

Beachwood Buzz

February 2016

Every Resident. Every Business. Every Month

MAGAZINE



It's all about Self-love

This Valentine's Day
Should Start
With YOU!



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TAKE CONTROL OF YOUR HEALTH.

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INSIGHTS ON HEALTH AND WELLNESS.

 **Cardiovascular Disease:
From Prevention to Intervention**
A Health Matters Event

Saturday, February 6 | 9 a.m. – 1:30 p.m.

Doors open at 8 a.m. Breakfast is provided.

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We invite you to come listen as our medical leaders put your heart front and center. Spend the morning gathering valuable information from interactive panels featuring premier UH Harrington Heart & Vascular Institute physicians, as well as keynote speaker, Michael Cunningham, MD, program director, interventional cardiology.

This event is FREE, but space is limited.

TO REGISTER, call 877-597-6348 by January 29.

Registration, blood pressure, cholesterol and blood sugar screenings and breakfast begin at 8 a.m.

   2016 **HEALTH
Matters**

 Join experts across our system for our **FREE** Health Matters Education Series at one of nine University Hospitals locations.

FEBRUARY

**HEART HEALTH, PART TWO:
STAYING HEART SMART**

WEDNESDAY, FEBRUARY 10 | 6–7:30 p.m.

Keep your heart in tip-top shape through weight control, a healthy diet and regular exercise.

MARCH

HEALTHY LUNGS, HEALTHY LIFE

WEDNESDAY, MARCH 9 | 6–7:30 p.m.

Smoking, obesity and inactivity often lead to lung disease. Learn how to manage your risk factors and keep your lungs healthy.

REGISTER online at UHhospitals.org/HealthMattersRSVP or call **216-767-8435** between 9 a.m.– 5 p.m., Monday through Friday. See the list of participating UH locations on our website or ask the operator to find an event near you.



216-767-8435
UHhospitals.org/HealthMatters



Participate in the conversation on social media using **#UHHealthMatters**



When we serve others, We serve ourselves.

// He who has a 'why' can bear any 'how,'" is a quote by Dr. Viktor Frankl. The "how" refers to strategies for getting work done, but without knowing the driving reason behind it, it's hard to stay on track. You have to know "why" in order for it to make sense. Think of the "how" as the engine – it will make movement happen and get you forward – and the "why" as the fuel.

On www.mequilibrium.com, Andrew Shatté, PhD, describes the "why" in four levels:

Individual goals. At this basic level, you are concerned mainly with what you have and achieve, be it a certain amount of money or standard of living, a specific job or goal, for none other than the pleasure and satisfaction it creates for you and you alone.

Family. This takes your 'why' a step beyond yourself to include the people closest to you. If your motivation includes doing more for your family, or setting an example for your children, then you function at this level.

Community. You are driven not just by your own achievements or the wellbeing of your family, but by the world around you.

Religion, spirituality, values. If you feel connected to something larger than yourself, you're driven by the very highest level of achievement, greater than the people around you, whether that means God, spirituality, or a set of values you live by. In short, something that will outlast and outlive you.

Dr. Shatté believes that each level brings more satisfaction, as does volunteering.

Mastin Kipp, an entrepreneur, best-selling author and peak-performance coach who motivates people to get unstuck and bring their purpose to life, also references Dr. Frankl's quote in a video he posted (www.mastinkipp.com) on this same topic, in which he shares the importance of connecting to something that's greater than yourself.

When making a contribution, Kipp feels that projects should be pulled by spirit rather than driven by force. He says that when you push and push, projects often don't work in the long term because they're being forced.

He asks, "Have you ever been a part of something where things just happen out of nowhere?" When that happens, it's because it's pulled by spirit. When there's a "why" behind something, it's fueled and things fall in place.

Kipp believes that when serving, you tap into abundance, and if you don't have a lot of abundance, chances are your

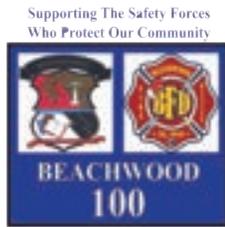
contribution is not really high. He encourages those who watch his videos to do something today that will help someone right now.

"The more you serve, the more life will serve you," Kipp says. "Doorways will open up where there weren't doors before. Instead of complaining, help. The world needs your purpose and light."

Kipp believes that when you have a deeper "why" you can tolerate and get through any "how."

"There will be hard times," he says, "times when you have to move on and pull yourself up by your boot straps. When you link your life with serving other people, it makes it much easier to navigate the downturns of life."

He also stresses the importance of contributing to yourself – by loving yourself and feeling alive, vital, full of energy and well rested. By doing so, you will better serve others and allow abundance to come in. He says, "Smile, say thank you, and accept compliments and contributions. Let the abundance come in so you can give it away."



The Beachwood One Hundred, Inc.

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Dear Beachwood Resident,

The Beachwood One Hundred 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 times of personal emergencies. The organization is run 100% by volunteer citizens and was incorporated not-for-profit in 1969 by a group of public-spirited citizens.

The Beachwood One Hundred recognizes and appreciates the dedication of our safety forces that serve to protect the citizens of Beachwood 24 hours a day, 365 days a year. When unforeseen personal emergencies occur, the Beachwood One Hundred is ready to assist the city's safety forces and their families with loans or donations. In addition, we have purchased safety and fitness equipment for the forces, and annually provide academic scholarships to children of our Police and Fire Department personnel.

Those who support The Beachwood One Hundred receive a tax deduction for their dues. In addition, they get the satisfaction of helping our Public Safety Departments perform their difficult jobs, as well as being there for them in case of an emergency.

JOIN or RENEW NOW! Dues for an individual membership are only \$40, and corporate memberships are \$100. As a 501(c)(3) entity, your dues are tax deductible.

To pay by check, please fill out the form below and send it to the address above. To pay by credit card, please use our secure online payment system at www.beachwood100.org.

In addition to the PRIDE of supporting the Beachwood One Hundred, you will also receive (2) 2016 vehicle decals this year. In order to stay informed, please be sure to provide us with your email address when paying your 2016 dues.

If you have questions, please contact us at info@beachwood100.org or at 216.373.0844.

Thank you!

The Officers and Trustees of Beachwood One Hundred, Inc.

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Write to us and tell us what you think. Beachwood Buzz magazine welcomes all Letters to the Editor. Please send all letters via email to beachwoodbuzz@gmail.com. Letters must have the contact's name and phone number. Phone numbers will not be published.

Calendar Section

Please send information about clubs, organizations, events and meetings. The deadline is the 10th of each month. Email information to beachwoodbuzz@gmail.com

Article Submissions

Beachwood Buzz welcomes your story ideas. If you have a story idea or photos you would like to share, email beachwoodbuzz@gmail.com. All articles and photos will be reviewed by the publisher, and the person submitting the information will be contacted.

Subscriptions

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COVER STORY

With February's being the month of love and relationships, let's take time to focus on what's really important, whether in a relationship or not, and that's self-love. Three Beachwood women, Dee Wolk, Jennifer Stern and Lisa Copeland share information that they often use in their careers, all of which help build and maintain relationships.

Story on page 8.

Photos by Scott Morrison, Discovery Photo.

City Council Update • Pages 24-27

2016 Organizational Meeting

Upcoming Meetings

Recreation Baseball/Softball Leagues

Snow Ordinance

Art Exhibits

Summer Cay Camps – Register Now!

Beachwood Pays Tribute to Departing Councilmen

Strong Business Growth

American Red Cross Blood Drive

You and Your Schools • Pages 28-29

Boys Varsity Basketball

BMS Robotics Team Headed to State Finals

Update on BHS Auditorium Renovation

Coming up in the March Issue of the Buzz:



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Health & Wellness

What you need to know and where you need to go to stay fit and healthy

Letter to the Community:

We are extremely grateful for the editorial pages in last month's *Beachwood Buzz* in which you paid such a visually and emotionally stunning tribute to Darcy. We also appreciate how difficult it must have been for you to not only include the editorial, but to also publish the magazine during the most difficult and sad days of your life.

We would like to express our heartfelt thanks to the Beachwood community for the continued love and support being shown to us all. From the city government to the schools to the police department to the Gathering Place to the friends and families of the community, all have expressed love and concern for our family and we are eternally appreciative. And wherever we go in Beachwood, people continue to remind us of Darcy's impact on their lives. To us, she was mother, wife and friend. To the community, Darcy was an example of commitment to excellence and a battling, courageous spirit with no desire to give up or give in at any turn. While we miss her viscerally every moment of every day, it is our hope that through our actions and deeds, and smiles and hugs, we can make her proud.

If indeed the adage is true, that it takes a community to raise a family, we consider ourselves lucky to have the Beachwood community.

With gratitude and love,
Randy Sophie Max and Sadie Alter

Beachwood PTO Clipboard

Beachwood PTO Community Garage Sale 2016

The Beachwood PTO Community Garage Sale will be held from Thursday, April 28, through Sunday, May 1, at the Beachwood Service Department building, 23550 Commerce Park (same location as last year). Please save your clothing, electronics, household items, furniture, sports equipment, toys and books to donate. This fantastic community-wide sale benefits all Beachwood City School students. Look for more information, including drop off dates and volunteer opportunities, in upcoming issues of *Beachwood Buzz*.

Lectureship Series

The Beachwood PTO proudly presents its second of a two-part FREE lecture series by guidance counselors Ashley Saferight and Meghann Sullivan on "Finding the AHA! Developing a Growth Mindset with Your Child," on Tuesday, Feb. 17 at 7 pm, in the Beachwood High School Community Room.

Have you ever looked at your children and wondered how to help them reach their full potential? Do you want your children to crave challenges, push themselves, and value learning new things? The way you interact with your children has a major impact on the way they think about themselves, perform in school and participate in everyday activities.

Did you know that some praise can actually hinder performance? This interactive workshop will help parents learn the difference between a fixed mindset and growth mindset, and how to nurture a growth mindset in your child. We will use real-world examples and interactive activities so that you will walk out the door, immediately able to apply what you learned.

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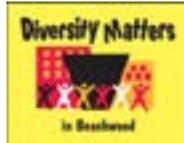


Rated A- (Excellent) By A.M. Best Company



Diversity Matter in Beachwood Presents Annual Black History Program

The Beachwood Community is invited to join Diversity Matters in Beachwood for its Annual Black History Month Program at Beachwood High School, "Out of Darkness and Into the Light."



Sunday, Feb. 21 • 3 – 7 pm • BHS Community Room

- 3 pm – Shop the local vendors for crafts, jewelry and more.
- 4 pm – Program featuring Beachwood students, community groups and remarks by Reverend Dr. Todd C. Davidson, senior pastor of Antioch Baptist Church.

Following the program, enjoy a community soul food feast and continue to shop. No RSVP necessary.

If you have questions or would like to participate in a meaningful way as a vendor or sponsor, please contact Pam Rhodes at 216.469.0015 or pmr701@aol.com, or Dee Tabb at 216.224.6706 or wdtabb@gmail.com.

Event organizers look forward to seeing you there!

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With February's being the month of love and relationships, let's take time to focus on what's really important, whether in a relationship or not, and that's self-love. Three Beachwood women share information that they often use in their careers. Meet **Dee Wolk**, founder and creator of No Diet Weight Solution®; **Jennifer Stern**, licensed independent social worker in private practice; and **Lisa Copeland**, dating coach, speaker and author, all of whom have eye-opening messages to share.

A photograph of three women standing together against a white background. The woman on the left is wearing a black dress and black boots. The woman in the middle is sitting on a wooden stool, wearing a dark red sweater and black boots. The woman on the right is wearing a black top and black pants. The text is overlaid on the image.

It's All About Self-Love

**This Valentine's Day
Should Start
With YOU!**

Love – A Time to Reflect on One's Self

When Dee Wolk mentions love, she shares the following about inner reflection.

If you realize that you are not your sports car, your grades, your children's grades, your degrees, your spouse's degrees, your titles, your family's titles or your possessions, congratulations! Raise your glass and toast yourself. You are an amazing person and it's time to have a love affair with yourself. You don't have to look and wait for someone else to love you when you love yourself first.

Let's not mistake the identity of self-love. It has nothing to do with being egotistical, putting yourself first or always getting your way. Self-love is to be in awe of the miracle of your existence, and how you treat yourself shows others how to treat you. Self-love has nothing to do with what you have achieved, what you look like, or what people think of you. It's all about your right to love yourself and become your own best friend.

The relationship you build with yourself will always be there. If you feel lonely, it is your self's wanting to make friends with your self. It's about loving yourself enough to ask yourself, "what do you need?"

Self-love encompasses mind, body and spirit. Your immune system is only as strong as the dose of self-love, self-acceptance and self-care that you administer to yourself daily.

When people deeply love others without

loving themselves, relationships can eventually falter. Your relationships will only be as strong and enduring as the foundation of your self-love, for everything begins from the inside out.

"Here is my gift to you this February – a Valentine solution," Wolk says. "The only relationship that solves your problems is the relationship you have with yourself, which is your core, your wholeness, your strength and your authenticity! This is inside yourself – use it and nurture it. Self-love will never let you down or abandon you.

"When you celebrate this love, you will then have the abundance to love others. Self-love starts with believing in yourself. Your subconscious mind believes whatever you tell it – whether true or false. This concept is so powerful that it will ultimately control your destiny.

"Self-love cannot be bought anywhere. It is FREE and you can have it if you consistently program your subconscious positively.

"We are not born winners. We are not born losers. We are all born choosers. February is the month of love and Valentines. Choose to give yourself a Valentine of self-love every day and miracles will happen!

Dee Wolk is an author, speaker, columnist and creator of the No Diet Weight Solution®. Her program is taught in hospitals, corporations, schools, privately, in-person classes and live webinars. She can be reached at www.nodietweightsolution.com.



Dee Wolk

Making Meaning Out of a Hallmark Holiday

Jennifer Stern, LISW, shares her insight about giving meaning to a Hallmark Holiday.

I am sorry, hopeless romantics, but please, on this Valentine's Day, take the notion of 'you complete me' and put it where it belongs – in a fictional love story, a Hollywood movie.

The truth is that YOU must be whole before you can do the work it takes to maintain a healthy and strong relationship. You must first know and like yourself. After all, how can you teach someone else how to meet your needs if you cannot first identify and meet them for yourself? How can you expect someone else to know what makes you happy if you do not know how to be happy on your own?

It is unreasonable to expect someone else to know how to care for you if you do not know how to care for yourself. Relationships are hard work. Couples that have relationship strength are constantly renegotiating the terms of their relationship. They continuously check in with each other. They recognize that love is a verb not an adjective.

This Valentine's Day, instead of (or in

addition to) a romantic dinner, consider reading and discussing Gary Chapman's book, *The Five Love Languages*. In his book, he describes how we tend to love our partner in the way we wish to be loved (our love language) rather than how they wish to be loved (their love language). Whether or not you are in a relationship, it's good to be aware of this information and to know your own language.

There are five love languages in all: Quality Time, Acts of Service, Words of Affirmation, Physical Touch and Receiving Gifts. At the end of the book, there is a quiz that helps identify what your primary love language is. Once you know what each other's primary love language is, you can better understand and meet each other's needs. To love and be loved is one of life's greatest blessings. Start with yourself first and then you will be ready to do the work it takes to have and maintain a healthy relationship.

Jennifer Stern is a licensed independent social worker, and loss and bereavement specialist. She can be reached at 216.464.4243 or www.ellenfcasperphd.com.



Jennifer Stern



**Lisa
Copleland**

Happiness Comes From Within

Lisa Copleland, an author and dating coach for women over 50, says so many women she talks with believe happiness in their life will come once they find a great guy. "It doesn't work this way. It's the joy within you that will make you both happy and attractive to the opposite sex.

The best gift you can give yourself this Valentine's Day is an understanding of a healthy relationship with yourself. Then, once there, you will be in the right frame of mind to successfully date and build a relationship, or to build a stronger relationship if you're currently in one.

"Relationships often fail because of expectations," Copleland told us. "When we expect people to jump through hoops or be a certain way, we are being unfair to ourselves and our partner. We end up setting ourselves up for relationship failure."

Copleland compares relationship expectations to going through a drive-in window. "We want lettuce, cheese and pickles, and believe that will make us happy," she says. "It doesn't! All it does is puts demands on someone, and that's a turnoff."

She suggests that we recognize the difference between qualities and values in someone we want as a life partner. Qualities are often superficial while values are about what you need in order to live your life authentically; they are firmly-held beliefs about who you are and what you see in others. As an example, a quality may be money, while a value is financially responsible. Qualities fade, values don't.

And for those over 50 who are ready for dating? Here is some insight:

- Put effort into dating. Many people put more effort into picking out kitchen cabinets than who they want as a life partner. Take time to find someone who shares the same values as you do.
- When a relationship doesn't work out, it's alright to remain friends. Having male friends is a great way to be around the energy of the opposite sex when you're not dating anyone.
- Stop looking for perfection. Many daters are knocking good people out of the game based on silly things that really aren't important in the big picture. Look for companionship and someone with whom to have fun and share life.

- Give people a chance. Men must feel a spark immediately. Sometimes it takes women as many as four dates to feel the spark.
- There are choices in creating an over 50s relationship. The two of you can choose to live together, live in separate homes but still be in a committed relationship, or choose to marry. There is no one right answer.
- Find balance. It's important to have your own life too!

Here are some ideas to consider this Valentine's Day that will last a lifetime:

- It's so easy to get caught up in the negative aspects of your partner. Here's an exercise that can help you refocus on the qualities you fell in love with when you first met. For every negative thought you have, reframe it with three positive qualities and watch how this changes your view of the special person in your life. Remember to compliment your partner. We all love compliments and encouragement from the special person in our life.
- Additionally, think of three positive things per day about yourself. Recognize and believe them. Believe in the law of attraction – that our thoughts are our reality and the messages we put out to the universe come back.
- Accept people for who they are. Make them feel needed. Focus on the positive – what you focus on is what will show up. Be happy to see them. Give them hugs. Connect. Communicate. Don't expect things. Make time for each other. Make time for yourself. Plan dates. Be selfless – think of what you can do for them versus what they can do for you.

The bottom line is that when we radiate joy and happiness from within, we become more attractive to those around us.

Copleland is a dating coach, speaker and author of *The Winning Dating Formula For Women Over 50: 7 Steps To Attracting Quality Men*. For more information, including a free report about *The 5 Little-Known Secrets for Finding a Quality Man After 50*, visit www.FindAQualityMan.com or call 815.683.6108.



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Michael Friedman
Beachwood Resident



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CELEBRITY BIRTHDAYS

- Feb. 7 Ashton Kutcher (38)
- Feb. 7 Chris Rock (50)
- Feb. 9 Joe Pesci (73)
- Feb. 9 Carole King (73)
- Feb. 10 Greg Norman (61)
- Feb. 10 Mark Spitz (65)
- Feb. 11 Jennifer Aniston (46)



Ganley Supports Golden Age Centers of Greater Cleveland!

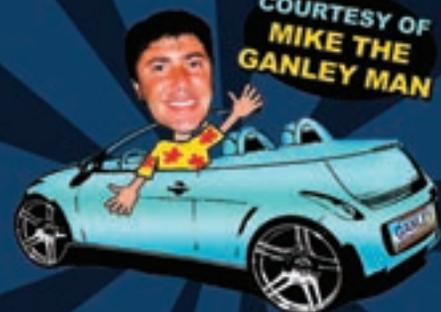
Pictured from left: Anne-Marie Connors, Bedford Mayor Stan Koci, Michael Friedman, Dinah Mouat and Jeremy Eisenberg.

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Summer Internship Program in Israel for Young Adults

Applications are now open for Onward Israel, an eight-week summer internship program in Tel Aviv for Jewish Cleveland young adults, ages 20-25. The Jewish Federation of Cleveland, in partnership with The Jewish Agency for Israel, is now selecting a small group of college juniors, seniors, and recent college graduates from Cleveland to live and intern in Tel Aviv from June 8 – August 3, 2016.

Onward Israel internships are life changing. According to Benji Trangle, a recent Onward Israel participant, his internship at GreenHouse Technologies helped develop his talent in the high-tech industry. "Through my internship, I gained new skills that I took with me when I returned to Cleveland."

Onward Israel participants can choose an internship in the fields of high-tech, the arts, business, finance, communications, non-profit, and more. In addition, they will live in shared apartments in the heart of Tel Aviv.

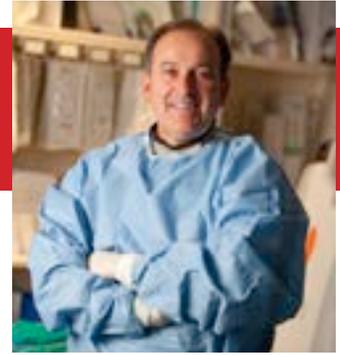
"Onward Israel was my first opportunity to live independently as a young professional. My relationship with Israel has never been stronger," Trangle said.

Qualified applicants are current college students or recent college graduates who are from the Greater Cleveland area or currently live in the Greater Cleveland area. Applicants must have had one previous, short-term Israel experience, such as Birthright or a teen travel program. Program cost is \$550 plus airfare.

Limited spots are available. Rolling admission is on a first-come, first-serve basis. To apply, visit www.onwardisrael.com. For more information about Onward Israel, contact Mirit Balkan at mbalkan@jfcleve.org or 216.593.2921.



As an Onward Israel participant, Arielle Ginsburg interned at the Wildlife Hospital in Ramat Gan. The hands-on experience has solidified Arielle's decision to become a veterinarian.



Mauricio Arruda, MD

When Your Heart Skips a Beat

When you think of serious heart problems, a heart attack is likely the first thing that comes to mind. But having an abnormal heart rhythm like atrial fibrillation (also called A-fib or AF) can sometimes be just as serious.

A-fib occurs when the heart's electrical system malfunctions and its upper chambers (the atria) beat fast and irregularly. As a result, blood doesn't flow normally to the heart's ventricles and the risk of clotting increases – as does the risk for stroke. In fact, if left untreated, A-fib doubles your risk of death from a heart-related condition and increases your risk of stroke by four to five times, according to the American Heart Association.

How Common is Atrial Fibrillation?

- A-fib is the most common heart rhythm disorder.
- More than 2.2 million people in the U.S. have A-fib.
- About 160,000 new cases are diagnosed each year.
- A-fib is uncommon among young people, although it can occur in people of any age.
- The likelihood of developing A-fib increases as one grows older. After age 65, between 3-5 percent of people have A-fib.

What Causes Atrial Fibrillation?

- In some patients, there is no apparent cause for A-fib. These individuals have what is called "lone" or idiopathic A-fib. In others, the condition may be related to certain medical problems, such as:
 - Coronary artery disease (CAD)
 - High blood pressure (hypertension)
 - Diabetes
 - Structural defects of the heart and its valves
 - Inflammation of the heart (pericarditis)
 - Lung disease including obstructive sleep apnea
 - Thyroid disease
 - Familial A-fib (a rare, genetic disease)

Restoring Your Rhythm

A proper diagnosis and a thorough evaluation are critical to finding the right course of treatment, but this can be challenging because the symptoms of A-fib may not be that noticeable.

"While atrial fibrillation often causes heart palpitations, for many people, their only symptoms are the consequences of being out of rhythm, which are shortness of breath, fatigue and a general lack of energy," says Mauricio Arruda, MD, Director of the Electrophysiology Center and Atrial Fibrillation Center at University Hospitals Harrington Heart & Vascular Institute.

Treatment typically requires medications such as beta blockers or calcium channel blockers to decrease your heart rate, or antiarrhythmic drugs that can alter the electrical properties of your heart. When medications aren't enough, catheter ablation may help. During this nonsurgical procedure, a catheter is guided through a blood vessel to your heart, ablating the area of tissue causing A-fib, thereby restoring normal rhythm.

To learn more about A-fib, from medication management to ablation options, check out the online patient education tool presented by University Hospitals Harrington Heart & Vascular Institute at UHhospitals.org/AFseminar.

To schedule an appointment, call 216-844-3800 or visit UHhospitals.org/Heart.

A proper diagnosis and a thorough evaluation are critical to finding the right course of treatment, but this can be challenging because the symptoms of A-fib may not be that noticeable.

Words from the Ward

The Democratic Ward Club's 2016 Speaker Series continues in February with South Euclid Mayor Georgine Welo as its keynote speaker. Come hear what is going on with our neighbors to the north.

Our February meeting is Wednesday, Feb. 17, at 7 pm, at the Beachwood Public Library.

For more information, call me at 216.292.5562 or check out our Facebook page at [Facebook.com/Beachwood-DemocratClub](https://www.facebook.com/Beachwood-DemocratClub).

As always, I am Beachwood Democratic Club president, Steve Rosen, and I approve this message.

Power Outages

During a power outage, First Energy's electricity restoration process follows three key principles: safety, support for emergency services and other emergency responders, and repairs that will bring its largest number of customers back in service.

The restoration process insures everyone is treated fairly and service is restored as quickly as possible. To report a power outage call 1.888.544.4877 or visit www.firstenergy.com.

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

– Maya Angelou

Beachwood Pays Tribute to Departing Councilmen Mark Mintz, Fred Goodman and Mark Wachter

More than 50 years of municipal experience walked out of Beachwood City Hall to applause and high praise at the conclusion of the Monday, Dec. 21, Beachwood City Council meeting.

Councilmen (pictured from top) Fred Goodman, Mark Mintz and Mark Wachter attended their final meeting that included numerous tributes and a brief reception in the city hall lobby.

"Tonight is very bittersweet for me," Mayor Merle S. Gorden said of the departing councilmen. "I not only call them colleagues in government, but I also call them personal friends."

Mintz and Goodman did not seek reelection. Wachter was defeated in his bid for another term.

The mayor noted a long list of accomplishments that occurred during the service of the council trio, including development of the Harvard Road exit ramp on I-271 that opened the south end of Beachwood to development. Gorden also noted Beachwood's very high municipal bond rating – indicative of the city's sound fiscal policies and their results in lower costs when the city sells bonds. The mayor also said the councilmen were involved in attracting significant developments to the Chagrin Highlands area of the city.

"These gentlemen kept giving of themselves and they did it for the residents of the City of Beachwood," the mayor said. "If these gentlemen had not stepped up to the plate during the past 20 to 25 years, we'd be like other communities, struggling for our residents."

Mintz, Goodman and Wachter won steady accolades throughout the evening for serving during a period when Beachwood continued providing superb municipal services while also maintaining very stable finances.

"Evenings like this are always difficult," said Councilman Martin Horwitz of the departing council veterans. "They put the needs of the residents first in every decision they made."

First-term Councilman Alec Isaacson publicly thanked Mintz, Goodman and Wachter for their leadership. "Thank you for making Beachwood what it is today," Isaacson said. "I have learned more from the three of you over the past two years than I ever thought I would."

Councilman James Pasch noted the "tremendous amount of respect I have for the time and work that all three of you have contributed."

Veteran Councilman Mel Jacobs, noting that the departing councilmen will no longer have to attend evening council sessions, joked that "The only people I feel sorry for now are their wives. Now they'll be home at night."

Mintz, who has served on city council since 2000, said during his public remarks that "The job can be an emotional roller coaster, with many highs and lows along the way."

"Looking back, all I can say is 'Wow' when I think of all of the things we have accomplished together," Mintz said. "I tried to do what was best for a majority of our residents and our city."

He offered this advice for new council members: "Be a good listener to the people and the experts. Follow your heart and work together."

Wachter, who served on council since 1999, said that even though council members sometimes disagreed with each other, they were always collectively driven by the desire to do what was best for the city.

"At the end of each discussion we'd smile, shake hands and move on to the next challenge," Wachter said. He said that level of cooperation between city council and the administration has helped make Beachwood what it is today.

"This is an exemplary city which is the envy of virtually every suburb in the area," Wachter said. He encouraged council members to rely upon the expertise of the city's department heads. And he deplored the ability of "nameless, faceless critics" to anonymously post negative comments on media web sites.

Goodman, who most recently served as president of city council, said council worked closely with the administration to get many things accomplished in Beachwood.

"I just don't think any other city comes close," said Goodman, who served on council since 1992. "Our services are second to none. Our finances are the envy of most, if not all, cities in Ohio."

Goodman urged incoming council members to continue working together for the good of the city.

"I'm turning the city over to you in great shape," Goodman said. "Keep it that way, please."

Three newly-elected council members, Justin Berns, Barbara Bellin Janovitz and Brian Linick, were sworn in and started their terms last month.



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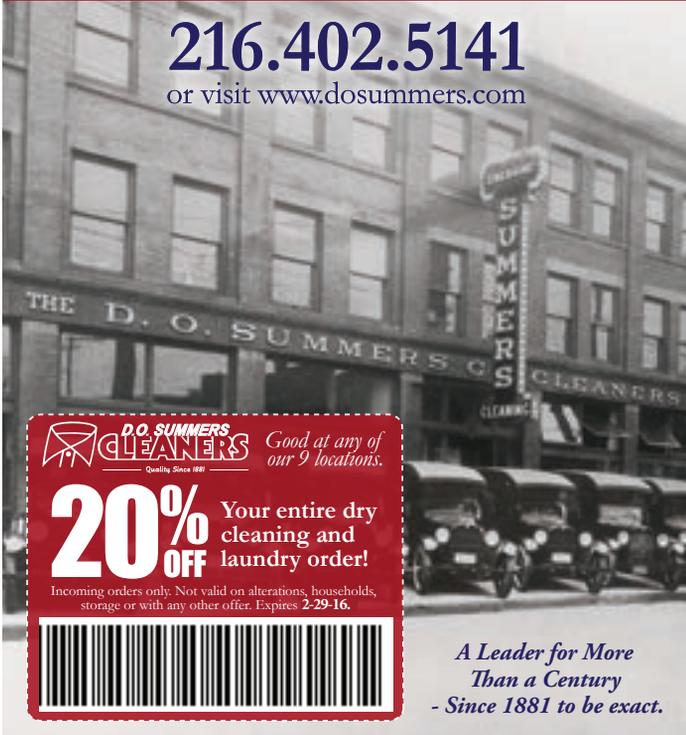


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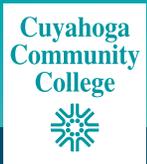


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Info:
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www.myjli.com



The Rohr Jewish Learning Institute (JLI) will present The Jewish Course of Why

In preparing The Jewish Course of Why, 30,000 people submitted questions about Judaism and the most popular will be presented by Rabbi Shmuli Friedman of the Rohr Jewish Learning Institute in a six-course program, at 7:30 pm, on Tuesdays, Feb. 9 through March 16 at JLI's Cleveland Chapter, 25400 Fairmount Blvd. in Beachwood.

The Jewish Course of Why spans a diverse range of topics, from fun, light, and off-the-beaten-track questions to more complex and controversial issues. Some of the course's 50 questions include: Why are there so many Jews in Hollywood? Why do Jews eat gefilte fish and cholent and wish each other mazal tov and l'chaim? Why does the Bible sanction slavery and animal sacrifices? What is the cause of antisemitism? What does Judaism say about Christianity? What about the role of women in Jewish life? In addition to the above, the course offers insight into mysterious Jewish practices, strange biblical narratives, and enigmas of Jewish identity.

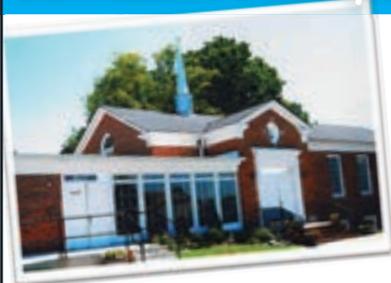
Like all previous JLI programs, The Jewish Course of Why is designed to appeal to people at all levels of Jewish knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.

Interested students may call 216.282.0112 or visit www.myJLI.com for registration and other course-related information. JLI courses are sponsored in part by the Fund for the Jewish Future of the Jewish Community Federation of Cleveland.

"The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. One of the great ironies of life is this:
He or she who serves almost always benefits more than he or she who is served!"

– Gordon B. Hinckley
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Beachwood Arts Council Programs

21st Annual Juried Regional High School Student Art Show

Friday, Feb. 5 – Sunday, Feb. 28

Gallery Hours:

Mon.-Fri. 10 am – 4 pm; Sat. 10 am – 3 pm; Sun. 10 am – 1 pm

Opening Reception: Sunday, Feb. 7, 2 – 4:30 pm

Awards Ceremony: 3 pm



Students from more than 20 regional high schools will exhibit paintings, pottery, photographs, sculptures and fiber art. The show will be judged by Grafton Nunes, president and chief executive officer of the Cleveland Institute of

Art; Dyane Hanslik, associate director of Family & Youth Programs at the Cleveland Museum of Art; and Kevin O'Donnell, owner of the Lee Hayden Gallery. Refreshments will follow the awards ceremony. Free and open to the public. *Pictured:* First Place Winner 2015: "Blue Ocean" by Martel Tinsley.

Eve 'N' Stephen Concert

Sunday, Feb. 21 • 2 – 3 pm



Eve and her husband Stephen will present an eclectic mix of Americana, folk, roots, popular and original music on the piano and guitar. Refreshments to follow this family-friendly concert. Free and open to the public. To watch videos of Eve 'n' Stephen, visit www.evenstephen.net.

It's Her Nature: Works by Eileen Dorsey, Sharlene Green, Marti Higgins and Wally Kaplan

Saturday, March 5 – Monday, March 28

Gallery Hours: Same as above

Opening Reception: Saturday, March 5, 5 – 8 pm

Through their paintings, four women artists interpret nature and landscape by using texture and varied colors of the natural world. Refreshments will be served. Free and open to the public.

Painting Workshop: Sunday, March 13, 12 – 4 pm



Eileen Dorsey will teach a painting workshop for beginning artists. She will take participants step-by-step through the process of painting in a relaxed, fun environment. \$35/BAC members; \$40/non-members. Fee includes all materials. Registration deadline: March 5.

Fee includes all materials. Registration deadline: March 5.

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FOR MORE INFO:

Visit clevelandonwardisrael.com or contact Mirit Balkan at mbalkan@jcfcleve.org or 216-593-2921.



"All About the Bag" Fashion Benefit to help the Hunger Network of Greater Cleveland



The Hunger Network of Greater Cleveland is excited to announce its 3rd Annual All About the Bag Fashion Benefit, Thursday, Feb. 25, presented by the Wesley Family Foundation, to be held at the Executive Caterers of Landerhaven.

All About the Bag Fashion Benefit is sure to be a fashionable evening full of fancy frocks, fun and fundraising for both men and women to enjoy. The event will begin with an open bar and hors d'oeuvres as guests have the opportunity to win fashion-forward finds in an awesomely exciting raffle.

Guests will then proceed into the grand ballroom for a fashion show featuring the finest looks Beachwood Place has to offer, including a special presentation by Brigade Clothing. Hosted by Michael Cardamone, co-host of WKYC's Live of Lakeside, and Nicole Marcelino, Cleveland Cavs In-Arena Host and television and radio personality, the Hunger Network Runway will be ROCKED by favorite local celebrities, including NFLer Josh Cribbs, Fox 8's Melissa Reid and UFC Fighter Jessica Eye. DJ Mimo will be providing musical entertainment throughout the show.

The fashionable fun doesn't end there. Following the fashion show, the bar remains open and Cedar Creek Grille will be treating guests to their signature sweet treats with an amazing dessert buffet.

The event will also feature a unique jewelry raffle hosted by Alson Jewelers and a one-of-a-kind exhibit by students of Virginia Marti College. The brave students have been challenged to produce a look created from only used food containers. These amazingly creative looks are currently on display for the month of February at Beachwood Place for all to see. However, as a guest of All About the Bag, attendees will have the opportunity to vote for their favorite design and a winner will be announced during the fashion show.

Do not miss a moment of this exciting evening with even more surprises in store! Limited tickets are \$75 per person for general admission or \$150 per person for the premier package, which includes VIP Seating & Swag Bag. Corporate sponsorship packages are available for VIP seating starting at just \$1,000 and include VIP tickets. Business or cocktail attire is suggested, and reservations are recommended as space is limited.

The event sold out in 2014 during its inaugural year, and doubled in size by 2015. Early ticket purchases are encouraged at HungerNetwork.org.

About The Hunger Network of Greater Cleveland

It really is all about the bag for the Hunger Network. Every donation of \$5 can fill a bag of groceries for a family in need. The mission of the Hunger Network of Greater Cleveland is to reduce hunger in our community by providing food and links to other vital services for the hungry, especially children and families, by actively participating in a coordinated response to people in need.

Lost Shtetl Revisited Featured at Jewish Genealogy Society



Marlene Englander is the featured speaker at the Sunday, Feb. 7 meeting of the Jewish Genealogy Society of Cleveland. Englander recently returned from the dedication in Seduva, Lithuania, of a restored cemetery, new memorials and monuments and a forthcoming museum, to commemorate its once-thriving Jewish community. She will share how a detour in one's genealogical research can lead to unusual and exciting circumstances.

Englander and her mother, Hinda Saul, worked together to publish the book, "My Dear Hindalla, Remember Me: Letters from a Lost World, May 1937-January 1940." The book was named a finalist in the 2012 International Book Awards.

Englander holds a Bachelor's degree in Sociology from Indiana University, a Master's degree in Library Science from Case Western Reserve University, and is a distinguished member of the Academy of Health Information Professionals. She has been a medical librarian at Cleveland Clinic for more than 20 years and has recently served as membership vice president of the Jewish Genealogy Society of Cleveland.

The Jewish Genealogy Society of Cleveland holds its winter meetings on Sundays, starting at 1:30 pm, in the Lelyveld Library of Anshe-Chesed Fairmount Temple, 23737 Fairmount Blvd. Board members are available from 1 pm to assist with individual research questions. Guests are welcome. RSVP to Programming@ClevelandJGS.org.

Women4Women, Knitting4Peace

Women4Women, Knitting4Peace is a grass-roots organization, dedicated to crafting hope, healing and peace one stitch at a time. Anyone can participate! For those who don't knit or crochet, you can be taught. Yarn is donated, and patterns available.

Women4Women, Knitting4Peace meets the first Friday of every month, 10-11:30 am, at the Beachwood Library. Upcoming meetings are February 5 and March 4. If you knit or crochet, or want to learn, you are encouraged to attend and pass the word along!

For more information, contact Iris November at lbtyclub@aol.com.



Last month, Iris November appeared on Channel 8 to share information about Women4Women, Knitting4Peace. The segment can be found at <http://fox8.com/2016/01/03/new-year-new-hobby-how-about-knitting/>

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The Beachwood Fraternal Order of Police Lodge 86 thanks the following businesses and individuals for their generous donations to the FOP Lodge. Any Beachwood-based or other local business who wishes to contribute to the endeavors of the Beachwood FOP Lodge #86, please contact Officer Preston LaFrance, lodge president, at 216.464.2343.

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Lavish Color Salon is hosting an event to support the Biondo family of Chardon. Their 9-year-old daughter, Gia, was diagnosed with chronic childhood Pancreatitis in October 2015. She suffers extreme abdominal pain and is unable to eat or drink by mouth. Gia is awaiting surgery at Cincinnati Children's Hospital that will improve her situation, but she will forever be a diabetic and suffer other lasting effects from her disease. Following surgery, Gia will spend another nine weeks in the Cincinnati hospital to recover.

100% OF THE PROCEEDS WILL GO TO THE BIONDO FAMILY.

February 14, 2016

10 am - 2 pm

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Beachwood Boys Swim Team Makes Its Mark!

The Beachwood Boys Swim Team ended its year strong – making its mark – by breaking a team record, on Friday, Dec. 18, against Kenston and Euclid. Congratulations go to (pictured from left) Bagatur Askaryan, Caleb Gecovich, Sanford Hong and Junyoung Lee on breaking the 200 medley boys relay with a time of 1:45.50, breaking the old record of 1:46.64 set in 2005, by Beachwood swimmers Nozomi Hitomi, Matt Rothenberg, Mitchell Glassman and Yutaka Hitomi. The team also qualified to finals during the Viking Invite at CSU, on Saturday, Dec. 19, with its relays placing 16th and 17th, and Bagatur Askaryan placing 10th in the 50 free. Eleven-hundred swimmers attended this event. Congratulations to all!



"Outward Boundless Bryden" An After School Club

Bryden students are covered in dirt, hiking in a creek, rolling in the grass, climbing in the trees, playing in the snow and sloshing through the mud in rain and shine as part of the new "Outward Boundless Bryden" after school club.

Each week, groups of students in kindergarten and 1st grade travel to Case Western Reserve University's 400-acre Squire Valleevue Farm to explore and play in the natural world.

Led by Beachwood staff members Wendi Bombback and Jason Downey, the kids have the freedom to play creatively, navigate terrain, be social and challenge themselves physically.



... kids have the freedom to play creatively, navigate terrain, be social and challenge themselves physically.



Bryden Students Donate to Ronald McDonald House

Thanks go to Bryden Elementary School students who collected books and toys to donate to the Ronald McDonald House family rooms in four local hospitals.

These items help hospitalized children temporarily get their minds off their illnesses and diseases when playing and reading.



Pictured: Bryden teachers Sherry Bogart and Ellen Margulies, with Ronald McDonald House executive director Craig Wilson.

Lavish Color Salon

*Lavish
Color Salon*

Where We Only Dream in Color

This Valentine's Day, Spread the LOVE! Lavish Color Salon is hosting an event to support the Biondo family

of Chardon. Their 9-year-old daughter, Gia, was diagnosed with chronic childhood Pancreatitis and needs your help. Please join us on February 14 at a special event where 100% of all proceeds will benefit the Biondo Family. For complete details, see our ad on page 20 or visit www.lavishcolorsalon.com.

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Make it Personal for Valentine's Day with initial necklaces, monogrammed

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"If you have the ability to love,
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– Charles Bukowski



A message from
Executive Director Cindy Caldwell



Grow Your Business in 2016

As 2016 progresses, I'm pleased to see many new faces at chamber events. With a variety of programs to fit members' needs, attendance is up and I am optimistic about the year ahead.

Networking After 5 and monthly luncheons, along with our Fitness Challenge, B2B show and Golf Outing, provide various opportunities to network with area professionals. Additionally, our annual awards event, at which citizen, business and civic organization of the year will be recognized, is always a huge success. Thanks go to all who made nominations for this year's event.

On Wednesday, Feb. 3, we will hold Networking After 5 at Buy Rite Office Products; our monthly luncheon will be held Wednesday, Feb. 17, at which Brandon Chrostowski will share the story behind Edwin's restaurant, located at Shaker Square; and our annual Fitness Challenge takes place Tuesday, March 15. Make this year the year to grow your business. Come to one of our events to see how we can help.

In addition to programs, we offer benefits that can save you money. Call me today for ways the chamber can help your business. As partners, everybody wins.

THE FITNESS CHALLENGE

Tuesday, March 15 • 5 – 7:30 p.m.

Mandel Jewish Community Center

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Chronic wound treatment, or better yet, prevention.

Chronic wounds are classified as wounds that do not heal within two to three months. Chronic wounds are easier to prevent than treat, and the best way to prevent them is to actively manage chronic conditions such as diabetes, high blood pressure, vascular and nerve disorders.



Jeffrey Stanley, DO

healthy eating,” says Jeffrey Stanley, DO, Medical Director of the Wound Healing Centers at Hillcrest and South Pointe hospitals.

Most chronic wounds fall into one of these categories:

- **Pressure ulcers** – Commonly referred to as bedsores, these wounds are caused by prolonged, unrelieved pressure, typically around bony areas such as the tailbone, heels and ankles.
- **Venous ulcers** – Dysfunctional valves in the veins can cause blood to pool in certain areas, particularly the lower limbs, resulting in poor circulation and chronic inflammation at the site.
- **Arterial ulcers** – Blocked blood flow to areas near the lower extremities, like the top of the foot, can lead to compromised wound healing.

- **Diabetic ulcers** – Decreased nerve function, common in people with diabetes, leads to loss of feeling. When pain is not felt, a wound can become larger and more difficult to treat.

Treatment of chronic wounds is aimed at trying to reverse or improve the actual cause of the wound. Treatment options include routine cleaning, special wound dressings, procedures to increase blood flow, use of antibiotics and hyperbaric oxygen therapy.

To make an appointment at the Wound Healing Center at Hillcrest or South Pointe, call 216.491.7111 or visit southpointehospital.com/wound. Cleveland Clinic offers same-day appointments.

Let us direct you to the best care.

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CITY OF *Beachwood* Council Update

MAYOR
MERLE S. GORDEN

216.292.1901



COUNCIL PRESIDENT
MARTIN S. HORWITZ

216.464.6560



JUSTIN BERNIS

216.509.6509



ALEC ISAACSON

216.291.2797



MELVIN JACOBS

216.464.1541



BARBARA BELLIN JANOVITZ

216.406.5914



BRIAN LINICK

216.496.0202



JAMES PASCH

216.630.9671



2016 ORGANIZATIONAL MEETING NEW CITY COUNCIL MEMBERS

Last month, Beachwood City Council held its annual organizational meeting where the following listing of officials were sworn into office:

1. Administration of the Oath of Office by Mayor Merle S. Gorden to Law Director Brian A. Reali
2. Administration of the Oath of Office by Attorney Leon A. Weiss to Council Member Barbara Bellin Janovitz
3. Administration of the Oath of Office by Federal Government Attorney Gayle I. Horwitz to Council Member Martin S. Horwitz

Administration of the Oath of Office by Law Director Brian Reali to:

4. Brian T. Burke, Chairman of the Civil Service Commission and Robert A. Cohen, Civil Service Commission
5. Thomas F. Greve, Prosecutor
6. Orry Jacobs, Chairman of the Planning and Zoning Commission and Bryan P. Zabell, Planning and Zoning Commission

Additionally, Karen Navolanic was appointed Clerk of Council, Whitney Crook and Veronica Gentner as Assistant Clerks of Council and G. Gifford Dyer and Paul Kowalczyk as Plans Examiners.

The following, not in attendance, were sworn-in on alternate dates: 7. Brian Linick and Justin Bernis, Council Members and Craig Cohen, Planning and Zoning Commission.



City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122
216.464.1070
www.beachwoodohio.com



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FOLLOW US ON TWITTER
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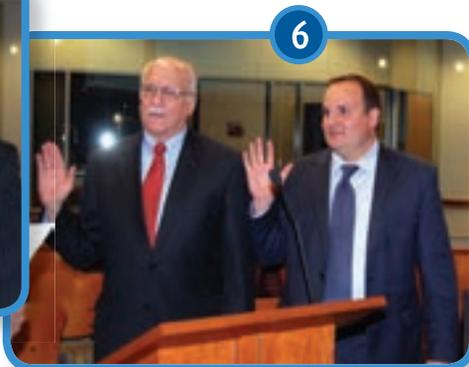
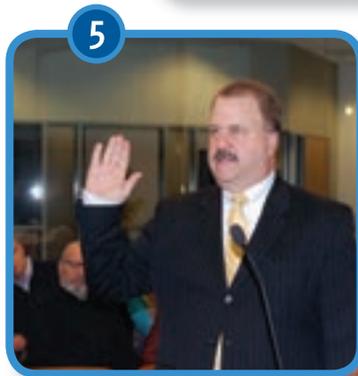
FOLLOW BEACHWOOD POLICE ON TWITTER
twitter.com/BeachwoodPolice

TV PROGRAMMING
Time Warner - Ch. 96.20
AT&T U-Verse - Ch. 99

EMERGENCY
Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

WHEN YOU'RE IN *Beachwood*, YOU HAVE ARRIVED!



UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, February 1 and March 7, Tuesday, February 16. Questions? Call 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, February 25. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, February 1 and February 16. Questions? Please call 216.292.1914.

Departments

AUDITOR
216.595.5492

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

City Hall will be closed on Monday, February 15 in observance of Presidents Day. Rubbish pick-up will be delayed one day. Monday's collection will be made on Tuesday, February 16.

RECREATION BASEBALL/ SOFTBALL LEAGUES

Sign up now for Youth Baseball and Softball Leagues for Spring/Summer 2016

BASEBALL PROGRAM

Novice Coed T-Ball: 5 – 6 years
Rookie Boys Machine Pitch: 7 – 8 years
Minor Boys Player Pitch: 9 – 10 years
Major Boys: 11 – 12 years
Pony Boys: 13 – 14 years



SOFTBALL PROGRAM

Rookie Girls: 7 – 8 years
Minor Girls Player Pitch: 9 – 12 years

\$55 Resident / \$75 Non-Resident

**QUESTIONS? REFER TO WINTER REC GUIDE
OR VISIT www.beachwoodohio.com/recreation**

DID YOU KNOW? SNOW ORDINANCE

Beachwood Ordinances states when snow falls over a 24-hour period to a depth of 2" or more, an emergency is declared and parking may be prohibited on all City streets.

We will make a reasonable attempt to notify the public. Vehicle owners are responsible to comply with emergency parking regulations.

WWW.BEACHWOODOHIO.COM

Council Update

ART EXHIBITS

Beachwood Community Center Art Gallery
MONDAY – FRIDAY • 9 AM – 4 PM
SATURDAY • 10 AM – 3 PM SUNDAY • 10 AM – 1 PM



BEACHWOOD ARTS COUNCIL'S 21ST ANNUAL JURIED HIGH SCHOOL STUDENT ART SHOW

Students from more than 20 regional high schools will exhibit paintings, pottery, photographs, sculptures and fiber art. Refreshments will follow the awards ceremony. Free and open to the public.

February 5 – 28
Opening Reception: Sunday, February 7
from 2:00 – 4:30 p.m.
Awards Ceremony: Begins at 3:00 p.m.



IT'S HER NATURE:

WORKS BY EILEEN DORSEY, SHARLENE GREEN,
MARTI HIGGINS AND WALLY KAPLAN

Through their paintings, four women artists interpret nature and landscape by using texture and varied colors of the natural world. Refreshments will be served. Free and open to the public.

March 5 – 28
Opening Reception: Sunday, March 5
from 5:00 – 8:00 p.m.



MISSED A COUNCIL MEETING?

To listen to audio recordings, just visit www.beachwoodohio.com and click on the link.

SUMMER DAY CAMPS RESIDENT REGISTRATION NOW UNDERWAY

Beachwood Summer Day Camp registration for residents is now underway. Register for Kidz, Bison, Sports, Teen Travel and Theater Camp between 8:00 a.m. and 4:00 p.m., Monday through Friday at Beachwood City Hall (Recreation Office.) Proof of residency required.

An early-bird fee will be offered to all residents until by March 4. Non-resident registration begins March 6. For more information please refer to your Winter Recreation Guide or visit www.beachwoodohio.com.

BEACHWOOD PAYS TRIBUTE TO DEPARTING COUNCILMEN FRED GOODMAN, MARK WACHTER AND MARK MINTZ

More than 50 years of municipal experience left City Hall at the conclusion of the last City Council meeting in December.

Councilmen Fred Goodman, Mark Wachter and Mark Mintz attended their final meeting that included numerous tributes and a brief reception.

“Tonight is very bittersweet for me,” Mayor Merle Gorden said of the departing councilmen. “I not only call them colleagues, but I also call them friends.”

The Mayor noted a long list of accomplishments that occurred during the service of the council trio, including development of the Harvard Road exit ramp on I-271 that opened up the south end of Beachwood to development.

“These gentlemen kept giving of themselves and they did it for the residents of the City of Beachwood,” the Mayor said.

Goodman, Wachter and Mintz won steady accolades throughout the evening for serving during a period when Beachwood continued its reputation for providing superb municipal services while also maintaining very stable finances.

We wish them all the best.



AMERICAN RED CROSS BLOOD DRIVE

FRIDAY, FEBRUARY 19 • 1:00 – 7:00 P.M.
BEACHWOOD COMMUNITY CENTER

STRONG BUSINESS GROWTH

In 2015, more than \$1.7 million was invested in Beachwood capital projects. This level of activity is not new to Beachwood. In fact, Beachwood has exceeded the \$100 million investment level in each of the past seven years (see chart below).

“We continue to attract and retain world class companies along with superb medical, retail and hospitality groups,” said Mayor Merle S. Gorden. “These are top priorities in Beachwood and we look forward to 2016 and another outstanding year for our City.”

The attraction of new companies and the jobs that they bring with them are always a priority for the Beachwood Economic Development team. Certainly, the arrival of Eaton, University Hospitals Ahuja Medical Center, OMNOVA Solutions and Stratos Wealth Partners are great examples of recent successful attraction projects which brought over a thousand new jobs and millions in new payroll to the City.

More economic development updates and annual review available at www.beachwoodohio.com.



Boys Varsity Basketball Undefeated in Conference



Currently 10-1 overall and 7-0 in conference, the team has faced some difficult opponents this year, but has come through each game looking sharper and tighter. Amongst the highlights of the season so far was the victory against St. Ed's, the night before Christmas Eve. The crowd was standing room only to watch the Bison defeat St. Ed's with fewer than 2 seconds remaining on the play clock.



BMS Robotics Team Headed to State Finals



The seven members of the Beachwood Middle School Robotics Team are aptly named "The Tuxedo 7." The members of Tuxedo 7 are **Moonhee Kim, Christian Wu, Amy Chen, Gali Hazan, Paige Wong, Nikhil Murali, and Tal Yankevich**. The team is coached by two Beachwood parents, **Evgeny Yankevich and Michele Wong**. Each year,

the competition, a part of the FIRST LEGO League, has a theme that students study and use as they prepare. This year's theme was trash: how it is created and ways it can be handled or reused. The competition was judged on three categories: a core values presentation, a project where team members research ideas to improve the way trash is handled, stored, or created and an attempt to implement their idea.

The team's project design received significant praise and won the Best Researched award at their regional competition. The basic idea of the project is to use Styrofoam lunch trays to make blocks of home insulation as an environmentally friendly alternative to sending the Styrofoam lunch trays to a landfill. (Learn more about the project on page 32.)

The team advanced to the district competition at the University of Akron after a strong performance at the Cleveland Orchard School on December 5. At the district competition on January 9, the team earned the Champions Award for having the best overall robot performance, core value presentation, and project design. The Tuxedo 7's successful robot design and mission earned the most points out of the 29 teams competing.

Please wish our Beachwood team luck as they continue to the state competition on February 6 in Dayton Ohio!

ADMINISTRATION

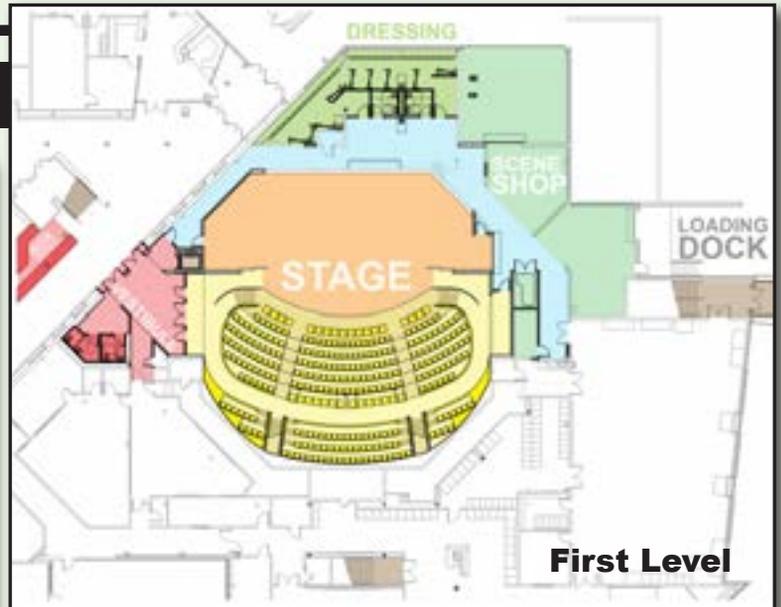
Robert P. Hardis, Superintendent, 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, 464-2600 ext. 239 • mm@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, 464-2600 ext. 234 • ljb@beachwoodschoools.org
Ken Veon, Director of Operations & Technology, 464-2600 ext. 230 • kev@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction/Human Resources, 464-2600 ext. 289 • lhl@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, 464-2600 ext. 240 • ks@beachwoodschoools.org
Shana Wallenstein, Interim Director of Marketing & Communications, 464.2600 ext. 237 • swallenstein@beachwoodschoools.org

Update on the BHS Auditorium Renovation

This coming summer, construction will be completed on Beachwood High School's newly renovated, state-of-the-art auditorium facility in which musical, dramatic and other performances and programming for our entire district will shine. Renowned theater architects Westlake Reed Leskosky have worked with us to design an auditorium that ingeniously re-purposes the original 1974 facility to completely transform the experience for both our performers and our audience. The 2016-2017 school year will open with a brand new auditorium of which our entire community can be incredibly proud.

Sincerely,

Robert P. Hardis, Superintendent
Beachwood City Schools

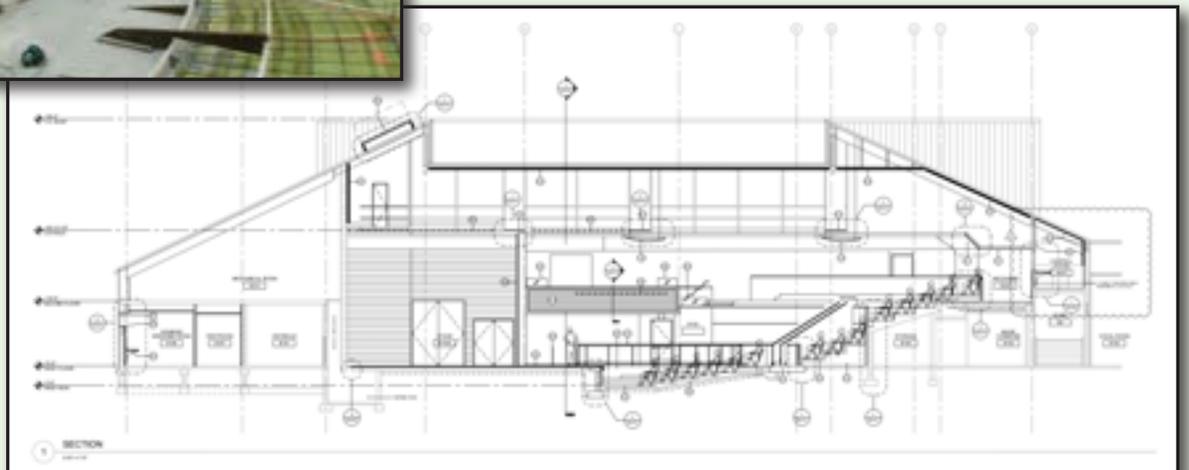


- ▲ • Two-tiered seating for approx. 700 people
- Reconfigured stage and seating eliminates visual obstructions
- Robust sound and lighting capability
- Enhanced stage rigging and curtaining
- Three retractable projection screens
- New sound and light locked vestibule to welcome guests
- Updated and expanded dressing rooms, restrooms, scene shop and storage

- ◀ • Original octagonal concrete tiered seating area during demolition
- New stage configuration seen in convex masonry block installation
- Sections of new curved seating bowl ready for poured concrete



- Lower and upper seating bowls -- curved, ramped aisles and rows
- Functional, flexible electrical, sound and video infrastructure
- Connected to tv/film studio's control room



Visit us at www.beachwoodschoools.org
www.facebook.com/BeachwoodBison



@beachwoodbison

SUMMER

-camp-

MEET NEW FRIENDS

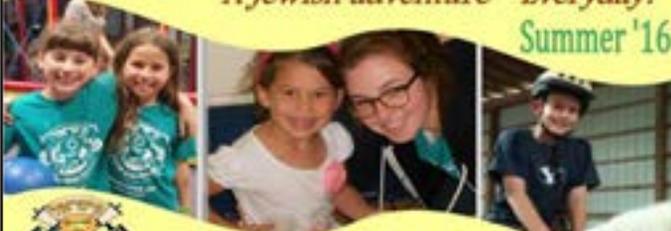
Summer is just around the corner.

Camp Gan Israel ^{א"י}

of Beachwood

A Jewish adventure - Everyday!

Summer '16



 <p>TRIP WEEK ACTION PACKED DAILY FIELD TRIPS SPORTS, SPIRIT & LOTS OF FUN JUNE 14-17</p>	<p>8 WEEK DAY CAMP SWIMMING, TRIPS, MUSIC, MAGIC, THEME DAYS, OVERNIGHTS, SPORTS, CRAFTS, COOKING, WEEKLY SHABBAT PARTY OPTIONAL HOT LUNCHES JUNE 20-AUG 12</p>	<p>RIDING CAMP DAILY HORSEBACK RIDING @ IN THE WOODS FARM ALL LEVELS WELCOME HORSE TRAINING GROOMING, PICK UP & DROP OFF @ CGI, AUG 22-25</p>
--	---	---

camp@cgibeachwood.com ~ www.CGIBeachwood.com

GRADES K-7TH - SIB DISCOUNTS - 9 AM - 3 PM + EXTENDED CARE
LOW STAFF/CAMPER RATIO - CURBSIDE DROP OFF & PICK UP
LOCATED AT 25400 FAIRMOUNT BLVD
SIGN UP PER WEEK OR FULL SUMMER BY MARCH 15, 2016
NOT SURE? TAKE A TOUR! 216 282 2267

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IS COMING TO CLEVELAND FOR OUR 3RD YEAR
JULY 5-8, 2016

- Boys and Girls 10-18 will have an opportunity to learn from the pros in the industry
- Meet sports celebrities
- Make sports anchor tapes in a TV studio
- Make reporting tapes from professional stadiums
- Make play-by-play tapes of the NBA Finals and Super Bowl
- Participate in sports talk radio and PTI style shows, trivia contests, and much more
- Day/Overnight sessions available



Nation's #1 Sports Broadcasting Camp

For more information call 800.319.0884
www.playbyplaycamps.com
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Voted Best Day Camp

ALL NEW!

- Debra Ann November Aquatics Center at Halle Park – Fabulous pool with zero entry & slides
- Anisfield goes to Camp Wise program
- J-Sports Academy – intensive sports track
- Snapology Camp
- Expanded Hebrew Immersion option, Grades K-3

Six Amazing Camp Options for Kids Ages 2-Grade 10

- Playland Day Camp, Ages 2 – 4
- J-Sports Camp, Grades 1 – 7
- Anisfield Day Camp, Grades K – 5
- J-Teen Camp, Grades 6 – 9
- Performing Arts Camp, Grades K – 9
- SIT (Staff in Training), Grade 10



26001 S. Woodland Road, Beachwood
We welcome all children age 2 – grade 10.

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Sign up for camp today. Don't be left in the cold.



Park Day Camp

Kindergarten - 6th grade

BEST SUMMER EVER!

Fun Activities
Weekly field trips for second through sixth graders
Camper Villages with unique experiences
Sports, art, music and more

Positive, nurturing environment
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Individual attention

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Jewish Camp Traditions
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Daily hot lunches & snacks included
Pepper Pike location



2, 4, 6, 8 week sessions

27500 Shaker Blvd., Pepper Pike parksynagogue.org

Coming up in the March Issue of the Buzz:



MARCH Madness

Watch it... Buy it!



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What you need to know and where you need to go to stay fit and healthy

Reserve Your Space Today.

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or call 216.297.0200



Park Preschool Summer Camp

June 14 - August 5

Welcoming campers ages 2 years to pre-K

Hang out with us this summer!



3 or 5 days per week * 6-week or 8-week sessions
9:00 am - 1:00 pm * before & after care available
hot lunch option * special guests * fun Shabbat program

27500 Shaker Boulevard • Pepper Pike
(216) 371-2244, ext. 203 • parksynagogue.org



SHAKER HEIGHTS

Looking for something fun this summer?

Traditional camp registration for grades K—8 begins March 1!
Camps are offered June 13 through August 12.

Call 216-491-1295
Visit shakeronline.com
Like us @ [facebook.com/shakerrec](https://www.facebook.com/shakerrec)



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Camp Gan Israel



CGI is offering 10 weeks of Jewish Summer Fun! Choose your own weeks. Our Pre-Camp Trip Week, 8-week Day Camp and August Horseback Riding Camp are all infused with the Jewish overnight camp energy and spirit. Low staff/camper ratio allows each camper to feel welcome and is included. CGI has curbside drop off and pick up and offers hot lunches as well. Early-bird pricing ends March 15th. Questions? Call 216.282.2267 or email camp@CGIbeachwood.com.

Mandel JCC Day Camps



Voted "Best Day Camps" by a local publication, Mandel JCC J-Day Camps offer one of the most outstanding, well-rounded camp experiences in the area. The J offers a camp for every age and interest and you don't have to be Jewish or live in Beachwood to join in the fun. For more information,

call 216.593.6249, email daycamps@mandeljcc.org or visit mandeljcc.org/daycamps.

Park Day Camp



Park Day Camp offers convenient and affordable, 4-, 6- and 8-week sessions from June 14 – August 5 for children entering K-4. Enjoy daily swimming in our private pool, Judaics, sports, arts & crafts, music and nature activities. Daily kosher hot lunch and afternoon snack included. Extended day option available. For more information, call 216.321.0639 or visit www.parksynagogue.org.

Park Preschool Camp



We provide many opportunities for exploration, investigation, experimentation and discovery. Our program nurtures all areas of a child's growth and development in a fun, camp-like environment.

Camp includes thematic units, water play, special guests and programs, all ensuring a safe, fun-filled summer experience. Before/aftercare and daily hot lunch are available. For more information, call 216.371.2244, ext. 201 or visit www.parksynagogue.org.

Shaker Heights Traditional Camps



Shaker Heights Recreation offers traditional camps. Registration for Shaker Heights Recreation Department summer camps begins March 1 at Thornton Park. Traditional Camp is offered from June 13 through August 12 for children grades K-8. Specialty camps include band camp, theater camp, musical theater camp, sports camp and many more. For more information, call 216.491.1295 or visit shakeronline.com.

Sports Broadcasting Camp



Has your child ever dreamed of calling a last second, game-winning shot on radio or TV? Now is their chance. Boys and girls, 10-18, can learn from the pros; meet sports celebrities; make their own play-by-play, reporting, and sports anchor tapes; make their own sports talk radio show; participate in trivia and stump the schwab contests; and much more. For more information, call 800.319.0884 or visit playbyplaycamps.com.

A New Use for Styrofoam

By The Tuxedo Seven

Have you ever wondered what happened to the thousands and thousands of styrofoam trays that got discarded from satisfied lunch participants every single day? The styrofoam lunch trays from schools and other companies are rotting in landfills, with no one remotely caring about how they could harm the environment. How can you help save your future, today?

The Beachwood Middle School FLL (First Lego League) robotics team, The Tuxedo Seven, found a way to repurpose wasted styrofoam from its school cafeteria trays. FLL is an organization that allows teams of up to ten students, who participate in the challenge by programming an autonomous robot to score points on a themed playing field (Robot Game), develop a solution to a problem they have identified, all guided by the FIRST LEGO League Core Values. Every year there is a different challenge.

This year, the FLL challenge was to find an innovative solution to the discarding of an item of waste. The team considered several ideas and chose to focus on styrofoam lunch trays that are used excessively at school.

When researching styrofoam, the team found that it is extremely harmful to our environment and takes up about 30 percent of landfills; and that it is made up from styrene, a dangerous chemical compound.

Now let's talk about the effects. Styrofoam can cause irritation of the skin, eyes, and the upper respiratory tract, and can also cause gastrointestinal issues. When produced, styrofoam releases chemical products, resulting in air pollution, also bad for the environment.

Styrofoam takes more than 500 years to decompose.

(Continued on next page.)



Pictured from left: Nikhil Murali, Tal Yankevich, Christian Wu, Amy Chen, Paige Wong, Moonhee Kim and Gali Hazan.

(Continued from last next page.)

While it is used in everyday lives, factories that produce styrofoam are considered the largest producers of toxic waste since 1986. Furthermore, styrofoam can harm animals that scavenge food from landfills. Styrofoam products also have the tendency of easily breaking apart into small pieces, making it a choke hazard to animals.

The team came up with an innovative solution to keeping styrofoam out of landfills by transforming would-be-wasted styrofoam trays (thousands are used per week) into useful insulation for homes. Styrofoam has good insulation properties because it is made from 95% air, so insulation blocks were created.

Here's the process: Styrofoam lunch trays were shredded, put in plastic bags, vacuumed shut and sealed, to make styrofoam bricks. Heat was then applied with hair dryers to shrink the bags, preventing mold. Since about 30% of heat is lost through the attic, the bags were placed in 14-x-24-inch wooden frames, specifically designed to fit between the attic studs. These styrofoam bricks can be made fast, with automation, and would provide excellent insulation which would cut down heating/cooling costs in your home.

When Beachwood Buzz went to press, The Tuxedo Seven had competed in regionals. For more information, see *You and Your Schools* on page 30.

About helping others:

"At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done.

We will be judged by "I was hungry, and you gave me something to eat, I was naked and you clothed me. I was homeless, and you took me in."

– Mother Teresa

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To learn more, contact Kristen Morelli,
memory care program manager, at **216.910.2323** or
e-mail **kmorelli@montefiorecare.org**.





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Do you know someone who has dementia?

Come to our Open House
Every Saturday and Sunday
from 12-4pm

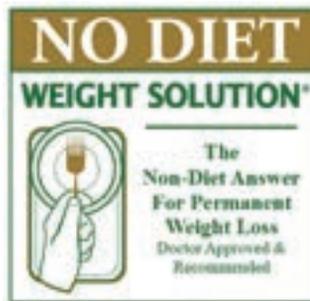
Free and open to the public with light refreshments

Now Open - Come tour today!
(216) 839-1300

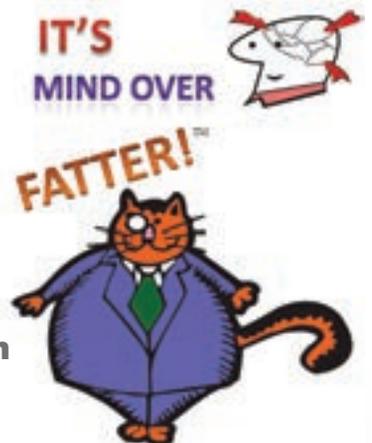
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"I live in the same super-sized world you do, except Dee did 'surgery on my brain' (without the scalpel!) and the proof the operation was successful is hanging in my closet. I don't wrestle with my weight anymore. This is a real solution, and it doesn't involve a diet. Thank you Dee!"

– Margaret Mitchell, CEO, YWCA Greater Cleveland, November 2015

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If you are a non-smoker, age 21-70, you may be eligible to participate in a voluntary research study.



Stress management classes are provided at no cost. Eligible participants will be compensated for their time.

Vanessa Potter 216-285-4087
 vanessa.potter@uhhospitals.org | www.serenitystudy.org

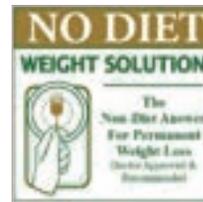
Joey Pavlovitch



Joey Pavlovitch is a two-time division winner in the Cleveland Marathon and

has over 25 years experience as a trainer in a variety of settings. His personal and professional skills enable him to successfully work with clients of any age or ability. To book an appointment today, call 216.371.919.

No Diet Weight Solution®



As a former fat person and an emotional eater, Dee Wolk understands the struggles people face in achieving permanent weight loss. Her program, No Diet Weight Solution®, is a result-driven solution that provides the tools, techniques and coaching that achieve safe, consistent and sustained weight loss.

It's a doctor approved and recommended program. We offer private 1-on-1 coaching, as well as both on-site and webinar classes. Call 216.464.8778 for a FREE consultation today, or visit www.nodietweightsolution.com.

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17 in a University Setting
Equipment Provided
Flexible Hours

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- Athletes
- Older Adults
- Diet and Nutrition Counseling Included

 Joey has shown me how to eat better and has helped me to lose weight and stay motivated"
 – Lisa Y



 Joey is very patient and very professional. My 15 year old son loves training with him"
 – Laura G

216.371.9519
Joeypav@netzero.com

Serenity Study



The Serenity Study is seeking volunteers for a research study. Eligible participants will receive stress management classes at no cost and may be compensated for their time at study visits. The study office is located in Warrensville Heights. For more information, please contact Vanessa at 216.285.4087 or vanessa.potter@uhhospitals.org.

Windsor Heights



Windsor Heights Alzheimer's Special Care Center is an assisted living community

specializing in providing care and meaningful programs to residents with Alzheimer's disease and related dementias. Our mission is to be the leader in providing quality personal services while honoring the experience of aging. Our address is 23311 Harvard Road, Beachwood. Call 216.839.1300 for more information.

Mishkind Law Firm is now Mishkind Kulwicki Law Co., L.P.A.



Attorney Howard Mishkind is pleased to announce that his law firm, Mishkind Law Firm Co., L.P.A. is now Mishkind Kulwicki Law Co., L.P.A.



Mr.

Mishkind and his law partner, David Kulwicki, represent the interests of individuals who have been wrongfully injured due to the negligence of others. Their law firm is conveniently located at 23240 Chagrin Blvd., Suite 101, Beachwood. Mishkind and Kulwicki have a combined 60+ years of experience and have recovered over \$200 million in damages on behalf of their deserving clients.

Mishkind Kulwicki Law truly cares about their clients. They handle complex catastrophic injury cases arising out of medical/hospital errors and trucking and automobile crashes. They have earned the reputation as one of Ohio's leading plaintiff litigation firms by standing up for the rights of those injured by preventable and avoidable conduct.

For more information, call 216.595.1900 or visit www.mishkindlaw.com.

Pictured from top: Howard D. Mishkind, Esq. and David A. Kulwicki, Esq.

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Menorah Park's Center 4 Brain Health Invites the Community

Care partners for individuals with memory and thinking concerns are invited to attend Menorah Park's Care Partner Support Groups on the second Tuesday of each month, at 6 pm, at the Center 4 Brain Health located within Menorah Park's Mandel Adult Day

Care Center.

To help make your journey a little easier, the Center 4 Brain Health is committed to providing support for individuals and their care partners who have concerns about their memory and thinking abilities.

This FREE event provides an

opportunity to connect with other care partners and share experiences.

For more information, please contact the center's director, Krystal Culler, at 216.839.6685 or email center4brainhealth@menorah-park.org.

Distance Learning Programs

The following Distance Learning programs are offered on Mondays at Menorah Park, and the community is invited. Please RSVP to LaStuver@menorahpark.org.

February 8 • 2:30 – 3:15 pm
"Endangered Species" by the Columbus Zoo & Aquarium (Columbus, Ohio)

February 15 • 2:30 – 3:15 pm
"Bear Hibernation" by Inspired Classroom (Missoula, Montana)

February 22 • 2:30 – 3:15 pm
"The Jazz Age" by the Cleveland Institute of Music

February 29 • 2:30 – 3:15 pm
"So You Know Ohio?" by the Ohio History Connection (Columbus, Ohio)

March 7 • 2:30 – 3:30 pm
"Daily Life in Ancient Rome" by the Penn Museum (Philadelphia, PA)

Dinner Conversation

Menorah Park invites the community to enjoy its spring Aging Resources Dinner Conversation, Thursday, March 10. Dinner will be served at 5:30 pm, with conversation following at 6:30 p.m.

The event will take place in the Menorah Park Saltzman Auditorium, 27100 Cedar Rd., Beachwood. Program and dinner are free of charge. RSVP by Thursday, Feb. 25, to bsilver@menorahpark.org. For more information, call 216.839.6678.

FEES – A Procedure Used to Evaluate Swallowing

The Menorah Park Speech Pathology Department has recently been trained in Fiber optic Endoscopic Evaluation of Swallowing Safety (FEES), a procedure used to evaluate swallowing.

Why be tested? Swallowing difficulty (dysphagia) is a common consequence of many medical conditions, including stroke, chronic diseases that affect the nervous system, and surgeries that affect the head and neck. Swallowing difficulty can also be associated with aging.

Dysphagia can result in dehydration, malnutrition, aspiration pneumonia, choking and difficulty with taking medications.

Signs and symptoms include:

- Coughing and/or choking during meals
- Foods and/or liquids feeling like

they "go down the wrong way"

- Gagging on food
 - Foods and/or liquids feeling "stuck" in the throat
 - Wet/gurgling voice during the meal
 - Excessive throat clearing during intake
 - Recurring pneumonia
- Dysphagia risk factors include:**
- Respiratory issues (breathing problems)
 - Aspiration pneumonia (an infection resulting from liquids/solids/saliva going into the lungs instead of the stomach)
 - Malnutrition
 - Weight loss

The FEES helps to determine if food and/or liquid is going into your airway or lungs (called aspiration) instead of your stomach. The FEES will also show

what part(s) of your throat are not working well. A FEES will determine which kinds of foods and/or liquids are safest to swallow. With use of the FEES, the speech pathologist can determine if certain positions or strategies help you to swallow better.

To schedule a FEES assessment as an outpatient at Menorah Park, call 216.360.8221.

The FEES helps to determine if food and/or liquid is going into your airway or lungs (called aspiration) instead of your stomach.

Join Your Neighborhood Experts for Insights on Health Matters

In its aim to help create healthier communities, University Hospitals is sharing its health and wellness education expertise this year in a new program called Health Matters.

Inspired by the success of UH Ahuja Medical Center's Wednesday Night Wellness series, this new systemwide program is expanding to eight other hospitals, in addition to UH Ahuja Medical Center. They include UH Bedford Medical Center, UH Conneaut Medical Center, UH Elyria Medical Center, UH Geauga Medical Center, UH Geneva Medical Center, UH Parma Medical Center, UH Portage Medical Center and UH Richmond Medical Center.

These health-minded talks will be held at the same 9 UH locations on the second Wednesday of each month this year. The next talk on February 10 is "Heart Health, Part Two: Staying Heart Smart" and it will discuss how to maintain a heart healthy lifestyle. There is no charge to attend, but space is limited and reservations are required. To register, call 216.767.8435 Monday through Friday between 9 am and 5 pm or go to UHhospitals.org/HealthMatters.

Health Matters includes a monthly education series as well as largescale community events throughout Northeast Ohio. During National Heart Month in February, we invite you to come to University Hospitals Heart Days – a Health Matters event series. Join your neighborhood experts for a "heart to heart" about your health. Attend our community events to gather valuable information from premier UH Harrington Heart & Vascular Institute physicians, and get the insights you need to improve your heart health.

Friday, February 5

UH Portage Medical Arts Building, Abraham Family Room 150
6847 North Chestnut Street, Ravenna • 11 am – 1 pm

Saturday, February 6

LaMalfa Conference Center
5783 Heisley Road, Mentor • 9 am – 1 pm

Thursday, February 11

Holiday Inn, Cleveland South
6001 Rockside Road, Independence • 5 – 8 pm

Thursday, February 18

DoubleTree, Westlake
1100 Crocker Rd, Westlake • 5 – 8 pm

These events are free, but space is limited. To register, call 877.597.6348 — community events line at UH St John Medical Center — between 10 am and 6 pm, Monday through Friday. For more information, visit UHhospitals.org/HeartDay. Participate in the conversation on social media using #UHHealthMatters.



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Friends of Euclid Creek Announces Third Environmental Studies Scholarship

The Friends of Euclid Creek (FOEC), a grass-roots, non-profit charitable organization that advocates for the health of the Euclid Creek watershed, is pleased to announce the availability of its third annual scholarship in environmental studies. This scholarship was created in order to aid one deserving student in his/her pursuit of a degree or certificate in environmental studies, field biology, or any scientific field related to watershed health.

FOEC is currently seeking applications from high school seniors or college students who are passionate about their study of the environment. One \$1,000 scholarship – earmarked for educational purposes – will be awarded in May, 2016.

Applicants must not have received a previous scholarship from the Friends of Euclid Creek. FOEC prefers a student who attends or has attended a school located in Beachwood, Cleveland, Euclid, Highland Heights, Lyndhurst, Mayfield Heights, Richmond Heights, South Euclid, Willoughby Hills, or Mayfield Village – the communities in the Euclid Creek watershed. Applicants will be evaluated on the basis of their background and their potential to make a contribution to environmental studies or a related field.

Interested students must submit a one- to two-page letter describing their career goals, past volunteer work related to environmental studies, and significant achievements to

date. This letter must include the applicant's name, address, telephone number, email address, and signature. Applicants must also provide a minimum of one letter of recommendation from a teacher, counselor or community member.

All application materials must be postmarked on or before April 1, 2016. They should be mailed to Friends of Euclid Creek, P.O. Box 21384, South Euclid, Ohio 44121, unless the applicant has reached an agreement with FOEC to submit it via email. Applicants must also be willing to interview with FOEC members, upon request.

Questions concerning the scholarship or application process may be directed to FOEC board member Jeanette Evans,



at jeanette.evans@sbcglobal.net. Information may also be obtained at the organization's website: <http://www.euclidcreekwatershed.org>.

The Friends of Euclid Creek organization is again delighted to offer this scholarship opportunity and looks forward to helping a passionate student realize his or her educational aspirations.

The Friends of Euclid Creek's mission is to raise awareness about and preserve the natural features of the Euclid Creek watershed.

Transplant House of Cleveland Volunteer

by Judith Wolkoff

How many celebrations with family and friends have you planned for and participated in over the last few months? How many full meals have you enjoyed in the company of friends and loved ones? How many nights have you gone to sleep, in the comfort of your own beds at home, thankful for the abundance of blessings and rich traditions in your lives?

While we have been celebrating and feeling grateful, guests at Transplant House of Cleveland in University Circle have been missing "home" very, very much. Here, the fifteen apartments that provide comfort and community to families and the patients who are awaiting or recovering from organ transplantation have been full through the holidays. The clock that marks

the journey to renewed health hasn't observed "holiday time," but the heart of every patient knows they should be home, observing their traditions.

At Transplant House, families from around the world create memorable moments, in the midst of the need for life-saving care. Additionally, volunteers from the Cleveland community make sure that this home away from home is warm and welcoming.

Beachwood resident Judith Wolkoff was the first person to make a regular commitment to helping with the operations of Transplant House. The Wolkoff family has a history of pooling resources at holiday time to provide charitable support to a family or an organization. A year ago, after reading about Transplant House in the *Plain Dealer*, Judith and her family

realized its mission touched their own lives, and together they chose to support it.

"My father-in-law, Dr. Jerry S. Wolkoff, was the kidney transplant surgeon who started the program at University Hospitals of Cleveland. He was also the person who fought for the right to have the organ donor

program," explained Judith. "Dr. Wolkoff also became a kidney recipient himself, receiving an organ donated by one of his daughters."

Recently retired from her own career in anesthesiology at University Hospitals, Judith

Continued on next page.



Continued from previous page.

has chosen to make a weekly commitment to Transplant House. After raising three sons, while running a household and working full time, Judith arrives each week with exuberance, optimism, ideas, willingness and fresh-baked breakfast breads. After cheerful greetings, she asks, "Who's in the House?" and seeks to understand the particular needs of their houseguests. In addition to taking families on errands, she addresses needs of the House to make the space more welcoming, functional and homey.

"Judith is Transplant House's Jewish mother, in the very best sense of that phrase, and we absolutely could not have asked for a stronger individual to help us to establish our volunteer program," explained Elaine Turley, executive director and co-founder of Transplant House of Cleveland.

Judith's conviction is inspiring. "My father-in-law saw the importance of this, and now I do, too," she told us. "I want to give back, and what better way than here?"

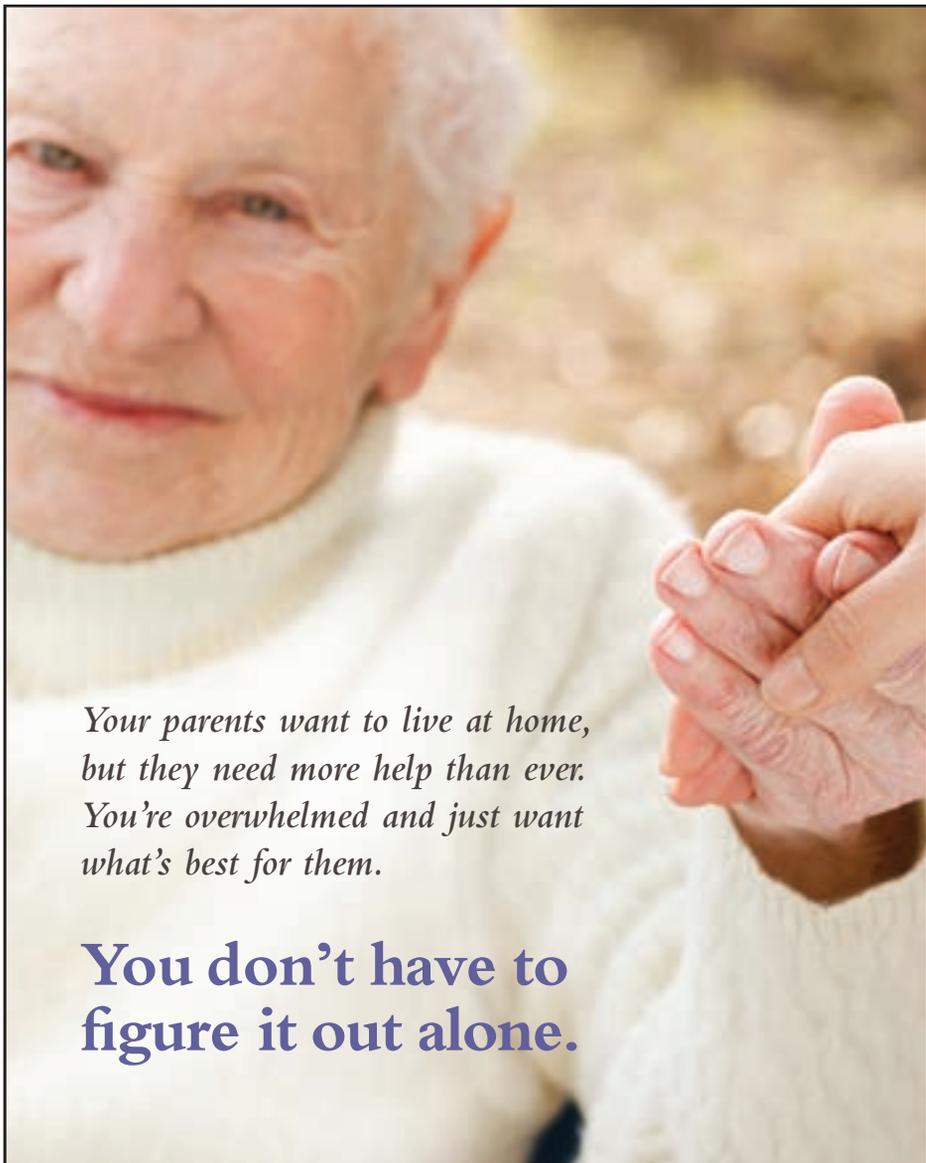
"It doesn't matter what you do as long as it helps people in the home," she added. "Whether it is cleaning, making beds, baking goodies, bringing in dinners or organizing the kitchen, it is appreciated and brings smiles to people's faces."

She went on to explain that the people at Transplant House come from all over the world, under very serious circumstances, and appreciate everything that's done for them.

"That appreciation, along with the smiles on their faces that result from something you did, provide the most gratifying feeling in the world," she said.

"To listen, and to help make this place feel like a home away from home, is the most satisfying feeling. I return home full of excitement after I work or volunteer at Transplant House."

Transplant House of Cleveland invites other volunteers to help in a variety of ways, from providing an occasional meal, to making a regular weekly commitment to House operations, to serving on committees. For further information, visit www.transplanthouseofcleveland.org or contact Elaine Turley at elaineturley60@gmail.com or 216.938.9553.



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IMPACT!

Thank you to the 400+ community members who filled the room with energy and excitement at the launch of IMPACT!, the Jewish Federation of Cleveland's new volunteer initiative designed for Baby Boomers looking to use their skills, passion, and leadership to make a difference in people's lives.

The group was inspired by the words of keynote speaker Dick Goldberg, former director of *Coming of Age*, who said, "Volunteering is good not just for our soul, but for our physical and mental health."

And, words by the distinguished panel of Mindy Davidson, Ann Freimuth and Zach Paris, describing how they are making an IMPACT, were inspirational.

Thanks go to Bonnie Marks, chair and

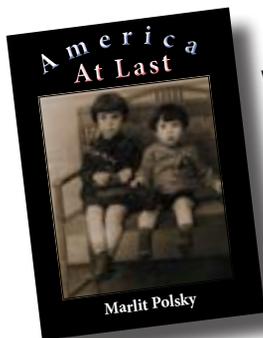


IMPACT! liaison, the Jewish Volunteer Network Committee, and all guests for attending and participating.

With this program, there is a lot to be excited about! Visit www.jewishcleveland.org to learn more about how you can make an IMPACT!

Keynote Speaker Dick Goldberg joins panelists Mindy Davidson, Ann Freimuth, and Zach Paris in a discussion about how adults 50+ can make meaningful contributions in their community.

America at Last



"My life was spared when my family and I escaped Germany and arrived in America in July 1940," Marlit Polsky told us.

Her story, now available in her newly-published book, *America at Last*, chronicles the experiences of a young girl before, during and after WW2, Nazi persecution, violence against her family, and her two-months' journey through five continents.

"We were among the last to escape the war horrors," Polsky said.

Many lighthearted and quirky events add humor to Polsky's story, which appeals to all ages. Young adults would benefit from the historical contents, and perhaps chuckle at the games and "toys" of that era.

The adjustment of living in a new country was daunting, and learning to speak English, with the help of the classrooms and comic books, soon became an accomplishment — a tribute to human adaptability.

Polsky, a Beachwood resident, has done public speaking about her journey throughout the Cleveland area and has articles published in the *Cleveland Jewish News*.

America at Last can be purchased at amazon.com.

BHS Grad Wins Division III Football National Championship

Darrell Sullins Jr., #7, a former Beachwood High School track and football player, recently won the Division III Football National Championship with the University of Mount Union. Sullins, a 2013 Beachwood graduate, is a junior at Mount Union, majoring in exercise science and plans to become a physical therapist. Congratulations go out to Sullins and his team!



Schechter Students "Adopt" Children

At Gross Schechter Day School, Tikkun Olam (Repair the World) is a big part of its curriculum. Students are in the community monthly, helping at Head Start, Stepstone Academy, Cleveland Food Bank, Kosher Food Bank, Shaker Lakes, Ronald McDonald House, Menorah Park and Rescue Village. This year, students brought in donations for the Bellefaire Jewish Children's Bureau holiday gift program. Gifts ranged from gift cards, games to dolls, art supplies, scarves, hats and more.

More than 35 children were "adopted" and there were over 100 additional gifts collected.

Pictured:
Nancy Markus, Grade 7 Level Advisor, and Beachwood residents Kobi Einhorn, Ilan Amkraut, Michelle Aylyarov, Andrew Caplan, Noah Saidel and William Uvlin.



BHS Student Raises Awareness of Refugees' Plight

By June Scharf



"In that instant when you cross this imaginary line, you become a refugee and your life is in the hands of others," rolls the voiceover in the Syrian refugee crisis documentary "Salam (Hello), Neighbor."

The film played for a single screening at the Cedar Lee Theater in Cleveland Heights on December 10 before an audience of about 100. But the story of its migration here is one starring Sydney Eisenberg, a BHS senior with a keen interest in the challenges worldwide involving refugees. Her own awareness of this issue began when she saw "Living on One Dollar," a documentary film (available on Hulu, a streaming video website) that captured the filmmakers' experiences living on a dollar a day in Guatemala where there's extreme poverty. They battled "intense hunger, parasites and the realization that there are no easy answers," according to their website, featuring a trailer at livingonone.org.

After seeing the film and being affected by the stories that were told, she began following the Twitter account belonging to stars and "social impact" filmmakers Chris Temple and Zach Ingrasci. They recently mentioned the release of their new 1 hour and 20 minute film, "Salam Neighbor," with which they were touring the country, arranging screenings in schools and theaters. She contacted them and secured the screening here.

The movie, featuring Chris and Zach's living in a tent in the Za'atari refugee camp in Jordan and interacting with camp dwellers, had the intended impact on local audience members.

"People were hysterically crying afterward," says Eisenberg. "They said it was eye opening and changed their perspective. And that was the whole purpose, to make people empathetic." Afterward, many of them made contributions to a collection bucket for local refugees.

Eisenberg further spread the message of the refugee crisis by writing a column focusing on local migrants that ran in the September issue of the high school newspaper *The Beachcomber*. <http://bcomber.org/editorials/2015/09/24/local-communities-should-welcome-refugees/>.

"It is up to us to educate ourselves and do whatever we can to welcome the refugees into our community. We have the resources, so now it is time to act," she wrote in her opinion piece.

Eisenberg also serves as president of SAY (social advocates for youth) and vice president of the library club. She is the daughter of Nancy and Steve Eisenberg.

"It is up to us to educate ourselves and do whatever we can to welcome the refugees into our community. We have the resources, so now it is time to act," . . .

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Beachwood Buzz

MAGAZINE

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Thank you,
 Debby Zelman Rapoport, Editor

A New Year, a New Career – From Teaching to Resale

by Channah Appel

I started teaching back in 1981. My husband was teaching too. He was and is a rabbi for an organization called Aish HaTorah, and we just celebrated 25 years in Cleveland.

Together, we have always worked with the community, and I am a connector by nature, so people who needed things and others who were getting rid of things have always crossed my path. Call it serendipity, “Bashert”, G-d or luck, but folks that want stuff and mention it to me are often surprised when the very things they need show up on my doorstep.

Examples come by the dozens and include a massage table, XXXL leather coat, long skirts, red hats, shampoo samples, kids’ books, snow pants, leftover art supplies, hard-to-find suits and shoes, and the list goes on.

In 1981, when we lived in Israel, the American students who had extras and the needy neighbors who had nothing all came and went in and out of our apartment. When we moved back to Cleveland, I continued sending things to Israel, until the luggage allowances changed, the economy got bad, and my friends here in Cleveland were comfortable telling me what

they lacked.

Thanks to my students, donations kept coming in. I became youth director for NCSY, an organization that connects Jewish teens, and the kids got involved with the clothing too. Slowly, our home was getting buried in hundreds of bags of donations, and families would “shop” in our back porch, which oozed into the living room and eventually into the yard. We got a permit for a double shed in the back yard, but there were too many donations to continue operating from home.

When deciding to open a retail shop, seed money was provided by a businessman who had been studying with my husband, and Take2 resale was born.

This non-profit store, currently located at 4141 Mayfield Road, South Euclid, has been a real labor of love. I learned quickly that switching from pure gifts and good deeds, to charging \$1-\$5 per item and trying to cover rent, was not an easy task. The first week, we received over 4,000 pounds of clothing and housewares, which took over 16 man-hours to sort. The volunteers cancelled frequently and I needed to hire a manager and some staff because I could not do it all alone.

I have no business training and love hanging out on Facebook, but need loads of help with social media. I am learning as I go, and my fellow thrift-and-resale-shop owners in the area have been wonderful!

Sara, from Fabulous Finds on Noble Road, taught me the ins and outs of disinfecting the plush items to satisfy government requirements. Annette, from LaSheek Resale on Mayfield Road, helped me learn to keep my daily sales records. Jerry Akrish, the dad of past NCSYers with whom I worked, became my cash register teacher; and Ari Galperin, a past NCSYer, my credit card educator.

Friends helped to break down walls, and Dale, my husband’s student, painted the store. It was a joint effort to get us ready for opening day.

A friend from the Jewish community connected our store with Cleveland Job Corps and they sent us volunteers, and other government agencies helped as well.

I learned quickly that people like to see items with clear prices. Customers (and the fire marshal) like clear aisles, and the piles in the bins must get sorted quickly so there is room for more donations.

We discovered that the locals include immigrants from Nepal (thousands have resettled here in the Cleveland area) and elderly Russians from the local assisted-living homes; hair dressers from Central Africa, and lots of grandparents who are raising their grandchildren.

I met young students from South Euclid who were looking for volunteer opportunities so that they could qualify for the national honor society in middle school, and these families spent Saturdays taping flyers to local screen doors.

My goal is to keep the prices down so that local families can get clothing and household items that are within their budgets. That makes it tricky to meet our expenses. Once expenses are covered, proceeds will be used for educational trips to Israel.

A second store, Take2Boutique, is now open here in Beachwood, behind Mika’s Wig Salon, at 2199 South Green Road. This is a more upscale store.

A new career? Yes! I love to recycle clothing and goods and make matches between donors and customers. We have a wish list that is a mile long. Stop in and meet our amazing manager, Eric, and our other sorters and volunteers.



My goal is to keep the prices down so that local families can get clothing and household items that are within their budgets.

Hannah Appel in Take 2, a resale store she recently opened at 4141 Mayfield Road.

Upcoming Programs at The Gathering Place

The Gathering Place is a caring community that supports, educates and empowers individuals and families touched by cancer through programs and services provided free of charge. The programs and services offered provide education and information, support, and tools to help manage the stress of a cancer diagnosis. The Gathering Place has two locations in Beachwood and a location in Westlake. Below is a listing of upcoming programs at The Gathering Place located at 23300 Commerce Park in Beachwood. All listed programs require advance registration by calling 216.595.9546. For more information visit www.touchedbycancer.org.

Saturday, Feb. 6

9 am – 2 pm

Sunday, Feb. 7

10 am – 1 pm

The Gathering Place

Warehouse Sale

4911 Commerce Parkway

See ad on page 41.

Saturday, Feb. 13

1 – 4 pm

Couples Cooking and Communication

Learn to make heart healthy foods and enhance communication with your partner.

Monday, Febr. 22

1 – 2:30 pm

Meditation in Motion

Move your body to still your mind through practicing yoga and walking on the labyrinth.

Wednesday, Feb. 24

6:30 – 8 pm

Overview of Immunotherapy

Learn how this promising new treatment is revolutionizing cancer care. Presented by Henry Koon, MD.

Monday, Feb. 29

4 – 6 pm

Loaves of Love

A chance for all cultures to experience and share the tradition of challah baking, including creating your own challah cover. Open to girls 11 and older and their mothers and grandmothers.

Monday, Feb. 29

6:30 – 7:30 pm

Drum You Emotions

Experience a sense of release as we work together as an ensemble to 'Drum Out' various emotions that can emerge during cancer. No drumming experience necessary. Drums provided.

Thursday, March 31

6:30 – 8 pm

Finding Your Way Through The Challenges of BRCA

Join New York City psychologist, Karen Hurley, PhD, who specializes in helping those who have a genetic risk for cancer. Co-sponsored by the Cleveland Clinic.



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"If you do what you've always done, you'll get what you've always gotten."

– Tony Robbins

Your Hearing Loss: Deal With It And Save Your Marriage

By Michael S. Goldstein

I have been married to a wonderful Ph.D. audiologist, Dr. Beverly Goldstein, for 47 years. Until her retirement from practice a year ago, winter and summer, Bev shlepped her heavy equipment to Northeast Ohio's private homes, assisted-living facilities, nursing homes, and other living sites, and helped her patients begin to resume communication with their families, sometimes after not communicating well for decades.

Bev is hearing-impaired herself and is a very successful wearer of hearing aids. As her hearing loss worsened, Bev grew more dependent on her aids. Now, without her aids, she cannot participate in conversation at normal distances and noise level, even in quiet circumstances. Without her aids, she cannot communicate in a noisy environment at all. When she is not wearing them, our home life is very difficult.

When she wears her hearing aids, Bev has the normal communication skills of a person without hearing loss.

LIVING WITH A PERSON WHO HAS DEALT WITH HER HEARING LOSS

We have one most important House Rule: Bev tells me when she has not inserted or is removing her aids at home. Every time.

Bev rarely removes her aids when away from home, to avoid isolation. When her aids are not inserted, I know that to speak with her I must go to where she is, stand close to her so that we are looking directly at each other (I know, that is a bonus!), and speak loudly. If she has something to say to me, she must come to me. As we always have a lot to talk about, there is a lot of walking and climbing of stairs in our house.

When she is wearing her aids at home, we communicate like other normal married couples where neither has a hearing loss.

This works for us, even though it is sometimes tedious. It is what we must do to communicate and keep our marriage functioning.

LIVING WITH A PERSON WHO REFUSES TO RECOGNIZE HEARING LOSS AND SEEK TREATMENT

- Does your spouse or friends and relatives tell you that you have a problem with your hearing?
- Do you tell them that you are hearing "just fine," and that you understand everything people are saying, or at least the gist?
- Do you often ask people to repeat what they have just said to you? Keep count. Put a quarter in a jar each time.
- Do you often realize during a conversation that you have lost track or have misunderstood what it was about? Do you sometimes contribute only to realize that you have gotten the context completely wrong? Were you embarrassed?
- Do others leave you out of conversations, or do you "check out" of discussions and stand there pretending to hear?
- Do your live-ins complain that you play the TV too loudly?
- Have you become aware that your spouse doesn't talk to you as much as before, and you no longer share unimportant funny little discussions?
- Has your spouse asked you to go to a hearing professional to do something about your hearing loss?
- Have you refused to seek audiologic treatment for your hearing loss?

If you recognize that several of these signs apply to you, you do have a hearing loss, no matter

how much you deny it to yourself or to your spouse.

By not getting treatment for your impairment you are isolating yourself and becoming more estranged from your spouse and the rest of your friends and family. And your refusal to seek treatment to improve your family communication situation is frustrating and angering your family, and especially your spouse.

Your spouse has become progressively more sick and tired of this domestic situation, being exhausted from the TV's being constantly too loud, always having to trek across the house and up and down stairs and then shouting at you just to get across the simplest communications, even those about your own welfare. Eventually, although he cares for you and loves you, it becomes just too much work. He will read or hear something interesting, know it would interest you, but it is just too hard to go to where you are and communicate it to you. So he stops doing it. A vital part of your marriage, your "marriage small talk," goes by the board. Your marriage is the worse for it, and you become more and more isolated from one another.

At parties and other social gatherings your spouse no longer loudly repeats conversations to you. You have removed yourself from the social lineup by not treating your hearing loss.

Make no mistake: This isolation, and the social and marital damage it has caused and is still causing, **is your fault.**

You probably will not be successful wearing hearing aids if you allow your family to nag

you into going for treatment. If you go for help unwillingly, and if you do then purchase hearing aids, odds are you will not be a successful hearing aid wearer. The hearing professional will recognize that you probably will not be a successful user, and may not want to fit you with aids, being pretty sure you will return them for a refund after the professional puts in a lot of time and effort trying to help you.

You have to REALLY WANT to alleviate your hearing and communication problems, and REALLY WANT to save the quality of your marriage, and perhaps your marriage itself. To regain that loving relationship that you and your spouse used to have before you began to lose your hearing, with a lot of communication, you must take immediate action. I urge you to seek treatment, enthusiastically and with a good heart and attitude. The result for you and your spouse can be very rewarding. I know, because I live with a wonderful woman who has taken care of her hearing loss, and who has helped thousands of others, as well.

To regain that loving relationship that you and your spouse used to have before you began to lose your hearing, with a lot of communication, you must take immediate action. I urge you to seek treatment, enthusiastically and with a good heart and attitude.

JFSA Celebrates 140 Years; Elects New Board Chair, Board Members and Life Directors



More than 140 people attended Jewish Family Service Association's Annual Meeting in December, which celebrated the agency's 140 years of serving the community and highlighted some of its most dedicated and philanthropic donors. In addition to celebrating its milestone anniversary, JFSA also elected the following new leadership during the annual meeting.



Harvey Kotler is the new board chair for a three-year term. He was first appointed to the JFSA board in 2007 and currently serves on several committees, including the Executive, Marketing, JFSA Care at Home, and Ascentia Committees. He is also a board member for the Center for Cognition & Recovery, LLC. Harvey is a financial planner at Kotler, Turk & Associates. He and his wife Norma live in Pepper Pike.

JFSA also welcomes two new Life Directors.



Phil Cohen was first appointed to the JFSA board in 2003 and is the immediate past board chair. During his tenure, JFSA established Alyson's Place – JFSA Medical Clinic to provide primary healthcare for clients and hosted two successful signature events that raised more than \$400,000 for the agency. Phil is the president of PRN Funding, LLC, in Beachwood. He and his wife Lynne live in Pepper Pike.

Four community leaders join the JFSA board for a three-year term.



Michelle L. Goldberg is a freelance writer and photographer. She currently serves as a board member for National Council of Jewish Women, Temple Women's Association, and volunteers at the Cleveland Sight Center. Michelle and her husband Gerald live in Pepper Pike.



Don Jacobson was first appointed to the JFSA board in 2005 and has served 10 years as the annual campaign co-chair, during which he has raised nearly \$400,000 for the agency. He serves on several JFSA committees, including the Executive, Finance, Development, and Leadership committees. Don and his wife Judy live in Pepper Pike.



Allan Goldner is a Partner at Benesch, Friedlander, Coplan & Aronoff, LLP. He is a board member for the National Federation for Community and Justice, Jewish Community Housing, and serves as the vice chair of the Diversity Center of Northeast Ohio. He also serves on the Jewish Federation of Cleveland's Community Planning and Holocaust Survivors Committees as well as the JFSA Care at Home Committee. Allan and his wife Elise live in Pepper Pike.



Horvitz YouthAbility adult volunteer Linda Chapman was also honored at the annual meeting. Linda received the Samuel S. Greenberg Award from the International Association of Jewish Vocational Services (IAJVS). The award is given to a lay leader who best role models the IAJVS's mission to help individuals become self-sufficient. Chief executive officer of the IAJVS, Genie Cohen, arrived from Philadelphia to make the special presentation to Linda.



Eric Synenberg is the deputy legal counsel and regional representative for the Ohio Treasurer Office. He is a board member of ORT America and Coventry Village Special Improvement Association. He also volunteers for the Cleveland Metro Bar Association. Eric and his wife Jamie live in Beachwood.

Jewish Family Service Association of Cleveland, a private non-profit organization, serves to strengthen families and individuals in both the Jewish and general communities in Northeast Ohio. Guided by traditional Jewish values of communal responsibility and social justice, JFSA is committed to enhancing every individual's ability to thrive in our community. For more information on services, go to www.jfsa-cleveland.org.



Dan Zelman is the CEO of Paro Services Corp, which owns several companies in the chemical industry. Dan currently serves as a board member for The Maltz Museum of Jewish Heritage, Montefiore, University Hospitals – Ahuja Medical Center, and the Jewish Federation of Cleveland, where he just completed two years as campaign chair. Dan and his wife Ellen live in Moreland Hills.

In addition to celebrating its milestone anniversary, JFSA also elected the following new leadership during the annual meeting.

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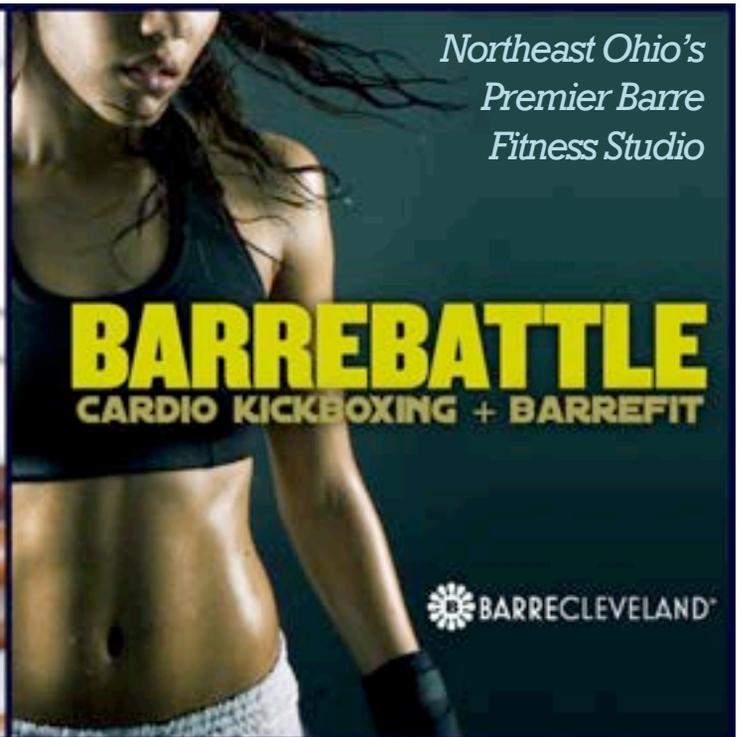
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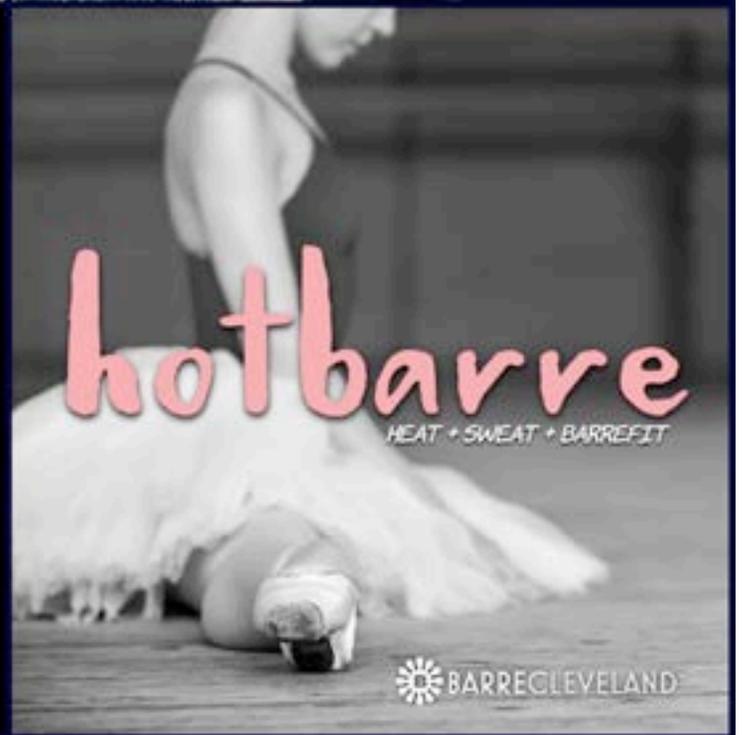
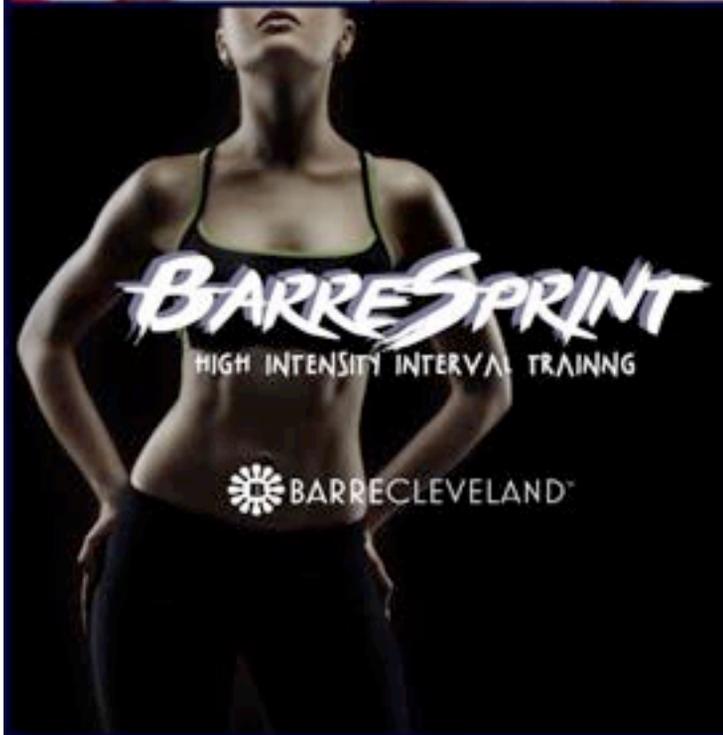
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