first adopted under the Bob Taft administration. "This program needed to be continued and expanded," Armond said. "We proposed a \$750 million renewal and expansion, got it through, and are still benefitting from funds generated by that bond issue."

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**I have known Armond, Amy, and their children, Ryan and Daniel, for many years. They are a remarkable family. All of them, in their own way, have dedicated their lives to making a difference in the world. Armond and Amy's advice and support were instrumental throughout my 30-year public service career as a State Legislator, Attorney General, and Lt. Governor. Armond's public service as Speaker of the House and County Executive has been extraordinary. I don't know anyone in public service with more integrity and a stronger work ethic. If people take the time to study what Armond accomplished as County Executive, they will see strategic innovation in human services and economic development that will serve our county and region well for decades to come.**

*Lee Fisher, Dean, Cleveland State University College of Law;  
Joseph C. Hostetler - BakerHostetler Chair in Law*

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He and his team accomplished much more, including the Ohio New Markets Tax Credit, a constitutional education funding program, and protection of expanded workers' rights.

Armond was re-elected to the House in 2010 and 2012, and thereafter was term-limited. In 2011, when the Republicans took control, he became minority leader in the Ohio House. Overall, he effected positive change which carried momentum to serve in a new capacity.

In November 2014, Armond was elected Cuyahoga County Executive, a role that was created in 2010 and held by Ed Fitzgerald. As the elected chief executive of the second

largest county in Ohio and the 29th largest county by population in the United States, Armond was responsible for the appointment and removal of county personnel, working with other local governments, introducing legislation to the county council, submitting budgets and capital improvements plans to the council, and many other duties.

"We have more than 4,000 county employees and broad responsibilities," Armond said. "There are 59 cities/townships/communities in Cuyahoga County and the county executive is responsible for overseeing health and human services, economic

## Community Support

**Outside of work, Armond has always been very motivated to support our Jewish and general communities. Specifics include:**

Young Lawyers Section of Cleveland Bar Association, *chair*  
Cleveland Chapter of Alzheimer's Association, *officer*  
Golden Age Centers of Cleveland, *board member*  
County Commissioners Association of Ohio, *secretary*  
Northeast Ohio Area Coordinating Agency (NOACA), *board chair*

Hillel Foundation of NE Ohio, *president*  
Jewish Federation of Cleveland, *campaign participant*  
Jewish Federation of Cleveland's Marvin and Milton Kane Award recipient  
(now the Bennett and Donna Yanowitz Leadership Award, which is the Federation's top young leadership award)  
American Jewish Committee, *officer*  
American Jewish Committee's Max Friedman Young Leader Award recipient  
Cleveland Jewish News, *officer*





Marcia Fudge swears in Armond as Cuyahoga County Executive, with Amy holding the Bible.



Armond, advocating for funding for Cuyahoga County broadband initiative, with Governor Mike DeWine, his wife, Fran DeWine, and Michele Pomerantz, director of Regional Collaboration.

development, roads and bridges, criminal justice support, senior centers, adult protective services, children protective services, and much more. Although we are not responsible for K-12 education or policing, we are responsible for many other things. We've tried hard to educate our population about the distinction between county and municipal responsibilities, yet I don't think the majority of people understand.

"My aim has always been to improve the lives of people in Cuyahoga County and I believe I've been able to do that with the help of a lot of people and partnerships," Armond said. "Nobody can do this job alone. I've had great support from employees, staff, Cuyahoga County Council, and elected officials in communities that make up our county, as well as from great nonprofits, foundations, and the business community. When everyone pulls together, we get things done!"

As county executive, Armond's proud of the work he and his team accomplished, especially the quality work in regard to the pandemic response. "The outbreak of the pandemic was the worst healthcare crisis in our lifetimes. Thousands of people got sick and many died," he said. "We did a tremendous job trying to keep our residents healthy: physically and financially. Our world changed when businesses and schools shut down, and we had to do something."

In March 2020, the county immediately set up its emergency operations center, which brought together first responders, hospitals, law enforcement, and everyone else who was critical in keeping our county running as smoothly as possible. People collaboratively reached out to obtain sanitizers, gloves, and face masks to keep people healthy. It was difficult because nothing

was available. "We were told to wait until the national stockpile opens up," Armond recalled. "People were getting sick and we couldn't sit back and do nothing."

The team was instructed to "find it, get it, and we will distribute it," which resulted in 27 million items of PPE collected and distributed to first responders, nurses, teachers, and others in need.

When the national stockpile opened months later, there was basically nothing in it. "We provided more PPE than any county our size in the country," Armond said. "We worked closely with the Cuyahoga County Board of Health, MetroHealth, and other hospitals for testing, tracing, and vaccinations. We provided these items to people who were otherwise underserved, not directly supported by our local hospitals.

"Nobody knew what was coming or happening," he added. "We held regular media briefings with Terry Allen, then Cuyahoga County Board of Health commissioner, and communicated with the public. We did our best to deal with the emergency and keep people healthy. We addressed business and school shut downs. We recognized the importance of internet for job searches and students, so we provided laptops for students and a number of hot spots. Plus, after *The New York Times* ran a story with the headline, "What's Between 30 Million Americans and an Eviction Tsunami?" the county provided more than \$100 million to help people pay rent and stay in their homes.

"Additionally, small businesses were getting hammered, so we provided a huge amount of small-business funding to keep them alive, and we made funds available to arts and culture programs to keep them going."



St Patrick's Day Parade with Congresswoman Shontel Brown and County Councilman Martin J. Sweeney

The county also worked closely with Gov. Mike DeWine and our state government to access additional funding and implement more programs, including setup of a vaccination center at Cleveland State University and help from the National Guard to maintain order in the jail when staff numbers dropped due to illness.

"Congregate facilities, like jails and homeless shelters, saw many deaths across the country. To prevent that, we worked with judges, prosecutors, defense attorneys, and others to cut the jail population in half in order to provide space for isolation and quarantine," he said. "As a result, although one person died from Covid in our jails, it was far less than other facilities around the country."

Armond also commented on advances in criminal justice reform that were implemented under the leadership of him and his chief of staff, Bill Mason.

Cuyahoga County created the first-of-its-kind Diversion Center in Ohio. Police are being trained to identify non-violent offenders suffering from mental health and substance misuse and to bring them to the Diversion Center, where they are stabilized, treated, and then moved into longer term community treatment. The county is also working with judges, prosecutors, pre-trial services, defense counsel, and others to create a central booking program. Judges and attorneys will quickly see a person who has been charged, within a day or two, rather than several days or a week. If appropriate, a person may be released promptly to the Diversion Center or other community treatment services.

Additional county advances include:

- Creation of the Crime Gun Lab to get dangerous weapons off the street and put violent criminals behind bars.
- Expanded treatment options for residents suffering from opioid addiction and mental health issues.
- Putting a stop to scams against the elderly and increasing penalties for businesses taking advantage of consumers.
- Increased services that support medical care and transportation for the elderly.
- Preservation of the right to vote by mail and the right for 18 year olds to vote.
- Extended broadband services, taking Northeast Ohio from worst to first in broadband access.
- Extended leases at Rocket Mortgage Fieldhouse and Progressive Field, locking in the Cavs and Guardians for 15 years without breaking the bank.
- Giving our kids a great start in life by expanding the county's pre-K program and implementing programs that

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**“Armond never forgot where he came from. For younger elected leaders, he is always available to give advice, to listen, to help. He has given me great advice on many occasions, and I am truly grateful.**

**“We really need more people like him who have knowledge, ability, and skill to enter public office. Although he could have spent the last 15 years in private practice, he made the difficult decision to serve, from which we have all benefited. Armond has made our community and our city proud.”**

Eric Synenberg, *Beachwood City Council Vice President*

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dropped the infant mortality rate from 10.4 per 1,000 live births to 7.4, the lowest rate in county history.

- Job creation and retention: At the start of his tenure, Armond set out to add or retain 10,000 jobs. The County invested nearly \$5.5 million in over 650 small businesses, the majority of which being owned by minorities and/or females. The County retained and added 20,000 jobs, more than double the goal. Plus, residents' household income increased by more than 14 percent from 2015 to 2020 and property values increased by more than \$7 billion, or 34%, from 2016 to 2021.

“Our county government is in the best financial position it's ever been in,” Armond said. “Through careful management and budgeting, and with help from the federal and state governments, there are reserve funds of more than \$300 million – more than ever, almost two-and-a-half times the mandated reserve.”

In his comments while presenting his final State of the County report, Armond said,

“While I will greatly miss serving as your county executive, I'm very proud of the work we have done and the progress the county has made. I will miss this job because I believe in public service as a means to repair the world. “Tikkun olam,” as it's known in Hebrew. I can't say that we've repaired the world, but I know that we have made a difference here in Cuyahoga County.”

He then told us, “I loved the job and got great satisfaction from helping people's lives. That's what I thrive on, it keeps me going. There's a lot more to do and it's time for new blood. There are good people in good positions to continue doing the work we've been doing.”

On January 1, 2023, Armond handed the baton to Chris Ronayne.

At the closing of our interview, I asked Armond what message he would like to share with our community. He said, “Thank you. It's been an honor to serve as Cuyahoga County Executive and at our state legislature. I'm honored that people trusted me with various responsibilities that exist as a public official, and I did my best to meet and surpass my responsibilities. Thankfully, I've had great support from our community to accomplish what needed to be done.”

Armond's next chapter includes spending time with Amy, their children, and grandchildren. Ryan, his wife, and two children live in Boston, and Daniel lives in Ohio City. Amy added that she looks forward to traveling, continuing to be challenged, and pursuing things that help her grow as an individual. Their plans are to continue to contribute to good causes, while dealing gracefully with the physical realities of aging.

Although this next chapter has not yet been fully written, edited, and proofed, we're sure it will be a chapter worth reading!

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**“I've worked with Armond as a member of the House of Representatives, Speaker of the House, and as head of the county. He was always helpful in finding solutions to problems. He has led with integrity and compassion, and great strides were made throughout his career. The Cleveland Education Plan would not have gone forward without his efforts to bring the parties together for the betterment of Cleveland students, and he led efforts for early childhood education, the Cleveland Food Bank, and internet for Cleveland citizens. I wish him well on his future endeavors.”**

Albert Ratner, *former CEO of Forest City Realty Trust*

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# AMY + ARMOND



Although Amy and Armond actually met in Washington D.C., their paths could have crossed in Cleveland from 1970-72 when Amy attended Case Western Reserve University. Two years later, she transferred to Cornell University, the school of her dreams, to finish her undergrad program in Community Service Education.

Amy then attended graduate school at University of Maryland and landed an internship at Giant Food, working with their vice president of consumer affairs, Esther Peterson. Then, when Pres. Jimmy Carter was elected, he asked Esther to serve as his Special Assistant for Consumer Affairs, a position she originally held during the Johnson administration.

Esther accepted, and now needed a staff. A great example of being at the right place at the right time, Amy was asked to join the team. She would now have the opportunity to broaden the impact of consumer education beyond the grocery store.

Armond's initial Washington D.C. connection goes back to his senior year at Beachwood High School, when his father got a new job which required the family to relocate to Bethesda, Maryland.

One of Amy's friends from Cornell, Gary, had met Armond at Walt Whitman High School (Armond's new school in Bethesda) and turned out to be a mutual friend.

*Fast forward:* They were all now in Washington D.C., and Gary invited both Amy and Armond to attend a party.

Amy arrived with another friend, Vivian, who also happened to work for the Carter administration. After the party, Armond called Gary to ask, "Who was that girl who worked at The White House?"

Gary, not realizing there was another person who fit the description, assumed he meant Amy.

Armond then called Amy, who was intrigued by his confidence and quirky sense of humor. After bantering back and forth for a short time, Amy tested his interest by proposing they go to a craft fair in Annapolis, Maryland, for their first date. Armond agreed.

When Armond arrived, Amy could tell he looked confused. Armond then asked, "Did you cut your hair?"

*He thought he was picking up Vivian!*

When Armond told Amy he was from Cleveland, memories of her first encounter with the city came to mind and she thought

to herself, "It's just a date. I'm not going to marry the guy!" The couple were engaged in January 1979 and married in August 1979.

Although Armond could have opted to stay in Washington D.C. or New York, he wanted to support his home town and accepted a job at Hahn Loeser. Amy accepted a position in the Cleveland district office of Sen. Howard Metzenbaum. She stayed for a year and then accepted a new job with Cleveland Consumer Action. When they received a grant for an education program on a new home energy assistance program, Amy was hired to coordinate the conference.

By then, Lee Fisher was running for State Representative and Amy, along with Armond, joined the campaign team. When Lee won, Amy ran his district office until shortly after Ryan, their oldest son, was born in 1981. Then, when Lee became Attorney General, Amy had the privilege to work with him again on consumer education issues.

Amy and Armond have now been married for 43 years. Only after they were married did Amy discover that Armond dislikes craft fairs!

## Second Chances ...

Years before attending the party where Amy and Armond met, Gary had told Amy about his good friend, Armond, who was attending NYU Law School, saying she should give him a call. Amy scribbled Armond's name and NYU Law on a piece of

paper. She didn't have his number, was too busy to track him down, folded the paper, placed it in a drawer, and forgot all about it.

Years later, after Amy and Armond were engaged, on a trip back home, Amy decided to clean out a drawer and came upon this

folded paper. She looked at it, puzzled, and remembered that years earlier Gary had wanted to introduce them.



# Inspiring Change Event in Honor of Aliza Sherman

Thursday March 23 • 6 p.m. • Canterbury Golf Club • 22000 South Woodland Rd. • Beachwood

March 24 will mark 10 years since Aliza Sherman, a Beachwood resident and Cleveland Clinic fertility nurse, was murdered in downtown Cleveland. Aliza truly lived her life by the Gandhi saying, "Be the change you wish to see in the world." Her mantra was to always leave people and places better than how they were found.

To honor Aliza's life and legacy, her daughter, Jennifer, has collaborated with the Cleveland Clinic Clinical Transformation Institute and the Cleveland Clinic Enterprise Domestic Violence Committee to start a fund in her mother's name. This fund will directly support the needs of Cleveland Clinic patients and caregivers who have experienced violence. It will also be used to implement prevention and awareness programs.

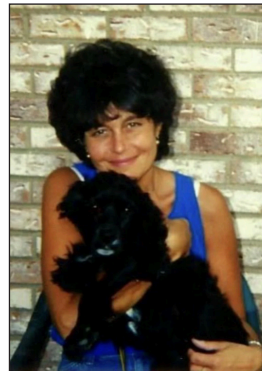
To learn more about the event, fund, and commitment to change in honor of Aliza, please visit the fundraiser page at [give.ccf.org/alizashermanfund](http://give.ccf.org/alizashermanfund).

The event will include appetizers, live entertainment, and access to auction items. Tickets are \$100 each. Elec Simon, a drummer for the Cleveland Cavaliers' 216

Stix and touring percussionist, will be there to reinforce the mantra of committing to making a difference. Sara Shookman, award-winning journalist, will emcee the event. Presenting sponsors are Ciano & Goldwasser and Reminger Co.

To donate an auction item, please email Jennifer at [rivchuj@ccf.org](mailto:rivchuj@ccf.org).

To learn more about the event, fund, and commitment to change in honor of Aliza, please visit the fundraiser page at [give.ccf.org/alizashermanfund](http://give.ccf.org/alizashermanfund).



Anyone with information regarding Aliza's murder should contact Cuyahoga County Crime Stoppers at [www.25crime.com](http://www.25crime.com) or 216.252.7463. There is currently a \$100,000 reward for information leading to an arrest. All tips are submitted anonymously.

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# Let's Walk the Cleveland Civil Rights Trail

by State Senator Kent Smith

This month is Black History Month, so I chose to highlight some amazing African American history that is all around us. Join me as we walk the Cleveland Civil Rights Trail.

The Cleveland Civil Rights Trail is a historic preservation project being undertaken by the Cleveland Restoration Society and the Ohio History Connection. Its goal is to acknowledge the personalities and locations within Greater Cleveland which played a role in the struggle for civil rights.

The Cleveland Civil Rights Trail hopes to recognize 10 locations within our region to help tell the local story of the Modern Civil Rights Period (1954-1964) and the Second Revolution (1964-1976). Each site will be identified with a large State of Ohio sign that details the historic relevance of the landmark.

There are currently three historical markers in the ground with another four planned. The three existing are at Cory United Methodist Church (1117 East 105th St.), Cleveland City Hall (601 Lakeside Ave.), and the Ludlow Community – a neighborhood straddling Cleveland and Shaker Heights (at the intersection of Hampton Road and Corby Road).

Cory United Methodist Church was the epicenter of the early civil rights movement and it became a must-visit location for national civil rights leaders. The Church, established in 1947, hosted Dr. Martin Luther King Jr., W.E.B.

DuBois, U.S. Supreme Court Justice Thurgood Marshall, and Malcolm X.

The Cleveland City Hall marker celebrates Mayor Carl Stokes, the first African American mayor of a large American city. Stokes, the great-grandson of a slave, was elected Cleveland's 51st mayor in 1967 when he defeated Seth Taft, the grandson of an American president.

The Ludlow Neighborhood Association grew out of a 1956 bombing of an African American owned property in the neighborhood. Ludlow residents then banded together to stabilize the neighborhood so that diversity would be welcomed

in an effort to prevent racially motivated panic selling.

There are four forthcoming locations on the Trail: They are Olivet Institutional Baptist Church, Greater Abyssinia Baptist Church, Glenville High School, and a marker commemorating the Hough Neighborhood Uprising of 1966. Please join me on the Trail.

For more information, visit [www.clevelandcivilrightstrail.org](http://www.clevelandcivilrightstrail.org).

*State Senator Kent Smith represents Ohio's 21st Senate District which includes most of the East Side suburbs of Cuyahoga County and about 33% of the City of Cleveland.*

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## Elderclass 2023

Beachwood City Schools is proud to offer our senior community members the following lunch-and-learn opportunities at Beachwood High School. Each Elderclass experience begins with a three-course lunch in the Beachwood Bistro, a restaurant run by culinary students, followed by a musical, historical, or variable presentation from local and national keynote speakers.

### February 9 • Beachwood High School Students

Enjoy a musical presentation featuring our very own Beachwood High School students. This is one of the crowd's favorite presentations.

### March 23 • Marshall Griffith

How Suite It Is – Marshall Griffith, piano, and Virginia Crabtree, flute, will perform classical and jazz classics in a wide selection of musical styles from varied eras.

If you currently receive the Elderclass letter, RSVP by sending back the tear slip along with your check, made payable to the Beachwood Board of Education, at least five days before the selected performance. If you'd like to be added to the Elderclass mailing list, please call 216.464.2600 or visit <https://tinyurl.com/ElderClassForm>.

For more information, contact April Yuhas at 216.464.2600 or [ayuhas@beachwoodschoools.org](mailto:ayuhas@beachwoodschoools.org).



## Bikur Cholim to Celebrate 35 Years on February 20 with Gala @ 35

The countdown to Bikur Cholim's annual Gala is here. This year's event, Gala @ 35, marks a number of milestones for the organization, including a 35-year celebration of supporting the medical needs of Jews, both locally and around the globe, who receive medical care from Cleveland's world-renowned hospitals. The Gala will take place on Monday, Feb. 20, 7 p.m., at Landerhaven.

At the event will be a live performance by Avraham Fried, an international entertainer known from New York to Israel for his unique blend of Chassidic, contemporary music.

Honorees include:

- **Physician-of-the-Year Award**  
A. Marc Gillinov, M.D., chair of the Department of Thoracic and Cardiovascular Surgery at Cleveland Clinic
- **Young Leadership Award**  
Dov and Miriam Berman
- **Community Service Award**  
Shaya and Dassi Shtern
- **Guests of Honor from Toronto, Canada**  
Shmuel and Faiga Malka Werner

An additional highlight will include a special tribute to Alan Groedel, owner of Provide a Ride, who recently donated a new, wheelchair-accessible van to Bikur Cholim, greatly enhancing the organization's ability to provide transportation for ambulatory patients.

"We are thrilled to be able to bring our Gala back following a two-year hiatus due to Covid," said Rabbi Alan Joseph, executive director of Bikur Cholim. "We have an amazing line-up of entertainment and recognition of honorees who have all been chosen for their commitment to Bikur Cholim and the Cleveland Jewish community at large. It's a very festive evening that people look forward to year after year."

To purchase tickets, buy an ad in the tribute book, or make a donation, visit [www.gala35.org](http://www.gala35.org).



Alan Groedel and Rabbi Alan Joseph

An additional highlight will include a special tribute to Alan Groedel, owner of Provide a Ride, who recently donated a new, wheelchair-accessible van to Bikur Cholim, greatly enhancing the organization's ability to provide transportation for ambulatory patients.

## More Information ...

Bikur Cholim unveiled its new wheelchair-accessible van at a ribbon-cutting ceremony last December. The van was made possible through a generous donation from Alan Groedel, owner of Provide A Ride, a healthcare and medical transportation company,

The ability to better serve patients with ambulatory needs is a game changer for Bikur Cholim. "We are eternally grateful to Alan for his vision, compassion, and dedication

to aiding the sick and infirm," said Rabbi Joseph. "The van is one of the largest donations of in-kind goods Bikur Cholim has ever received."

The new van has four movable seats in the back, and enough space to fit two wheelchairs when reconfigured.

To schedule a ride, please call 216.320.1771. To learn more, visit [www.bikurcholimcleveland.org/transportation](http://www.bikurcholimcleveland.org/transportation).



# Beachwood Arts Council Presents:

## Djapo Cultural Arts Institute

**A BAC Sunday Sounds Series Event • Free, No Registration Required Sunday, Feb. 5 • 2 - 3 p.m.**

**Beachwood Community Center**

In honor of Black History Month, Djapo Cultural Arts Institute will take you on an interactive journey with live drumming, song, and dance throughout West Africa. This blend of artistry, history, and pure energy will leave the audience invigorated. This event is being sponsored by Cleveland Foundation and Ohio Arts Council.



## Ileen Kelner Juried High School Art Show

**Saturday, Feb. 18 - Sunday, March 12**

**Beachwood Community Center**

**Gallery Hours: Monday - Friday • 8 a.m. - 4 p.m.**

**Weekends: Call 216-292-1970 for available hours**

This special exhibit will feature inspiring artwork from students representing 22 high schools in northeast Ohio. Judges will be professional, local artists Anna Arnold, Augusto Bordelois, and Susan Cone Porges.

## Beachwood K-12 Art Show

**Wednesday, March 15 - Sunday, April 9**

**Beachwood Community Center**

**Gallery Hours: Monday - Friday • 8 a.m. - 4 p.m.**

**Weekends: Call 216-292-1970 for available hours**

**Opening Reception with Music Program**

**Wednesday, March 15 • 5 - 7 p.m.**

View the creative talents of Beachwood K-12 students at this exhibit of collages, paintings, drawings, and sculptures. Also, at the Opening Reception, enjoy music by talented student musicians.

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# Love Yourself

By Jen Stern

One week. Four funerals and one memorial service. Five lives, each lived uniquely. Each lived with impactful and profound purpose. Each one remembered, honored, loved, and mourned. 54. 72. 72. 85. 15.

Not enough time. Never enough time.

Goodbyes are never easy. The sudden permanence of never again.

And yet those we love remain a part of us. Their stories become ours. Their legacies everlasting.

February is the month of love. February is the month my very first *Beachwood Buzz* article appeared many years ago.

Loving yourself in grief is necessary. The daily practice of showing up for yourself in patience, grace, and compassion will be your lifeline. You will love and miss your person until your last breath so this practice

is daily forevermore. Start with an exhale. Then, breathe in these words, written by Donna Ashworth:

On those days when you miss someone the most as though your memories are sharp enough to slice through skin and bone remember how they loved you. Remember how they loved you and do *that* for yourself. In their name. In *their* honour. Love yourself as they loved you. They would like that. On those days when you miss someone the most love yourself harder.

## A love letter from those who have passed on ... by Tahlia Hunter

Take the love you have for me  
And radiate it outwards  
Allowing it to touch and impact others  
Take the memory you have of me  
And use it as a source of inspiration  
To live fully, meaningfully, and intentionally  
Take the image you have of me in your mind  
And allow it to fuel you to take action  
Seize the day  
And be reminded of what is most important in life  
Take the care you have for me  
And let it remind you  
To care for yourself fully  
And shower yourself with your own love  
And take the pain and grief you feel  
Following my loss  
And alchemize it into  
Love, compassion, and beauty  
Build a castle  
From the wreckage of my passing  
And allow it to unlock your greatness and potential  
And empower you to become more than you ever thought you were capable of being

And know that I can never truly leave you  
And will always remain beside you  
Watching over you in spirit  
And that the love I have for you lives on  
Through the connections you form  
The kindness and compassion you share  
And the future relationships and friendships you cultivate.  
And until we are one day reunited I will remain with you  
Through the storms and chaos of life  
And am always beside you  
Walking with you, laughing with you, crying with you and smiling with you  
And I am proud of you for being strong  
I am proud of you for being brave  
And I am proud of you for being you.

*Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243, or visit [www.transformativegrief.com](http://www.transformativegrief.com) and sign up for monthly posts.*

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# '80s and '90s Cabaret Night: Students In the Spotlight!

On Thursday, Dec. 1, Beachwood Schools proudly presented *'80s and '90s Cabaret Night* in the Beachwood High School auditorium, where singers and performers in grades 1-12 entertained the audience with an array of songs. Choir and Show Choir director Darlene Haight worked with Bryden Elementary Choir director Shelley McKenzie to help students choreograph upbeat numbers that were familiar to all.



Masters of ceremonies included Nuriyah Bell, Griffin Doughty, K'Dyn Harris-Tate, JD Henz, Sydney Johnson, Jayden Jordan, Maya Katz, Catherine Mayer, Jahmir McCorvey, Rivers McKinney, Sano Karamaga, Jack Nguyen, Gigi Ribeiro Duraes, Arianna Rose, Dana Shazor-Horne, Sophia Smith, Zoe Walters and Moses Yarngo.



Stage crew included Noah Ahn, Jessie Gao, Dashon Gilmore, Alexander Lee, Gigi Ribeiro Duraes, Isabella Sanabria, Merris Shellenberger, and Cece Venditti.



Standout performances included *Celebration*, by Kool & the Gang; *Sweet Dreams*, by The Eurythmics; and *Thriller*, by Michael Jackson.

*Celebration*, the opening number, was performed by the full cast of 120 students. "We didn't know how well this would come together because students only practiced together – with the motions – one time, the hour before the show," Darlene said. "It was priceless when we saw and heard how it all came together!"

During *Sweet Dreams*, Ellie Lauer persevered to play piano while singing, a feat that took hours of preparation to master.

The closing number, *Thriller*, by Michael Jackson, was dedicated to Michael Thomas, an 8th-grade middle school student who passed away in November 2022. The song was performed by the entire middle and high school choirs,

and choreographed with breakdancing by Zoe Walters. This performance truly touched the hearts of both performers and those in attendance.

"A lot of hard work went into this show," Darlene said. "There were many moving parts, hours of practice, and a lot of teamwork exhibited. Students chose and arranged their songs, memorized the words, watched videos of their group's moves to perfect their timing, wrote introductions, and practiced with different tracks to find the best key to sing in."

"Cabaret Night built the students' confidence and proved that hard work pays off," she added. "Music can lift people up and help us through difficult times. We are so thankful for our students, and for all the support they received from their parents and our community."

To view the event, visit [www.youtube.com/@BeachwoodBison](http://www.youtube.com/@BeachwoodBison).



*Pictured, from top: Sano Karamaga singing Don't Stop Me Now, Simona Zbynova singing What's Love Got To Do With It, Ellie Lauer playing the keyboard and singing Sweet Dreams, Zoe Walters breakdancing to Thriller, and the full cast's opening act, Celebration.*



# BAKED by Abbie

## Tahini Brownies

With February plans for decadent desserts, why not go all out with a treat that melds together two extraordinary flavors? I'm talking about chocolate and tahini!

Within the past few years, two culinary icons, Israeli cookbook author (and trained pastry chef) Yotam Ottolenghi and public television's Christopher Kimball, have published brownie recipes showcasing these ingredients.

According to *Taste the Mediterranean* blog, tahini, the paste-like product of ground sesame seeds, came from Persia, where it was called "ardeh." From there, it moved to Israel. Ancient Greeks used sesame seeds as food and medicine. Hippocrates, the original doctor, is said to have

recognized the nutritional value of sesame seeds. Today, we know they are rich in protein, fiber, and copper, and have antioxidant and anti-inflammatory properties.

With that in mind, one can enjoy these deliciously fudgy, chewy brownies topped with a swirl of nutty tahini with less guilt. If you use SOCO Tahini, a kosher, artisanal, stoneground and Israeli-made brand now available at Heinen's, you can support a women-owned organization that "seeds healthy change in kitchens and communities." That's a win-win!



Recipe adapted from [Silk Road Recipes.com](https://www.silkroadrecipess.com)



followed by the sugar, vanilla and salt.

### Ingredients

- 6 Tablespoons unsalted butter at room temperature
- 2 Tablespoons dark cocoa powder (preferably Dutch process)
- 1 cup semi-sweet chocolate chips
- 2 large eggs, beaten
- 1 cup granulated sugar
- 1 ½ - 2 teaspoons vanilla
- ¼ - ½ teaspoon salt
- 1/3 scant cup tahini
- 2-3 Tablespoons confectioner's sugar
- ½ cup all-purpose flour

### Directions:

- Preheat oven to 350°F. Line an 8-inch by 8-inch metal baking pan with parchment paper leaving an overhang on all sides.
- Melt butter in a double boiler over low- medium heat. Turn off heat and immediately whisk in chocolate chips and cocoa powder until smooth. Remove from heat.
- Using a heat-proof spatula, stir in the eggs one at a time

- Fold in flour until fully incorporated. Spread thick batter evenly into prepared pan.
- In a small bowl, combine confectioner's sugar and tahini. Mix until smooth.
- Make four equal tahini batter dollops over the brownies. Use a toothpick to swirl tahini into the brownie batter.
- Bake 40-45 minutes or until toothpick inserted into the middle comes out clean. Cool for one hour before cutting into squares.

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



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# Programs at Maltz Museum

Join the Maltz Museum this February and March for a series of special programs celebrating local and national figures who have helped shape our community and the world. For additional details and to register, please call 216.593.0575 or visit [www.maltzmuseum.org](http://www.maltzmuseum.org).

**Redlining's Racist Effects: How Decisions from 1930s Impact Us in 2020s**  
Wednesday, Feb. 8, 7 p.m.  
\$10 General, \$5 Members

In the 1930s, the Home Owners' Loan Corporation (HOLC) was established as part of the New Deal. Its purpose was to refinance home mortgages in default to avoid foreclosure, as well as to expand home-buying opportunities. But instead, HOLC became a key promoter of redlining, driving racial residential segregation and racial wealth inequality that would have lasting repercussions decades later. In Cleveland, historic inequities persist to this day and there is work yet to be done. Join a panel in conversation about redlining's racist effects on Cleveland from the 1930s to the 2020s, with an open dialogue about building a more equitable tomorrow.

**Blax Museum: Poetic Performances of Activist Poets**  
Wednesday, February 22, 7 p.m.  
\$10 General, \$5 Members

In honor of Black History Month, join poet and performance artist Michelle R. Smith. This annual event will showcase notable Black figures in American history and culture and Black artists from Northeast Ohio who will celebrate the art and artistry of black ancestors through electrifying presentations. Since its inception, BLAX MUSEUM has paid tribute to many heroes, icons, and innovators through music, poetry, speeches, monologues, photography, and even stand-up comedy. Don't miss February's show, to be held inside the special exhibition gallery showcasing *This Light of Ours: Activist Photographers of the Civil Rights Movement*.

**Free Press, Free America: Investigating the Promise of Independent Press**  
Wednesday, March 1, 7pm  
\$10 General, \$5 Members

What role does independent press play in our society? Independent press represented freedom then as it does today. Black, Jewish, and LGBTQ+ communities had historically read stories written about them rather than by them and were tired of seeing themselves through the lens of an outside eye. Join the Cleveland Documenters in conversation with members of Northeast Ohio's Journalism Collaborative leading today's independent press – including newspapers that have survived from the 1800s and digital publications that have recently emerged.

**Until Everybody's Free: Fannie Lou Hamer and the Women of the Civil Rights Movement**  
Wednesday, March 8, 7 p.m.  
Free with registration

For International Women's Day, join the Maltz Museum as we celebrate the life and work of Fannie Lou Hamer and other women of the civil rights movement.

**Braided Memories**  
Wednesday, March 22, 7 p.m.  
\$10 General, \$5 Members

What does it mean to seek refuge? How does it feel to be welcomed or denied entry into a new country? What does it mean to leave your home to seek safety far away? In the exhibition *Braided Memories*, Chilean Jewish poet, writer, and human rights activist Dr. Marjorie Agosin explores these questions and more.



## JOIN US FOR UPCOMING PROGRAMS!

### Redlining's Racist Effects: How Decisions from 1930s Impact Us in 2020s

Wednesday, February 8, 7pm

Join us for a conversation about redlining's racist effects on Cleveland from the 1930s to the 2020s, with an open dialogue about building a more equitable tomorrow.

### Blax Museum: Poetic Performances of Activist Poets

Wednesday, February 22, 7pm

Showcasing notable black figures in American history and culture, join poet and performance artist Michelle R. Smith, when BLAX MUSEUM comes to the Maltz Museum in honor of Black History Month.

### Free Press, Free America: Investigating the Promise of Independent Press

Wednesday, March 1, 7pm

What role does independent press play in our society? Join the Cleveland Documenters in conversation with members of Northeast Ohio's Journalism Collaborative leading today's independent press.

Register in advance at  
[maltzmuseum.org](http://maltzmuseum.org)

# Margaret Carlson's Lifelong Passion for Ballet

by Ellen Wohl

**D**r. Margaret Carlson lives her dream every day. Her passion for ballet has taken her across the country and around the world as a dancer, choreographer, teacher, and administrator. Cleveland is fortunate that she brought her talent back home to the arts community.



A Beachwood resident, Margaret is the producing artistic director of Verb, "Ohio Contemporary Ballet." She divides her time between being an executive administrator and a creative visionary. She especially loves the artistic role she plays.

"I create ideas – I love ideas and making them happen," she said. "The pieces and parts that go into putting together a ballet season are like a jigsaw puzzle." In the 6,000-square-foot dance studio at the corner of Chagrin Boulevard and Lee Road, Margaret finds inspiration in the process, leading the artistic team in brainstorming, generating the idea, how to implement it, who is going to do it, how to pay for it, and where it's going to happen.

Although no longer choreographing, her focus is center stage, choosing choreographers and artists. "I do miss dancing," she said. "But when I watch dancers, classes, and videos of work from other choreographers, I feel it in my body. It helps me coach and make corrections." She admits to even dreaming in movement.

Margaret began dancing at the age of 3. Although she wanted to tap, her mother made her study ballet. Her first professional job was at 16. Renowned dancer and choreographer John Begg worked at Cain Park in the 1960s, where Margaret danced in the popular summer musicals. John was tapped to choreograph several episodes of *The Jackie*

*Gleason Search for the Stars*, which was filming in Cleveland. He selected Margaret to be a backup dancer. Subsequently, she toured with the Karamu Dance Company, performing *Peter and the Wolf* with various Midwest orchestras.

In the early 1970s, Dennis Nahat and Ian Horvath founded Cleveland Ballet by acquiring the Ruth Pryor Studio, where Margaret was in class. She became an original company member, thus dancing in the premier of Nahat and Horvath's famed *The Nutcracker*. Because the ballet season was relatively short, Margaret's 26-week contract allowed her to dance in musical theatre productions for the legendary Kenley Players, an Equity summer stock theater company. She served as a principal dancer



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for Cleveland Ballet from 1972 to 1983 and also spent 11 years behind the scenes as the choreographer for Cleveland Opera.

Margaret is well aware that a dance career doesn't last forever. By the time she was ready to retire, she had earned a master's degree in exercise physiology with plans to work at Cleveland Clinic. But that plan was redirected when she was offered a job as chair of the Dance Institute at the University of Akron. Although she denied knowing anything about academia, Carlson accepted the position. As any good dancer would, she learned while in action. One day while perusing *Dance Magazine* she noticed that the Hong Kong Academy for Performing Arts was looking for a dean of dance. In the pre-technological time of 1993, Carlson mailed her resume and application overseas. For months, she heard nothing. Then her phone rang at 2 a.m. She answered and hung up when she heard an unfamiliar, heavily accented voice. By the third try, somewhat annoyed, she finally answered by asking, "What?"

She listened. "You want me to come to Hong Kong? Next week?" She remained there for seven years, witnessing a pivotal time in its history – when Hong Kong was handed over from the United Kingdom to the People's Republic of China.

Concerns about her aging mother brought her home and back to Cleveland Ballet, where she became director of Development and Education. Not knowing the Ballet was on its final legs at the time, she sadly reflects on how she was there in the founding days and when it died.

Margaret went back on the road working as the ballet mistress for the comedic dance company Les Ballets Trockadero de Monte Carlo. After two-and-a-half years of touring worldwide, she got the call that finally brought her home for good. With the resignation of The Repertory Dance Company's director, Margaret agreed to rehearse the dance company for the remainder of the season. She was then offered the position of general manager, eventually wearing both artistic and administrative hats.

Now known as Verb, "Ohio Contemporary Ballet," the company's mission is to contract "new works while maintaining dance virtuosity and production excellence" in the tradition of the region's historic premier companies. "It provides a stage for choreographers who elevate marginalized voices and reflect present times."

Verb envisions a company that uses dance to build community at home and abroad.

This season's dancers, selected through a highly competitive audition process, come from across the United States, Canada, South Africa, and Colombia. Margaret finds that dancers are evolving in that when starting in the workforce, young adults know that their careers are short. When they reach maturity as a dancer, it's time to retire.

"Their growth means a great deal to me," said Margaret, who claims she's old enough to be their grandma. She doesn't treat the dancers as commodities like other companies might do. She is committed to helping, molding, shaping, and nurturing her troupe.

"This is the only place I can have influence," she said, "I can't affect anything else but what's around me."

She is passionate about her role in guiding the young dancers and developing them as humans with compassion, caring, and a sense of giving. She encourages them to prepare for a follow-up profession. Her dancers have gone on to careers in medicine, physical therapy, teaching, and arts administration.

The current season reflects the unconscious shift from abstract to humanitarian. "Audiences are changing," Carlson explained. "Their behaviors and how they

spend their time have changed. During the Covid lockdown, people wanted nostalgia, what they knew. Now it's about recreating a new world, a world regenerating itself. Everyone wants order, not disorder."

Margaret always assumed she'd move to another career. She said, "I feel very blessed that I was able to do the thing that was my passion my entire life."

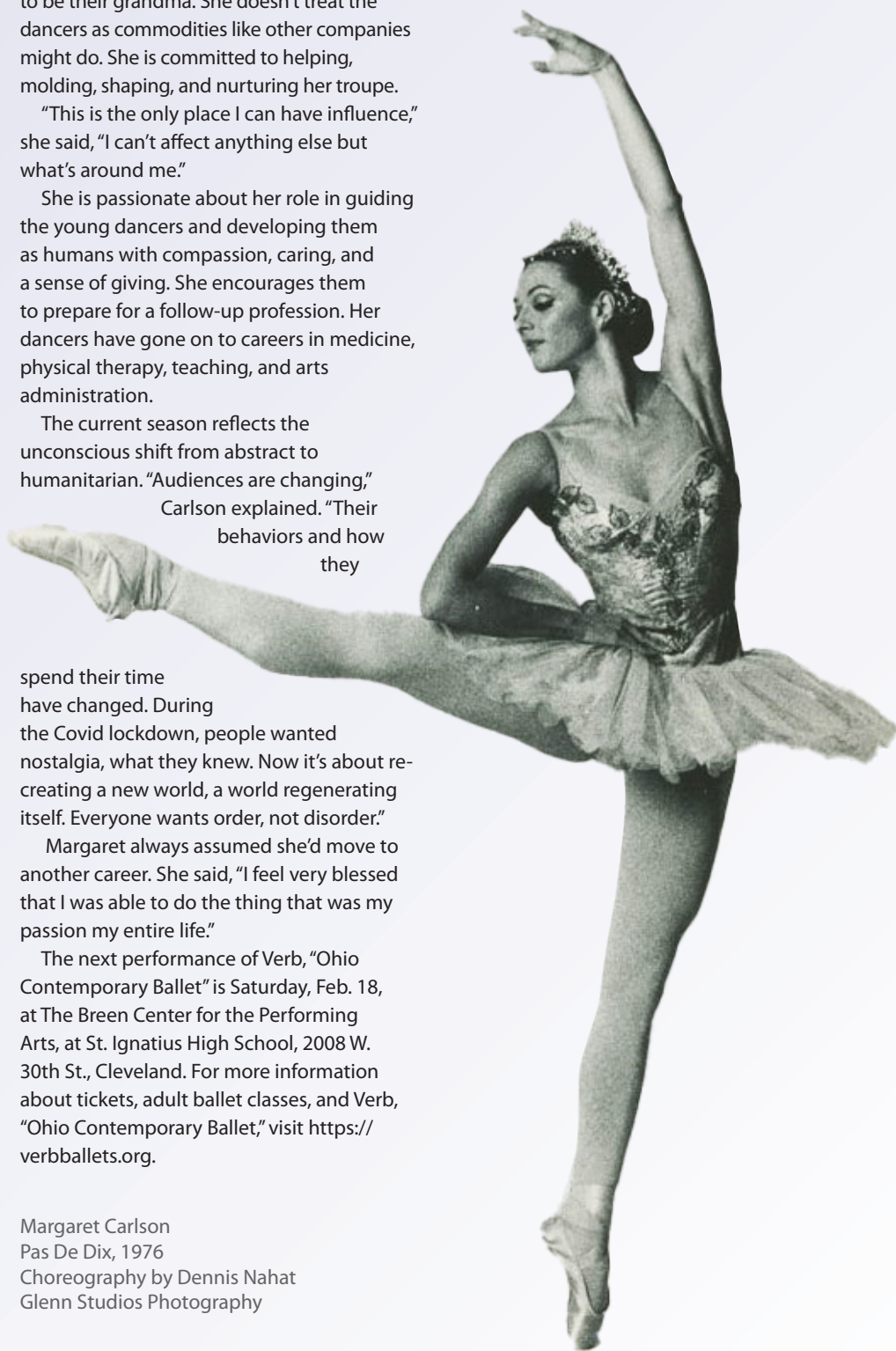
The next performance of Verb, "Ohio Contemporary Ballet" is Saturday, Feb. 18, at The Breen Center for the Performing Arts, at St. Ignatius High School, 2008 W. 30th St., Cleveland. For more information about tickets, adult ballet classes, and Verb, "Ohio Contemporary Ballet," visit <https://verbballets.org>.

Margaret Carlson  
Pas De Dix, 1976  
Choreography by Dennis Nahat  
Glenn Studios Photography

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The next performance of Verb, "Ohio Contemporary Ballet" is Saturday, Feb. 18, at The Breen Center for the Performing Arts, located at St. Ignatius High School, 2008 W. 30th St., Cleveland.

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# Free Music for Food Concert to Benefit Cleveland Kasher Food Pantry

Enjoy a fabulous live concert while helping hungry Clevelanders!

The Cleveland Kasher Food Pantry is excited to announce that the Cleveland chapter of Music for Food, in association with the Cleveland Institute of Music, will be presenting a concert to benefit the Pantry. The free concert will be held on Monday evening, February 13, 7:30 p.m., in CIM's Mixon Hall, 11021 East Boulevard, in Cleveland.

Tickets are required and available online at [musicforfood.net/cleveland/cimkfb](http://musicforfood.net/cleveland/cimkfb). All donations through [musicforfood.net/donate](http://musicforfood.net/donate) (Cleveland concert link) will go to Kasher Food Pantry. Proceeds from a silent auction of original works by Cleveland Institute of Art students will also be donated.

Sharon Robinson, director of the Cleveland chapter of Music for Food, said, "The dedication and energy exemplified by all those at the Kasher Food Pantry are very inspiring to the musicians and artists involved in donating their time and talents to the cause of helping to alleviate the scourge

of hunger in our community. Having the Cleveland Institute of Music's support has also been so important in reaching benefactors for this wonderful effort."

Kasher Food Pantry (KFP), a partner agency of Greater Cleveland Food Bank, is recognized as one of the busiest food relief agencies in Northeast Ohio. Every week, volunteers pack over 650 bags of nutritious fruits, vegetables, dry goods, staples, and eggs which are distributed via weekly drive-thru pick-ups by families and door-to-door deliveries to seniors in low-income apartment buildings.

Devorah Alevsky, director of KFP, commented, "Once again, we are thrilled that Music for Food and the CIM Student Government Association have created an evening of beautiful music to support our work. Now more than ever, people are struggling with food insecurity and Kasher Food Pantry is there to help."

Due to the lingering effects of the Covid-19 pandemic and rising inflation, the Pantry now serves nearly 6,000 people each month. General donations throughout the year may be sent to 2004 South Green Rd., South Euclid, Ohio, 44121.



*Music to the Ears, Food to the Table*

"Now more than ever, people are struggling with food insecurity and Kasher Food Pantry is there to help."

— Devorah Alevsky, KFP director



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🌐 [www.vuebeachwood.com](http://www.vuebeachwood.com)

📍 23220 Chagrin Blvd, Beachwood, OH 44122



# Taste of Italy Cooking Class

Ciao! Join Park Synagogue for A Taste of Italy – Cooking Jewish Roman Style, featuring Micaela Pavoncello  
 Wednesday, Feb. 15 • 11 a.m. on Zoom



**P**ark Synagogue welcomes back Micaela Pavoncello, owner of Jewish Roma Tours, who will prepare easy, delicious Italian dishes from her home in Rome. On the menu are Orange and Fennel Salad, Pasta Fresca, Fried Fresh Artichokes, and Cassola, a ricotta and cherry cheese pie.

This experience is free and open to the community. Everyone will receive copies of the recipes before the class so you can follow along.

Registration is required by Monday, Feb. 13, to receive the Zoom link. Register through at [www.parksynagogue.org](http://www.parksynagogue.org) or by

emailing Ellen Petler at [epetler@parksyn.org](mailto:epetler@parksyn.org).

For more information, contact Ellen Petler at 216.371.2244, ext. 122, or [epetler@parksyn.org](mailto:epetler@parksyn.org). This program is being sponsored by the Park Synagogue Women's Rosh Chodesh Group.



# A Tu Bishvat Musical Celebration

Sunday, Feb. 5 at 7:30 p.m.  
 Waxman Chabad Center, 2479 S. Green Rd.  
 All Women Welcome

**E**njoy a celebration of the Jewish New Year of the Trees, which will feature musical performances, exciting speakers, and connections to relevant insights.

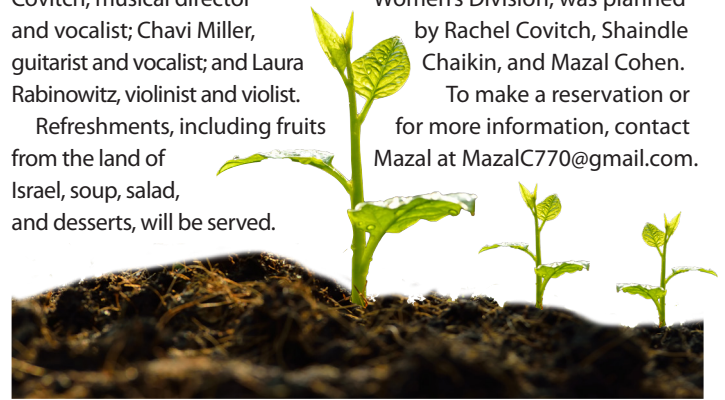
Speakers will include Adina Soclof, Dr. Brenda Altose, Dr. Shira Katz, Dena Rappaport, and Leah Seiger. Musicians include Rachel Covitch, musical director and vocalist; Chavi Miller, guitarist and vocalist; and Laura Rabinowitz, violinist and violist.

Refreshments, including fruits from the land of Israel, soup, salad, and desserts, will be served.

Admission is \$10 with a reservation prior to the event and \$18 per person at the door.

This event, hosted by Chabad Women's Division, was planned by Rachel Covitch, Shainde Chaikin, and Mazal Cohen.

To make a reservation or for more information, contact Mazal at [MazalC770@gmail.com](mailto:MazalC770@gmail.com).



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## MAYOR'S MESSAGE

Each year, we appoint various members to our boards and commissions. These members play an integral part in city operations and their service is appreciated. Here, I'd like you to meet our newest appointees:

**Rochelle Hecht**, *Planning & Zoning Commission*  
Serving since Jan. 1999, Chair, Jan. 2010 – Dec. 2013



32-year resident; served as secretary for many years of the Beachwood/Woodmere Democratic Ward Club from its inception; member, Executive Committee, Cuyahoga County Democrats; involved because she likes helping people, wants to do what she can to help out and facilitate things in Beachwood

**Paul Kowalczyk**, *Architectural Review Board*  
Serving since Jan. 2013



Has lived in South Euclid for 16 years; has been a Building Official for 20 years; worked for Pepper Pike and Moreland Hills for the past 6 years; a registered architect in the State of Ohio; Building Commissioner Bill Griswold recommended him for the board due to his previous work reviewing plans for Beachwood; past President of the Building Officials Conference of Northeast Ohio and served on the Board of Directors for the Ohio Building Officials Association

**Natalie Keyerleber**, *Storm Water Commission*  
Serving since Feb. 2020



Has lived in Beachwood for 10 years; member of the Friends of Euclid Creek (watershed group), served on its board twice for a total of 3 years; previously worked as a nurse, retired 4 years ago; on the board because she has an interest in stormwater and how it both positively and negatively affects us; she wants to do her part to keep the water that will filter into Lake Erie clean

**Drew Barnholtz**, *Civil Service Commission*  
Newly appointed, Jan. 2023



Has lived in Beachwood for 13 years; has been a corporate healthcare attorney for 25 years; he was a Prosecuting Attorney for the City of St. Louis for 10 years; has served on the Beachwood 100; on the commission because he wants to give back to Beachwood and is honored to help the city's first responders

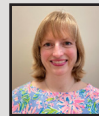
**Karen Saidel**,  
*Records Commission*  
Newly appointed, Jan. 2023



Has lived in Beachwood for 13.5 years;

has worked in risk management and safety for 13 years; worked on project management, improvement and helped review policy for hospitals; on the commission because she wants to use her experience and learn more about the city so she can help improve Beachwood; and is interested in meeting more people in the community

**Alwyn Chao**, *Storm Water Commission*  
Serving since Dec. 2019



Has lived in Beachwood for 14 years; attended Ohio Wesleyan University, participated in wetlands project; counted/banded birds and studied their wetlands;

family was politically active while she was raised in Washington DC; member of Friends of Euclid Creek and routinely volunteers at The Shaker Nature Center handling plant restoration and digging out non-native plants; on the commission because she wants to help Beachwood and help keep the city compliant with storm water mandates; interested in storm water due to drainage issues in her personal life and worked with Beachwood for solutions

**Ron Kluchin**, *Architectural Review Board*  
Serving since Jan. 2003



Has lived in Orange for 37 years; his office has been in Beachwood for 40 years; has been an architect for Orange Village for about 15 years; works with Friendship Circle in Pepper Pike, which offers social events/activities for kids with physical and mental challenges; on the board because he wants to help maintain Beachwood's high standards for architecture

I look forward to working with all our board and commission members during their terms of office.

Mayor Justin Berns  
MayorBerns@beachwoodohio.com





## DEPARTMENTS

**AUDITOR**  
216.595.3712

**BUILDING DEPARTMENT**  
216.292.1914

**CLERK OF COUNCIL**  
216.595.5493

**COMMUNITY SERVICES**  
216.292.1970

**ECONOMIC DEVELOPMENT**  
216.292.1915

**FINANCE**  
216.292.1913

**FIRE & RESCUE**  
216.292.1965

**LAW**  
216.595.5462

**MAYOR'S OFFICE**  
216.292.1901

**POLICE**  
216.464.2343

**PUBLIC WORKS**  
216.292.1922

**EMERGENCY**  
Dial 9-1-1 or  
216.464.1234

## EMPLOYEE APPRECIATION EVENT

We celebrated the city's employees with a gathering at the Beachwood Truck Park on January 12. The catered event, with food supplied by vendors along with members of the Community Services department staff, featured recognition of those who have served the city for 5, 10, 15, 20, 25, 30 and 35 years. We thank you for all of your contributions to Beachwood!



*Building Department*



*Community Services Department*



*Finance & IT Department*



*Fire Department*



*Law Department*



*The Mayor's Office*



*Police Department*



*Public Works Department*



**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



## CITY MAINTAINS AAA RATING

The City of Beachwood has maintained its Aaa rating as an issuer, according to the new Moody's guidelines. The guidelines took into account revised criteria, including inflation, cost of delivering services, wages and loss of revenue to ensure ratings were still appropriate.

Moody's regularly updates its ratings for cities, with debt burden being one of the key factors. One major financial accomplishment during the pandemic was Beachwood's ability to pay off two debt issuances early in both 2020 and 2021.

Higher bond ratings save the City of Beachwood money when it comes time to issue new debt for large projects like a new Public Works facility. The benefit to investors is their ability to accept a lower interest rate when the risk is lower. The higher the rating, the lower the risk.



### UPCOMING CITY MEETINGS

**City Council:**  
February 6 at 7:00 p.m.  
February 21 at 7:00 p.m.

**Planning & Zoning:**  
February 23 at 6:30 p.m.

**Architectural Board of Review:**  
February 6 at 4:30 p.m.  
February 21 at 4:30 p.m.

# WORK-LIVE-LEARN...THRIVE

## BPD FINISHES GYM RENO

The Beachwood Police Department's gym has been fully renovated. A shout-out to Sgt. Neibecker and Officer Miller for spearheading and presenting a well prepared presentation concerning updating the facility. Thank you to the Beachwood 100 for their continuous support of our safety forces and generous donation in the amount of \$20,000.



Mayor Berns, Chief McLaughlin, members of Beachwood Police Department and the Beachwood 100 gather to celebrate the gym renovation.

## BPD DELIVERS DONATION

On December 21, officers from Beachwood Police Department donated a check in the amount of \$1,900 that was collected for No Shave November and donated to The Gathering Place, a caring community organization located in Beachwood that helps individuals and families coping with cancer.



BPD with Jill Schwartz from The Gathering Place.

## COMMUNITY COMPLIMENTS

"Beachwood transportation staff, I want to express my sincere appreciation for all you do. My requests for transportation are promptly answered and I am always reminded the day before of the pick-up and return time. The drivers are extremely nice and polite, and very helpful with my walker.

I am only a five-year resident of Beachwood, but I can say that this is probably the best community I have lived in. The transportation service for seniors is certainly an asset to us older people. Thanks again."

**Marcia Rosenthal**  
Resident

"We are so grateful to the Beachwood emergency services for the incredible response and assistance they have provided to our family on many occasions.

They are always extremely polite, helpful, caring and efficient. We are very fortunate as Beachwood residents to have such wonderful care!"

**Helen & Dennis Israelstam**  
Residents

## FIREWORKS NOTICE

On Sunday, February 26, there will be a fireworks display at the conclusion of the city's February Freeze event. Fireworks will begin between 7:15-7:30 p.m and last about 15 minutes. Please make any accommodations for your pets if needed.

## RUBBISH REMINDERS

**Rubbish and Recycling Can Placement:** Cans should be placed on your tree lawn within three feet of the curb or street. Keep the cans three feet away from each other and any stationary objects like mailboxes, fire hydrants and utility poles. Can handles should face away from the street.

**Rubbish Placement Times:** Per Ordinance 660.21, rubbish should be placed on the tree lawn no earlier than 6:00 p.m. the evening before the collection day and no later than 7:30 a.m. on day of collection. Empty cans must be removed no later than 9:00 a.m. the day after collection.

**Special Pickups:** Additional rubbish pickups on a day other than your regular collection day are available. Call the Public Works Department at 216-292-1922 to schedule a pickup. Please call before noon for same day collection. Any trash curbside that has not been scheduled will be in violation of Ordinance 660.21.



**Holiday Rubbish Schedule:** When the Public Works Department is closed on holidays, except on Thanksgiving, rubbish collection will be delayed one day after the respective holiday for that week only. Thanksgiving Day's collection will be picked up on the Wednesday before Thanksgiving.

**Holidays Recognized by the Public Works Department:** New Year's Day, Martin Luther King Jr. Day, Presidents Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Day after Thanksgiving, Christmas Day

**Rubbish Can Storage:** Rubbish cans should be stored behind your front setback line (behind the front of your house) when not out for collection.

**Hazardous Household Materials:** Do not place any hazardous household materials in your rubbish. Hazardous household waste requires special disposal. Beachwood residents can drop off hazardous household wastes at the Public Works Department year-round between 7:30 a.m. and 3:30 p.m., Monday through Friday. The Public Works Department is located at 23355 Mercantile Rd. The City cannot accept hazardous wastes from commercial businesses.

For additional rubbish and recycling information, visit [BeachwoodOhio.com/PublicWorks](http://BeachwoodOhio.com/PublicWorks) or [cuyahogarecycles.org](http://cuyahogarecycles.org).

# FIREFIGHTER FOR A DAY

On January 6, the Beachwood Fire Department was honored to have an amazing person join their ranks. Dalya Berezovsky, a friend of the department, became a Beachwood firefighter for a day!

Dalya is a Beachwood resident who, along with her mother, always shows tremendous support for the fire department and city. Dalya makes frequent station visits, writes letters and drops off tasty treats to show her love and appreciation for the BFD.

Personnel at the fire department were happy to return the favor and show their appreciation. Dalya became part of the crew for the day and got to experience checking the ladder truck, checking the ambulance, riding in the engine, touring both stations and enjoying a well-deserved lunch.

Dalya learned a lot about the daily life of a firefighter and paramedic, but the team also learned from her! She always shows courage, integrity, respect and a great attitude which are all virtues the department tries to maintain as first responders.

The Beachwood Fire Department would like to thank Dalya, her mother Wendy, Mayor Berns, City Council, Chief Holtzman and Assistant Chief Lutz for helping make the visit so memorable. Special thanks to Local 2388 members who helped organize the event and donated their time to make Dalya's day one to remember. Thank you for your continued support Dalya! We hope you had as much fun as we did!



Dalya holding her city proclamation in front of Assistant Chief Shaun Lutz, Luke Ockenden, Nick Ricco, Chief Steve Holtzman and Michael McDermott.



Dalya and personnel from the Beachwood Fire Department were thrilled to share a number of unique experiences throughout the day.



Helicopters have been mobilized in The Illuminating Co. region to perform comprehensive visual inspections on all Illuminating Co. 138kV lines throughout this month and may hover for short time periods.

# HOMETOWN HEROES PROGRAM ACCEPTING NOMINATIONS

The Beachwood Historical Society and City of Beachwood are collaborating to celebrate our Hometown Heroes once again in 2023! Nominations are currently being accepted at [BeachwoodOhio.com/HeroNominations](https://BeachwoodOhio.com/HeroNominations) through Friday, April 7. A successful nominee actively displays the following criteria in their everyday life:

- Must be a resident or individual who works in the city
- Makes a positive impact on the city
- Helps improve the city and society
- Shows dedication to helping others
- Displays courage, care and concern
- Contributions and accomplishments have enhanced Beachwood



The 2022 class of Hometown Heroes behind the display in Beachwood's City Park West.

Heroes will be celebrated in May with a special ceremony at the Hometown Heroes garden display in Beachwood's City Park West on Shaker Boulevard.

# FEBRUARY RECREATION GUIDE



**FEBRUARY  
FREEZE**

February 26, 6-7:30 pm  
Beachwood City Hall

Outdoor Winter Fest  
The Rockin' Robots  
Family Activities  
Ice Sculptures  
Fireworks

Cost:  
Canned goods  
for Harvest  
for Hunger!

CITY OF  
Beachwood  
**CRESTMONT**

BeachwoodRec.com

## BLACK HISTORY MONTH

For the latest details, visit [BeachwoodRec.com](http://BeachwoodRec.com).

- **Djapo Cultural Arts Institute**  
Feb. 5, 2-3 p.m., Community Center  
African singing, dancing and drums. Part of BAC's Sunday Sounds series.
- **Black History through Stories & Songs**  
Feb. 7, 4-4:45 p.m., Beachwood Library  
Join Miss Donna the storyteller as she shares African-American history and culture. For students in grades K-5. Call 216-831-6868 to register.
- **Black History Cultural Experience**  
Feb. 8, 4-7 p.m., Community Center  
The tastes, sounds and more from local African-American owned businesses.
- **Art Explorers**  
Feb. 9, 4-4:45 p.m., Beachwood Library  
Open to grades K-5. Hear about the life of African-American artist Faith Ringgold and get inspired to create your own work of art. Call 216-831-6868 to register.
- **The TREES Book Discussion**  
Feb. 15, 2-3 p.m., Beachwood Library  
Written by Percival Everett. Books available at the circulation desk one month prior. To register, please call 216-831-6868.



**BEACHWOOD  
ART GALLERY:**

Celebrating Black History Month through Creative Expression | January 11 - February 12  
Ileen Kelner Juried High School Art Show | February 18 - March 12

## GARDEN PLOT REGISTRATION INFO

The Beachwood Community Gardens will move to their permanent location closer to the Community Center parking lot with ADA compliant access this spring. The new layout will accommodate 86 plots, an increase from the previous allotment of 76, plus shade shelters, more hose bibs, a shed and expanded walkway. Registration for the gardens begins February 1 in-person at Beachwood City Hall for \$25 per plot. For more information, visit [BeachwoodRec.com](http://BeachwoodRec.com).

- **February 1-28:** Returning Resident Gardeners (Must have held a plot in 2022)
- **March 1-April 14:** Registration Open to All Residents
- **April 17:** Registration Open to Non-Residents



Summer photo of the 2022 community gardens.

# TENNESSEE AND SOUTHERN OHIO MARK THE RETURN OF OVERNIGHT TRIPS

Beachwood Community Services is proud to announce the return of overnight trips. Come travel and explore new destinations with fellow community members. For details and registration, visit [BeachwoodRec.com](http://BeachwoodRec.com) or call Community Services at 216-292-1970.

• **Southern Ohio Here We Come: Monday, April 24 through Tuesday, April 25**



A canal boat in historic Roscoe Village.

How long have you lived in Ohio but never explored what Southern Ohio has to offer? Well here is your chance! Come see and taste your way through Roscoe Village, 3 Rivers Wine Trail, Sugar Creek and more. We will stay at the Carlisle Inn after enjoying dinner at Gervasi Vineyards. Transportation, tours, tastings and gratuities all included. Payment due by March 24, \$380 for double occupancy.

• **Tennessee Trip: Sunday, May 21 through Friday, May 26**

Join us as we explore the sights and sounds of both Nashville and Memphis on this 5 night, 6 day trip. Some highlights include the Ryman Auditorium, Johnny Cash and Patsy Cline Museum, Loveless Café, a ride on the General Jackson, RCA Studios, Grand Ole Opry, Opryland Hotel, tour of Graceland, Blues City Café and so much more. Transportation, 13 meals, 5 nights lodging, admissions and gratuities are all included. Payment due by April 14, \$2,200 for double occupancy or \$2,875 for single.



A sunset behind the Nashville, Tennessee skyline.

## BEACHWOOD

Baseball & Softball

**REGISTER TODAY!**  
Boys and girls ages 5-14.

**LEARN MORE:**  
[BeachwoodRec.com](http://BeachwoodRec.com)

**Resident early bird rates end March 3!**  
Visit [BeachwoodRec.com](http://BeachwoodRec.com) for details.

**SEASONAL EMPLOYMENT:**

**We're hiring lifeguards, camp counselors and pool slide/tot pool attendants! Join our team!** Applications can be found online at [BeachwoodOhio.com/jobs](http://BeachwoodOhio.com/jobs). Apply today.

## BEACHWOOD SENIORS

### LITERARY LUNCH CLUB

Bring a lunch and enjoy a literary discussion facilitated by Margaret Reardon. Register by the Tuesday before the Friday meeting online at [BeachwoodRec.com](http://BeachwoodRec.com) or call 216-292-1970. See the schedule listed below. Literary Lunch is held at the Beachwood Community Center.

- **March 31, Noon:** *The Extraordinary Life of an Ordinary Man: A Memoir* by Paul Newman
- **April 28, Noon:** *The Winners* by Frederick Bachmann
- **May 26, Noon:** *Lessons in Chemistry* by Bonnie Garmus



### THE CLEVELAND ORCHESTRA

**Friday, March 31, Severance Hall in University Circle, Departure 10:00 a.m.**

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](http://BeachwoodRec.com).

### SENIOR DAY OUT

**The Dynamic Duo**  
**Thursday, February 16, at Noon**  
**Beachwood Community Center**

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

Register by Thursday, February 9.

Debbie Darling, a singer/songwriter along with her accompanist David Strieter, will no doubt delight us with selections of famous Oscar-nominated songs from the 1930s and 1940s. Debbie has performed a wide range of musical styles from opera to jazz to blues and everything in between. David Strieter has been working in the field of music in several different arenas for over 35 years. Join us and rekindle your love for this great music!

Meal choices include penne pasta with marinara or chicken parmigiana. All entrees served with a small salad, garlic bread, dessert and a beverage.

# WHERE BUSINESS IS BOOMING!

## THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

### SBA LOAN MANAGEMENT

Companies that have received SBA Economic Injury Disaster Loans had a 30 month deferment period which is now coming due. There are online resources that can assist you with a company's repayment which is all included in the Capital Access Financial System (CAFS). This allows borrowers to check loan balances and view upcoming payment information. In addition to the EIDL loans, this system can be used for all SBA loans and Paycheck

Protection Program loans. For more information, simply go to the SBA's Manage My EIDL webpage at [www.sba.gov](http://www.sba.gov).



U.S. Small Business Administration

### UPSKILLING WORKFORCE

Beachwood companies that may be looking for an opportunity to upskill your staff and capabilities have some great resources locally and within the State of Ohio to assist. The State of Ohio TechCred helps employers build a strong workforce with the skills needed in a technology-infused economy. Many of these trainings can be completed online. Locally, the Cuyahoga County Department of Development offers the SkillUp 2.0 Program. This program offers employers support as they upskill their workforce and then offer financial incentives to do it. The team of workforce and training development professionals within these programs will help set a strategic

plan and assist in the implementation of that plan to support the future growth needs of your company. For more information on these programs you can visit TechCred at [www.techcred.ohio.gov](http://www.techcred.ohio.gov) and the SkillUp 2.0 Program at [www.cuyahogacounty.us/skillup-2](http://www.cuyahogacounty.us/skillup-2).



### HEALTH INSURANCE FOR SMALL BUSINESS

Offering health insurance as a small business owner always comes with a number of questions; at the same time it can be a good opportunity to focus on retention and value for your employees. Providing health insurance can help with recruitment of new staff, bringing new talent, and offering a compensation program that brings new incentive and retention to current employees. In many cases there are some pre-tax benefits that small business-sponsored programs can offer that reduce the employees' tax burdens. If you are looking for answers to health insurance options, how you can qualify for the small business health insurance tax credit, and health insurance requirements, feel free to reach out to the City of Beachwood Economic Development Office, which can put you in touch with some talented local companies that specialize in health insurance.



# ALWAYS BE AN INSIDER, STAY CONNECTED!

#### Official Facebook Pages:

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

#### Official Twitter Accounts:

- @BeachwoodOH
- @BeachwoodPolice

#### Beachwood eList:

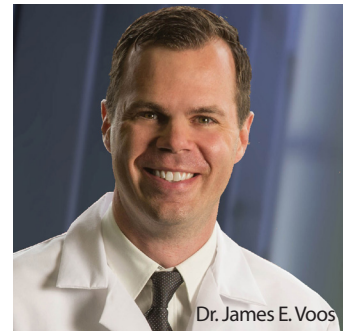
Sign up at [BeachwoodOhio.com](http://BeachwoodOhio.com)



# New Sports Medicine Services Coming to Beachwood

*UH Drusinsky Sports Medicine Institute at UH Ahuja Medical Center will give patients a seamless path to recovery*

Injuries can happen anywhere, whether you're simply walking your dog around the block or taking a hike in the Metroparks. In those moments, you can confidently turn to University Hospitals (UH) orthopedic and sports medicine specialists to help you get back to your active lifestyle.



Dr. James E. Voos

Projected to open this summer, as part of UH Ahuja Medical Center's Phase 2 Expansion, the UH Drusinsky Sports Medicine Institute will bring new and expanded services to the Beachwood community, including education and injury prevention, athletic training and performance assessments, and unparalleled physical therapy and rehabilitative services.

"The new UH Drusinsky Sports Medicine Institute at UH Ahuja Medical Center will be a one-stop shop for athletes of all ages, with all the space, tools, and inspiration patients need to live and enjoy an active lifestyle," says James E. Voos, M.D., Chair of the UH Department of Orthopaedic Surgery, and Jack & Mary Herrick Distinguished Chair of Orthopaedics and Sports Medicine.

## Unmatched Care for Every Athlete

Modern orthopedic care has differentiated itself from other clinical areas, and for good reason. Compared to many patients, orthopedic and sports medicine patients are healthy. They may be recovering from injury or rehabilitating from joint replacement, but they are not ill and do not wish to be treated that way. As a result, a growing proportion of orthopedic and sports medicine services are performed on an outpatient basis, employing cutting-edge technology such as robotic-assisted surgery to lower complications and reduce recovery time. This approach gets a patient into rehabilitation and, ultimately, an active lifestyle, more quickly.

## The 40,000-square-foot, multi-story facility will feature:

- **Comprehensive Orthopedic Care.** In addition to the advanced clinical care and treatment you need to get back on field, the UH Drusinsky Sports Medicine Institute will deliver comprehensive training, conditioning, and performance assessments to keep your body strong and minimize your risk of future injury.
- **Rehabilitation and Training.** Built with all types of athletes in mind, the unparalleled world-class complex will feature a variety of turfs and playing surfaces, a therapy pool, state-of-the-art training equipment, and more, to help you recover from injury and achieve your athletic goals.
- **Walk-In Orthopedic Injury Clinic.** When injury happens, whether in the big leagues or the backyard, you need easy access to high-quality care. The walk-in Orthopedic Injury Clinic, with dedicated imaging and diagnostic services, will ensure 24/7 care for orthopedic and sports-related emergencies.
- **On-site Surgical Services.** From sudden broken bones to joint replacement surgeries, the UH Drusinsky Sports Medicine Institute will boast a dedicated surgical center, ensuring seamless and timely access to all manner of orthopedic surgeries.

In addition to quality, compassionate care, patients at the UH Drusinsky Sports Medicine Institute can expect an empowering care experience with personalized support and attention such as pre-operative classes to prepare patients and set expectations, patient navigators to reduce anxiety and guide patients throughout their care journey, and comprehensive rehabilitation plans to speed recovery. Additional onsite services will include sports cardiology, concussion and neurological care, nutrition services, and postoperative pain management alternatives.

"Our UH sports medicine team works in a very collaborative nature," explains Dr. Voos.

"While orthopedic sports medicine is at the core, our primary-care sports medicine physicians, athletic trainers, physical therapists, nutritional consultants, and concussion experts all work together to assure streamlined care of our athletes. Taking care of patients, and particularly athletes, is really a long-term relationship to create a smooth transition from the doctor's office back onto the field."

To schedule an appointment with a UH orthopedic specialist, call 216.342.2385. For more information about UH Orthopedics, visit [UHhospitals.org/SportsMedComplex](http://UHhospitals.org/SportsMedComplex).



The UH Drusinsky Sports Medicine Institute is projected to open this summer. To learn more about UH Ahuja Medical Center's Phase 2 Expansion, visit [UHhospitals.org/AhujaExpansion](http://UHhospitals.org/AhujaExpansion).

# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

## Message from the Board President

On January 10, I had the honor and privilege of being sworn in for a second year as president of the Beachwood Board of Education. Last year, I wrote to you about my priorities for the Board and for the District. As a “young” board with three new members, I prioritized onboarding and training. I also affirmed the board’s commitment to the District’s mission to develop intellectual entrepreneurs with a social conscience through reinforcing our three focus areas of academic achievement, emotional well-being, and intercultural awareness. Integral to our mission and focus areas is engaging with the community and hearing your voices. As I reflect on the past year, I am proud of how quickly the board acclimated. Our community engagement efforts

resulted in an elementary facilities master plan that we believe furthers our District’s tradition of excellence and serves as an asset to the entire Beachwood community.

In the coming year, my priority for the Board is to continue working collaboratively and effectively, especially on the significant tasks ahead such as hiring a successor for our retiring Treasurer Michele Mills and following the plan established for our elementary facilities. The Board will also continue efforts to engage with families at each of our school buildings, school events and through quarterly Bison Talks. The Bison Talks, which are attended by two Board members and two district administrators, provide informal opportunities to ask questions or discuss topics you are interested in with regard to our schools.

I firmly believe we are stronger together and look forward to meaningful community collaboration in the year ahead.

Thank you,



Megan Walsh  
President



## EVENTS CALENDAR



### College Credit Plus Night for Grades 6-12

Thursday, Feb. 2, 6 p.m.

Beachwood High School, 25100 Fairmount Blvd.

### Elderclass

Thursday, Feb. 9, 12 - 2 p.m.

Beachwood High School, 25100 Fairmount Blvd.

### MAC Scholars Black History Recognition Night

Friday, Feb. 10, 4:30 p.m. (boys junior varsity); 6 p.m. (girls varsity); 7:30 p.m. (boys varsity)

Beachwood High School, 25100 Fairmount Blvd.

### Presidents Day - No School

Monday, Feb. 20

### Junior College Night

Tuesday, Feb. 21, 6 - 7:30 p.m.

Beachwood High School, 25100 Fairmount Blvd.

### Bryden Right to Read Week

Monday, Feb. 27 - Thursday, March 2

Bryden Elementary, 25501 Bryden Rd.

## Bison Change Makers

Service learning helps Beachwood students give back to their community and grow as leaders



### Hilltop Elementary Student Council

Keeping kids warm this winter – that’s the goal of the Hilltop student council, which organized a winter-wear collection drive last December in partnership with the National Council of Jewish Women/Cleveland’s “Share What You Wear” program.



**VIEW THE  
FULL CALENDAR**

[beachwoodschoos.org/Calendar.aspx](https://beachwoodschoos.org/Calendar.aspx)



## BOARD OF EDUCATION MEMBERS

Megan Walsh, President • (216) 287-4657 • mwalsh@beachwoodschoools.org  
Jillian DeLong, Vice President • (216) 509-3514 • jdelong@beachwoodschoools.org  
Kim Allamby • (216) 533-3358 • kimallamby@beachwoodschoools.org  
Dr. Josephine Chan • (216) 235-1129 • jchan@beachwoodschoools.org  
Wendy Leatherberry • (216) 409-2211 • wleatherberry@beachwoodschoools.org



[beachwoodschoools.org](http://beachwoodschoools.org)

## Junior Council on World Affairs Wins Model UN Fall Conference

Beachwood High School's Junior Council on World Affairs continues to excel in the 2022-2023 school year, having won the Model United Nations fall conference three years in a row!

The conference, held November 17-18 at Case Western Reserve University, attracted many of the top schools throughout Northeastern Ohio, including Solon, Rocky River, Orange, and Mentor.

"It's great to see Beachwood come out on top competing against these schools," said club advisor Dominic Velotta. "In each of the last three years, you can tell that the students from the other schools don't like it when we show up."

Twenty-five Beachwood students attended the conference, which replicates a United Nations summit. Students assumed the role of UN delegates and negotiated draft resolutions on topics such as human rights, global health, economic development, poverty, and climate change. They were judged on how accurately and fully they represented the needs of their assigned countries and their ability to work with representatives of other countries to present solutions to world problems.

"One of the main goals of the student council at Hilltop is to help grow mindful, empathetic leaders," said advisor Laura Rice. "I try to show students they can make a difference not only in their school, but in the broader community as well."

The student council decided to collect winter gear after learning that school attendance drops when children lack access to warm clothes. "It is important that students understand different people deal with struggles we may not experience ourselves, but we can all help each other in many ways," said Rice.

The club's 34 members planned every detail of the drive, including creating promotional materials, setting up the collection boxes, organizing the donations and loading more than eight boxes for delivery. Donations of gently used coats, boots, gloves and other winter items are being distributed to families throughout greater Cleveland.

"I am so proud of how hard Hilltop's student leaders worked in order to make a difference in the community," said Rice. "Students learned the value of helping one another and how people in a community can come together to make a difference. They learned that even while they are young, they can be influential leaders."



"It's really a quite fascinating process," said Velotta, adding that the team's success "is a testament not only to our students but also to our middle school program advised by J.C. Lenk."

Three students earned a 'Best Delegate' gavel: Anah Khan (10), Cordelia Ames (11), and Karina Krishnan (9). Six more students earned 'Superior Delegation' honors: Nishan Shrestha (11), Noah Beilstein (9), Ezrin Saltzman (10), Lyndia Zheng (9), Amy Zhou (10), and Siya Gulia (11). 'Excellent Delegation' honors went to Maria Zarjetskiy (9) and Srishti Ithychanda (9). Radha Pareek (10) and Blane Ehasz (11) earned "Honorable Mention."

### *Shreya Chellu*

BHS tenth-grader Shreya Chellu is a champion for refugees and immigrants in Greater Cleveland. This winter, Shreya led a city-wide health and hygiene drive in partnership with the U.S. Committee for Refugees and Immigrants.

The 15-year-old collected everyday essentials such as soap, shampoo, toothpaste, and sanitary products to help newly arrived families stay healthy. Collection sites included the Beachwood Community Center, Beachwood Branch of the Cuyahoga County Public Library, Beachwood Middle School, and Beachwood High School.

Shreya's international travel, volunteer work, and participation on the Junior Council on World Affairs inspired her to become a change agent. "It was truly fulfilling to realize that the city-wide efforts to provide donations will have a tangible impact on resettling refugees and immigrants," said Shreya. "Most of all, I hope they feel welcomed by the Greater Cleveland community."



# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

## BOARD OF EDUCATION NEWS



### Recent Resolutions

- Approved May 2023 bond levy for elementary facilities
- Approved board president and vice president
- Identified Beachwood Schools support organizations
- Authorized membership in the Ohio High School Athletic Association
- Approved the purchase of two school buses
- Heard fine and performing arts and experiential learning presentation

### Upcoming Board Actions

- Approve end-of-year retirements of certificated staff
- Approve continuing contracts for certificated staff
- Approve resolution to renew medical and prescription health insurance

### Board Meeting Calendar

- February 13, 2023 @ 7 p.m.
- February 27, 2023 @ 7 p.m.



## VIEW AGENDAS & MINUTES

[beachwoodschoools.org/BOE.aspx](http://beachwoodschoools.org/BOE.aspx)

## Board of Education Advances Plan for New Elementary Schools

The Beachwood Board of Education passed the two resolutions needed to seek a bond levy this spring for the construction of two new elementary schools – one at Bryden Elementary for grades Kindergarten through 2 and another at Hilltop Elementary for grades 3 through 5 – and updates to the Fairmount Early Childhood Center’s pre-kindergarten facilities.

The principal amount of the bond is \$65 million to be paid over a maximum of 37 years with an estimated 5.25% interest rate per year, payable semiannually.

The 3.95 mill-bond issue amounts to \$138.25 for each \$100,000 of the county auditor’s appraised value. The monthly cost to homeowners is \$51.84. This is based upon the current Beachwood median home value of \$450,000, which is taxed at a value of \$157,500.

If approved by voters at the May 2 general election, the funds would be collected starting in 2024.

“I am confident that this plan will situate the District well to meet the needs of students for many decades to come,” stated board president Megan Walsh.

For more information visit: [www.beachwoodschoools.org/ElementaryFacilities/Updates.aspx](http://www.beachwoodschoools.org/ElementaryFacilities/Updates.aspx).

## Kindergarten Registration Opens Feb. 8

Kindergarten registration opens February 8, 2023. Families with a child entering kindergarten in the 2023-2024 school year should visit [www.beachwoodschoools.org/NewKindergarten.aspx](http://www.beachwoodschoools.org/NewKindergarten.aspx) to complete the registration form.

A kindergarten parent orientation is scheduled for Thursday, May 18 from 4 p.m. to 5 p.m. at Bryden Elementary, 25501 Bryden Rd. For questions about registering for kindergarten, please contact district registrar Grace Perryman at [gperryman@beachwoodschoools.org](mailto:gperryman@beachwoodschoools.org) or (216) 464-2600, ext. 244.



## ADMINISTRATION

Dr. Robert Hardis, Superintendent · (216) 464-2600 ext. 2201 · rph@beachwoodschoools.org  
Michele 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



beachwoodschoools.org

# Alumni Spotlight George Vourlojianis (Class of 1966)

George Vourlojianis is a professor emeritus of history and instructor of history at John Carroll University. Encouraged by his father and grandfather, George knew he wanted to be a history teacher since childhood. "Both realized the importance of education," he said.

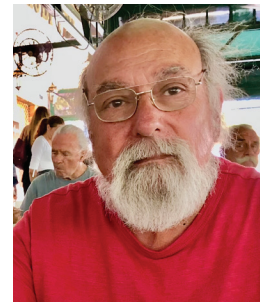
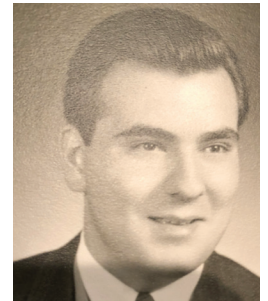
George credits his education in Beachwood Schools for preparing him for the rigors of college. One of his favorite subjects was an interdisciplinary humanities course that integrated history, literature, philosophy, and world religions. "To this day, I am influenced by one of the books we read – *Man's Search for Meaning* by Viktor Frankl."

Outside of class, George let his creativity shine as an award-winning cartoonist for *The Beachcomber* and set designer for the drama program. After graduating from BHS in 1966, George earned a bachelor's and master's degree from John Carroll University and served in the U.S. Army from 1971-1977 as a troop commander and staff officer. In 1994, he earned a Doctor of Philosophy from Kent State University.

Professionally, George served as a full professor of history and acting dean of social sciences and human services

at the Lorain County Community College in Elyria until retiring in 2017. He also served as a lecturer at John Carroll University, where he continues to present classes. George has written two books on Ohio's military history and is the recipient of four distinguished teaching awards. "I've never looked at what I do as a job," he said. "Teaching history is what I was put here to do."

George lives in Beachwood with his wife, Sally, and enjoys spending time with his grandchildren. His advice to current Beachwood students? Share your gifts. "All of us can do good things, and those things must always be shared with others," he said.



**Alumni: Share your story!** Go to [www.beachwoodschoools.org/alumni.aspx](http://www.beachwoodschoools.org/alumni.aspx).

# Social Scene



@BeachwoodBison



**beachwoodbison** Congratulations to the BMS and BHS Science Olympiad teams for their STELLAR performance at the 10th Annual Westlake Science Olympiad Invitational. Students competed against 30 teams in a series of STEM-related team events connected to disciplines including Earth science, chemistry, physics and engineering. The BMS and BHS teams placed in the top five overall and took home nearly two dozen individual honors. Way to go! #BisonStrong  
23h

**B** Beachwood Schools @BeachwoodBison · 28s  
Highlights from the BHS musical residency program, created in partnership with @local4afm. Students are learning conductorless ensemble skills from some of greater Cleveland's most talented chamber musicians.  
#BisonStrong



**Beachwood Schools**  
December 22, 2022 at 10:02 AM · 🌐

High school students and staff took a break from exams yesterday to unwind with therapy dogs. "It's relaxing to pet the dogs and talk with them," said eleventh-grader Veronica Schwartz, who dropped by after completing her Government midterm. Special thanks to the therapy dogs and their handlers for bringing so many smiles to our students during exams! Click on the photos to learn more about each dog. #BisonStrong

53  
8 comments 2 shares

## American Heart Month



February is American Heart Month, and Dr. Jessica Coleman (pictured), Menorah Park's vice president of Medical Affairs, shares some advice:

Older adults are more likely to develop coronary artery disease or suffer a heart attack or stroke. As we age, our heart does not beat as fast during physical activity or times of stress. Also, the fatty deposits on the walls of arteries build up over years, increasing the risk of heart disease.

Undertaking a regular activity program is a great way to start engaging in your heart health. It is important to do this under the guidance of your healthcare provider. Remember that an intense exercise regimen is not necessary; doing even a little activity every day can strengthen your heart.

A heart healthy diet is equally important. Avoid fad or crash diets. Focus on moderation, lean protein, and green leafy vegetables. If you are wanting to focus on small changes first, focus on plant-based changes and decrease your intake of processed foods. If you are a smoker, stop now. It is never too late.

Blood pressure, cholesterol, and weight are important to follow, along with other factors, like blood sugar, which may be important to your individual cardiovascular health.

Red flags for heart disease may include pain, numbness, and/or tingling in the shoulders, arms, neck, jaw, or back. Long-term symptoms that often get ignored are persistent fatigue, swelling, decreased endurance, or chest pain that goes away with rest.

Talk with your healthcare provider and seek out information from reputable sources, like the American Heart Association.



## Major Cervical Spine Research Trial Moves to UH Beachwood Medical Center

Neck pain and the associated arm pain or radiculopathy that often accompanies it affects many healthy adults, and is a major cause of pain and disability. Whether it comes on as the result of years of activity or as a result of a single sudden accident, pain that persists sometimes requires surgery and patients with neck problems are often told they need a fusion.

If this sounds familiar, you may be interested in learning about an ongoing investigational trial that has recently moved to the UH Beachwood Medical Center, under the guidance of Dr. Robert McLain. The Centinel Spine SMART Study is a FDA sanctioned comparison of two of the most commonly used artificial discs and is available as an alternative to fusion for patients who qualify. Artificial discs, also called disc replacements or disc arthroplasty, are now widely accepted as an alternative to fusion, and have been shown in numerous studies over the past 15 years to provide equivalent pain relief and safety compared to fusion procedures, while consistently showing even lower complication and reoperation rates.

Dr. McLain, a fellowship-trained spine surgeon with 30 years of expertise in complex spine care, served 16 years as a Cleveland Clinic staff surgeon and educator with appointments in the Departments of Orthopaedic Surgery and Neurosurgery, and served as director of the Cleveland Clinic's Spine Surgery Fellowship Program, a world-renowned program for advanced training of both Orthopaedic and Neurosurgical Spine Surgeons for more than 10 years. He has been performing disc replacement surgery for nearly 20 years and served as the principle investigator for an early FDA trial that led to approval for two-level disc replacement years ago.

He has authored more than 200 peer-reviewed papers and chapters and serves as an invited speaker for national and international meetings focusing on spinal surgery. Dr. McLain, also past president of the Mid America Orthopaedic Association, joined the UH Beachwood Medical Center and the Gobezie Shoulder Institute early last year.

The Centinel Spine SMART Study (Select Match Artificial Disc Replacement Two-level Study) is a nationwide clinical trial investigating treatment of Two-Level



Dr. Robert McLain, M.D., the only surgeon in Ohio providing the Centinel Spine Disc Replacement procedure to approved patients.

Cervical Disc Disease or Disc Herniation. The purpose of the trial is to evaluate the safety and effectiveness of two newer implant designs: prodisc®C SK and prodisc® C Vivo, compared to the Mobi-C® Cervical Disc. The two prodisc implants have been widely used in Europe with established safety and effectiveness, but have not been made available in the U.S. prior to this study. The control implant, MobiC, is the most widely used implant in the U.S. and is already FDA approved for two-level use in the U.S.

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The Centinel Spine SMART Study is a FDA sanctioned comparison of two of the most commonly used artificial discs and is available as an alternative to fusion for patients who qualify.

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Patients who have been told they need a spinal fusion and want to consider another alternative can contact Dr. McLain to learn more about their neck problem and surgical options. For details, visit [www.spinesurgerycleveland.com](http://www.spinesurgerycleveland.com) or [www.smart.rediscovermylife.org](http://www.smart.rediscovermylife.org), or call 800.670.0302.

# Introducing Dr. Alexander Beylinson

**D**r. Alexander Beylinson, the medical director of Vinney Hospice & Palliative Care of Menorah Park, understands that hospice care is about maintaining our quality of life. His wealth of experience and the long road that brought him to our community are interesting.

His family found safety in Kazakhstan during the Russian revolution, and that was where he attended medical school. "I graduated in 1987, and did my surgical internship and three years of residency there. I went into thoracic surgery, treating patients with tuberculosis and other pulmonary conditions. I practiced in Afghanistan for a year before coming to the United States for further education and training."

Moving to the Cleveland area in 1998, Dr. Beylinson was hired by Mt. Sinai Hospital. "It was a great hospital with an excellent Trauma Center, and I was very proud to work there," he said. "I was heartbroken when it closed in 2000."

After a residency at University Hospitals, he went to Huron Road Hospital, which closed in 2011. Huron Hospital was in the forefront of academic leadership and community service. "I loved working there. We provided care for people with no insurance or income, and it was very rewarding to make a difference in the Cleveland community."

Disappointed in the closings of hospitals, Dr. Beylinson shifted his career from surgery to focusing on community care. "I joined the Visiting Physicians Association, where we provided care in nursing homes, assisted living residences, and even private homes. It was a great learning experience and another chance to benefit the community," he said. "I was working for Community Hospice when I received the opportunity to come to Menorah Park in April of last year. This was the perfect



community for me and I couldn't pass it up. It's given me a chance to put my experience to good use, while continuing to learn and grow. I've even been fortunate to be able to care for some of the people who taught and guided me in my career, and those connections make what I do very meaningful."

*I received the opportunity to come to Menorah Park in April of last year.*

*This was the perfect community for me and I couldn't pass it up. It's given me a chance to put my experience to good use, while continuing to learn and grow.*

If you would like to learn more about Vinney Hospice & Palliative Care programs and services, call 216.910.2650, 24 hours a day, 7 days a week. Someone is there to help!

Hospice is a paid benefit of Medicare, Medicaid, and most private insurance, not an additional financial burden.



## Wiggins Place

award-winning assisted living  
27070 Cedar Rd. • Beachwood

### Winter Open House

We invite you to enjoy a personal tour. Find the perfect combination of newly renovated apartments and modern luxury amenities all within a warm, inviting premier assisted living community.

**February 8, 2023 | RSVP by February 6  
3 - 4:30 pm**

Happy Hour with Heavy Appetizers and Door Prizes



### Drive Thru Community Lunch

Drive through our gorgeous community and grab lunch to go for two!

**March 29, 2023 | RSVP by March 24  
11 am - 1:30 pm**

**Both programs are free and open to the community.  
RSVP to Deanna Snider or Sheri Pundole  
at 216.360.8202  
or [communityrelations@menorahpark.org](mailto:communityrelations@menorahpark.org)**



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P A R K

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**MenorahPark.org  
216-831-6500**

Locations in Beachwood and Chagrin Valley

## Yarn Over Beachwood

Yarn Over Beachwood members knit, crochet, and loom items for different organizations and charities throughout Northeast Ohio. Group members share ideas, patterns, projects, links to patterns, and more.

The group meets the first Friday of each month from 10-11:30 a.m. at the Beachwood Library.

Participants create varied projects that include hats, bird nests, lapghans, and more. To participate or donate yarn, contact Iris November at [lbtryclub@gmail.com](mailto:lbtryclub@gmail.com) or 216.375.9111.

### It's Spring Cleaning time!

Please donate your extra yarn to be used for needed items in our community. **Thank you!**



## Onward Israel!

**D**o you know a college student or recent college graduate? Help them get a head start on summer 2023 by applying for Onward Israel, an eight-week summer internship program in Tel Aviv.

Participants will create new opportunities with an international internship in their field of interest. Encourage them to join the Cleveland Onward Israel cohort and spend eight weeks living and working in the heart of Tel Aviv! They will gain résumé-boosting experience, enhance their social and professional networks, and become immersed in the vibrancy of Israeli culture and society. Whatever their ambition, Israel is there to discover!

Sample internships include:

- Social media and outreach with local NGO or non-profit
- Business development with social media start-up
- Event coordination and promotion for management company
- Public relations with a museum

The program will run from June 7 through August 1, 2023. Program fee of \$800, plus airfare, includes housing, internship coordination and facilitation, educational programming and day



trips, medical insurance, partial laundry provisions, and local transit.

Participants can take part in a Birthright Israel trip prior to their Onward Israel program and save on airfare. Jewish college students and recent graduates, from or currently living in the Greater Cleveland area, with priority given to rising juniors and seniors, are eligible for this program. Rolling admission closes March 2023 and applying early will ensure participants' best internship pairings.

Apply at <https://onwardisrael.org/cleveland>.



## CARE Patrol™ of Northeast Ohio

Your Partner In Senior Care Solutions

Looking for senior care options? Since 1993, CarePatrol has partnered with families to find the best community for their loved ones based on their *needs, budget, & location* which includes Independent Living, Assisted Living, Memory Care, In-Home Care, Nursing Homes, & more. CarePatrol is your advocate & guide throughout the entire care transition process by accompanying families on facility tours, giving professional recommendations, providing care solutions, & assisting with state or federal funding options to help pay for Assisted Living. *Our services are completely free for families.* CarePatrol of Northeast Ohio is your trusted partner!

“*Anyone who has ever had to make the decision for someone you care deeply for that can no longer take care of themselves, knows the pain and heartache it brings! This was my reality. I was blessed to find CarePatrol. My angel was Eric Sailor. My dear friend is safe and cared for. I have slept for the first time in months. Beyond thanks Eric!!*”

Eric Sailor | Co-Owner, Certified Senior Advisor, Hospital Liaison | (216) 233-5240  
[esailor@carepatrol.com](mailto:esailor@carepatrol.com) | [neohio.carepatrol.com](http://neohio.carepatrol.com)

# SUMMER CAMPS

**SUMMER IS ALMOST HERE AND IT'S TIME TO SIGN UP FOR CAMP!**

There are many camp options in and around Beachwood.  
The City of Beachwood offers camps, with an earlybird deadline of March 3.

For details, visit [www.BeachwoodRec.com](http://www.BeachwoodRec.com).

For additional camp options, please review offerings that are displayed below and on the following pages.  
If you select one of these camps, please say you saw it in *Beachwood Buzz!*

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(entering preschool through entering kindergarten)



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**Registration is open for Summer 2023 Day Camps at our Beachwood Discovery Center! Space is limited**

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Performing Arts Camp is for campers of all experience levels. Youth in grades 2-8 participate in theater classes, electives, art and swimming. They dive deeply into specials such as improv and costume or set design, master classes and workshops, as well as dance and a capella electives. Each four-week session presents an end-of-session performance.

**NEW!** Campers in grades 6-8 choose elements of their daily schedule, rehearse for an additional performance, enjoy extra master classes and focus on ensemble-building, artistic creativity and leadership skills.

LEARN  
MORE



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GRADES K-8

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- Horseback Riding
- Gymnastics
- The Great Outdoors

- STEAM
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- JDC Goes to Camp Wise



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### New! Madrichim: Leaders In Training

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AGES 2-3  
PRESCHOOLERS &  
KINDERGARTENERS  
AGES 3-6

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EMAIL ELLYN KLEIN: [EKLEIN@THERATNERSCHOOL.ORG](mailto:EKLEIN@THERATNERSCHOOL.ORG), CALL 216-464-0033,  
OR VISIT [WWW.THERATNERSCHOOL.ORG/SUMMER-PROGRAM](http://WWW.THERATNERSCHOOL.ORG/SUMMER-PROGRAM)



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# Beachwood Bistro

The Beachwood Bistro, located at Beachwood High School, welcomes you to join enjoy a culinary experience. Beachwood Bistro is operated by first-year students in the Culinary Arts program of Excel TECC. Under the supervision of

its experienced instructional staff, aspiring chefs prepare, serve, manage the cash register, and do everything else that goes into running a successful restaurant. The food is delicious and the prices can't be beaten! Menu items include soups,

salads, sandwiches, pastas, specialty entrees, sides, beverages, and desserts, all priced under \$10.

The Bistro is open most Wednesdays, Thursdays, and Fridays when school is open. Hours are 11 a.m. - 12:30 p.m. The

Last seating is at 12:15 p.m. and the last takeout is at 12:20 p.m.

Reservations are recommended 24 hours in advance by calling 216.831.2080, ext. 7131. To view the menu and specials, visit [www.beachwoodschoools.org/bistro.aspx](http://www.beachwoodschoools.org/bistro.aspx).

## February Library Listings

Listed are select programs. All event listings can be found at <https://attend.cuyahogalibrary.org>.

### Tuesday Book Chat

Tuesday, Feb. 14 • 7 - 8 p.m.

A discussion of *Remarkably Bright Creatures*, by Shelby Van Pelt. Registration is not required.

### Third Wednesday Book Discussion

Wednesday, Feb. 15 • 2 - 3 p.m.

A discussion of *The Trees*, by Percival Everett. Register at <https://attend.cuyahogalibrary.org/event/7181390>.



### Third Thursday Book Discussion

Thursday, Feb. 16 • 2 - 3 p.m.

Enjoy a virtual discussion of *The Trees*, by Percival Everett, on Zoom. Register at <https://attend.cuyahogalibrary.org/event/7181584>.

### Through the Eyes of the Artist – Toulouse Lautrec

Friday, Feb. 17 • 10 - 11 a.m.

Join art historian Felicia Zavarella Stadelman as she presents a program on French artist Toulouse Lautrec. Register at <https://attend.cuyahogalibrary.org/event/7148340>.

### Blood Drive

Saturday, Feb. 18 • 10 a.m. - 4 p.m.

To register, please call 1.800.733.2767 or visit [redcrossblood.org](http://redcrossblood.org).



THE TIME TO  
**GIVE BLOOD**  
IS NOW

### Knit and Lit

Monday, Feb. 20 • 6:30 - 8 p.m.

Join us for knitting and informal chats about what everyone is reading. Register at <https://attend.cuyahogalibrary.org/event/7086108>.

### Remember the People You Meet!

Tuesday, Feb 21 • 2 - 3 p.m.

Learn how to boost your brainpower to help you remember other people's names. Register at <https://attend.cuyahogalibrary.org/event/7165810>.

### Reducing Stress and Building Personal Resilience

Thursday, Feb. 23 • 7 - 8 p.m.

Learn how to reduce stress and build personal resilience with corporate health coach Viktoria Levay. Register at <https://attend.cuyahogalibrary.org/event/7183866>.

## Children's Programming • To register and view the full schedule of events, please visit <https://cuyahogalibrary.org>.

Storytimes began again in January! View the full schedule at <https://attend.cuyahogalibrary.org/events>.

### Program features include:

#### Community Connections:

#### Celebrating Black History Through Stories and Songs

Tuesday, Feb. 7 • 4 - 4:45 p.m.

Join Miss Donna, the storyteller, as she shares stories and songs in celebration of Black history and culture.

#### Picture Book Pals –

#### Family Book Discussion

Friday, Feb. 3 • 10:30 - 11:15 a.m.

Sit down and chat about some of the librarian's favorite picture books. February's title is *Pip and Zip*, by Elana K. Arnold.

#### Hebrew Language Storytime

Wednesday, Feb. 8 • 4 - 4:30 p.m.

Hear stories, songs and fingerplays in Hebrew and English. Presented in collaboration with the Mandel Jewish Community Center.

#### Art Explorers

Thursday, Feb. 9 • Grades K - 5  
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.

#### Adapted Storytime

Ages 3 - 5 years with caregiver

Date: Friday, Feb. 10 • 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 required.

#### Chinese Language Storytime

Wednesday, Feb. 15 • 4 - 4:30 p.m.

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

#### Superhero Camp

Grades 3 - 5

Monday, Feb. 20 • 4 - 5 p.m.

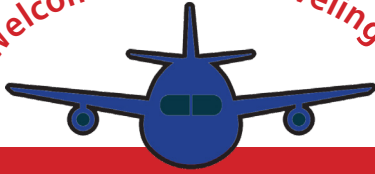
Design your very own superhero, write a comic, make a logo, and plan their rivalry.



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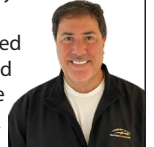
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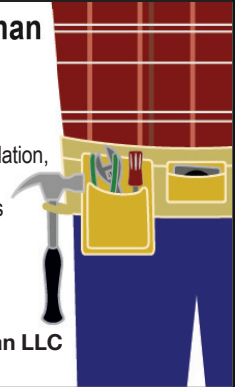
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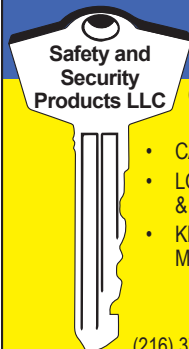
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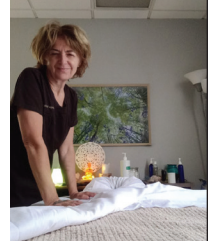
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## 988 Suicide & Crisis Lifeline

**9**88 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotion distress

People can call or text 988, or chat at [988lifeline.org](http://988lifeline.org). Resources are available for anyone with suicidal thoughts or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

### Need for 988

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need. Sadly, the pandemic made a bad situation worse when it comes to mental health and wellness in America.

There are urgent realities driving the need for crisis service transformation across our country. Some statistics:

- In 2020 alone, the U.S. had one death by suicide about every 11 minutes.
- For people aged 10 - 34 years, suicide is a leading cause of death, and
- From April 2020 to 2021, over 100,000 individuals died from drug overdoses



There is hope. The 988 Lifeline helps thousands of struggling people overcome suicidal crisis or mental-health related distress every day.

## StoryWalk®

The February StoryWalk® is *Almost a Full Moon*, by Hawksley Workman, illustrated by Jensine Eckwall. This is a warm-hearted story of family, community, food, and home. A boy and his grandmother host a gathering in their small cabin in the middle of winter. Friends travel from near and far, and some new friends even turn up. The walls of the cabin are elastic and the soup pot bottomless; all are welcome.

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



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