

# Beachwood Buzz

February 2017

Every Resident. Every Business. Every Month.

GAZINE



**FOR THE  
LOVE OF IT**

**Also Inside:**

City Council Update  
You and Your Schools  
Community Programs  
Lifelong Learning  
Financial Checklist  
and much more!

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“Live as if you  
were to die tomorrow.  
Learn as if you  
were to live forever.”

– Mahatma Gandhi

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I recently talked with Brian Amkraut, executive director of the Siegal Lifelong Learning Program at Case Western Reserve University, about their new Beachwood location in the Landmark Centre Building and how this program has expanded to better meet the diverse interests of our community. After talking with Brian, I read several articles about lifelong learning in general, many of which cite benefits derived when keeping our minds active as we age.

Whether we engage in traveling, reading, visiting museums, attending concerts and theater performances, completing crossword puzzles, reading the newspaper, playing mahj, joining a book club or taking classes, lifelong learning has its benefits. Do you have an interest that you never took the time to pursue? It's never too late! With so much to gain and nothing to lose, why not delve in the endless possibilities now?

**Here are some benefits of lifelong learning:**

■ **Boost Confidence and Self Esteem**

When we learn learning new skills, we gain knowledge which increases confidence.

■ **Rid Yourself of Boredom**

When we are challenged, we eliminate boredom and when we learn, we challenge ourselves.

■ **Keep Your Mind Sharp**

The brain is a muscle; exercise it.

■ **Learn Practical Life Skills**

Self-improvement, communication skills, computer skills and the like are readily available to students of all ages.

■ **Model Positive Behavior**

It's more important to walk the walk than talk the talk.

■ **Develop Natural Abilities**

Take a course in a subject you enjoy, such as painting, cooking, photography, beading or writing.

■ **Sleep More Soundly**

When you exercise your mind, it gets tired and rest comes easier.

■ **Increase Social Circles**

Nobody enjoys loneliness. When we participate in lifelong learning programs, the doors are open to meeting like-minded people.

Lifelong learning feeds our mind, body and spirit by fueling our sense of fulfillment. And according to podcaster James Altucher, there's no pressure to be the best or know the most right now. When we're just 1% better in one thing, every day, improvements accumulate as we become a better artist, musician, writer or whatever we want to be. Altucher reminds us that excellence is built by doing the small things well and consistently.

If you are looking for somewhere to start, you don't have to look far. With the Internet as a resource, lifelong learning can take place anywhere, at any time. If you are looking to participate in a classroom setting, check out the article about the Siegal Lifelong Learning Program on page 11. Additional opportunities right here in our neighborhood are also mentioned throughout this issue.

The clock is ticking and time will pass whether or not you take steps to expand your mind and achieve your goals. We're just a month into 2017. At the end of the year, will you look back and think of what you could have done, or take pride in something you did?

This month's cover story, with Valentine's Day in mind, is "For the Love of It." It features four Beachwood residents who share stories about following their passions. If you have a story to share, please let us know by emailing [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com). If you're not following your passion just yet, maybe this is the year that you'll commit to doing so. Achieving your dreams can be as easy as improving one thing in your life by 1% a day!

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# Beachwood Buzz

Every Resident. Every Business. Every Month.



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**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](mailto:beachwoodbuzz@gmail.com)

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2016  
Beachwood Chamber of Commerce  
Business of the Year



## COVER STORY

When people bring passion and a sense of purpose to their professional and personal pursuits or projects, the results can be profoundly rewarding. Several Beachwood residents are experiencing intense personal satisfaction while heading down paths they had never quite anticipated. All have been pushed by the unique circumstances in their lives, and they allowed their impulses to guide them. Full story on page 7.

Cover story photos by Scott Morrison, Discovery Photo.

## City Council Update • Pages 24-26

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Keeping Walkways Clear

Tips for Using Road Salt Wisely

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Upcoming Meetings

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CodeRED

Notify Me

Summer Day Camps

## You and Your Schools • Pages 28-29

Gallery of Success Welcomes Eight New Members

Acoustic Evening with Michael Stanley and Friends

BSF Brings Kinesthetic Learning to Hilltop

Kindergarten Registration

Advertise in  
March.

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in the cold!

Coming up in the March Issue of the Buzz:



For more information, email [beachwoodbuzzsales@gmail.com](mailto:beachwoodbuzzsales@gmail.com) or call 216.207.0200.

# Beachwood Arts Council Programs

## The Pop Tarts Concert

Beachwood Community Center  
Sunday, February 5 • 2 – 3 pm



Enjoy a musical afternoon of “Swinging 60s” pop songs performed by four groovy chicks who sing in perfect harmony. Free and open to the community.

## Kids’ Valentine’s Day Craft Workshop

Beachwood Community Center  
Saturday, February 11 • 1 – 2 pm



Create a Valentine’s Day heart pin with Beachwood art teachers Chunny Hahn and Heather Grano. The \$10/child fee includes all materials. Grades K through 7 welcome.

Registration deadline is February 8. To register, please call 216.595.3400 and leave your name and phone number. Your call will be returned.

## The 22nd Annual Juried Regional High School Student Art Show

Beachwood Community Center  
Sunday, February 12 – Sunday, March 5

Gallery Hours:

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

Opening Reception: Sunday, February 12 • 2 – 4:30 pm

Awards Ceremony: 3 pm



This special exhibit features works by area high school art students in a variety of media, including painting, photography, sculpture and fiber art. Refreshments will follow the awards ceremony. Free and open to the community.

## Tri-C Creative Arts Academy Dance Ensemble presents “Hope From Within,” directed and choreographed by Terence Greene



Tri-C Eastern Campus  
Simon and Rose Mandel Theatre  
Sunday, February 26 • 2 – 3 pm  
Doors open at 1:30 pm

Several modern dance pieces will be performed by this innovative dance troupe comprised of 15 high school dancers. This program, free and open to the community, is part of a celebration highlighting the accomplishments of Carl and Louis Stokes. The Simon and Rose Mandel Theatre is located at 4250 Richmond Road, Highland Hills.

Pictured: Phillip Williams and Imani Drake.  
Photo credit: Jeff Forman.

# Kindergarten Registration



If you have a child who will be entering kindergarten in the fall of 2017, please go to the Beachwood City Schools website under “new families” to request a kindergarten packet for the 2017-2018 school year.

The Kindergarten Parent Orientation is scheduled for Thursday, April 6, at 7 pm, at Bryden Elementary School. If you plan on attending, please RSVP to Tyjuana Coles, secretary at Bryden Elementary School, at 216.831.3933.

Kindergarten registration is scheduled for Monday, April 17, from 8 am – 7 pm; and Tuesday, April 18, from 8 am – 3 pm. Once you have received your Kindergarten registration packet, please contact Tyjuana Coles to schedule an appointment to enroll your child(ren) for the 2017-2018 school year.

## Mark your calendar:

# THE BISON FEAST + FEST

Sunday, March 19 • 1 - 5 pm  
Beachwood High School



The BISON FEAST + FEST, a PTO fundraiser, is a district-wide, community-building event for Beachwood students, staff, teachers and families. The mission of this school festival is to come together in friendship to celebrate our unique and culturally-diverse school community.

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The BISON FEAST + FEST is about building a spirited, strong and connected school community through sharing and sampling home-cooked food, and enjoying cultural performances by students and their families. Attendees will enjoy dance and music performances, art, International food samples, demonstrations, activities and display tables. Event tickets will be sold the day of the event.

The Beachwood Schools PTO is committed to providing funding and volunteers for school-based enrichment and programs for students and teachers in grades pre-K through 12.

Sponsorships are available. For sponsorship opportunities, please contact Shana Wallenstein at 216.464.2600, ext. 237.

Volunteers are needed to make sample-sized tastings of their favorite foods and/or work at the festival. To volunteer, visit [www.beachwoodschoools.org/BFF.aspx](http://www.beachwoodschoools.org/BFF.aspx).

Everyone has a story to tell. Tell yours in *Beachwood Buzz!* • Email story ideas to [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com).

# FOR THE LOVE OF IT

Pursuits  
Fueled By  
Passion Yield  
Intense  
Outcomes

By June Scharf



**W**hen people bring passion and a sense of purpose to their professional and personal pursuits or projects, the results can be profoundly rewarding. Several Beachwood residents are

experiencing intense personal satisfaction while heading down paths they had never quite anticipated. All have been pushed by the unique circumstances in their lives, and they allowed their impulses to guide them.

## Hayley Dubin

Some succeed in striking occupational gold when their passion dovetails with an unmet need in society. Hayley Dubin (Class of 1986) has mined such a space ever since she identified a massive gap in the handling of cancer patients, after their treatment was completed. As she describes the situation, "the cancer journey definitely does not end with the last treatment." This actually marks a juncture when another journey begins, and that's her entry point into people's lives. She is a certified wellness coach who deals almost exclusively with cancer patients during the rest of their recovery path.

"I'm so passionate about doing this work be-

cause there's such a big drop off in support from doctors, nurses, friends and family when cancer treatments end. I'm determined to bridge that distance," she explains. Specifically, she addresses with her clients the physical, emotional, mental and spiritual toll that the illness has exacted.

The 49-year-old speaks from experience, having dealt with Stage 3 ovarian cancer 19 years ago. "I felt more scared after than during the treatment," she says. The overriding concern revolved around fears of recurrence. "I knew I never wanted to go through that ever again." And she hasn't.

At the time, doctors said, "You'll be fine. Go back to living your life."

"That didn't sit well," she notes, and it was then that she knew she had to take her power back when it came to her health. This led her to make some dramatic changes in her life, starting with her profession. She quit her job selling office supplies and pursued the necessary education to help other people in similar situations.

Her goal is to empower her clients so that they can take control of their health and transform their lives. "I want them to trust their

bodies again and feel confident in their ability to remain cancer-free," she adds. She also notes that these issues are best understood by someone who has travelled the same road.

She takes a multi-faceted approach by addressing how clients think, how they treat their bodies in terms of exercise, personal care products used and diet (eliminating some foods and introducing others with anti-cancer properties), along with prescribing relaxation exercises.

When she's able to transform a client from being petrified to no longer living in fear, it's a very satisfying feeling for her. "They're able to tell me that they aren't as scared anymore and to me, there's nothing better than that."

It's as though she was destined to engage in this kind of work because she says people have always opened up easily to her. Being a self-described good listener and approachable person contributes. "My clients feel safe with me and trust me," she adds.

After combining her schooling with the intangibles this work requires, she knew she landed in the right place. "This is what I was meant to do," she states. Dubin may be reached at [www.revivewellness.com](http://www.revivewellness.com).



They (clients) are able to tell me that they aren't as scared anymore and to me, there's nothing better than that.

Hayley Dubin, cancer wellness coach

I melt into a zone when I'm shooting (a camera), it feels like I'm home.

Lori Sarver,  
portrait photographer

## Lori Sarver

Every time Lori Sarver acquires a new lens for her camera, she says she's like a kid in a candy store. "I get so excited!"

The 47-year-old former makeup artist made a professional pivot in her life about a year ago that sparked a sense of renewal and reinvigorated her creative energy. She dropped the makeup and picked up the camera, something that she has worked alongside for many years on fashion shoots. But her perspective on her work underwent a change as well.

"I wanted to become a storyteller, and a photographer can tell an entire story through one artful image when a connection with the subject is made," she explains.

Her approach to the craft is



to have images transcend the ordinary and become visual art. She's not walking into it blind, either. For the past 10 years, she has been photographing her son Sam, now an eighth grader, in his sports activities. "It was a hobby – I had no technique," she says. But after taking some workshops, she learned about the camera's capabilities.

"Using a camera feels magical," she explains. In fact, after her first shoot with a model, she opened the images on her computer and was astonished by what she saw. "It took my breath away." The results stem, in part, from feeling a strong connection with her subject. She likes having eye contact and she has a comfort level that sets her client at ease.

"Anyone can pick up a camera and shoot it, but the trick is knowing how to compose the photo," she notes. For her portrait work, she likes to stand close to her subject and prefers to use a short lens. She describes her approach as "a blend of fine art and fantasy."

The process is fully immersive, and that's what plays on her passion for the work. "I melt into a zone when I'm shooting, it feels like I'm home. I'm in my element," she reports. She's had some photographs exhibited in a gallery recently, and she's currently working on a series of portraits to be featured as a collection.

Because of her art background, she believes her past experiences inform her sensibility and drive her creativity. She feels extremely drawn to the camera and believes she brings something non-traditional to the art of portrait photography. She favors the Canon 5D Mark III digital camera, and her favorite portrait lens is a 50 mm, while for sports, she uses a 70-200.

For inspiration, she admires the work of photographer Frank Ockenfels III who's well known for his celebrity portraits. Her work may be viewed online at [www.lorisarver.com](http://www.lorisarver.com).

## Robert Marks

If entrepreneurship can run in the blood, then Robert Marks (Class of 1984) inherited it in high volume. Since graduating from college, he has been involved almost exclusively with family businesses, starting with his dad's company, Beachwood Security Systems. Later in life, he and one of his five brothers built Fidelity Voice and Data, a telecommunication service and support company, and sold it 16 years later.

Part of his preference for a family-owned business stems from his dislike of the corporate culture that he experienced when he worked for others. When running his own company, he says he can create the right environment where employees thrive and enjoy coming to work on Monday morning.

Although operating in the business sector has occupied a large part of his professional life, his long-held passion actually is to teach. "This is something I've wanted to do since high school," he says. He also assigns great importance to giving back to the community, and he feels he can do that by imparting to college students enrolled in a business program the considerable knowledge he has gained. He found a home for this interest at Ashland University, in its Dauch College of Business.

When Dr. Elad Granot, a Beachwood resident and dean of Ashland's business school, learned of Marks' inclination, he saw an opportunity to make a match when a professor in the program decided to retire. Marks, however, was not so keen to pick up where the other professor left off. "If they wanted me to take over and continue teaching what's been covered, then they didn't actually need me," he explains. His preference was to draw on his real-world experience and start from scratch by building his own curriculum. Granot wholeheartedly approved.

"After his first semester as professor, he became one of the most in-demand faculty members, with students commenting on how much they learned in his class and how he has motivated them to pursue entrepreneurial opportunities," states Granot.

Marks started with an outline for his class, then expanded it to include lectures, assignments, presentations and online work. "I focus on the things I wished I could have known when coming out of college, so I'm putting my students way ahead of the game," he says.

The 70-minute commute to the university is something Marks enjoys, using the time to mentally prepare for class. "If that's the biggest challenge, life isn't so



bad," he comments. This semester, he travels there once a week for a three-hour seminar.

While in college, Marks created his own metric for happiness and believes that he's achieving it. The requirements are to find fulfillment physically (staying active), personally (he's married with four children and spends plenty of time with friends) and professionally (teaching is delivering great satisfaction).

He also derives great gratification from seeing the motivation among his students, the millennials who are a generation he believes is often miscast. "The older generation has it wrong about kids today. They don't all feel entitled or expect everything to be free. They are more worldly through all their exposures online. They access a large range of content and are more advanced as a result. They are not lazy."

I focus on the things I wished I could have known when coming out of college, so I'm putting my students way ahead of the game.

**Robert Marks, professor**

## Iris November

When it comes to feeling passionate about personal pursuits, Iris November's emotions run deep. In fact, she was brought to tears twice when discussing two primary interests in which she invests substantial amounts of her time, energy and money. The vivacious 83-year-old resident says she has found the secret to fulfillment, and it involves two separate activities: philanthropy and collecting Statue of Liberty memorabilia.

The Statue of Liberty collection is no small thing. She says she amassed 1,700 pieces, composed of pictures, dishes, boxer shorts, t-shirts, Christmas ornaments, posters, books, glass globes, fans and salt and pepper shakers, along with many others conventional kitchen implements, and of course, statues. Another way to categorize the contents, according to November: any imaginable object. They can all be crafted with a Statue of Liberty motif. The collection, formerly on display in a house in Chautauqua, NY, is now featured in the Margaret Woodbury Strong Museum of Play in Rochester, NY.

The fabric of this attraction is threaded with a passion for freedom, particularly because she had relatives who were denied this right, having perished in the Holocaust. "Liberty is so much a part of my DNA," she says. Essentially, the statue is symbolic. Her surviving relatives came to America to live in an environment that upholds the principles that she (the statue) represents, November explains.

She also considers herself a first generation American, since her mother migrated here from Odessa in 1905. And that arrival on these shores brought her mother

into New York Harbor where she beheld the statue, offering another connection for November.

In the absence of any sort of club for Statue of Liberty collectors, November founded one herself in 1991. Its membership includes 200 avid collectors worldwide. One of its activities is a biennial visit to the Statue.

The philanthropic dimension of November's life began shortly after she married Mort November (deceased in 2015) 35 years ago. They were both widowed, and Mort also had suffered the premature death of his daughter, Debra Ann, age 24. In her memory, the couple devoted tremendous creativity and thought to community projects that would benefit children in need throughout Cleveland.

More than 40 projects have been completed, ranging from the construction of buildings that house child-centric services to outdoor art installations, primarily created by local artist Hector Vega.

Their prevailing belief was "to give while you are alive." They valued the joy they witnessed in others who were served by their work. In many ways, the Novembers considered their philanthropy a gift to themselves, as well.

In memory and honor of Mort, this year celebrates "the 12 months of November" during which organizations that she and Mort supported over the past 33 years will recognize Mort for his generosity, participation and support.

Another avenue for charity in November's life lies with Women-4-Women, Knitting-4-Peace which has "peace pods" in all 50 states, including one that November started in Beachwood nine years ago. This grass-roots organization dedicated to crafting hope, healing and peace one stitch at a time, helps women, children and families in developing countries. Knitters and crocheters meet monthly at the Beachwood Library, the first Friday of each month at 10 am, to create baby hats, blankets, socks, shawls, mittens and dolls, which children who are in need absolutely love. For more information, contact November at [lbtyclub@gmail.com](mailto:lbtyclub@gmail.com).

"To help one child is like a ripple in a pond. You get more joy out of the doing than from anyone giving you anything. It's the giving that's so important. It's magic," she said.

Overall, philanthropy offered a way to channel the Novembers' interest in children and families. "We were always so happy to see the results and the difference it made in others' lives," she says. For more information about their fund, visit [www.novemberphilanthropy.org](http://www.novemberphilanthropy.org).

To help one child is like a ripple in a pond.

**Iris November, philanthropist**

Mask, by "Liberty" George Duchov, was created with *New York Times*' photos of 343 first-responder firemen who perished on 9/11. This will eventually will be donated to the 9/11 Memorial Museum in NYC.



**The Gathering Place Warehouse Sale**  
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 February 22, 2017  
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## Siegal Lifelong Learning Program Relocates to Independent Home in Beachwood

**E**ducation is a lifelong pursuit, and through the Siegal Lifelong Learning Program at Case Western Reserve University, extensive programming is easily accessible to Northeast Ohio residents of all ages. The program, originally created in conjunction with Laura and Alvin Siegal College of Judaic Studies, has relocated to the Landmark Centre building, 25700 Science Park Drive, Suite 100, right here in Beachwood.

While at its previous location, which is now the Joseph and Florence Mandel Jewish Day School, the Siegal Lifelong Learning program was focused on Judaic studies. Now, in its newly-renovated, easily-accessible, independent space, programming has been expanded to better serve diverse needs of our community.

Siegal Lifelong Learning creates a connection between the academic world and the general community. It offers a wide variety of non-credit educational opportunities that draw from the broad academic disciplines of Case Western Reserve. Whether one's interest is art, music, history, culture, Jewish studies, languages, literature, writing, politics, contemporary issues, religion or philosophy, weekly or monthly panel discussions, lecture series or classes are available. And later this spring, for those requiring Continuing Education Units (CEUs), programs will be available.

If your interests include personal enrichment, professional

development or career advancement, the Siegal Lifelong Learning Program offers something for everyone with opportunities for the public to interact with internationally-renowned scholars who share in their cutting-edge research, and to be involved in ongoing conversations about history, current events and other relevant topics.

"With every semester since our inception, enrollment and participation increases significantly," said Brian Amkraut, the program's executive director. "Because we have Case Western Reserve's expert faculty available to the community, more than 4,000 people participate in our programs each year, with a couple thousand in Beachwood alone. Our goal is to offer programming in every discipline or area of study at the university—science, engineering, humanities, law, medicine, performing arts and more. We want to share the expertise and knowledge of our renowned scholars with the people of Northeast Ohio and beyond.

"We continue to think beyond the possible," Amkraut added. "Our vision of the future includes bringing innovative programming to individuals and communities around the globe. Through onsite instruction in a variety of local venues, educational travel experiences and expanding online learning opportunities, we will make this vision a reality."

Lifelong learning is available to anyone, and since there is no homework or grading, there's no intimidation. For those who want to keep their mind healthy and explore areas of study they enjoy, numerous opportunities are available.

In addition to classes and events at the new Beachwood location, Siegal offers lifelong learning activities on the main Case Western Reserve campus at University Circle and throughout Greater Cleveland. The program also offers faculty-led educational travel opportunities around the world.

"If there's something you wish you had done earlier, just remember, it's never too late to

start now," Amkraut said. "People love the fact that after 40 or 50 years of being in a certain profession, they can go back to school and learn things for which they never took the time way back when."

For a complete listing of programming, visit [www.case.edu/lifelonglearning](http://www.case.edu/lifelonglearning). Beachwood classes and programs take place at 25700 Science Park Drive, Suite 100. For open house information or to tour the new facility and learn more about what Siegal Lifelong Learning has to offer, check [www.case.edu/lifelonglearning](http://www.case.edu/lifelonglearning), email [lifelonglearning@case.edu](mailto:lifelonglearning@case.edu) or call Elana at 216.368.2091.

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*"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."*

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*~ Henry Ford*

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# Scholar Studies Usage of Nazi Comparisons as Shorthand for Evil

By June Scharf

Brian Johnson, a Beachwood resident and Cuyahoga Community College assistant professor of humanities, has published a book that explores in a scholarly fashion how Nazi figures and symbolism have become an entrenched and intractable code for evil – even a cultural shorthand, an analogy that requires no further explanation.

His book, *The Nazi Card: Nazi Comparisons at the Beginning of the Cold War*, was published in hardback last month by Lexington Books. The 244-page study, which took four years to write, is intended for an academic audience, particularly those who pursue political rhetoric, propaganda, ethics and mass culture.

The point he makes with his

research into American popular culture is to demonstrate how historical danger, such as the threat of Communism, was frequently characterized by using depictions of Nazism. He also provides evidence of its appearance during the civil rights movement and among groups like the Black Panthers. Essentially, one form of evil (Nazism) was used to describe another (some form of opposition).

“Nazism is stifling; it cuts off any other way to offer analysis,” explains Johnson. “It seems that there’s a natural progression when describing evil to gravitate toward taking on the mantle of Nazism,” he adds.

In one of many examples of Nazis’ being used as an unequivocal code for evil in cine-

ma, he cites the Indiana Jones movies. “The usage, especially with villainy, translates well,” he says. “The go-to villain is always a Nazi,” he adds. He offers the same scenario in films such as *Casablanca*, *Dr. Strangelove*, *Invasion of the Body Snatchers* and *Inglourious Basterds*.

He also visits literary material belonging to political theorists, including Leo Strauss, Carl Popper, Hannah Arendt and Henry Chamberlain.

As one whose specialty is the study of evil and perceptions of evil, Johnson ran a conference on the topic three years ago at Case Western Reserve University, that was attended by 110 scholars from 10 countries. During his pursuit of a his Ph.D. in English, completed in 2010, he also taught a class on the literature of the Holocaust, engaging work by authors such as Elie Wiesel and Primo Levi.

“The class was packed. I couldn’t believe how many people showed up at 8:30 am to discuss Holocaust literature.” But he offers an explanation. “There’s a cultural weirdness surrounding Nazis. They are enticing. They are the most obvious and salient example of evil. We can all agree on it. End of conversation.”

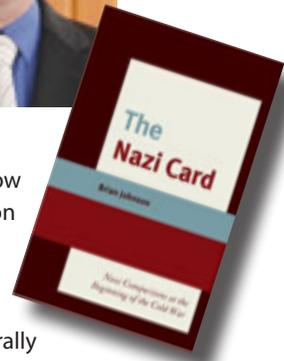


He also identifies how the definition of Nazism is not fluid, that it isn’t culturally contextualized. “It is what it is.” And it offers the ability to measure other evils against it, he says.

His research also led him to discover that a Nazi analogy can have a profound effect on large issues. “The notion of ‘nuclear annihilation’ was made to seem Nazified through the frequent use of the related term, ‘nuclear holocaust,’” he says.

His work also unearthed a theory as to why Nazism has had such an impact, and it stems from shock. “Many soldiers had assumed, before and during the war, that the evil of Nazi Germany was its imperialism. As such, when they discovered the evil of Nazism in the death camps and reported it back home, they shocked the American public and marked Nazism as an indelible description of evil.”

The book is available on Amazon.



Apply mind-bending, brain-twisting, hair splitting Talmudic reasoning to solve real-life modern dilemmas-situations that actually happened yet seem impossible to solve. What do you do when your gut tells you one thing and your brain tells you another? Prepare for a mental expedition to mind-wrestle with situations that force us to choose between two reasonable truths.

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For complete information, see City Council Update on page 26.

# Now Available: Premiere Summer Internship Program in Tel Aviv for Young Adults

Applications are now open for Onward Israel, a prestigious eight-week summer internship program in Tel Aviv for Jewish Cleveland young adults. The Jewish Federation of Cleveland, in partnership with Masa Israel Journey and The Jewish Agency for Israel, are now selecting college juniors, seniors and recent college graduates to live and intern in Tel Aviv from June 15 – August 10.

Onward Israel internships are life changing. According to Beachwood resident Sammie Jacobs, a recent Onward Israel participant, her internship at an environmental consulting startup exceeded expectations. "The employees were warm and welcoming. I learned new skills, and the company considered my business

interest and background to give me projects that fit specifically to my passions."

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 and immerse themselves in the Israeli lifestyle.

"One day we were offered a free yoga lesson at work," Jacobs said. "We met at the beach to do yoga and then we went to the office and put in our day at work. At the end of the day, we went back to the beach and did a group surf lesson. Can you imagine that happening in Cleveland? Even though the work was highly demanding, we became more effective workers because we



were able to bring our personalities into the workplace."

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-served basis. To apply, visit [www.clevelandonwardisrael.com](http://www.clevelandonwardisrael.com). For more information about Onward Israel, contact Mirit Balkan at [mbalkan@jcfclve.org](mailto:mbalkan@jcfclve.org) or 216.593.2921.

Pictured from left: Lily Richman, Sammie Jacobs and Haley Bogomolny exploring Tel Aviv while on Onward Israel, an 8-week internship program for Jewish Cleveland young adults.

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## Donna Yanowitz, "92 Years-Young," Shares her Passion and Love for Beachwood

By Donna L. Robinson

The community of Beachwood boasts a population of almost 12,000 residents and, in this community, Donna Yanowitz, at age 92, stands out as one very remarkable lady who proudly calls Beachwood her home.

Yanowitz has been a resident of Wiggins Place – Assisted Living of Menorah Park Center for Senior Living – for close to two years. "I always said...if you have to be someplace, Wiggins is the place to be," said Yanowitz.

She is legally blind, and after living in a big house that she shared with her late husband for 37 years, she couldn't drive anymore and says she was really stuck. "I was really lucky when they built Wiggins. It's a very nice place to live and the staff is amazing in how quickly they learn everybody's first name."

Yanowitz boasts about Beachwood in general. "The fire department and police department are great. So are the Beachwood Library and the city's recreation department," she said, adding that she recently enjoyed a recreation-sponsored opera event in Little Italy.

Yanowitz is also proud to know Mayor Merle Gorden, saying that he goes out of his way to keep a pulse on the community. "I recall going to

a 102nd birthday party for a lady by the name of Pecolar Ferrell, and Mayor Gorden was there," she said.

A lifelong learner, Yanowitz attends a weekly Hebrew class, special lectures and Lunch & Learn events through Siegal Lifelong Learning. "I'm grateful that the Wiggins' transportation van will transport residents anywhere within a 10-mile radius," she said "That's how I get back and forth."

Participating in other community involvements, Yanowitz is a trustee of the Jewish Federation of Cleveland, an honorary trustee of Milestone Autism Organization, and volunteered as an occupational therapy assistant with United Cerebral Palsy of Greater Cleveland and Menorah Park Center for Senior Living.

She is also chair of the Hebrew Garden at the Cultural Gardens of Cleveland, vice president of education and chair of the thrift shop of the National Council of Jewish Women, Cleveland Section, and

past board chair of the Cleveland College of Jewish Studies.

Additionally, she was formally recognized at the 2014 International Lion of Judah Conference held in New York City and received the Kipnis-Wilson/Friedland Award, a prestigious, internationally-recognized honor to a Lion of Judah, which is awarded to a woman who demonstrates the highest ideals of women's leadership and involvement. Lions of Judah are women who make individual gifts of \$5,000 or more to the Federation's annual Campaign for Jewish Needs.

"All my volunteer and philanthropic experiences have been very gratifying," Yanowitz said. "I have always had a strong passion for helping people."

In addition to volunteering, Yanowitz takes daily Tai Chi classes, a practice that she started 17 years ago, which helps her walk straight without a cane or walker.

In the spirit of "life being good in Beachwood," Yanowitz told us that her children

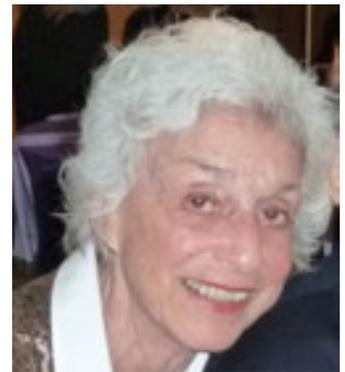


Photo courtesy of Cleveland Jewish News.

moved to Beachwood because they wanted their children to experience the great education provided by the Beachwood schools; and her son, a financial advisor, moved his office to Beachwood.

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At the close of our interview, Yanowitz humbly said, "My life continues to be very gratifying because of my opportunities to help others. If one is able, volunteering is a very important part of life."

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At the close of our interview, Yanowitz humbly said, "My life continues to be very gratifying because of my opportunities to help others. If one is able, volunteering is a very important part of life."

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Beachwood Resident



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- Feb. 7 Chris Rock (51)
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- Feb. 9 Carole King (74)
- Feb. 10 Greg Norman (62)
- Feb. 10 Mark Spitz (66)
- Feb. 11 Jennifer Aniston (47)

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

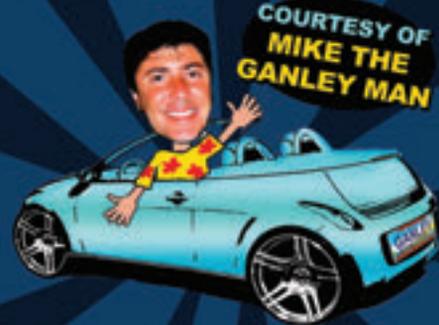
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# Beachwood Place Announces Chaperone Rules to Ensure Family-Friendly Shopping Experience

Last month, Beachwood Place launched a Parental Guidance Required ("PGR") program to provide a comfortable, family-friendly shopping experience for all mall guests. The PGR program requires that, after 5 pm on Fridays and Saturdays, all mall visitors age 17 and under must be accompanied by a parent or supervising adult who is at least 21 years old. The PGR program is strictly and uniformly enforced on all mall property, including the parking lot and exterior sidewalks.

"All are welcome at Beachwood Place at any time – we simply require that, during certain weekend hours, families spend their shopping time together," said Neisha Vitello, senior general manager of Beachwood Place. "Providing a pleasant and comfortable

experience for our guests is our top priority. The PGR program is intended to enhance the shopping experience for the entire community."

The PGR program requires that, after 5 p.m. on Fridays and Saturdays, all mall visitors age 17 and under must be accompanied by a parent or supervising adult who is at least 21 years old.

Mayor Merle S. Gorden said: "The City fully supports Beachwood Place in their decision to implement a PGR program to help provide the best shopping experience for all

their guests. Millions of people shop at Beachwood Place every year. It is a destination shopping location and a safe place to shop for both children and adults, and this is merely an extra step to ensure that customers will have an outstanding experience."

During PGR hours, trained public safety officers stationed at all mall entrances will check IDs of all patrons who appear to be 17 and under. Those who cannot provide a valid photo ID showing their age to be at least 18 years of age must be accompanied by a parent or supervising adult who is at least 21 years old in order to remain at the mall. One adult may accompany up to four youths and all accompanied youths must remain with the supervising adult at all times. Those who provide proper

identification demonstrating they are at least 18 will be offered an optional wristband. Individuals who choose not to wear the wristband may be asked for ID again by public safety officers patrolling inside the mall. Valid identification includes a state-issued driver's license or ID card, military ID, school ID card, or passport. The identification must be tamper proof and include a photograph and date of birth.

Announcements will be made inside the mall starting at 4 pm on Fridays and Saturdays, giving unsupervised teens ample time to complete their shopping and leave the mall before PGR begins. After 5 pm, public safety officers inside the mall will check IDs of individuals who appear to be underage and not wearing wristbands.

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# Menorah Park Center 4 Brain Health

The 15th annual meeting of the International Council on Active Aging was held in Orlando, Florida. At the opening general session the Center 4 Brain Health was introduced as one of the Innovator Award winners for the program's reach into the community, cognitive/intellectual dimension of wellness, successful implementation and program outcomes.

Among a crowd of over 400 session attendees, the center's accomplishment was used to transition to the conference's keynote speaker Dr. John Ratey, associate clinical professor of Psychiatry at Harvard Medical School, who spoke about "Exercise: A daily tonic to get the brain to its fullest potential—and keep it there."

The Center 4 Brain Health offers a non-pharmacological, non-hospital-based approach to your personal brain health and wellness by providing multiple programs and services to address individual needs about memory and thinking skills.

The Center 4 Brain Health offers a non-pharmacological, non-hospital-based approach to your personal brain health and wellness by providing multiple programs and services to address individual needs about memory and thinking skills. For more information, contact Krystal L. Culler at 216.839.6685 or [center4brainhealth@menorahpark.org](mailto:center4brainhealth@menorahpark.org), or visit [www.centerforbrainhealth.org](http://www.centerforbrainhealth.org).

## NCJW Winter Luncheon and Boutique



David E. Gilbert, president and CEO of the Greater Cleveland Sports Commission and Destination Cleveland, will energize audiences at National Council of Jewish Women/Cleveland's Winter Luncheon and Expanded Boutique when he discusses the future of Cleveland in the wake of an exhilarating 2016.

"Cleveland on a Roll" takes place on Wednesday, February 8, at Executive Caterers at Landerhaven, beginning at 10 am. More than 25 boutiques will fill Landerhaven's lobby, where beautiful and unique wares will be available for sale. The boutiques will include jewelry by local and national artisans, paper products, home décor pieces, beauty items, clothing, hand-crafted accessories and more. The luncheon begins promptly at 11:30 am. Cost is \$36 with complimentary valet parking.

As president of the 2016 Republican National Convention Host Committee, vice president of the International Children's Games and board member of many other prestigious Cleveland organizations, Gilbert is well positioned to provide a knowledgeable preview of Cleveland's future. He was honored with the Civic Leadership Award at the Cleveland Jewish News' Difference Makers event and has received numerous accolades for his outstanding role in bringing the RNC to our city. Gilbert earned his Bachelor of Arts degree in marketing from The Ohio State University and his Master of Business Administration degree from Cleveland State University.

Shelley Gilmore, JoAnn Salon and Roseann Schmidt are event co-chairs. For information or reservations, call 216.378.2204 or visit [ncjwcleveland.org](http://ncjwcleveland.org).



## The Menorah Park Aging Resources Center Presents:

### Eat Yourself Super

A Spring Dinner Conversation with Featured Speaker:

### Dr. Todd J. Pesek



Todd J. Pesek, M.D. is a holistic physician at VitalHealth Partners, Chief Medical Officer at Heinen's, medical advisor, published scholar, professor, and author who specializes in disease prevention and reversal. His work illustrates how we all can achieve wellness through hydration, Superfoods nutrition, alkalization, and detoxification.

Dr. Todd received his medical doctorate from The Ohio State University College of Medicine and the Cleveland Clinic.

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**no later than Wednesday, March 1, 2017**

Aging Resources Dinner Conversations are sponsored by the Earl and Barbara Franklin Fund  
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# Franz Welser-Möst Convenes Special Concert Preview Panel Discussion: "Is J.S. Bach's St. John Passion Anti-Semitic?"

Sunday, March 5 at The Temple-Tifereth Israel in Beachwood

Presented by The Cleveland Orchestra in partnership with the Maltz Museum of Jewish Heritage and Case Western Reserve University

Cleveland Orchestra presents St. John Passion • March 9, 11 and 12 at Severance Hall

On Sunday, March 5, at 3 pm, The Cleveland Orchestra Music Director Franz Welser-Möst convenes a panel of guest speakers at The Temple-Tifereth Israel in Beachwood (26000 Shaker Boulevard) to probe the question "Is Bach's St. John Passion anti-Semitic?"; a lingering claim that surrounds this seminal work. This extraordinarily moving and achingly beautiful telling of the Crucifixion is perhaps Bach's most daring, forceful, and poetic composition. The panel will explore the context of European history, music, and religion that influenced the creation of Bach's

masterpiece and the intersections of meaning, message, and intent.

This extraordinarily moving and achingly beautiful telling of the Crucifixion is perhaps Bach's most daring, forceful, and poetic composition.

In addition to Welser-Möst, the panel includes Rabbi Roger C. Klein, associate rabbi at

The Temple-Tifereth Israel, and Michael Marissen, professor emeritus of music at Swarthmore College and author of the newly released book, *Bach and God*. The conversation will be moderated by David J. Rothenberg, associate professor and chair, Department of Music, Case Western Reserve University. The event is free, but tickets are required and may be reserved online at [www.maltzmuseum.org](http://www.maltzmuseum.org) or by calling the Maltz Museum at 216.593.0575.

Following the March 5 concert preview panel discussion, Franz Welser-Möst will lead

The Cleveland Orchestra in performances of Bach's St. John Passion on March 9, 11 and 12 at Severance Hall.

Once written, Bach rarely revised his compositions, but St. John Passion was revised and revived intermittently until the end of his life, resulting in an extraordinarily moving, achingly beautiful and dramatically powerful, piece.

Concert Tickets for performances of Bach's St. John Passion at Severance Hall can be purchased online at [www.clevelandorchestra.com](http://www.clevelandorchestra.com), or by calling the ticket office at 216.231.1111.

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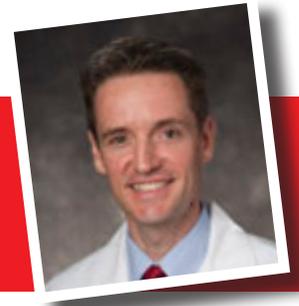
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William Wolf, MD

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Calcium scoring – the full name is cardiac CT (computerized tomography) imaging for coronary artery calcium scoring – is a noninvasive imaging technology that accurately predicts an individual's risk for heart attack over the next 10 years.

“Calcium scoring is a simple X-ray procedure that does not require an IV line or any dye,” says William Wolf, MD, Chief of Cardiology at UH Ahuja Medical Center. “The procedure takes 5 to 10 minutes and results are sent directly to the patient's ordering provider.”

The test uses CT scanning to show the amount of calcium that has accumulated in the walls of the arteries in the heart. Higher calcium levels increase the risk of heart attack. Scores can range from 0 (lowest risk) to greater than 400 (highest risk).

Calcium scoring has been available for several years, but few people have had it done because it is a relatively costly test, and it is not covered by insurance. UH decided to make the test available at no cost because of its significant potential to impact the health of northeast Ohio residents.

“We recommend calcium scoring for men age 45 or older and women age 55 or older who don't have coronary artery disease but have at least one risk factor for it,” Dr. Wolf says. Risk factors for coronary artery disease include high cholesterol, low HDL cholesterol (the “good” cholesterol), high blood pressure, cigarette smoking, type 2 diabetes or a family history of heart disease. Additionally, people who are age 40 or older and have a chronic inflammatory condition such as lupus, psoriasis or inflammatory bowel disease also should be tested.

“For those at risk, learning your calcium score should be only the beginning of a proactive approach to heart attack prevention,” Dr. Wolf stresses. He recommends that anyone with a calcium score of 100 or higher consult with a cardiologist to develop a comprehensive program to reduce their risk.

“We cannot change an individual's genetic makeup if there is heart disease in the family,” Dr. Wolf notes. “But we can help people reduce their chance of having a heart attack by modifying other risk factors in their lives.”

Area residents interested in undergoing no-cost calcium scoring at any UH location are invited to call UH Radiology Patient Access at 216-844-1700, Monday through Friday, 8 a.m. to 7 p.m. to schedule the test. A physician order is required.

### No-Cost Calcium Scoring Available at these UH Facilities

**Call 216-844-1700 to schedule an appointment at any of the facilities listed below.**

- UH Ahuja Medical Center, 3999 Richmond Road, Patient Registration 1st floor, Beachwood, Ohio 44122
- UH Bedford Medical Center, a Campus of UH Regional Hospitals, 44 Blaine Avenue, Radiology Department, Bedford, Ohio 44146
- UH Conneaut Medical Center, 158 West Main Road, Conneaut, Ohio 44030
- UH Geauga Medical Center, 13207 Ravenna Road, Radiology Department, Chardon, Ohio 44024
- UH Geneva Medical Center, 870 West Main Street, Geneva, Ohio 44041
- UH Chagrin Highlands Health Center, 3909 Orange Place, Radiology Department, Orange Village, Ohio 44122
- UH Concord Health Center, 7500 Auburn Road, Radiology Suite 1350, Concord Township, Ohio 44077
- UH Mentor Health Center, 9000 Mentor Avenue, Suite 110, Mentor, Ohio 44060



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### Wood Trader



**WOOD  
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Preserve your unique treasures with framing. Photos, artwork, kid art, memorabilia – frame what is important to you and your family. Allow us to frame your most precious memories to enjoy for generations to come. We

offer eco-friendly custom framing, mirrors, sculpture bases, installation, framed artwork, photo frames and more.

## Learn how to “Google Grandpa” at Jewish Genealogy Society Meeting

“Googling Grandpa” is the featured topic at the Sunday, March 5 meeting of the Jewish Genealogy Society of Cleveland. Mary Jamba will provide tips, tricks and hacks for finding your family online, using Google, the most powerful search engine.

Mary Jamba is a trustee of the Ohio Genealogical Society and past president of the Greater Cleveland Genealogical Society. She is an avid researcher, blogger and lecturer with a special interest in DNA and technology.

The Jewish Genealogy Society of Cleveland meets on the first Sunday afternoon of the month in the winter, starting at 1:30 pm in the Men's Club Board Room at Park Synagogue East, 27500 Shaker Blvd., Pepper Pike. Board members are available at a help desk from 1 pm to assist with individual research questions. Guests are welcome. RSVP to: [Programming@ClevelandJGS.org](mailto:Programming@ClevelandJGS.org).

## The Buzz Over Genealogy

by Stewart Hoicowitz • Jewish Genealogy Society of Cleveland

“Give time to love, give time to speak and give time to share the precious thoughts of your mind. And always remember, life is not measured by the number of breaths we take, but by the moments that take our breath away.”

It may seem hard to believe, but these words were written by comedian George Carlin following the death of his wife. And what he had to say post 9/11 couldn't have been spoken more eloquently or compassionately.

Writing can be a powerful tool to share feelings and present thoughts or ideas. How many of us have really taken the time to reflect and capture in writing the assets we have to draw upon from our unique life experiences? In his book, *“When Descendants Become Ancestors: The Flip Side of Genealogy,”* author David Kendall tells us that history is only as valuable as the lessons we learn from it. “We often forget we are the future ancestors of our descendants,” he writes in an excerpt from the book. And if we don't leave those descendants the kinds of information about our lives that we crave to know about our own forefathers, then we are only destined to perpetuate the problem.

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And if we don't leave those descendants the kinds of information about our lives that we crave to know about our own forefathers, then we are only destined to perpetuate the problem.

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The simple truth is that every one of us has a story to share. In my experience as a writer and journalist, I've interviewed scores of people who had profound things to say. Many of them were just common, ordinary people who were able to share their wisdom and values in very enlightening ways. And if we truly listen, they could help us see the world in a different way, or just navigate our way through it with some thoughtful insights.

Don't know where to begin? Think about the values and ideals that your parents and grandparents held dear and passed along to you, which have sustained you throughout your life. What were some of the pivotal moments in your life when you overcame adversity? What inspirational thoughts, words, actions or events stand out? What would you like to impart to future generations?

Then, think about how you would like to be remembered in fifty or one hundred years. It's probably not for your possessions or the wealth you accumulated, but rather for attributes like the smile you brought to someone's face or how you touched their life.

What would you like to preserve as part of your family legacy? The Jewish Genealogy Society of Cleveland can help. Join us for our next meeting on Sunday, March 5 at Park Synagogue East when our featured speaker will be Mary Jamba, past president of the Greater Cleveland Genealogical Society, who will provide helpful tips for utilizing Google to research family online. For details, see the article above. For more information on the Jewish Genealogy Society of Cleveland, contact Amy Wachs at [president@ClevelandJGS.org](mailto:president@ClevelandJGS.org).



A message from  
Executive Director Cindy Caldwell



## Grow Your Business in 2017!

As 2017 progresses, we are very excited to announce a few new programs that the Beachwood Chamber of Commerce will be offering in the coming months; including, a young professionals networking group, women's networking group, lunch with a lawyer – addressing your business legal questions and needs, continuing education credit series, and Leadership Beachwood.

Networking After Five and monthly luncheons, along with the Fitness Challenge, Beachwood Chamber Awards Reception, Beachwood Business Expo, Golf Outing and Taste of Beachwood, provide various opportunities to network with area professionals.

On Wednesday, February 15th, our monthly luncheon will feature round-robin networking, and our Fitness Challenge will be Wednesday, March 8th.

In addition to programs, the BCC offers benefits that can save your company money. We have many cost-savings programs ranging from healthcare, worker's compensation, gas/electric savings to digital marketing, office supplies and much more.

Make this the year you grow your business with the Beachwood Chamber! Call us today for more information. The Beachwood Chamber is your voice in the business community!

# THE FITNESS CHALLENGE

Wednesday, March 8 • 5 – 7:30 p.m.

Mandel Jewish Community Center

Healthy Employees Means Healthy Businesses.

Boost your company's wellness initiative by forming a team!

Activities  
For All  
Fitness Levels

- 3-on-3 Basketball
- Basketball Shoot Around
- 1-Mile Walk/Run
- 1-Mile Team Relay
  - Yoga
  - Spinning

Participate as an individual or team  
Accumulate Points  
Be Recognized  
Raffle Prizes  
Participant Gift Bags

Chamber Members:  
**FREE**

Non-Chamber Members:  
**\$100/Team**

(fee waived if you join the chamber for the event)

For Details and Registration,  
Visit [Beachwood.org](http://Beachwood.org).



Cleveland Clinic

Family Health and Surgery Center, Beachwood  
Hillcrest Hospital  
South Pointe Hospital



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- BMI screenings

by Cleveland Clinic



Beachwood Chamber of Commerce • 216.831.0003 • [Beachwood.org](http://Beachwood.org)  
24000 Mercantile Rd. • Suite 3 • Beachwood, OH 44122

# From Menorah Park

The following programs take place at Menorah Park, 27100 Cedar Road, Beachwood.

## The Kenneth and Deborah Cohen Lecture Series

**Thursday, February 9 • 3 pm**

Professor Daniel Goldmark of CWRU presents:

“Rust Belt Alley: Pop Music in Cleveland, 1890-1950”

- Did you know that Cleveland was a hot-spot in the music industry at the turn of the 20th century?
- How did Cleveland publishers meet the demand for music in the city?
- How was music as much a part of Cleveland’s civic identity and pride as sports, business and cultural achievement?

**Tuesday, March 7 • 3 pm**

Professor Arnold Caplan of CWRU presents:

“Yes! Your Stem Cells are still there and working just fine!”

- What are stem cells?
- How do they work in our bodies?
- How do they affect longevity?

## Distance Learning Classes in the Miller Board Room

Monday, February 6 • 2:30 – 3:15 pm

“Arctic Discoveries: Moose Mysteries”

by the Alaska Zoo (Anchorage, Alaska)

Monday, March 6 • 2:30 – 3:30 pm

“Contemporary Art” by the Cleveland Museum of Art

To register for these programs, please contact Leanne Stuver at [LAStuver@menorahpark.org](mailto:LAStuver@menorahpark.org) or 216.360.8208.

## This Is Your Brain On Tzedakah

by Joel Fox, Menorah Park Foundation Director

The act of giving has been biologically proven to activate areas of the brain associated with pleasure. The National Institutes of Health has studied the act of giving time or money and found that it stimulates the brain’s “award center” and generates a feeling known as “helper’s high.”

In her book, *What Makes a Hero: The Surprising Science of Selflessness*, Elizabeth Svoboda writes about neuroscientist Jordan Grafman, who is investigating regions of the brain that give rise to selfless behavior. His MRI scans of many subjects reveal that when people make the decision to donate to what they feel is a worthy cause, parts of the midbrain light up – the same region that provides satisfaction from food and sex.

Dr. Bill Harbaugh, a University of Oregon economist, also did MRI scans while a computer monitor presented subjects with opportunities to donate to charity from funds they received at the beginning of the experiment. His results tallied with Dr. Grafman’s, showing pleasurable activation in the midbrain during giving. Dr. Harbaugh’s study indicated that giving to charity is neurologically similar to ingesting an addictive drug or learning that you have a winning lottery ticket. People give to charity not only because they think it’s a good thing to do, but also because giving makes them feel good.

If you are looking to make a donation and would like information about the Menorah Park Foundation, email [foundation@menorahpark.org](mailto:foundation@menorahpark.org).

# Life, Made Easier

“I found it ALL in one place!”



## Menorah Park

One Campus. Many Solutions. One Person at a Time.

- ▶ **Marcus Post Hospital Rehabilitation**
- ▶ **Home Health Services**  
Skilled nursing and personal care
- ▶ **Outpatient Occupational & Speech Therapies**
- ▶ **The Peter B. Lewis Aquatic & Therapy Center**  
Aquatic and land-based Physical Therapy
- ▶ **Adaptive Living Shoppe**  
Emergency response and daily living products
- ▶ **Door-to-Door, Non-emergency Medical Transportation**
- ▶ **Adult Day Center**  
Daytime personal care and enrichment
- ▶ **Housekeeping Plus**  
Light housekeeping and heavy cleaning service
- ▶ **Dialysis**
- ▶ **Menorah Park Aging Resources**  
Information at your fingertips
- ▶ **Center 4 Brain Health**  
Support, education, assessments



**Residential Options:**  
The R.H. Myers Apartments • Stone Gardens Assisted Living Residence • Wiggins Place Assisted Living Residence  
• Menorah Park Skilled Nursing Home  
• Helen’s Place Memory Care Apartments  
[www.menorahpark.org](http://www.menorahpark.org)  
27100 Cedar Road • Beachwood, OH 44122  
Call Beth Silver at 216-839-6678

# CITY OF *Beachwood* Council Update

MAYOR  
**MERLE S. GORDEN**



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mayor@beachwoodohio.com

COUNCIL PRESIDENT  
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## SWORN TO SERVE

Welcome to our new Finance Director Larry Heiser and congratulations to our new Police Chief Gary Haba.

Heiser has more than 16 years experience in public sector finance. He most recently served as Finance Director for the City of University Heights.

This month, Haba assumes the role of Beachwood Police Chief following Keith Winebrenner's retirement. Haba has dutifully served the Beachwood Police Department for more than two decades.

He has served as a patrol officer, sergeant, lieutenant and was promoted to captain in 2015.

Congratulations to the following for serving:

1. Larry Heiser, Finance Director
2. Whitney Crook, Clerk of Council
3. Hope Jones, Law Director
4. Thomas Greve, Prosecutor
5. Rochele Hecht, P & Z Commission



## LIVE STREAM COUNCIL MEETINGS

Four cameras will be installed in City Council Chambers. Live streaming to start soon.

## City Contact Information

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



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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!

## KEEPING WALKWAYS CLEAR

Part of home and commercial building ownership is the responsibility to maintain outside surfaces when it snows or temperatures cause water to freeze and form ice on driveways and walkways. Keep walkways clear so they are safe for everyone and are easily accessible for emergency services if needed.



**AMERICAN RED CROSS BLOOD DRIVE • FRI., FEBRUARY 17**  
1:00 – 7:00 p.m. at Beachwood Community Center

## TIPS FOR USING ROAD SALT WISELY

Road salt (sodium chloride) is most commonly used to remove ice from roads, parking lots and sidewalks. As snow and ice melt, road salt is carried into our lakes and wetlands. One teaspoon of salt can permanently pollute five gallons of water.

- Shovel. The more snow and ice you remove manually, the less salt you will have to use.
- 15° F is too cold for salt. Most salts stop working at 15° F. Use sand instead for traction.
- For best results, apply salt to cleared surfaces. Salt crystals should not overlap but spread out a few inches apart.
- More salt does not mean more melting. Use less than 4 pounds of salt per 1,000 square feet. One pound of salt is approximately a heaping 12-ounce coffee mug.
- Sweep up extra. If salt is visible on dry pavement it is no longer working and will be washed away into your local streams thru a storm drain.
- Even if the de-icer says it's safe for pets, look at the ingredients. Calcium and magnesium chloride can burn paws. Use a product with glycol or just use sand.

City Hall will be closed on Monday, February 20 in observance of President's Day. Rubbish pick up will be delayed one day. Monday's collection will be made on Tuesday, February 21.

## GRAB YOUR SKATES

Enjoy Beachwood's new portable ice rink located on the basketball courts behind the tennis courts. Bring your own skates!

Open dawn to dusk, weather permitting. Free and open to the public. Parking available at Beachwood Family Aquatic Center. For complete rules and regulations visit [www.beachwoodohio.com](http://www.beachwoodohio.com).

For additional winter fun, the Beachwood City Park West Sled Hill is located on the south end of the park. Bring your friends and family out for a great winter activity.



## MISSED A COUNCIL MEETING?

Go to [www.beachwoodohio.com](http://www.beachwoodohio.com) and click on the link to listen to audio recordings.



## UPCOMING MEETINGS

### CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Monday, February 6 and Tuesday, February 21. 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 23. Questions? Call 216.292.1914.

### ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meeting: Tuesday, February 21. Questions? 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

## OF SPECIAL NOTE

ALL PEDESTRIANS are encouraged to wear reflective gear when walking or running before dawn and after dusk. Safety is our number one concern.



## ART EXHIBIT



Beachwood Community Center

MON – FRI • 9 A.M. – 4 P.M.

SAT • 10 A.M. – 3 P.M., SUN • 10 A.M. – 1 P.M.

### 22ND ANNUAL JURIED REGIONAL HIGH SCHOOL STUDENT ART SHOW FEBRUARY 12 – MARCH 5

Presented by Beachwood Arts Council

*This special event will feature works by area high school art students in a variety of media.*

#### OPENING RECEPTION:

Sunday, February 12 from 2:00 – 4:30 p.m.

#### AWARDS CEREMONY:

Sunday, February 12 at 3:00 p.m.

## 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 by tweeting and using local press. Vehicle owners are responsible to comply with the emergency parking regulations. Vehicles parked in violation may be towed at the owners' expense.



## WE CAN'T ALERT YOU IF WE CAN'T REACH YOU



### SIGN UP FOR **CODERED** EMERGENCY ALERTS

**CodeRED** is our free emergency notification system. Beachwood officials can notify residents and businesses about time sensitive emergencies and alerts via phone calls, texts and emails. Visit [www.beachwoodohio.com](http://www.beachwoodohio.com) and click the **CodeRED** logo. It only takes a minute. Data collected will only be used for emergency notifications.

## BE IN THE KNOW



### SIGN UP FOR **NOTIFY ME**

Receive updates on the city topics of your choice:

- City News
- Economic Development
- Employment
- Meeting Agendas
- Breaking News
- Department News
- Bid Postings
- Mayor's Corner
- Calendar

Visit [www.beachwoodohio.com](http://www.beachwoodohio.com) and follow the link to "Get Informed"

**IF YOU DO NOT USE A COMPUTER AND WOULD LIKE TO REGISTER FOR **CODERED** OR **NOTIFY ME** CALL BEACHWOOD COMMUNITY SERVICES AT 216-292-1970 FOR ASSISTANCE.**

## SUMMER DAY CAMPS

### LAST MONTH FOR EARLY BIRD REGISTRATION

Beachwood Summer Day Camp registration for residents is 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 who register until March 10. Non-resident registration begins March 12. [For more information please refer to your Winter Rec Guide.](#)



# Council Update

# Self-Love Begins and Ends with YOU!

by Jennifer Stern

**W**hen we think of love, we often think of romantic love. Romantic love is beautiful, yet the most significant and profound love is self-love. Self-love provides the foundation for all other love to truly exist. For some the notion of self-love is uncomfortable. Cultivating self-love requires the ability to recognize and accept yourself as special, a work in progress, as someone worth loving. Here are three strategies for cultivating self-love:

- 1 Write down something you like, respect, admire about yourself. Add to it every day!**
  - **I like that** . . . I can laugh at myself and not take myself so seriously.
  - **I respect that** . . . I go to work and try my best to make a difference.
  - **I admire my** . . . ability to remember those I love who are no longer here and live my life well in honor of them.
- 2 Replace self-criticism with positive/productive self-talk. And remember, perfection does not exist and you are not stuck if you are trying.**
  - **Replace** "I failed at my diet" with "I ate more fruit and vegetables today. Tomorrow I will try to drink more water."

- **Replace** "I am so out of shape! I cannot walk more than 20 minutes" with "I am proud of myself for going on a walk today. Tomorrow I will add another minute."
  - **Replace** "My house is a disaster!" with "Today I cleaned the kitchen. Tomorrow I will tackle the laundry."
- How you talk to and about yourself will either strengthen and motivate or discourage and sabotage your sense of self. Positive/productive self-talk goes a long way towards cultivating self-love. It is hard to love a bully, so stop bullying yourself! Be accepting, patient, and kind with yourself. Laugh! Try not to take yourself so seriously. We are human; we are flawed; we are trying!

---

Positive/productive self-talk goes a long way towards cultivating self-love. It is hard to love a bully, so stop bullying yourself!

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- 3 Filter in what you love!**

Filtering in what you love is a practice that can become your daily meditation. Give it a try:

  - **I love how** . . . blue the sky is.
  - **I love my** . . . first cup of coffee each morning.
  - **I love when** . . . the house is full of laughter or quiet (depending on my mood).
  - **I love to** . . . read a good book.
  - **I love this** . . . song!
  - **I love putting on** . . . my sweats.
  - **I love how I feel after** . . . accomplishing my goals for the day.
  - **I love and am grateful for** . . . my family, friends, job, health, bathrobe, hot shower, car . . .

Being able to identify and focus on what you love creates a sense of well being, fostering positive awareness.

Self-love begins and ends with YOU! Smile while practicing these three strategies and remember – "Love yourself first and everything else falls into line." ~ Lucille Ball

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information she can be reached at 216.464.4243.

## 41st Cleveland International Film Festival

The 41st Cleveland International Film Festival (CIFF), presented by Dollar Bank, is proud to unveil its marketing campaign, which celebrates the ripple effect of change brought to Cleveland each year by guest filmmakers from around the world. This occurs as more than 100,000 attendees watch the films, ask the questions, and carry the experiences into their own lives and throughout their own communities.

Designed by Brittny DeWerth of Type Twenty Seven, the marketing campaign for the 41st CIFF revolves around the word ILLUMINATE, which illustrates what the Festival embodies. This word contains the clear educational subtext of learning, demonstrating progress, and furthering enlightened world views. It encourages filmgoers to spread the messages they encounter and to create change. Visually, ILLUMINATE carries the idea of projection, silver screens, the glow at the end of the theater, and illumination as an object – referencing the brightness from attendees immediately after seeing a film that impacts them personally. Through film, the CIFF provides a light that carries past the 12 days of the Festival, serving as a beacon that shines into the community.

The CIFF will take place March 29 through April 9, at Tower City Cinemas. Program details will be announced on Friday, March 3, at [clevelandfilm.org](http://clevelandfilm.org). Program guides will be available at all Dollar Bank branches and throughout the area the week of March 6. Tickets will go on sale to CIFF members on Friday, March 10 and to the general public on Friday, March 17.

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



# Beachwood Schools

## BOARD OF EDUCATION

Mitchel Luxenburg, President, 382-8943 • ml@beachwoodschoools.org  
Michael Zawatsky, Vice President, 292-9916 • mzawatsky@beachwoodschoools.org  
Dr. Brian Weiss, 464-6678 • bw@beachwoodschoools.org  
Joshua Mintz, 245-0000 • jmintz@beachwoodschoools.org  
Steve Rosen, 292-5562 • srosen@beachwoodschoools.org



## Gallery of Success Welcomes Eight New Members

We are pleased to introduce eight new inductees to Beachwood High School's Gallery of Success. Through their leadership, service, humanitarianism, creativity and/or courage, they exemplify success and are wonderful products of the Beachwood community and role models to our students. We introduce them to you now and look forward to sharing more of their stories with you as we lead up to the **Gallery of Success Induction Ceremony on Friday, April 7, 2017.**

### Jeff Boss, class of 1996

In recognition of his courage, bravery and leadership on and off the battlefield. For serving eight tours of duty as an United States Navy SEAL whose top awards include four bronze stars with valor, two purple hearts, two presidential unit citations and six combat action ribbons.

### Roger Holstein, class of 1970

In recognition of his remarkable contributions to the general public's knowledge of medicine and their ability to effectively navigate the health care system through his management of the online companies WebMD and Healthgrades, as well as Press Ganey Corporation, the leading provider of patient satisfaction measurement.

### Joan Cavell Hornig, class of 1973

In recognition of her achievements as a jewelry designer, in business and as a philanthropist. Ms. Hornig transitioned an unparalleled career in finance to an equally successful career in art and philanthropy. Her jewelry line, Joan Hornig Jewelry, was founded with the philosophy that Philanthropy is Beautiful and 100% of the profit from each purchase is donated to a charitable organization of the buyer's choice.

### Stephanie Klemper, class of 1994

In recognition of her humanitarianism and philanthropy which led her to co-found The Pollination Project that "every day invests in projects that create a more sustainable, just, peaceful and compassionate world."

### Edward Leventhal, class of 1964

In recognition of his civic commitment to, and leadership in, critical community organizations that have improved countless lives in Springfield, Ohio. Eddie effectively headed his family business, Springfield's Vining Brooming, a leader in its industry and has dedicated his life to supporting this Ohio community.

### Alan Roskamm, class of 1968

In recognition of his leadership of Jo-Ann Fabrics as it became one of the largest fabric and craft chains in the United States, operating approximately 800 stores. After leading this family business, Roskamm turned his pursuit of innovation and quality to education through his leadership of Breakthrough Charter Schools. Under Alan's leadership, the network of schools has grown from four to 12 schools serving over 3,600 students.

### Steve Sicherman, class of 1983

In recognition of his creativity and talent in the entertainment industry, developing, producing and serving as an executive on thousands of episodes of award-winning prime time television programs for the major networks.

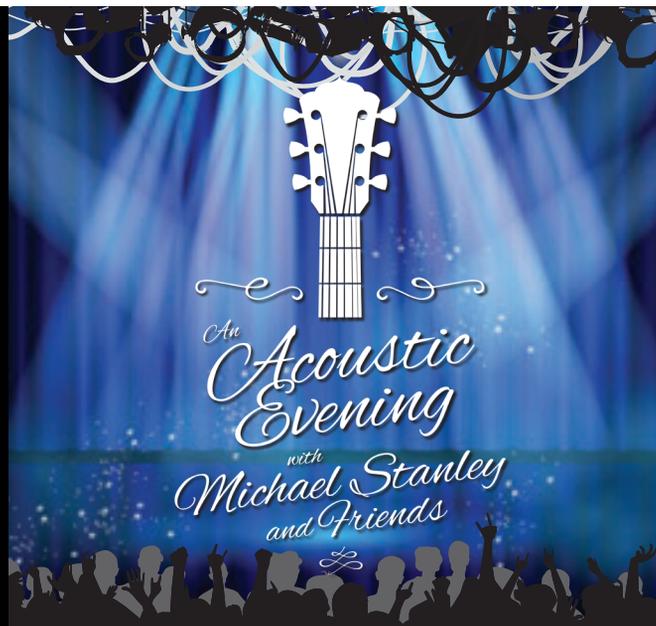
### Ronald Simmons, class of 1976

In recognition of his accomplishments in the design field where his award-winning work has spanned many fields and set professional standards. Simmons, also a one-time Olympic qualifier in the 1980 Winter Games, has overcome the challenges of dyslexia and his wife's death from breast cancer, raising three young sons as a single father.

*Join Us on*

**FRIDAY,  
APRIL 7, 2017**

FOR AN EVENING  
OF FUN, EXCITEMENT  
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INDUCTEES AND RAISE  
MONEY FOR THE  
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AND BEYOND FUND.



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OR CALL  
PRESIDENT EVY DAVIS  
216.410.1366

#### ADMINISTRATION

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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  
Dr. 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, Director of Marketing & Communications, 464-2600 ext. 237 • swallenstein@beachwoodschoools.org

## Beachwood Schools Foundation Brings Kinesthetic Learning to Hilltop

Funded by the generous support of the Beachwood Schools Foundation's *Above and Beyond Fund*, Hilltop Elementary School opened this school year with kinesthetic learning equipment across their classrooms. Utilizing stability balls, standing desks and floor 'cyclers', the equipment, often found in cutting edge corporate offices, offers every student the opportunity to direct their body energy in a way that promotes focus and improves learning. Research indicates that allowing students opportunities for controlled movement in the classroom increases time on task. The use of kinesthetic furniture encourages students to monitor their own sensory needs. By allowing for controlled movement and exercise breaks, greater student self-awareness and healthy lifestyle activities are promoted. Hilltop students are enjoying all the benefits of this kinesthetic furniture. Fewer students are requesting bathroom and drink breaks during class and Principal Rebecca Holthaus already sees significant positive changes. "With instructional rigor continuing to increase, movement and sensory breaks should as well. Students need a chance to refocus themselves in order to retain the skills and knowledge they are taught." What's next for Hilltop's kinesthetic classrooms? Hopefully more! Hilltop currently has a limited amount of furniture available in each classroom. Our goal is to provide these kinesthetic options to all students in every classroom. The Beachwood Schools Foundation's *Above and Beyond Fund* makes teacher, classroom and school-based grants throughout the year. The fund is generously supported by donors like you.

For more information about the Beachwood Schools Foundation, please call President Evy Davis at 216.410.1366 or email at [jdavis5156@aol.com](mailto:jdavis5156@aol.com) or visit [www.beachwoodschoools.org/foundation.aspx](http://www.beachwoodschoools.org/foundation.aspx).

*"Great ideas originate in the muscles"*  
– Thomas Edison



## Kindergarten Registration Beginning Soon!

If you have a child that will be entering Kindergarten in the fall of 2017, please go to the Beachwood City Schools website under "new families" to request a Kindergarten packet for the 2017-2018 school year. Kindergarten registration is scheduled for:

**Monday, April 17th from 8:00 a.m. - 7:00 p.m.**

**Tuesday, April 18th from 8:00 a.m. - 3:00 p.m.**

The Kindergarten Parent Orientation is scheduled for **Thursday, April 6th, 2017 at 7:00 p.m.** at Bryden Elementary School. If you plan on attending, please **RSVP to Tyjuana Coles, Secretary at Bryden Elementary School at 216-831-3933.**

Once you have received your Kindergarten registration packet, please contact Tyjuana Coles to schedule an appointment to enroll your child(ren) for the 2017-2018 school year.



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



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## -camp-

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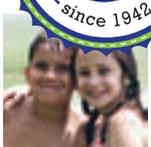
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- 6 Week Day Camp ~ June 26-Aug 4  
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Boys & Girls Grades K-6 ~ 9:00 am - 3:00 pm  
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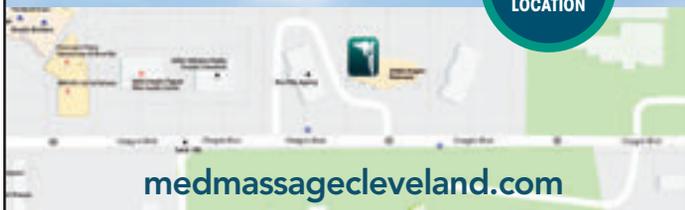
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## Camp Gan Israel



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](mailto:camp@CGIbeachwood.com).

## Camp Wise

At nationally-recognized Camp Wise, Mandel JCC's Jewish overnight camp, campers develop self-confidence, learn new skills, gain independence and make memories to last a lifetime. Camp Wise is for kids in grades 2 -11. For more information visit [campwise.org](http://campwise.org) or call 216.593.6350.



## Game On Sports Camp:



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locations: Hathaway Brown and Western Reserve. Flexible Week Options #BuildingStrongGirls #GirlsCan.

## 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](http://www.parksynagogue.org).

## Sports Broadcasting Camp



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## The Music Settlement



Since 1955, The Music Settlement's Center for Early Childhood has provided exceptional learning and cultural experiences and holds a 5-Star (highest) Award from Step Up To Quality, State of Ohio. Stop by and see us at an Early Childhood Open House (Preschool, Day School, Kindergarten) for adults: Jan. 8, 1-2:30 pm or Jan. 11, 5:30-7 pm. Kindergarten Open House on Jan. 11, 7-8 pm. For complete information, see the ad on page 31.

# National Council of Jewish Women/Cleveland Seeks Nominees for 2017 \$10,000 Roslyn Z. Wolf Grant Award

The National Council of Jewish Women/Cleveland (NCJW/Cleveland) seeks nominations for the eleventh annual Roslyn Z. Wolf Award for youth, family and education. The \$10,000 grant (double the amount of the previous years) will be awarded to a community non-profit organization proposing a program that demonstrates an outstanding contribution to our community in the areas of youth, family and education for the coming year.

Qualified organizations are encouraged to apply. The award, which includes a permanent plaque with the awardee's name, will fund a project outlined in the application at <http://ncjwcleveland.org/2016/01/roslyn-z-wolf-award-application-available/>.

The \$10,000 grant (double the amount of the previous years) will be awarded to a community non-profit organization proposing a program that demonstrates an outstanding contribution to our community in the areas of youth, family and education for the coming year.

Last year's award winner, Fostering Hope, used the funds to expand its Hope through Balance project, a trauma-informed yoga and art curriculum, at Applewood Centers, and its Hope Grows Here program to create, plant and nurture a therapeutic garden at Bellefaire JCB.

"The Wolf family has gener-

ously doubled the grant from \$5,000 in previous years to \$10,000 last year and this year," said Myrna Arlen Bloch, co-president, NCJW/Cleveland. "They recognize that both the needs and the costs have increased, and they are dedicated to making a difference in the manner in which their mother would have liked," added Susie Gordon, co-president.

The award was established to honor the late Roslyn Z. Wolf's ideals. Mrs. Wolf was devoted to the mission of the National Council of Jewish Women in her concern for improving the lives of women, children and families. She was a lifelong participant in the academic, fine arts, and Jewish communities. Born in Cleveland, she graduated from Cleveland Heights High School and received her B.S. degree in

Art History from Case Western Reserve University. She served on many civic and cultural boards in Cleveland, including The Cleveland Orchestra, Jewish Family Service Association and Bellefaire/Jewish Children's Bureau. Roslyn was married to Milton A. Wolf, former United States ambassador to Austria.

Visit [www.ncjwcleveland.org](http://www.ncjwcleveland.org) for the award criteria and application form to be completed by March 31 and emailed to [president@ncjwcleveland.org](mailto:president@ncjwcleveland.org), faxed to 216.378.2205, or mailed to President, NCJW/Cleveland, 26055 Emery Road, Cleveland, Ohio 44128. The award will be presented at the NCJW's Annual Spring Meeting on June 7.

Contact Myrna Arlen Bloch or Susie Gordon, co-presidents, at 216.378.2204 ext. 102 with any questions.

Nathan says... "My wife likes to talk during sex... she calls me up and says, Nathan, I'm having sex!"

by Peter Gethers & Daniel Okrent



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"WOULD IT KILL YOU TO PAY US A VISIT?" -New York Times

# Freedom of Choice Cleveland Coalition presents "Roe Together," an Evening of Pro-Choice Collaboration and Activism

## Anshe Chesed Fairmount Temple and NCJW/Cleveland are Coalition Partners

Freedom of Choice Cleveland Coalition (FOCC), a collaboration of local and statewide organizations concerned about preserving reproductive rights, presents "Roe Together," an evening of education and activism on reproductive choice.

The event will take place on Thursday, February 9, from 7 – 9:30 pm, at SEIU Local 1199's Cleveland offices, located at 1771 East 30th Street in downtown Cleveland. Doors open at 6:30 pm for early access to organizational activity tables.

The evening begins with a panel discussion featuring

Rabbi Robert Nosanchuk, senior rabbi, Anshe Chesed Fairmount Temple; attorney Jennifer Branch Esq., partner, Gerhardstein and Branch; Stephanie Howse, Ohio House Representative District 11; and Mallory McMaster, Preterm's Outreach and Advocacy Coordinator. The speakers will address the legal, legislative and practical consequences of recent attacks on reproductive rights, and will also provide insight on how to respond effectively through direct action.

Following the discussion, FOCC partner organizations and other progressive groups

will host advocacy stations where guests will be invited to engage in educational and advocacy activities around these issues.

"Roe Together is a statewide initiative to harness the energy of people frustrated with the status of women's reproductive justice in Ohio and seeking ways to productively channel efforts to further a progressive agenda," said Pam McKee, director of Development, NARAL Pro-Choice Ohio.

Guests are asked to pay what they can, and tickets will be available through Eventbrite. Preregistration is strongly encouraged, as space is

limited. Bus transportation will be available from Fairmount Temple in Beachwood to the event site.

Organizations involved include:

ACLU of Ohio, Anshe Chesed Fairmount Temple, Cleveland SurgiCenter, Greater Cleveland Chapter of NOW, NA'AMAT Cleveland, NARAL Pro-Choice Ohio Foundation, NCJW/Cleveland, New Voices Cleveland, Planned Parenthood of Greater Ohio and Preterm.

To register, visit [www.eventbrite.com/e/roe-together-cleveland-activist-bootcamp-tickets-31135658593](http://www.eventbrite.com/e/roe-together-cleveland-activist-bootcamp-tickets-31135658593).



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# JFSA Care at Home Named to the Top 500 of the 2016 HomeCare Elite

Jewish Family Service Association of Cleveland recently announced that it has been named to the Top 500 of the 2016 HomeCare Elite®, a recognition of the top-performing home health agencies in the United States. For more than ten years, HomeCare Elite has annually identified the top 25 percent of agencies and highlights the top 100 and top 500 agencies overall.

The ranking is developed by ABILITY® Network, a leading information technology company that helps providers and payers simplify the administrative and clinical complexities of healthcare; and is sponsored by DecisionHealth, publisher of *Home Health Line*, *The Complete Home Health ICD-10-CM Diagnosis Coding Manual* and *The Home Health Coding Center*.

"Improving quality of care and the patient experience continue to underpin a rapidly evolving healthcare environment," said Christine Lang, senior director, Product Management for ABILITY Network. "At the same time, tracking, measuring and interpreting data that support these efforts is becoming more complex. The 2016 HomeCare Elite winners have demonstrated the highest-quality care in their communities, which is a remarkable achievement. We congratulate Jewish Family Service Association on being recognized as one of the top 500 home care agencies in the country."

Lisa Goodlow, executive director of JFSA Care at Home credits their clinicians in the field with the agency's ability to achieve recognition as one of the Home-

Care Elite. "The credit for this honor goes to our field clinicians because they are dedicated to providing exceptional care and consistently go the extra mile to ensure that our clients meet their goals. They are what set us apart from other homecare providers."

"We are proud to recognize the top 500 HomeCare Elite agencies for demonstrating a commitment to improving quality patient care at low costs. The best clinical practices and data-tracking skills implemented by these agencies can position them for future success in government programs, such as value-based purchasing and star ratings," said Marci Heydt, senior content manager, DecisionHealth.

Winners are ranked by an analysis of publicly available performance measures in quality

outcomes, best practice (process measure) implementation, patient experience (Home Health CAHPS®), quality improvement and consistency, and financial performance. In order to be considered, an agency must be Medicare-certified and have data for at least one outcome in Home Health Compare. Out of 9,406 agencies considered, 2,353 are recognized on the 2016 HomeCare Elite winners list overall.

The entire list of 2016 HomeCare Elite agencies may be downloaded by visiting the ABILITY Network website at [abilitynetwork.com/homecare-elite/](http://abilitynetwork.com/homecare-elite/).

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.

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**BISON**  
feast + fest

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**SUNDAY, MARCH 19, 2017**  
**2PM - 5PM**  
**BEACHWOOD HIGH SCHOOL, SOUTH GYM**

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EVENT TICKETS WILL BE SOLD THE DAY OF THE EVENT.

FOOD + ACTIVITIES ARE \$.50-\$1EA. THE BISON FEAST + FEST IS A PTO FUNDRAISER SUPPORTING BEACHWOOD SCHOOLS PROGRAMS.

THE BEACHWOOD SCHOOLS PTO IS COMMITTED TO PROVIDING FUNDING AND VOLUNTEERS FOR SCHOOL BASED ENRICHMENT PROGRAMS FOR STUDENTS AND TEACHERS IN GRADES PRE-K - 12

**BISON FEAST + FEST**

# Council Gardens Hosts Ensemble 207 Concert

On Sunday, February 26, the community is invited to attend a concert at Council Gardens, featuring Mark Kosower, the principal cellist of the Cleveland Orchestra, and his cello Ensemble 207, a group of 11 undergraduate and graduate students from Cleveland Institute of Music.

Enjoy Rossini's Barber of Seville Overture, the Schumann Cello Concerto with Even Ma as soloist, and Grieg's Holberg Suite, as well as other pieces.

The concert, free and open to the public, will take place at 6 pm in the Council Gardens Community Hall, 2501 North Taylor Road, Cleveland Heights. Since seating capacity is expected to be met, please register by February 13 by calling 216.381.8625, ext. 103, to reserve your seats. Please, no more than two seats per reservation.

## Attention History Buffs

History buffs, did you know there is a book club just for you? The group meets every six weeks at the Beachwood Library and its next meeting is Wednesday, February 22, at 7 pm. This month's book is

*The Firebrand and the First Lady: Portrait of a Friendship: Pauli Murray, Eleanor Roosevelt and the Struggle for Social Justice*, by Patricia Bell-Scott.

Next month's meeting will take place Thursday, March 30, at 7 pm, at which time *Glass Universe: How the Ladies of the Harvard Observatory Told the Measure of the Stars*, by Dava Sobel, will be discussed.

This club is free and open to the community. For more information, contact Margaret Reardon at 440.292.7739 or [margaret\\_reardon@att.net](mailto:margaret_reardon@att.net).



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## Coffee Sponsors Needed



Would you like to be a monthly sponsor of a "coffee niche" in memory of a loved one or in honor of someone close to you?

The Beachwood/University Heights Kollel, in its new Torah Study building on the corner of South

Green Road and East Carroll Blvd., will display your name (or company's name) and honoree's name for an entire month.

Donations cover all paper and plastic goods, coffee, creamers, sugar, sweeteners and teas for the entire month. More than 100 participants are served daily. Your support is appreciated!

For additional information, please contact Rochelle Kozuch at 216.513.2500. Your support is appreciated!

### Acoustic Evening with Michael Stanley and Friends Beachwood High School Auditorium Friday, April 7

For complete information, see page 28.

## Heights Chamber Orchestra

**Sunday, February 19 • 3:30 pm**  
**St. Paul's Episcopal Church**  
**2747 Fairmount Boulevard • Cleveland Heights**  
**Guest conductor: Yoon Jae Lee**

Please join the Heights Chamber Orchestra as it presents:

- Wagner: Overture to the Flying Dutchman
- Mendelssohn: Overture and Incidental Music to A Midsummer Night's Dream
- Schumann: Symphony No. 4 in D Minor

Concerts are free and open to the community. A reception will immediately follow the concert.

## Book Discussion Leader



Need a book reviewer or book discussion leader for your group's next meeting?

Margaret Reardon, formerly of the Beachwood Library, is available to custom design a program just for you.

From a best-seller discussion, to a presentation on a theme, to a "what's new" in publishing, or a an author-related program, the possibilities are endless. Reardon can also help you find quality presenters in other fields. For program ideas, rates and availability, call 440.292.7739 or email [Margaret\\_Reardon@att.net](mailto:Margaret_Reardon@att.net).

## 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 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 one in Westlake. The following programs will take place at 23300 Commerce Park in Beachwood, unless otherwise noted. All programs require advance registration by calling 216.595.9546, unless noted. For more information, visit [www.touchedbycancer.org](http://www.touchedbycancer.org). You can follow TGP at [www.facebook.com/tgpcaringcommunity](http://www.facebook.com/tgpcaringcommunity) or [www.twitter.com/touchedbycancer](http://www.twitter.com/touchedbycancer).

### Starting the Cancer Journey

Wednesdays, February 8, 15 and 22 • 6 – 7:30 pm

For those who are newly diagnosed (within last 6 months) and their family members. Learn strategies to cope with treatment side effects, communication tips, and nutrition information. Attendance at all 3 sessions is encouraged.

### Group for Those with Gynecological Cancers

Wednesday, February 15  
6 – 7:30 pm

No registration required.

### Breast Cancer A to Z: Triple Negative Breast Cancer

Saturday, February 25

8:30 – 11:30 am • Presenters: Shaveta Vinayak, MD; Beth Dixon, Psy.D; Kerri Mazzone, LISW-S

### TGP West: 800 Sharon Drive

Continental breakfast and registration begin at 8:30 am, followed by the program.

Topics include treatments for triple negative breast cancer and coping with fear and uncertainty. Hear from a panel of women who have triple negative disease.

### Colon Cancer Updates

Tuesday, February 28  
6:30 – 8 pm • Presenter: Smitha Krishnamurthi, MD

### TGP West: 800 Sharon Drive

### Chair Exercise

Wednesdays, 2 – 2:45 pm

Gentle exercises done in a chair to promote healthy well-being for individuals diagnosed with cancer or someone supporting an individual diagnosed with cancer.

### KidShop/TeenShop

Mondays, February 13 and 27  
6:30 – 7:30 pm

A workshop for children and teens who have an adult family member with cancer.

For a complete listing of programs, visit [www.touchedbycancer.org](http://www.touchedbycancer.org) and click on the calendar.

# Women of Fairmount Temple Invite You to the Following Programs

## Tuesday, February 21

The group's morning-to-afternoon program begins at 10:30 am in the library, with a study group, titled First Families of the Bible, led by Diane Lavin. Lunch follows at noon. Please call 440.537.7115, the previous Thursday or Friday, to make a reservation. Cost is \$10 for members and nonmembers. At 1 pm, Felicia Zaverella Stadelman will take you on a journey of Claude Monet's life and art.

## Sunday, February 26

Mitzvah Morning is the fourth Sunday of each month. Meet in the commons from 9:30 to 11:30 am and make lap robes and baby blankets, books for preschoolers at the Cleveland Sight Center, and vests for epileptic children. Everyone is welcome to participate and enjoy coffee and cookies.

## Sunday, March 5

World Union Brunch, a fundraiser for this international group begun by Rebecca Brickner, begins at 11 am. After brunch, Cuyahoga County Executive Armond Budish will be the speaker.

Story ideas? Please email [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com)!

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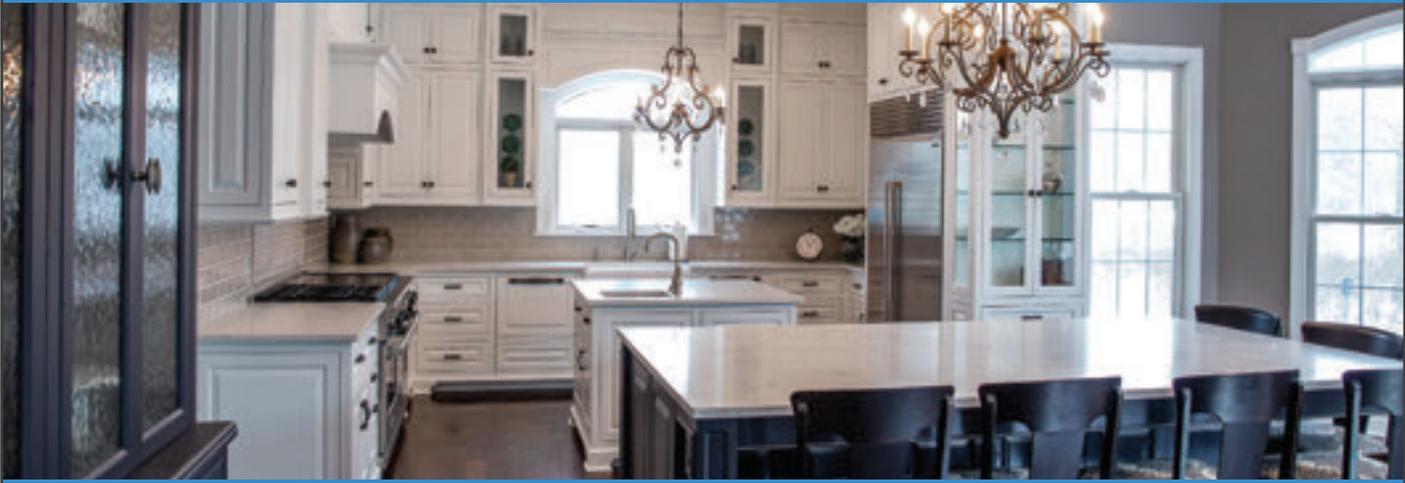
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# Programs Offered by the Alzheimer's Association

## Caring for the Caregiver

February 7 • 12 – 1 pm

Fairhill Partners

12200 Fairhill Road, Cleveland

Providing care for someone with dementia can be so overwhelming as to result in neglecting your own wellbeing. Maintaining your own good health is important to your success as a caregiver. Join us for tips on how to care for yourself and your loved one. To register, call 800.272.3900.

## Effective Communication Strategies

March 1 • 1 – 2 pm

Brookdale, 3 Homewood Drive, Richmond Heights

Communication is more than just talking and listening. It's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us in exploring how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease. To register, call 216.291.8525.

The Alzheimer's Association is available 24/7 at 800.272.3900 or [alz.org/cleveland](http://alz.org/cleveland).

# Celebrating Dr. Martin Luther King, Jr.

More than 100 residents, families, staff, volunteers and community members came together to celebrate the life and legacy of Dr. Martin Luther King, Jr. at Montefiore's annual tribute – a tradition that has been taking place at Montefiore for 22 years. Featured speaker was Councilman Pernel Jones, Jr., vice president of Cuyahoga County Council, who delivered remarks on "Dr. King's Dream Still Lives," followed by a musical performance from members of The Singing Angels.

From left: Montefiore president and CEO, Seth Vilensky; keynote speaker, Councilman Pernel Jones, Jr.; Montefiore director of marketing, Susan Lieberman; and Montefiore chaplain, Rabbi Joel Chazin.

*Photo credit: Montefiore.*



## Wellness Wednesdays at The Weils

### COMMUNITY HEALTH SERIES

#### Breaking the Myths About Hospice Services

An Open Discussion on End-of-Life Care

February 15, 2017 • 1:30 – 3 pm

Presented by Dr. Meredith Driscol, Medical Director, and Angela Hale, Director of Vinney Hospice and Palliative Care of Montefiore



Dr. Meredith Driscol



Angela Hale

Join in on this discussion about making the end of a person's life as comfortable and meaningful as possible. Delicious and nutritious refreshments will be served. For more information or to RSVP, contact Ivy Kopit, manager of community relations, at 440.996.0504. This program is free and open to the community. Space is limited. Register early. The Weils is located at 16695 Chillicothe Road, Chagrin Falls.

Join in on this discussion about making the end of a person's life as comfortable and meaningful as possible.

## Caregiver Education and Support Group

Tuesday, March 7, 2017

5-6 pm • Montefiore

One David N. Myers

Parkway, Beachwood

Feeling burnt out from caregiver stress or alone in your journey with no one to lean on? Do you have questions about what is coming next and how to deal with it? We're here for you!

Come to Montefiore's monthly caregiver education and support group to receive tips on how to cope and how to receive support as a caregiver.

This program is presented by Dementia Expert Dr. Lori Stevic-Rust, ABPP, clinical health psychologist and dementia program advisor for Montefiore and The Weils. To RSVP or for more information, contact Kristen Morelli at 216.910.2323 or [kmorelli@montefiorecare.org](mailto:kmorelli@montefiorecare.org).

# Students Invited to Create Videos to Support Start Talking!

Drug Prevention Initiative • Video Contest Taps Student Creativity to Promote Start Talking! Mission

**D**rug Free Action Alliance and the Start Talking! drug prevention program, through support from Verizon, are inviting Ohio students in grades 6 through 12, to test their creativity and produce 60-second videos offering tips on how adults and other youth can have frequent and honest conversations about substance abuse.

To keep Ohio youth engaged in conversations about the dangers of drug and alcohol abuse, from January 9 until March 3, students may take part in the "Start Recording & Start Talking" video contest where they can produce and submit informational videos that share tips and best practices on how youth can stay drug free. The producers of the top videos have a chance to win up to \$2,500 in college saving awards.

"As the primary goal of Start Talking is to help parents, caregivers, teachers and students to start conversations with Ohio youth

about the dangers of drug and alcohol abuse, this video contest offers students the opportunity to share what they think are the best ways to get those conversations going," said Sarah Smith, Director of Start Talking.

Research shows when parents and children have conversations about substance abuse, the children are 50 percent less likely to start using drugs and alcohol. However, as scare tactics don't work, students are asked to create videos that are creative, positive and offer specific tips to help adults and youth to start those conversations

or demonstrate how an effective conversation could occur.

Research shows when parents and children have conversations about substance abuse, the children are 50 percent less likely to start using drugs and alcohol.

Once the contest closes on March 3, each entry will be reviewed and on March 17, representatives from Drug Free Action

Alliance and Start Talking will select the top 10 videos. The top three finishers will be selected on March 31 and their prizes will be awarded in mid-April. The first-place video producers will receive a \$2,500 college savings award. The second-place video will be awarded a \$1,500 college savings award and third place will receive \$1,000.

Contest details, rules and information about how students may submit their videos are all available on the Start Talking web site ([www.StartTalking.Ohio.gov](http://www.StartTalking.Ohio.gov)) or Drug Free Action Alliance web site ([www.DrugFreeActionAlliance.org](http://www.DrugFreeActionAlliance.org)).



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# Upcoming Programs at the Beachwood Library

## **The Magic of Uncluttering**

Thursday, February 16

7 • pm

Start the new year strong by reducing your stuff and increasing serenity, order and peace in your life. In this series, you will move from talking about uncluttering to DOING IT, and you'll be supported by a group of like-minded clutter warriors. If you want to learn easy, powerful, practical strategies that work, these classes are for you.

## **Kill Da Wabbit:**

### **Opera in Pop Culture**

Sunday, February 12

2 pm

What do Sesame Street, Apocalypse Now and The Marx Brothers have in common? Opera, of course! Opera is woven into the fabric of American popular culture. This lecture draws attention to the ways in which the music and the plots of operas have become part of our everyday life. Great Lakes Light Opera will explore the best and worst references and homages to opera. This lecture is appropriate for both opera buffs and novices alike.

## **Meet Author Laird Hunt**

Monday, February 13

7 pm

Laird Hunt will discuss his new book, *The Evening Road*, a masterfully-crafted story of two women on the move through America during the Jim Crow era. His novel, *Kind One*, was a finalist for the 2013 PEN/Faulkner Award for Fiction and won the Anisfield-Wolf Book Award for Fiction that same year. Laird is also the author of several other works of fiction including the *New York Times* Book Review Editor's Choice selection, *Neverhome*. Books will be available for purchase and signing courtesy of Mac's Backs Books on Coventry.

## **Third Wednesday/Thursday Book Discussion**

Wednesday, February 15 • 1 pm;

and Thursday, February 16 • 2 pm

Monthly book discussion led by library staff. This month's book is *My Name is Lucy Barton*, by Elizabeth Strout. Books are available at circulation desk. No registration required.

## **Senior Financial Education Workshop**

Friday, February 17

10:30 am

Protect yourself – join Rachel Slomovitz from ESOP (Empowering and Strengthening Ohio's People) to find out how you can avoid scams, fraud and financial abuse. This workshop raises awareness among older adults on how to prevent elder financial exploitation and encourages advance planning and informed financial decision-making. Topics to be covered are elder financial exploitation, including power of attorney, scams geared towards seniors, identity theft and medical identity theft.

## **Drop In and Download**

Saturday, February 18

10 am – 1 pm; and

Monday, February 20

2 – 5 pm

Learn how to borrow free eBooks, eAudiobooks, eMagazines, movies and music from our digital collection – anytime, anywhere. Bring your device and passwords to the library and our staff will help get you started. Our digital collection is available 24/7, 365 days a year, and there are never any late fees.

## **Meet Author Philip Skerry**

Monday, February 20

7 pm

Local author Philip J. Skerry, Ph.D., will discuss his two books on Alfred Hitchcock: *Psycho in the Shower: The History of Cinema's Most Famous Scene*, and *Dark Energy: Hitchcock's Absolute Camera and the Physics of Cinematic Spacetime*. Participants are urged to bring their favorite Hitchcock film to discuss. Mr.

Skerry is professor emeritus at Lakeland Community College and adjunct professor at Cleveland State University, where he teaches courses on film in the Communications Department. Books will be available for purchase.

## **Preserving the Shaker Parklands**

Wednesday, March 1

7 pm

Local author Lauren Pacini will discuss his book, *Preserving the Shaker Parklands*. Copies of the book will be available for purchase.

## **Through the Eyes of the Artist**

Friday, March 3

10 am

Art historian Felicia Zavarella Stadelman returns with her popular series on the lives and works of beloved artists. This month's artist is Modigliani. One of the many ironies of Modigliani's career is that so tortured a life could produce such a serene body of work. His art managed to bridge the stylistic chasm between classical Italian painting and avant-garde modernism.

## **Children's Programming**

### **Minecraft IRL**

Wednesday, February 8

4 – 5 pm

Grades 4 to 8

Explore the world of Minecraft in real life with crafts, an element hunt, games, snacks and more.

### **Thingamajig Thursday**

February 9 and 23

4 pm

Grades 2 to 6

You never know what activity will be waiting for you at this after-school program. From building challenges to awesome science experiments and imaginative crafts, one thing's for sure: we'll always have fun!

## **Friday Family Fun:**

### **Be My Valentine**

February 10

10:30 am

Ages 2 to 6 with a caregiver

Brighten up your February with Valentine stories, songs and crafts and make a special Valentine for someone you love.

## **Hebrew Storytime**

February 22

4 pm

Families

Join us for a Hebrew/English storytime where we will hear stories and songs in Hebrew and English. Presented in cooperation with the Jewish Education Center of Cleveland.

## **Kiddie Café: Snow Friends**

February 24

10:30 am

Ages 2-6 with a caregiver

Work with artist Rhona Jacobson and learn how to turn the pages of a book into a sculpture.

## **Storytimes:**

### **Toddler Storytime**

Mondays • 4 pm and

Wednesdays • 10 am

Ages 19 – 35 months

with a caregiver

### **Baby & Me Storytime**

Tuesdays • 4 pm and

Thursdays • 10 am

Caregivers and their babies from birth – 18 months

### **Preschool Storytime**

Tuesdays • 2:30 pm and

Wednesdays • 1:30 pm

Ages 3-5 not yet in kindergarten and their caregivers

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Registration is required for all programs except storytimes. To register, please call 216.831.6868 or visit [cuyahogalibrary.org](http://cuyahogalibrary.org).

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# A Financial Checklist

Presented by Marla Petti, CPA/PFS, AEP®



Starting fresh is always a great feeling, but the scale of what we set out to accomplish sometimes becomes overwhelming as the year progresses. The question is, how can you stay motivated to meet your financial goals in 2017? For many people, checking off items on a long list of to-dos brings a great sense of satisfaction. To help you keep moving toward your goals, here are some key financial tasks to consider over the next few months.

## February

- Review life, home, and auto insurance. It's a good idea to check your coverage regularly. Any significant changes in your personal life may require you to re-evaluate your coverage.
- Revisit beneficiary designations for life insurance/retirement accounts. Do you need to add a new beneficiary or change a designation? Review your accounts to ensure that the correct people are listed.

## March

- Check your investment portfolio allocations and current holdings. Have your financial advisor monitor your investment portfolio and holdings regularly. Nonetheless, you should be aware of where and how your assets are invested.
- Explore loans, grants, and other sources of financial aid. There are many ways to finance college and postgraduate education expenses. If you have a college-bound child, it's wise to get an early start researching the options available to you. The government-sponsored website <http://studentaid.ed.gov> is a great place to begin.

## April

- Review your online social security statement. Check your benefits information and earning record, and update any outdated personal information, such as your address or phone number.

## May

- Review 401(k), IRA, and SEP plans. No matter your retire-

ment goals, keeping an eye on your balances and making regular contributions is essential. Depending on your circumstances, consider increasing the amount you contribute. (Retirement planning is equally important for self-employed individuals, who can take advantage of many of the same savings vehicles.) Meet with your financial advisor to discuss the investment allocations in your 401(k) or other plan.

## June

- Check your credit report. Request your free credit report at [www.annualcreditreport.com](http://www.annualcreditreport.com) and review it carefully for mistakes or suspicious charges, which could be a sign of identity theft.
- Shred old documents. Any financial documents that you no longer need, such as bank and investment statements, should be destroyed to ensure that they don't fall into the wrong hands.

## July

- Research 529 savings plans. Withdrawals from 529 plans are tax-free when used for qualified higher education expenses, making them an excellent way to save for a child or grandchild's schooling.

## August

- Review online accounts. Take a look at the usernames and passwords you currently use for your online accounts. If the passwords are too basic or if you've held onto them for too long, consider changing them as a security precaution.

## September

- Assess your overall investment goals and strategy. It's wise to reevaluate your financial goals every year, especially if you've had any major changes or unexpected events in your life.
- Revisit your budget. Look back at the plan you made in January and decide whether to adjust your budget or stick to your current strategy.

## October

- Contact your CPA for year-end tax planning. Before tax season hits, it's a good idea to speak with a certified accountant about changes in your personal circumstances, expiring tax breaks, and so on.
- Consider charitable giving. Donating to charity at year-end is a popular way to do good while reaping potential tax deductions. Charitable giving may be another item you wish to discuss with your CPA or Financial Advisor.

## November

- Review the balance in your flexible spending account (FSA). FSAs require special attention so that you don't lose unused funds at year-end. Under a new law, employers may allow employees to roll over \$500 in FSA funds to the next year. Be sure to check the rules of your FSA plan and review your available balance.

## December

- Consider refinancing high-interest debt. Consolidating your mortgage, credit card or

- car loan payments can make your financial life more efficient (and possibly lower your overall interest rate).
- Pay off credit card balances every month. For the new year, make a resolution to pay off your credit card balances every month, if you're not doing so already.

## Milestone Events

In addition to the monthly tasks outlined here, keep these significant planning milestones in mind as you near retirement age:

- **Age 50:** Consider making catch-up contributions to IRAs and qualified retirement plans.
- **Age 55:** You can take distributions from 401(k) plans without penalty if retired.
- **Age 59½:** You can take distributions from IRAs without penalty.
- **Ages 62–70:** You can apply for social security benefits.
- **Age 65:** You become eligible for Medicare.
- **Age 70½:** You must begin taking required minimum distributions from IRAs, 401(k)s, and 403(b)s.

Although this may seem like a lot of information to take in at once, glancing at the checklist each month and being ready for important retirement-related dates can greatly improve your sense of financial security, granting you confidence in 2017 and beyond.

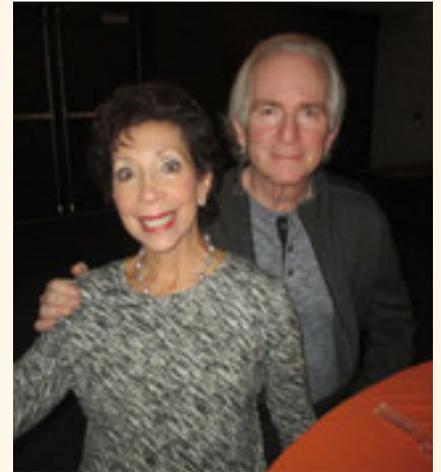
Marla Petti is a financial advisor at HW Financial Advisors in Beachwood. She can be reached at 216.595.6444 or at [pettim@hwfa.com](mailto:pettim@hwfa.com).

# Who's Buzzin' in Beachwood?

by Arlene Fine

## Rock'n'Roll is Here to Stay . . .

**B**aby boomers turned back the clock as they danced the night away at the 1960's Dance party organized by the men's club of B'nai Jeshurun Congregation, Shaarey Tikvah and Park Synagogue. Party goers, many dressed in their favorite college gear, filled B'nai Jeshurun's social hall to enjoy a swinging night of dancing, good food and conversation. The band Back Traxx thrilled the crowd with classic rock and golden oldies that only get better with age (*like many of those in attendance*).



Sharon Comet-Epstein and Robert Epstein



Michael and Michelle Adler, Sue Nash



Lia and Bezalel Chesner



Kandi and Allen Friedman



Helene Diamond, Aaron and Audrey Lowe



Barbara and Bernard Kotton



Sandra Silver, Deborah Traeger, Ellen Hacker and Amy Singer



Meredith Rotsky, Susan Hershman and Faye Bass

## Israel Bonds Cleveland Women's Division

Glasses of champagne were raised to toast Stephany Bass, incoming chair of Israel Bonds Cleveland Women's Division, at an Open Council Meeting held at The Temple-Tifereth Israel in Beachwood. Outgoing chair Shari Perlmutter received well-deserved kudos at the afternoon event, which also included a dessert reception and a tour of the spectacularly renovated synagogue.



Shari Perlmutter and Stephany Bass



Sandra Dushman-Ellis and Thomas Lockshin, Israel Bonds Executive Director, OH & KY



Ruth Baker and Joanne Prober

## POW! Event

Youth Futures professionals from Beit Shean, Israel who provide community based mentoring for youth at-risk in Israel, along with Bellefaire JCB staff led a discussion at the "POW! (Power of Women): Supporting Youth At-Risk, at Home and Around the Globe," luncheon held at Bellefaire JCB. The event was sponsored by the Jewish Federation of Cleveland Women's Philanthropy.



Cheryl Gordon and Elaine Geller

Karen McHenry, program manager of Bellefaire's Homeless and Missing Youth Programs, and Abbie Levin, Vice President of Development at the Jewish Federation of Cleveland



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# Motivational Speaker Challenges Dreamers to "Dare To Reach Every Amazing Moment"

As seen on local, state and national news, and in keeping with Menorah Park's D.R.E.A.M.



Team goal, Dawn Brown Molina was recently on campus to help motivate residents to share their dreams and to believe that every dream,

no matter how large or small, is important and does have the possibility of coming to fruition in one form or another.

Fascinated with the power of the mind and how the world works in the quantum realm, Molina's platform includes teaching others that they have the power to change their world, beginning with their thoughts, ambitions and dreams. She teaches that together we can unlock the potential in each other to live an abundantly joyful life.

Molina, an adjunct psychology professor, works to help others utilize the power of the mind and metaphysics to take a holistic approach to a more fulfilling life. Her mantra is to break down barriers and create a community of love, acceptance and compassion. She wants to change the world, one person at a time.

Molina encouraged residents to present their dreams to the D.R.E.A.M. Team,

who helps make dreams come true. The event took in conjunction with "Make Your Dreams Come True" day, held nationally on January 13.

The Menorah Park D.R.E.A.M (Dare to Reach Every Amazing Moment) program has made several dreams come true. Whether taking a trip to Israel, going on a motorcycle ride with Mayor Gorden or becoming an overnight sensation in a national media campaign, dreams come true. During monthly meetings, dreams are presented and delegated to team members who have ideas, connections and resources to make dreams reality.

The community is welcome to donate goods, services or financial help to make even more dreams come true in 2017.

The community is welcome to donate goods, services or financial help to make even more dreams come true in 2017. For more information, contact Nancy Sutula at nsutula@menorahpark.org. To donate, contact Joel Fox at jfox@menorahpark.org.

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