

# Beachwood Buzz

December 2014

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MAGAZINE



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Lu-Jean Feng, M.D.

## WHEN IT COMES TO SKIN CARE... EXPERIENCE MATTERS



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**E**ach December, I take a few moments to reflect on the past year. I think about what happened over the past 12 months that was good, what was not so good, what I accomplished, what I put off, and so on. Everything in the past year, as in years prior, is a part of my story.

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As the year comes to an end, think about your “story” and how you want the next chapter to read. Try to be at peace with the past and remember that each moment is a new choice.

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Whether or not we choose to publish our story, we each have one, and our daily decisions and choices all become a part of it.

While reflecting, I also take time to re-evaluate and prioritize what’s really important when looking at the big picture, and an article that’s been circulating on the Internet comes to mind. A few years ago, Bronnie Ware recorded the most common regrets that her patients had while she was working as a palliative nurse. The list went viral on the Internet, and is now available in her book, “The Top Five Regrets of the Dying.”

Ware wasn’t surprised to see what made the list, since each item is reflective of things that touch our lives as we struggle to make time for things that we truly love. In addition to her list, she explains the importance of recognizing there is no need for regret, explaining that regret often allows the past to dictate how we should feel now. Instead, she suggests we use past experiences as reference points to understand the adjustments we would like to make moving forward.

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

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

This was the most common regret, since people often look back on their lives and see the many dreams that went unfulfilled because of choices they had or had not made. They also realize that good health brings freedom – something that is often taken for granted until they no longer have it.

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

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

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

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

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

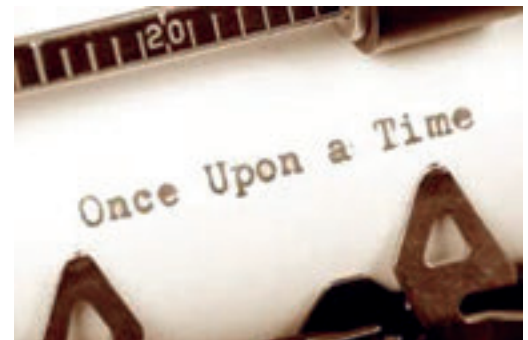
When reflecting back on life, people often realize the full benefits of old friends with whom they have lost touch. Many had become so caught up in their own lives that they had let golden friendships slip away over the years. There were many deep regrets about not giving friendships the time and effort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

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

Many people did not realize that happiness is a choice, and they stayed stuck in old patterns and habits because they were inside their comfort zone. Fear of change had them pretending to others, and to themselves, that they were content. Deep down, they longed to laugh and be silly.

As the year comes to an end, think about your “story” and how you want the next chapter to read. Try to be at peace with the past and remember that each moment is a new choice.

Wishing you a happy, healthy and safe holiday season.





# Beachwood Buzz

Every Resident. Every Business. Every Month.

**Buzz**  
MAGAZINE

## Who We Are

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### Letters to the Editor

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

### Calendar Section

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

### Article Submissions

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

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## Tenth-degree black belt Ron Balas brings a lifetime of training, dedication to Beachwood residents

While other men of his longevity may be enjoying a lazy retirement, Balas is coordinating large-scale gatherings of fellow-martial arts practitioners or traveling to far-flung corners of the world to teach combat-defense training skills to soldiers and civilians. Incorporate this latest work with a half-century of teaching his own internationally recognized martial-arts style to students young and old, and you have a person dedicated to a passion beyond himself.

**Complete story on page 8.**

*Photos by Scott Morrison, Discovery Photo.*

## City Council Update • Page 30

Beachwood Earns AAA Bond Rating for "Strong Financial Management"

Cuyahoga County Ebola Information

Summer Day Camp Registration

Pedestrians: Wear Reflective Gear

Neighbors Need Neighbors

Upcoming Meetings

Shrek The Musical

Legal Notice

Yard Waste Polluting Our Waterways

Crime Trend Alert

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Upcoming Art Exhibit

Rubbish/Recycling

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## You and Your Schools – Page 36

BHS Inducts 17 Students Into National Honor Society

4th Graders Honor Veteran

Football and Soccer Teams Win CVC, Advance to Playoffs

Bowling Event Raises Money for Orchestras

Halloween Fun at Hilltop and Bryden

Three Athletes Sign National Letters of Intent

Cross Country Coach Honored

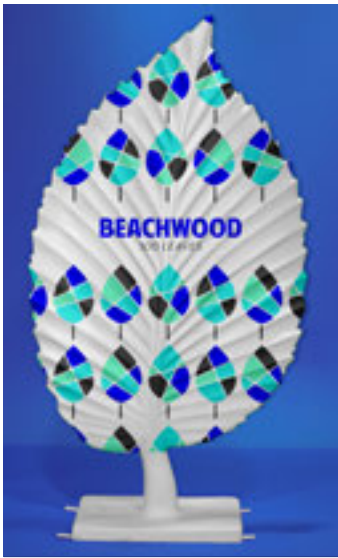
Beachwood Buzz is a magazine about Beachwood, by Beachwood, for Beachwood. Please submit your photos and story ideas to beachwoodbuzz@gmail.com.

**If we don't know about it, we can't publish it!**





# 100 Years 100 Leaves



Requests for beech leaf sculptures must be submitted by the end of the year. Information is available at [www.100Leaves.com](http://www.100Leaves.com)

Next year – 2015 – is Beachwood’s centennial birthday. Although we were not around in 1915 to celebrate the incorporation of “Beechwood,” Ohio, we are certainly proud of our amazing city, schools, and business community. To honor the City of Beachwood’s roots, Beachwood High School’s marketing/Junior Achievement class introduces the 100 Leaves public art project.

Beachwood Junior Achievement is selling six-foot-tall fiberglass beech leaf sculptures that will be painted and displayed at Beachwood City Hall and Beachwood Place from April through June. Our beech leaf sculptures are very much like Cleveland’s GuitarMania project; however, leaf sculpture sponsors get to keep the leaf at the end of the public display. The sculptures may then be displayed at a business, home, garden, or even gifted.

It’s not too late to sponsor your leaf. Please join the following community businesses, organizations, and individuals who are already sponsors:

- Benesch, Friedlander, Coplan, & Aronoff LLP
- ITL Corporation
- Simply Charming
- ORG Portfolio Management
- Cleveland Clinic
- Century 21 – Katherine Alix, ABR, CRP, CDPE
- Resource Strategies

- Data Basics Inc.
- ReVera Partners LLC
- Zelman & Associates
- Jay Buick GMC
- Jay Honda
- Jewish Federation of Cleveland
- Aleris
- Raymond James
- Joshen Paper and Packaging
- Beachwood Junior Achievement
- Ganley Volkswagon and Subaru of Bedford
- Arthur J. Gallagher & Co.
- Haber Dermatology, Inc.
- Kia of Bedford

Requests for beech leaf sculptures must be submitted by the end of the year. Information is available at [www.100Leaves.com](http://www.100Leaves.com) or by contacting BHS marketing teacher Greg Perry, [gwp@beachwoodschoools.org](mailto:gwp@beachwoodschoools.org).

We welcome the opportunity to talk to you. Be a part of this historic event!

Warm regards,  
**Lexi Stovsky & Tamir Yankevich**  
 Co-CEO's  
 Beachwood Marketing/Junior Achievement

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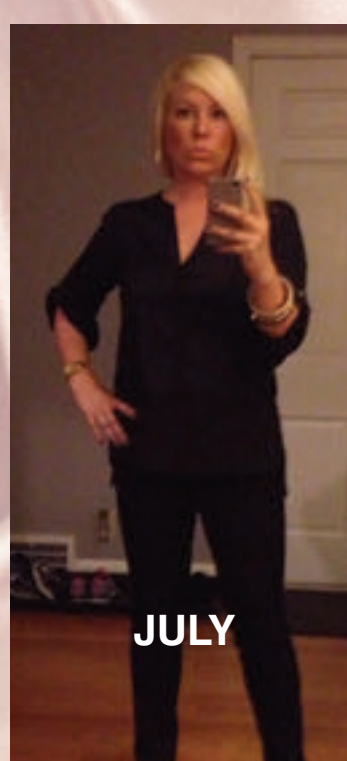




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**APRIL**



**JULY**



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# Beachwood Boosters Invites You to Get Off the Sidelines and Into the Game!

The Beachwood Boosters want to get you off the sidelines and into the game! With athletics soaring in the Beachwood schools, a dedicated group of parents has joined forces to rebuild Beachwood Athletic Boosters, making it stronger than ever.

Under the direction of executive board members Jeff Babbush, Brian Davis, Josh Mintz, Missy Bystrom and Robert Marks, the Boosters is committed to elevating Beachwood athletics to a higher competitive level and needs the support of the entire community.

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"Athletics are on a huge high. Our teams are breaking records and winning championships every season. Our students are the pride and joy of our community and we must continue to support them every step of the way," Mintz told us. "As a result, parents have become verbal and active about rejuvenating this incredible organization to support our kids and create a community-wide spirit. Our kids deserve this."

Mintz explained how the dynamics of athletics has changed to include programming that starts in the elementary schools. "By creating feeder programs at younger ages, it builds interest in younger students and their families, and teaches the important lessons of sports at an earlier age. Athletics helps build our kids' minds, bodies and social wellbeing," he said. "And that interest at the younger ages helps to boost community spirit because we're seeing that younger kids want to attend high school sporting events, so their parents are becoming involved as well. This parental and

community involvement will help allow our kids and community to reach higher levels of success."

The Boosters recently held a "Fall Sports Celebration" to honor and recognize our Beachwood Bison Athletes of the Week and our Fall championship teams. The meeting also provided the community with our vision and action plan for the future of the Boosters and how we want to help our schools and student athletes reach their maximum potential while promoting the benefits of the Beachwood Athletic Boosters. We are very excited about the community fundraisers we're planning for upcoming months.

Whether you have a student athlete in the schools, were a student athlete at Beachwood, or are a community member or a business partner, the Beachwood Boosters needs your support. You can support the Boosters by getting involved and/or helping to raise money for our athletes and high school, middle school and youth sports teams.

The Beachwood Athletic Boosters 2014-15 membership and sponsorship drive is now underway. Please support our successful Beachwood athletes and teams by joining and contributing. To join or to make a contribution, visit <https://beachwoodschool.revtrak.net/tek9.asp?pg=products&specific=jnmpdop0>.

"Together as a community we can create something great," Mintz said. "Help us keep the momentum going by joining the Boosters!"

For more information about the Boosters, email [bdavis@shakerautolease.com](mailto:bdavis@shakerautolease.com).

For information about Beachwood Bison Athletics, visit: [www.beachwoodbison.org](http://www.beachwoodbison.org) and sign up for the Bison E-Newsletter.



BEACHWOOD  
BISTRO

## Open to the Community

The Beachwood Bistro, located inside Beachwood High School, is a restaurant that is run by students who participate in the Excel TECC Career-Technical Culinary Arts Program. Participating students receive training in food preparation and other food-related occupations, such as hospitality management.

Operated under the direction of Chef Kortez Wilson, Chef Danette McHale and culinary assistant Pat Stoltz, students learn all aspects of cooking and restaurant operations. The Bistro's menu includes soups, salads, sandwiches, pastas, focaccias, specialty entrees, sides, beverages and desserts.

"We provide a great community resource and invite you to join us for a culinary experience created by our future restaurant and hospitality professionals," McHale said. "This restaurant is operated by students who are committed to offering only quality food and service to our customers."

The restaurant is open most Wednesdays, Thursdays, and Fridays, 11 a.m. – 12:30 p.m.

A special holiday buffet will be served Thursday, December 18, 11 a.m. – 12:30 p.m.

Reservations are strongly recommended 24 hours in advance. Please call 216.831.2080 ext.131 or email [pas@beachwoodschools.org](mailto:pas@beachwoodschools.org). Carry-out is available. Generally, when the high school is closed, so is the Bistro.



## Call for Artists!

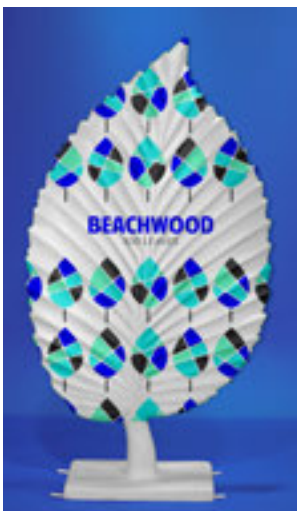
Artists that are interested in working on the 100 Leaves public art project (described on page 5) are encouraged to submit their designs.

Artists will decorate their beech leaf in their studio or home and may paint, sculpt, transform and adorn the beech leaf as he or she wishes based on the official guidelines. Designs must be submitted no later than December 30, 2014.

Submitted proposals will be reviewed by a selection committee to ensure that the designs conform to the standards set forth in the application.

Once the beech leaf is approved upon completion, the artist will receive a \$400 honorarium.

For more complete information on the process, guidelines and design template, please visit [www.100leaves.com](http://www.100leaves.com). Questions can be directed to Greg Perry at [gwp@beachwoodschools.org](mailto:gwp@beachwoodschools.org), 216.831.2080, ext. 114 or Karen Carmen at [karen.carmen@beachwoodohio.com](mailto:karen.carmen@beachwoodohio.com), 216.595.3720.







# Empowering

Beachwood residents  
with martial arts for a  
quarter century

By Douglas J. Guth

Photos by Scott Morrison, Discovery Photo

**M**artial arts master Ron Balas appears to be at least 15 years younger than his 84, and has the mental fortitude of someone half that age.

While other men of his longevity may be enjoying a lazy retirement, Balas is coordinating large-scale gatherings of fellow-martial arts practitioners or traveling to far-flung corners of the world to teach combat-defense training skills to soldiers and civilians. Incorporate this latest work with a half-century of teaching his own internationally recognized martial-arts style to students young and old, and you have a person dedicated to a passion beyond himself.

"A true martial artist views his or her art as a philosophy, not a hobby," says Balas, who has been associated with the Beachwood recreation department since 1988. "When choosing to learn about martial arts, you begin learning things about yourself."

A lifetime of training and teaching has earned Balas a tenth-degree black belt, the highest you can achieve in martial arts, and membership into six world halls of fame. Among his peers, he is known as *sōke*, or "grand master," for becoming the founder of his own martial arts system. In 2010, he received a lifetime achievement award from the World Karate Union, The World Head of Family Sokeship Council and the World Taekwondo International Federation in Kaula Lumpur, Malaysia, for practicing the art for more than 50 years.

Circle of Masters is one of Balas's newer ventures. The two-day martial arts seminar, held in September at Beachwood High School, hosted 23 masters along with 80 black-belt students. Local public officials, including Beachwood Mayor Merle S. Gorden, were in attendance as well.

The program gave globally known instructors an opportunity to share the movements and practices characteristic of their respective styles, says Balas. Hands-on lessons taught attendees disarming drills, close-quarters tactical techniques, cultural practices and other skills.

Balas is in his third year of

running Circle of Masters alongside fellow-grandmaster Dennis Janes. Each year has brought new success and popularity, a trend he expects to continue moving ahead. "We've reinvented the program and brought it to new levels," he says.

Proceeds from this year's event were given to Awesome Heroes ([www.awesome-heroes.com](http://www.awesome-heroes.com)), a nonprofit veterans' organization that provides counseling, education and physical activities to war veterans with post-traumatic stress disorder (PTSD).

Balas's martial arts mastery began when he served in the army during the Korean War. He trained in various forms, including combat self-defense, bringing those burgeoning skills back to the U.S. in 1952.

Along with learning jujitsu at various military bases scattered throughout the south, Balas joined an informal karate club at Fenn College, now Cleveland State University. There he was introduced to shotokan, a traditional form of karate. This style, coupled with what he was gleaned from jujitsu and basic self-defense, sparked what was to become a decades-long martial-arts career.

"I began to integrate the values of both learning and teaching," says Balas, who lives by the motto, "Learn all one can, teach all you can"

By the mid-1960s, Balas was instructing pupils at a Cleveland Heights YMCA. Starting with a nucleus of three students, he shared his own unique approach to martial arts, a program that incorporated a panoply of disciplines from judo to modern armed forces self-defense instruction. He called it Taishindoh, a name derived from the concepts of "tai" (head), "shin" (heart and body) and "doh" (way or path).

Within three years, Balas was accommodating up to 150 students weekly. A decade later, his training techniques had spread to law enforcement agencies and the U.S. Army Special Forces, also becoming popular in physical-ed-

ucation classes and after-school programs.

Today, Balas offers classes for wannabe martial artists from age 3 and up. Younger children are taught courtesy, balance techniques and basic physical fitness, while older participants learn self-defense tactics and traditional Asian fighting forms.

Balas estimates his program has graduated about 35,000 students, including 200 black belts, many of whom harnessed Taishindoh's spiritually strengthening techniques to succeed as physicians, attorneys, educators and even a Presbyterian minister. He counts Mayor Gorden and Beachwood city council president Fred Goodman as honorary black belts in the program.

Mayor Gorden thanked Balas for his years of service to Beachwood. "As a grandmaster *sōke*, a rare honor limited to very few, Ron is an

extraordinary example of self-discipline and positive attitude," he says.

Goodman's adult son, Dan, was under Balas's tutelage 30 years ago, earning a black belt at age 13. While self-defense and physical wellbeing are the obvious benefits of Taishindoh, young Dan was lucky to have an instructor who was sensitive to his students' needs, notes the council official.

"Ron doesn't teach martial arts so (his pupils) can smack people around," Goodman says. "He's instilling morals and values."

Balas still gets calls and emails from former participants who believe the practice literally saved their lives: One story involving a military policeman's disarming an assailant showed the longtime instructor what a difference his teachings have made.

**See Balas on Page 10**



Grand Master Ron Balas proudly wears his World International Black Belt Hall of Fame ring.





Allen Roth and David Roth practicing close-quarter self-defense at the Circle of Masters event.



Dr. Nabin Shrestha with his son, Nishan, at this year's Circle of Masters event at Beachwood High School.

**Balas from page 9**

"I hope everyone gets something out of the program, either physically or emotionally," Balas says.

Most everyone Balas reaches through Taishindoh won't be placed into a life or death situation, he understands. Common sense self-defense, which he's taught in Beachwood for 26 years, is aimed at "civilian" men and women. The program emphasizes situational awareness and using whatever's at hand, be it your fingernails, car keys or a rolled-up newspaper, as a makeshift weapon.

One of every three women will experience some form of victimization in her lifetime, be it a rape attempt, robbery or unwanted advances, Balas says. He tells his female students to check underneath their car with a small flashlight before opening the door. Check the back seat, and once inside, lock the doors immediately.

"Anyone can learn this stuff with a few minutes of training," says Balas. "I don't want to make people paranoid, I just want to make them aware."

Indeed, Taishindoh and other martial arts are about using one's head before using one's fists, says Allen Roth, a sensei, or teacher of Balas's who met his

sōke as a student more than 30 years ago. He also has the title of sōke dai because he is in line to be Bala's inheritor of Taishindoh. (Roth is among several instructors that have helped Balas over the years. Dr. Howard Nathan has been teaching Taishindoh for a decade and a half, while Beachwood High School grad, Swathi Apachi, also serves as an instructor.)

"If you don't have training, you can run away," says Roth, a Taishindoh instructor four days a week at locales in and around Beachwood. "You just want to make sure you're in control of the situation."

That kind of education can be effective with children as well, notes Roth, a sixth-degree black belt. His classes teach kids focus and balance, along with self-defense best practices should they find themselves in a bullying situation at school or approached by a stranger on the street.

Roth, whose son, David, is also a black belt, has witnessed firsthand the determination of students who initially came to him as shy, awkward and uncoordinated. "To see that change for yourself is

amazing," he says.

Priyanka Shrestha, 12, has been learning Taishindoh since age 5. While the Beachwood Middle School seventh-grader and competitive karate champion has never had to use the martial art in real life, she's glad to have it if she needs it.

"I've learned how to defend against almost anything," says Priyanka, daughter of Nabin and Rojina.

Discipline may be the most critical attribute Taishindoh has taught Priyanka. She practices outside of class three or four hours a week, and is currently training for her black belt.

"A black belt is something I've always dreamed about," Priyanka says. "Now it's a reality."

Bringing self-defense to the most vulnerable members of society, be they younger children or adults with autism, is meaningful to Balas. He has 30 years as a professional educator and family and children's caseworker, and has been involved in partnerships with drug and chemical dependency programs aimed at Greater Cleveland youth.

Balas has also worked in private practice, and has been honored for his efforts with area Vietnam veterans and those impacted by PTSD. Lately he's been busy with Awesome Heroes, an American Legion-backed support group he founded for PTSD-afflicted veterans. Over the last five years, he's journeyed to Nepal, Malaysia and other out-of-the-way spots to teach native armed forces members and regular folks alike the ways of Taishindoh.

"I have a very active passport," he says.

If his travel itinerary is any indication, Balas has no plans to quit teaching his craft anytime soon. As Balas's instructor for the last 15 years, Roth is not surprised by his mentor's commitment to the martial art to which he's already dedicated most of his life.

"You don't realize Ron's age, not when you see him moving around the way he does," Roth says.

**Note:** Check your Beachwood Recreation Guide for upcoming classes. If you are interested in "Personal Safety Solutions for the Modern Woman," email [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com).



# Your Clean Garage Is Only 5 Days Away!

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## DO IT FOR TANYA

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- Tanya, Russia

SHE IS ONE OF US AND WE ARE JEWISH CLEVELAND.

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## Women of Fairmount Temple Programs

### Tuesday, December 9, 1 p.m.

Susan Olsen will teach the group how to have "Fun with Zentangle." A creative way to do more than just "doodle" while watching TV, zentangle is a method of creating beautiful images from repetitive patterns. It is easy to learn and very relaxing. Lunch is at noon; \$7 for members and \$10 for guests. For reservations, call 440.461.7921 on Monday to leave a message or call 216.464.1330 on Tuesday, only from 9:30 a.m. to 10:30 a.m.

### Thursday, December 18, 7 - 9 p.m.

Chanukah celebration with candle lighting, blessings, latkes and sour cream, a gift exchange and much fun. No charge for paid members; \$5/guest. Women of Fairmount Presbyterian Church, who join us once a month for creating Touch and Tell books for the children at Cleveland Sight Center, will be our guests. Please bring a wrapped gift, costing \$10 or less, for the Chinese auction. It can be something you already have in your home. Reservation deadline is December 15. Call Phyllis Berlas at 216.381.8738 or Phyllis Henry at 440.461.7921.

### Tuesday, January 6, 1 p.m.

"Get to Know the Gordon Square Arts District" will be presented by Judi Feninger, director. This area has become a center for cultural activity on the west side of Cleveland, but what do eastsiders know about it? Hint: the district is involved in developing housing, promoting new businesses, and beautifying the neighborhood. Lunch is at noon; \$7 for members and \$10 for guests. If you care to participate in the women's study group, which discusses women of the Bible, join the group in the library from 10:30 to 11:30 a.m. For reservations, call 440.461.7921 on Monday to leave a message or call 216.464.1330 on Tuesday, only from 9:30 to 10:30 a.m.

## Beachwood Garage Sale is Back – Volunteers and Donations Needed!

After a three-year hiatus, Beachwood PTO announces that its community-wide garage sale will once again take place in Spring 2015. This sale is a huge undertaking that raises thousands of dollars that directly support Beachwood Schools and student programs.

Volunteers and donations are needed to make this event a success! Please start saving your clothing, toys, household items, furniture, etc. Volunteers are needed to help with drop off, sorting, pricing, and during the sale itself.

More information to come in future issues of *Beachwood Buzz*. Questions? Email [beachwoodgaragesale2015@gmail.com](mailto:beachwoodgaragesale2015@gmail.com).





# Beachwood Community Theater presents SHREK



Eric L. Sofer as Shrek, Korinne Courtwright as Fiona and Eugene Sumlin as Donkey.

**B**eachwood Community Theater celebrates its 31st season by bringing everyone's favorite ogre to Beachwood in the hilarious "Shrek The Musical." This TONY Award-winning fairy tale adventure brings all the beloved characters from the film to life on stage. See how this unlikely hero, alongside a wisecracking Donkey and a feisty princess, prove that beauty is truly in the eye of the ogre.

Director Jill Koslen-Freireich loves to refer to Shrek as the greatest fairytale that never was, a fairytale that celebrates individuality. Each character is shunned for being different however, it is discovered that what makes them different is what makes them special. Shrek the Musical shares a beautiful lesson in tolerance and acceptance. Complementing this message of acceptance, the cast will donate all candy-sale profits to three very special organizations: The Friendship Circle, Autism Speaks and Smiles, hoping to create happily ever afters for many other children in northeast Ohio and beyond.

For show times and additional information, see City Council Update on page 32.

## Transformative Toastmasters

**T**oastmasters is an international organization that is designed to help people overcome their fear of public speaking.

It provides a supportive and positive learning experience to develop communication skills. All are welcome and encouraged to attend!

Transformative Toastmasters, the local club, meets every Tuesday evening, 6:30-8 p.m., inside Heights Christian Church, 17300 Van Aken Boulevard, Shaker Heights.

For more information, contact Janet Wasserman at japawa1@aol.com.



David A. Kulwicki, Esq.



Howard D. Mishkind, Esq.



Leslie A. Klausner, R.N., B.S.N.



Deborah J. Carr, R.N., LNHA, LNCC, MBA

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*Michael Friedman*

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Larry Bird (58)
- Dec. 8 Teri Hatcher (50)  
Kim Basinger (61)
- Dec 9 Felicity Huffman (52)  
Donny Osmond (57)
- Dec 10 Susan Dey (62)
- Dec 11 Teri Garr (65)  
John Kerry (71)
- Dec 12 Dionne Warwick (73)  
Bob Barker (91)

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# Ask PBC: Your Mental Health Q&A

**Q: Every year, I am just overwhelmed by the holiday season. I feel as though I can't enjoy this time of year because I am so stressed and exhausted. Any suggestions on what I can do?**

*Licensed Psychologist Thomas Boyd, Psy.D., responds:*

For many people, the December holiday season is a mixed blessing. The many pleasures of the season can often compete with the vastly increased demands on our time, our finances and our emotions.

We tend to see the holidays as an occasion to splurge and often may be pulled in the direction of "overtures": overeating, overdrinking, overspending and just generally overdoing.

We may look forward to celebrating family traditions and spending time with friends, but these, too, can be a source of stress.

Although positive feelings predominate during the holiday season, almost two thirds of people report stress. Even people who don't generally deal with depression or anxiety can feel overburdened at this time of year.

In addition to the added demands on our resources, some people may experience the holiday blues in the form of sadness, loneliness and anger. These feelings may be engendered by unrealistic expectations for the holidays that then lead to a sense of disappointment, or by an awareness of everything that's changed or stayed the same in our lives in the past year.

Some general things to be attentive to during the holidays are your diet, your sleep, your time management, and your emotional balance. Here are some suggestions:

- Manage your time. Create a master to-do list and set up a schedule that lets you plan and divide your time efficiently. Rather than feeling overwhelmed by the vague sense that there are endless things to do, identify each task and break it down into manageable pieces.
- Make a budget. Figure out how much you can reasonably spend and keep within that limit. It's not the cost of the gift, but the thoughtfulness of it that counts.
- Watch your food intake. There are so many food temptations during the holidays. You don't have to pass up your favorite treats, but you also don't have to overindulge. Make sure to get some exercise.
- Watch the alcohol intake. Set your limit and stick to it. It's not about spirits, but about spirit.
- Take time to relax. Take time for yourself. Try to maintain your regular sleep patterns. Getting adequate rest is essential for warding off stress. You don't have to wait until the party is over in order to leave.
- Manage your expectations. Be realistic about your expectations for the holidays and for what you can and cannot reasonably do. As families grow and change, the way that traditions are celebrated may also have to change. Try to be flexible and resilient to the inevitable occasions where something doesn't go according to plan or as you imagined it.

*"Your Mental Health Q&A" is part of a Beachwood community service program provided by PBC. Email your questions to [info@psychbc.com](mailto:info@psychbc.com). All identifying information will be held in strictest confidence in the PBC secure email system.*



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## Fairmount Early Childhood Center Preschool and Camp Registration

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

### Preschool/Camp Parent Information Night

Thursday, December 3, 2014 • 7 p.m.

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2015-2016 school year.

This program offers four mornings or afternoons per week at significantly reduced rates.

### Preschool and Camp Registration

**Residents**

Wednesday, December 10, 2014 • 3:30 p.m.

**Open Enrollment**

Wednesday, December 17, 2014 • 3:30 p.m.

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## Holiday Gift Wrapping and Santa Photos

Beachwood Place has a holiday gift-wrap station available to shoppers from December 12-24 and all donations received go to Montefiore Auxiliary in Beachwood. Photos with Santa are available until December 24 and pet photos with Santa are offered every Monday night until December 15. For additional information, call 216.464.9460 or visit [www.beachwoodplace.com](http://www.beachwoodplace.com).



## Come Wrap with MVPs!

Join the Montefiore Volunteer Partners (MVP) at Beachwood Place for their annual gift wrapping fundraiser, beginning Friday, December 12, through Wednesday, December 24, from 10 a.m. to 9 p.m. This is truly a fun experience and requires tremendous volunteer power! There are a variety of shifts available: Monday-Friday 10 a.m. – 2 p.m., 2 – 6 p.m. or 6 – 9 p.m.; weekends from 11 a.m. – 2 p.m. and 2 – 6 p.m. You can register to help wrap at <http://www.signupgenius.com/go/20F0F4AABA82EABF49-mvpgift/22883852>.

For more information, contact Diane Weiner, Auxiliary and Volunteer Manager, at [dweiner@montefiorecare.org](mailto:dweiner@montefiorecare.org) or 216.910.2741.

All proceeds will benefit Montefiore residents.





# Jewish Federation of Cleveland Celebrates Giving with "Eighth Night of Chanukah" Project

Families and children eight years old and under are invited to celebrate "giving" as part of the Jewish Federation of Cleveland's Eighth Night of Chanukah project. Children will decorate tzedakah (charity) boxes, and then donate their collections at a community-wide celebration, which will feature music, mitzvah-themed (good deed) crafts, PJ Library® story times, and a parade. The event will take place on Sunday, December 7, from 9:30 to 11:30 a.m., at the Federation's Mandel Building, 25701 Science Park Drive in Beachwood.

"The Eighth Night of Chanukah event provides young families with a way to get involved and give back during the holidays," said Laura Kestin, event chair. "I love that I am teaching my kids that Chanukah is about giving to our community, and that little kids can make a big difference. Philanthropy is important in our lives."

Children will have many ways to take part in the Eighth Night

of Chanukah project. If your child has not yet received a tzedakah box and would like to participate, please contact Kelly Rubanenko (contact information is listed below). After collecting money to help people in need, kids can bring their donations to the December 7 event to benefit the Federation's Campaign for Jewish Needs. Their generosity will be recognized at the event with stickers.

The Eighth Night of Chanukah project educates families that kids count when they donate to the 2015 Campaign for Jewish Needs and their gifts change lives in Cleveland, Israel, and 70 countries around the globe. The project is a collaboration of the Federation's Women's Philanthropy Initiative, PJ Library, and partner organizations.

The event is free and open to the public. To learn more, get a free tzedakah kit, or to RSVP, please visit [www.jewishcleveland.org](http://www.jewishcleveland.org), email Kelly Rubanenko at [krubanenko@jcfclve.org](mailto:krubanenko@jcfclve.org), or call 216.593.2865.



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## Beachwood Democratic Ward Club

Once again, Beachwood voters show they care by turning out to vote. In last month's election, the turnout was 36% nationwide, but just under 50% in Beachwood. Beachwood's voter turnout was actually a bit higher this year than last year when we had local offices to fill. Beachwood voters also showed they pay attention to a candidate's qualifications by choosing judges who were rated superior by local rating agencies. Don't let anyone try to tell you Beachwood voters are oblivious to what is best for them, they show it time and time again.

There is no Beachwood Democratic Ward Club meeting in December. We will meet again January 13. Have a safe and happy New Year and resolve to come to meetings and learn more about issues that matter to you.

As always, I am Beachwood Democratic Ward Club President Steve Rosen, and I approve this message. For more information, call me at 216.292.5562 or email [BeachwoodDemocrat@gmail.com](mailto:BeachwoodDemocrat@gmail.com).

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# YES! You can eat, have fun and avoid weight gain during the holidays!

Great tips for scaling down and being prepared this holiday season

By Dee Wolk, Founder



Holidays can be a torturous time for those of you who are trying to maintain a healthy lifestyle. Pumpkin pies, cakes, fudge, etc. are tempting delights that seem to call out your name (how do they know me?). But the holidays don't have to be torturous or tempting. You can enjoy food and drink during all of the festivities and still stay on your health track.

Let's first put things into perspective. Through my research, I learned there are approximately 55 celebrations per individual, per year. Yes 55! These include religious holidays, birthdays, anniversaries, weddings, graduations, national holidays, etc. Holidays and celebrations are ALWAYS just around the corner. So I say, "What's the big deal? It's just another day dealing with food."

You can alleviate a lot of stress and guilt when it comes to those extra holiday goodies by staying

in present time with yourself. Don't feel that you will automatically binge this year just because this has been your pattern in the past. Moderation in eating should be your focus when it comes to holiday eating. You then can win the battle over holiday weight gain.

Emotional hunger is as real as physical hunger, but it can only be satisfied by an appropriate emotional response. What often happens when we overeat is that we are feeding food to our feelings. Food is the appropriate fuel for physical hunger. However, eating when you are stressed will result in weight gain and weight gain will make you even more stressed. Stop this cycle in your life and listen to your feelings. What is it that your body and mind are REALLY asking for in that moment? For example, if you are tired, get some rest. If you are lonely, call a friend. If you feel edgy, go for a walk. When you give your body and your mind what THEY need, the result is a healthier, happier you.

Remember, if you eat when you are physically hungry, you burn it. If you eat when you are emotionally hungry, you wear it. What have you got to lose... except weight?

---

However, eating when you are stressed will result in weight gain and weight gain will make you even more stressed. Stop this cycle in your life and listen to your feelings.

---

## Conclusion

**Emphasize the festivities.** De-emphasize the food. Concentrate on the celebration and joy of sharing with others. Talk, laugh and have fun. Enjoy the occasion more than the food.

**Think positively about how you want to behave in relation to holiday eating.** Then affirm and resolve not to overeat. Reassure yourself that you can have fun without overeating.

**Be powerful, by staying in the present time with yourself.** Just because you have binged in the past, it doesn't mean this has to be your pattern this year.

**Take smaller portions.** Holiday time means special food. Let yourself enjoy little tastes. This

allows you to taste everything, without risking getting stuffed.

**Practice polite ways to decline more food if you feel you have had enough.**

So, how can you win the battle over holiday weight gain? Think about this for a moment... If food were the only thing that made us fat, everyone who put food in his or her mouth would be overweight. We know that is not the case. Food does not make you fat...your relationship with food is what creates excess weight. It's all "between your ears," not on the food table. The beauty of that? YOU have control over that. We are not born winners and we are not born losers. We are all born choosers. You can choose how to live and how to eat.

My wish for all of you for this holiday and all of your celebrations is to make life your only binger.

*Dee Wolk is founder and creator of No Diet Weight Solution®, COPYRIGHT© 2008. For more information, visit [www.nodietweightsolution.com](http://www.nodietweightsolution.com)*



# Tis The Season...



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At Cleveland Yoga, we invite you to show up just as you are! We are excited to announce our New Student Offer, 30 Days of Unlimited Yoga for \$40. Roll out your mat with us, dig deep, sweat a lot, love it and feel like you are at home again!



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For more information about these listings, see ads on pages 18 and 19.



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## Whimzi

Longtime Beachwood resident Elaine Kabert started the Artists Nook at Cedar Center in 1974. Over a 40-year span, she had other locations (LaPlace, Chagrin Falls) and other names (Special Gifts and now Whimzi Gifts). Kabert now operates Whimzi in the Greens of Lyndhurst. Always creating, Elaine also features talented people from here and around the country.



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# Taste of Beachwood

On November 6, the Beachwood Chamber of Commerce held its annual Taste of Beachwood event at Embassy Suites. Hundreds of guests filled the banquet room to dine on samplers from various local restaurants.

### Participating restaurants included:

Bahama Breeze, Beachwood Bistro, Ben and Jerry's Scoop Shop, Benihana Restaurant, Buffalo Wild Wings, California Salads, Granite City Food & Brewery, Maggiano's Little Italy, Mitchell's Fish Market, Old Carolina Barbecue Co., Paladar Latin Kitchen & Rum Bar, Park East Grill, Peet's Coffee and Tea, Sanctuary, Valenti's Ristorante, Wasabi Japanese Steakhouse, Winks Bar and Grille and Zoup! Harvard Park.

Thanks go to the presenting sponsor, DDR, and table sponsors: Cleveland Clinic Beachwood Family Health Center, *Inside Business Magazine* and Sports & Spine Physical Therapy.

Attendees enjoyed everything from soup, shrimp and sandwiches to cake, cookies and ice cream, all prepared by exceptional local chefs. And while mingling through the crowds, music by the Beachwood High School Chamber Orchestra filled the air. Congratulations go to Maggiano's Little Italy (*pictured, top two photos*) on being voted this year's "People's Choice," and Ben and Jerry's Scoop Shop (*pictured, bottom left*) on being voted "Best Overall Display."

"This event is unique because Beachwood's business community and residents can enjoy it together, and everyone can experience Beachwood's finest cuisine all in one place," event chairman Doug Levin said.

Executive director Cindy Caldwell added, "For us, it's not so much a fundraiser as it is a fun way to give something back to our partners and community members. We also encourage all attendees to use the participating vendors for their future catering needs."

*Photos by Discovery Photo*





# Food, Fun & Fashion

The Beachwood Convention and Visitors Bureau thanks the following for helping to make its second annual Food, Fun & Fashion Week a huge success!

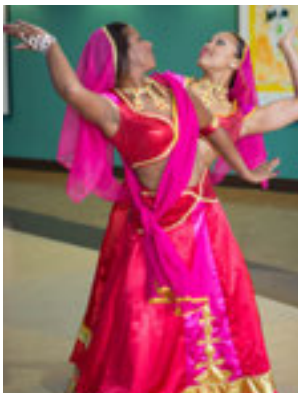
## Sponsors:

Cuyahoga Community College  
Discovery Photo  
Fringe Boutique  
Microsoft

## Participants: (pictured from top)

City of Beachwood  
Maltz Museum of Jewish Heritage  
Fleming's Steakhouse  
Fringe Boutique  
Beachwood Library  
Giovanni's  
Microsoft Store  
Tres Potrillos  
Granite City  
Athleta  
The Cleveland Clinic  
Tri-C  
Fred Astaire  
The Pub  
Valenti's Ristorante  
Bahama Breeze

The CVB is currently planning its 2015 events. Please contact Patty Lampert at 216.378.9333 for additional information.



# A Taste of Winter

*It's time to kick off the heels...*

*Loosen the tie...*

*The greatest...*

Holiday Parties  
Birthdays  
Showers  
Rehearsal Dinners  
Anniversaries  
Retirement Dinners

*...happen at*

## Cedar Creek Grille

216.342.5177

2101 Richmond Road, Beachwood, Ohio  
[www.cedarcreekgrille.com](http://www.cedarcreekgrille.com)

## Fine Italian Food

Catering

Dine In • Carry Out • Delivery



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(216) 831-5282 • [degaetanos.com](http://degaetanos.com)

Catering Menu  
Available  
(Free Delivery)

Party Room Available  
For Up To 60 People.



Monday-Thursday  
11am-10pm,

Friday and Saturday  
11am to 11pm and  
Sunday 11am to 9:30pm

THE ORIGINAL TASTE OF MEXICO  
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FAST LUNCH SERVICE

HAPPY HOUR EVERYDAY

2PM-6PM AND 9PM TO CLOSE

DRINKS \$4 APPETIZERS \$5



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216-591-1202 • [www.trespotrillosrestaurantes.com](http://www.trespotrillosrestaurantes.com)

25765 Chagrin Boulevard, Beachwood, Ohio 44122

(At the intersection of Chagrin & Richmond Rd/Formerly Charley's Crab)



# A guide to dining, patios, happy hours & catering



**It's what to eat!**

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www.piccolomayfield.com

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Monday-Thursday 11-10    Friday-Saturday 11-11    Sunday 4-9



### Cedar Creek Grille

Cedar Creek Grille is a classic American Grille specializing in straightforward cuisine from the highest-quality, often locally-sourced ingredients. Join us soon for a generous happy hour, a nice dinner with the family, a power lunch with colleagues or a post-shopping Sunday brunch. Cedar Creek Grille, Eat well. Laugh often.



### DeGaetano's Village Square Pizza

Taste counts! Homemade Italian food. Family owned and operated by DeGaetano's for 19 years. From salad to pizza to pasta. Chicken piccata to die for! Gnocchi stuffed with asiago cheese. We sell our salad dressing. Have wine with your dinner. Deliveries available. See our catering menu online. We are located at 27349 Chagrin Blvd., Woodmere, and can be reached at 216.831.5282 or www.Degaetanos.com.



### Piccolo Italian Restaurant

Piccolo Italian Restaurant offers the epitome of home-made ethnic cuisine. Chef Chris Licht offers some Old World recipes and contemporary twists on quality cuts of veal, chicken, beef, fresh seafood, and homemade pastas and pizzas, accompanied by a full bar and extensive wine list. Happy hour is Monday through Thursday, 4-7 p.m.; Friday and Saturday, 4-6 p.m. and 9-11 p.m.; and Sunday 4-9 p.m.; offering \$5 appetizers, pasta bowls, wine and drink specials. Live entertainment schedule is on our website.



### Tres Potrillos

Tres Potrillos, open 7 days a week, offers the most authentic Mexican cuisine with only fresh ingredients. Very fast lunch service. Stop in for our great happy hour everyday from 2 – 6 p.m. and 9 p.m. to close.



### Yours Truly

For over 30 years, Yours Truly restaurants have offered casual, family-friendly dining for breakfast, lunch and dinner. Voted Best Family Dining by *Cleveland Magazine*. Open Monday through Saturday, 6:30 a.m. to 11 p.m.; Sunday, 7:30 a.m. to 10 p.m. Carryout, catering and delivery are also available.

# The Microsoft Store – So Much More Than a Retailer

## Microsoft at Beachwood Place offers free educational community programs

Since the Microsoft Store opened at Beachwood Place in April, 2013, its goal has been to educate the community. It does so by providing 50+ hours of free programming every single week. Additionally, employees give back by participating in 20+ offsite event hours each week that are tied to educational conferences, event sponsorships, career development and more.

Microsoft Store's community development specialist, Brittany Neish, is on a mission to spread the word about the store's free programming, which helps empower individuals and build confidence in our 21st-century world that is impacted by technology.

"We offer programs for students, adults and the business community," Neish told us. "There are scheduled programs as well as theater space to facilitate presentations to meet your specific needs."

Here's a sampling of what they offer:

### Youth Programming (8 years – high school)

#### Youth Spark Field Trips

(available upon request. Must be booked three weeks in advance. 5-30 people.)

This 90-minute program provides a store tour and one of the following programs:

**Digital Literacy** – Learn digital astronomy with the world-wide telescope. Also work with office add-on additions (office lens and office mix) to create visually compelling presentations.

**Learn to Code** – Learn how to create your own app or video game.

#### After-School Coding Camps

Wednesdays and Fridays, 4-6 p.m.

Learn fundamental skills of coding. Open coding hours. Self-paced.

#### Computer Science Week

Monday, December 8 – Sunday, December 14

Go behind the scenes to learn to code, program and play in your own gaming world. Curriculum designed for ages 8-10. Email [brneish@microsoft.com](mailto:brneish@microsoft.com) for details.

#### Adult Programming

**Bing Ads Workshop**  
Thursdays in December and January, 10-11 a.m.

This 1-hour workshop focuses on the opportunities for small businesses through Bing Ads. In partnership with American Express's Shop Small Initiative, small-business owners will learn more about the importance of a strong online presence during the holiday shopping season; and learn how Bing Ads' approach to Search Engine Marketing (SEM), Search Engine Optimization (SEO), and listing in the Bing Business Portal will help generate demand and provide a competitive difference. And, to

get you started, you will receive a \$100 Bing Ads coupon to help you launch your online ad campaigns.

#### Fundamentals of Excel

Tuesdays and Thursdays, 12-1 p.m.

This public workshop will introduce new users and users who are upgrading to the features and functions of Excel 2013. Learn how to select templates, set up spreadsheets that look great, and create reports that show the data in an easily understood format. Create tables that build numerical information, and search for functions that create simple or more complex formulas.

#### Fundamentals of Windows 8.1

Mondays 10-11 a.m.; Fridays 2-3 p.m.

This public workshop will introduce key Windows 8.1 features that will get you excited about upgrading or buying a new device running Windows 8.1. Participants will see new features, improvements to old features and many new ways to personalize their device.

#### Business Programming

(Contact Neish to schedule.)

Committed to community and business development, Microsoft Store features a fully equipped theater with a 103" touch-screen presenter PC, sound system, wireless mic, and seating for 30+ participants. Set within an interac-

tive high-tech environment, public play, networking and educational opportunities for all are encouraged. This environment allows for Community and Business Partners to conduct public or private workshops, presentations, and other events on various community, business and educational topics by leveraging the store's technology, products and services to deliver their message.

#### Business Team Office Hours

Wednesdays, 12-1 p.m.

Microsoft's in-store business team can help fulfill your technology needs by offering free, customized trainings in its theater. Options include device trainings to Windows 8 to any of the Office suite applications. Trainers can focus the course on beginning level knowledge through intermediate use.

This is just a partial listing. Whether you want to explore the world of 3-D printing, participate in a cookie-swap workshop or see members of the Beachwood High School Orchestra perform, Microsoft has many free programs to surprise and delight the community. For the most updated program offerings, click on the calendar at [www.microsoftstore.com/beachwood](http://www.microsoftstore.com/beachwood). There is a lot going on this holiday season. Questions? Contact Brittany Neish at [brneish@microsoft.com](mailto:brneish@microsoft.com).

## Upcoming Programs at The Gathering Place

The Gathering Place is a caring community that supports, educates and empowers individuals and families that are touched by cancer through programs and services, provided free of charge. The programs and services offered provide education and information, support, and help manage the stress of a cancer diagnosis. The Gathering Place has locations in

Beachwood and Westlake. Below is a listing of upcoming programs at The Gathering Place located at 23300 Commerce Park in Beachwood. All programs require advance registration by calling 216.595.9546 unless otherwise noted. For more information, visit [www.touchedbycancer.org](http://www.touchedbycancer.org).

#### Guided Meditation for Those Touched by Cancer

Every Monday, 2 – 3 p.m.

No registration required.

Relax, learn new coping skills and practice mindfulness meditation techniques.

#### KidShop/TeenShop

Mondays, December 8, January 12 and January 26, 6:30 – 8 p.m.

A program to help children and teens that have an adult family member with cancer. Utilizing art, play and discussion, children, teens and their parents interact with other families in a similar situation.

#### Feed Your Body, Nourish Your Soul: Nutrition Guidelines for Breast Cancer Survivors

Thursday, January 22, 6:30 – 8 p.m.

#### Exercising Through Prostate Cancer

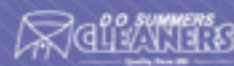
This twice-weekly strength training program is designed to help reduce some of the side effects from prostate cancer's hormone-therapy treatments, like fatigue and weight gain. Call Beth Bennett at 216.595.9546 to schedule a fitness assessment.





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## The future has arrived, in two beautiful versions.

The new C-Class and GLA are here.

Every year promises a number of showstopping introductions from Mercedes-Benz, and this year is no exception. The elegant and sporty C-Class sedan, with much more advanced connectivity than ever. And the muscular GLA, a versatile and sophisticated SUV, smaller in scale but big on looks. Two bold expressions of the aggressive new Mercedes-Benz design language have arrived.

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Lifeline personal emergency response, Personal Care Assistance, Meal Planning and Preparation, Transportation, Medication Set-Ups, Light Housekeeping, Home Management Assistance and much more!

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Deep Cleaning, Alzheimer Respite Care, Kosher Home Delivered Meals, Sleep-Over Services, Care Coordination, Holocaust Survivor Support Services and much more!



A Lot More Than Home Care.

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**216.378.8660**  
[jfsacareathome.org](http://jfsacareathome.org)

## Beachwood Chamber of Commerce Names Karen Shoemaker as Bright Star

On October 29, the Northern Ohio Area Chambers of Commerce (NOACC) held its “Bright Star” event in Club Velvet at the Hard Rock Rocksino. More than 50 local chambers were represented, each of which nominated a Bright Star from their local chamber. Each Bright Star is an active chamber member for no less than two years and is likely to be an unsung hero or a dedicated behind-the-scenes volunteer.

Congratulations to Karen Shoemaker, nominated by the Beachwood Chamber of Commerce (BCC), as this year’s Bright Star.

Shoemaker was recognized for her dedication to the chamber. As printed in the program, “Karen’s infectious smile and laugh make everyone feel welcome! She demonstrates unwavering dedication, commitment and passion for the chamber through countless volunteer hours. Karen is a current board member and chair of the business show committee.”



**Standing:** Mickey Brown and Debby Zelman Rapoport, BCC board members; and Cindy Caldwell, BCC executive director. **Sitting:** Karen Shoemaker with her husband, Brett.





A message from  
Executive Director Cindy Caldwell

## Beachwood Chamber of Commerce Annual Awards Program – Nominations Now Being Accepted

The Beachwood Chamber of Commerce Annual Awards Program

is an event that recognizes individuals, organizations and businesses that stand out as exemplary models in the community. Beachwood-based businesses, not-for-profit groups and individuals who consistently go “above and beyond” are all eligible.

On May 14, 2015, three prestigious awards will be announced; Business of the Year, Civic Organization of the Year and Citizen of the Year. Are you aware of a business that deserves recognition for its active civic involvement? Do you know of a not-for-profit organization that has improved the quality of life in Beachwood? Is there an individual who comes to mind when you think of someone who regularly brings benefit back to Beachwood? If so, nominate them for one of the Beachwood Chamber of Commerce Annual Awards. Self-nominations are welcome, too!

Nominations are being accepted for:

- Business of the Year
- Civic Organization of the Year
- Citizen of the Year

The Deadline for nominations is 4:00 p.m., Friday, December 12, 2014. The awards ceremony will take place Thursday, May 14, 2015 at the beautiful Mandel Community Room at the JCC and will feature a keynote speaker and hors d’oeuvres reception. Sponsorships for this extraordinary event are available now.

Making a nomination or becoming a sponsor is as easy as logging onto Beachwood.org and look for the Annual Awards Program link or call us a 216.831.0003.

The deadline for nominations is 4:00 p.m., Friday, December 12, 2014.  
Making a nomination is easy. Just log onto Beachwood.org and look for the “Annual Awards Program” link under the Chamber Events Calendar, or call us at 216.831.0003.

## Beachwood Chamber of Commerce Announces Its 2015 Events

- Thursday, March 19**      **Fitness Challenge - JCC**
- Thursday, May 14**      **Beachwood Chamber Awards Ceremony – JCC**
- Friday, June 12**      **Golf Outing – Hawthorne Valley Country Club**
- Wednesday, Sept. 9**      **B2B Show – DoubleTree**
- Thursday, Nov. 5**      **Taste of Beachwood – Embassy Suites**

**Plus, monthly luncheons and networking opportunities**

**Check out our website for all upcoming events and to sign up for our weekly eblast newsletter**

**24000 Mercantile Road • Suite 3 • Beachwood, OH 44122 • 216-831-0003 • Beachwood.org**

# CITY OF *Beachwood* Council Update

MAYOR  
**MERLE S. GORDEN**

216.292.1901



**FRED GOODMAN**  
PRESIDENT

216.464.6624



**MARTIN S. HORWITZ**

216.464.6560



**ALEC ISAACSON**

216.291.2797



**MELVIN JACOBS**

216.464.1541



**MARK MINTZ**

216.360.0330



**JAMES PASCH**

216.630.9671



**MARK I. WACHTER**

216.765.1921



## NEW YORK BOND RATING AGENCY AFFIRMS BEACHWOOD'S TOP RATING OF AAA

New York-based Fitch Ratings has affirmed Beachwood's highest bond rating of AAA and cited the city's "strong financial management".

Fitch on November 7th affirmed its coveted AAA rating for two existing City of Beachwood bond issues. Fitch also determined that the rating outlook for Beachwood is stable.

Higher bond ratings mean costs savings for the city, because the higher the rating, the more secure the investment is deemed to be for investors. More secure investments carry lower interest rates, thus reducing the costs to the city.

Fitch describes its AAA rating as its "highest credit quality."

Fitch's accompanying economic review of the city offers up numerous, positive descriptions of Beachwood's fiscal management and condition.

Mayor Merle Gordon said the rating is a gratifying endorsement of an efficiently run city.

"Fitch is a credible, objective third party that closely examines a bond issuers financials," Mayor Gordon said. "To have them come back and award us their highest bond rating is a testament to how professionally and well we run the city from a financial standpoint."

Fitch noted that "the city's broad economic base is anchored by the Cleveland Clinic Foundation, which ranks among top taxpayers and is the city's single largest employer. Planned expansion at the Cleveland Clinic Foundation will largely offset the recent closure of the Bank of America facility located in the city. In February 2013 the 600,000 square foot Eaton Corp. headquarters opened, adding approximately 700 new jobs to the city with potentially more in future years."

The report also noted that Beachwood's per capita income is approximately double the average for the state of Ohio. Fitch also recognized the City's conservative budgeting practices which have resulted in net operating surpluses.

*"They (AAA ratings) are assigned only in cases of exceptionally strong capacity for payment of financial commitments," according to Fitch.*

## City Contact Information

**CITY OF BEACHWOOD**  
25325 Fairmount Boulevard  
Beachwood, Ohio 44122

216.464.1070  
[www.beachwoodohio.com](http://www.beachwoodohio.com)



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**EMERGENCY**  
Dial 9-1-1

**CLERK OF COUNCIL**  
216.595.5493



# CLEVELAND - CUYAHOGA COUNTY EBOLA INFORMATION

The Joint Information Center (JIC), supporting the Cleveland Department of Health (CDPH), Cuyahoga County Board of Health (CBOH) and Shaker Heights Health Department (SHHD), has prepared the following joint response for Cuyahoga County communities:

## ANSWERS AND ASSISTANCE REGARDING EBOLA

The Cleveland Department of Public Health and the Cuyahoga County Board of Health want to help you find answers to questions regarding the Ebola virus. You may dial 2-1-1 twenty-four hours a day, seven days a week with general questions.

Schools, businesses, organizations and local governments with specific concerns are asked to contact their local Public Health Department for assistance.



- Cuyahoga County Board of Health: 216.201.2001
- Cleveland Department of Public Health: 216.664.2324 or 3747
- Shaker Heights Health Department: 216.491.1480

# SUMMER DAY CAMP RESIDENT REGISTRATION BEGINS DECEMBER 8

Beachwood Summer Day Camp registration for residents begins December 8. Register for Kidz, Bison, Sports, Teen Travel and Theater Camp between 8 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 from December 8 – March 6. Non-resident registration begins March 10.

For more information please refer to your Winter Recreation Guide or visit [www.beachwoodohio.com](http://www.beachwoodohio.com)

## ATTENTION PEDESTRIANS

We strongly recommend reflective gear to be worn by ALL PEDESTRIANS when walking or running before dawn and after dusk. Safety is our number one concern. Please be cautious.

### DID YOU KNOW?

Neighbors need neighbors. Some Beachwood residents could use a hand from time to time to assist with simple chores such as taking out the rubbish. Icy winter conditions make taking out the rubbish a challenge for seniors.

If you want to lend a hand, please forward your address and phone number to the Community Services Department by calling 216.292.1970.



### LIKE US ON FACEBOOK

[www.facebook.com/Beachwood0H](http://www.facebook.com/Beachwood0H)



### CITY TWEETS

@Beachwood0H

### PD TWEETS

@BeachwoodPolice

## UPCOMING MEETINGS

### CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, December 15 and January 5. 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, December 11. Questions? Call 216.292.1914.

### ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, December 15 and January 5. Questions? Please call 216.292.1914.

## Departments

**AUDITOR**  
216.595.5492

**BUILDING DEPARTMENT**  
216.292.1914

**COMMUNITY SERVICES**  
216.292.1970

**ECONOMIC DEVELOPMENT**  
216.292.1915

**FINANCE DEPARTMENT**  
216.292.1913

**FIRE DEPARTMENT**  
216.292.1965

**LAW DEPARTMENT**  
216.595.5462

**MAYOR'S OFFICE**  
216.292.1901

**POLICE DEPARTMENT**  
216.464.1234

**SERVICE DEPARTMENT**  
216.292.1922

BEACHWOOD RECREATION COMMUNITY THEATER PROUDLY PRESENTS

# SHREK

## THE MUSICAL

CITY OF *Beachwood*

Friday, December 5 • 8:00 p.m.  
 Sunday, December 7 • 2:00 p.m.  
 Friday, December 12 • 8:00 p.m.  
 Saturday, December 13 • 4:00 p.m.  
 Sunday, December 14 • 2:00 p.m.

BEACHWOOD MIDDLE SCHOOL AUDITORIUM

Tickets Available at the Door  
 Students/Seniors \$7 • Adults \$8

WWW.BEACHWOODOHIO.COM

## AMERICAN RED CROSS BLOOD DRIVE

FRIDAY, DECEMBER 19 FROM 1:00 – 7:00 P.M.  
 BEACHWOOD COMMUNITY CENTER

### DID YOU KNOW?

#### LEGAL NOTICE - PUBLIC HEARING

Notice is hereby given that on Monday, December 1, 2014 and Monday, December 8, 2014, commencing at Noon, local time, in the Beachwood Community Center of the City of Beachwood, 25225 Fairmount Boulevard, Beachwood, Ohio, a Public Hearing will be held pursuant to Beachwood Codified Ordinances Section 1107.01 regarding the Proposed Natural Gas Aggregation.

## YARD WASTE POLLUTING OUR WATERWAYS

### DID YOU KNOW THAT GRASS AND LEAVES CAN HARM OUR CREEKS AND STREAMS?

Few, if any, property owners think it's acceptable to dump tires, machine parts, plastics and other unnatural trash into our waterways. But many still believe it's okay to deposit organic material like leaves and grass onto a stream bank, in a storm drain or into the stream itself.

When it comes to stream dumping, even organic doesn't cut it. Many leaves will naturally fall into the water, but as homeowners, we should be mindful not to upset nature's balance. Leaves, grass clippings and pet waste should never be dumped in or even next to a creek, ditch or pond.

Yard waste should be composted or set out with the trash. Pet waste should always be bagged and placed in the trash.

You can learn more by calling Cuyahoga Soil & Water Conservation District at 216.524.6580 and requesting a free copy of Life at the Water's Edge: Living in Harmony with Your Backyard Stream.

Remember – clean water starts with you!

To learn more contact Claire Posius, Euclid Creek Watershed Coordinator, at 216.524.6580, ext. 16 or cposius@cuyahogawcd.org.

WWW.BEACHWOODOHIO.COM

# Council Update



## CRIME TREND ALERT

The City of Beachwood and surrounding communities have been experiencing an increase in thefts from vehicles. The suspects are entering UNLOCKED vehicles parked in residential driveways overnight.

In some instances, the suspects proceed to gain entry into the residence through UNLOCKED doors and steal various items such as purses, cash, and small electronics.

The Beachwood Police Department requests that all residents follow these simple crime prevention tips:

- Lock all vehicles parked in your driveway and either remove all valuables from your vehicle or hide them from view.
- Close overhead garage doors and lock main doors leading into the garage.
- Do not keep your car keys/house keys in your vehicle.
- Lock your doors at night.
- Keep outside lights on.

Contact the Beachwood Police Department at 216.464.1234 if you observe anyone suspicious in the area.

## HOLIDAY SEASON SHOPPING

Please be alert while shopping this holiday season. Here are some tips:

- Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.
- Stay alert to your surroundings.
- Pay with a check or credit card when possible.
- Keep a record of your credit card numbers at home.
- Keep cash in your front pocket.
- Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded areas.
- If you keep valuables in your car, make sure they are out of plain view.

If you witness or are involved in anything suspicious call 911 or call the Beachwood Police Department at 216.464.1234.



## ART EXHIBIT

Beachwood Community Center



MONDAY – FRIDAY • 9:00 AM – 4:00 PM

SATURDAY • 10:00 AM – 3:00 PM

SUNDAY • 10:00 AM – 1:00 PM

### PAINT, PAPER, PEN

*Christine Weigand – unique hand cut paper artwork, Christopher Weigand – abstract acrylic paintings inspired by nature, geometry, and the earth and Ralph Solonitz – custom illustrator*

Show Dates: December 10 – January 3, 2015

Artists' Reception: Sunday, Dec. 14, 1 – 2:30 p.m.

## RUBBISH / RECYCLING

### HAPPY HOLIDAYS

The Service Department will be closed on Wednesday, December 25 and Wednesday January 1 for Christmas and New Years Day. Rubbish collections will be delayed one day after each respective holiday. Administrative offices will close at 2 p.m. on December 24 and December 31.

## FALL LEAF PICK-UP

Running now until heavy winter storms, leaf trucks will be in operation daily. Collection is constantly on-going from one end of town to the other end of town. Therefore, there is no need to call for a special pickup.

Place UNBAGGED leaves on the tree-lawn only. DO NOT PLACE IN STREET. Leaf piles mixed with other debris – such as grass – WILL NOT be picked up. After January 1, all leaves need to be bagged and will be picked up with your regular rubbish. Questions? Call the Service Department at 216.292.1922.

# VETERANS' DAY SALUTE

On November 11, the City of Beachwood and the Beachwood Historical Society remembered all veterans in a special ceremony at the Beachwood Cemetery. The cemetery is the final resting place of veterans from 7 wars as far back as the Revolutionary War.

The ceremony began with the Beachwood Color Guard taking its position, followed by Mayor Merle S. Gorden presenting a proclamation to recognize our veterans to Rosemary Nemeth and Nancy Hart of the Beachwood Historical Society. Those in attendance then heard from the following veterans: Mary Reynolds Powell, Dr. Jack Jaffe, Ted Hersh and Bill Terry.

Mary Reynolds Powell, a Vietnam nurse, talked about the implications of war. She said, "The most important thing we can do to honor those who served is to listen to their stories. Please, don't ever forget."

Dr. Jack Jaffe, a Lt. Commander in the U.S. Navy and Vietnam veteran, is proud to have supported our country and carries occupation money on him as a memento of war.

Ted Hersh was born in Czechoslovakia, was taken to Auschwitz where he lost the women in his family and was liberated on April 11, 1945. He came to America in 1948, was drafted in 1952, and served in Korea.

Bill Terry joined the Army after graduating from Beachwood High School. He served in Iraq and Afghanistan and worked his way up to the rank of Major.

Additional participants included the John Carroll University Color Guard and Boy Scout Troop 620.

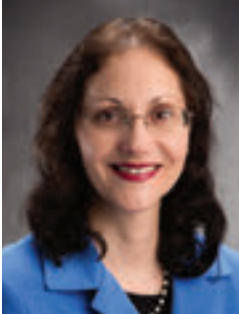


1. Rosemary Nemeth introduces Veterans, Beachwood Color Guard, from left: Gary Haba, Don Balog, Lisa Budny and Greg Liggett. 2. Ted Hersh. 3. Mayor Merle S. Gorden with Veterans (sitting) Ted Hersh, Al Hersh, Mike Blain, and Dick Barson. Standing: Judy Hersh, Dr. Jack Jaffe, Sylvia Blain and Larry Pollak. 4. Mary Reynolds Powell. 5. Bill Terry. 6. Dr. Jack Jaffe. 7. Mayor Merle S. Gorden presents a proclamation to Rosemary Nemeth and Nancy Hart.





Beachwood Convention & Visitors Bureau  
VisitBeachwoodOhio.com • 216.378.9333



## Beachwood Convention & Visitors Bureau Receives Three Prestigious Awards

By Patty Lampert, President

As 2014 comes to an end, the Beachwood Convention & Visitors Bureau (BCVB) is grateful for the opportunity to promote Beachwood as a destination for leisure and business travelers. Thanks to all of you who help make the city a fun, safe and family-friendly location to visit for a day or overnight trip. With your continued support, the BCVB will successfully continue to promote Beachwood as a memorable destination for visitors.

The BCVB is also grateful and honored to be recognized by its peers in the Ohio travel and tourism industry. In the second year of operation, the BCVB won 3 RUBY awards for excellence in tourism marketing and development by the Ohio Travel Association (OTA). The awards were for the mobile website, the Food, Fun & Fashion Week rack card and ad. A team of experts in the communications, advertising, publications, and tourism industries judged

the competition. Winners were chosen based upon the most creative and innovative designs that were used to market their destination or services.

"The Beachwood CVB is honored to be recognized by its peers and to receive these 3 prestigious awards," said Patty Lampert, president of the Beachwood CVB. "Our goal is always to help leisure and business travelers realize that Beachwood is a great travel destination. We believe once you visit, "The Experience Will Bring You Back!"

We invite you to explore possible ways the BCVB can partner with your company to improve your visitors' experiences and to enhance their perceptions of Beachwood. Please call me at 216.378.9333, or send me an email at [Patty@VisitBeachwoodOhio.com](mailto:Patty@VisitBeachwoodOhio.com).

We are excited to begin 2015. Happy Holidays and Happy New Year to everyone!



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## BHS Inducts 17 Students Into National Honor Society



Beachwood High School inducted 17 new members into its National Honor Society during a ceremony at the school on Oct. 23. The six new seniors and 11 juniors join 11 seniors who were inducted in 2013.

National Honor Society recognizes the outstanding students of Beachwood High School who exhibit the four pillars of scholarship, character, leadership, and service. To be considered for NHS, students

must maintain a grade point average of 3.7 or better, perform at least 70 hours of community service and participate in three or more school-sanctioned extracurricular activities. A committee of BHS staff members evaluates applications and rates students based on leadership and character.

### Beachwood High School's 2014 National Honor Society inductees are:

Seniors: Hannah Borison, Anita

Lekova, Katharine Opre, Emily Schwarz, Jonathon Shapiro, Alexa Stovsky

Juniors: Bagatur Askarayn, Bradford Douglas, Sydney Eisenberg, Reid Gobieski, Grant Gravagna, Junyoung Lee, Hannah Leland, Allyson Marks, Simon Perilla, Jessica Tall, Sri Vidya Uppalapati

### Seniors who were inducted in 2013 are:

Maria Alvarez, Jada Campbell, Monica Colmenares, Hannah Fire-

stone, John Li, Aaron Lowenkamp, Maya Peleg, Catherine Perloff, Jaime Rotsky, Ted Sender, Emily Topilow

Once inducted, NHS members must maintain a 3.7 average, display exemplary character, and participate in at least two NHS service activities per year. Faculty advisors are Mrs. Amy Hazelton and Mrs. Lisa Morgan.

## 4th Graders Honor Veteran

Hilltop fourth graders honored Navy veteran and Beachwood resident Stan Rosenblum during a Veterans' Day assembly. Mr. Rosenblum, pictured with his granddaughter Emily Clar who is wearing his Navy coat and hat, discussed civic responsibility during his visit.



## Football and Soccer Teams Win CVC, Advance to Playoffs

The Beachwood football team won its second consecutive CVC title and advanced to the state playoffs for the second straight year under second-year head coach Mike Gibbons. After an 0-3 start to the season, the Bison ripped off five straight wins, including an overtime thriller against Cuyahoga Heights to clinch the conference title.

The boys soccer team enjoyed it's best season in school history, winning a school-record 14 games and capturing the conference and district titles. The Bison won its regional semifinal match before losing an overtime heartbreaker in the regional championship game. The future is bright, as head coach Brian Greene returns all but one starter next season.





#### ADMINISTRATION

Dr. Richard A. Markwardt, Superintendent, 464-2600 • [supt@beachwoodschoools.org](mailto:supt@beachwoodschoools.org)  
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Robert P. Hardis, Assistant Superintendent, 464-2600 • [rph@beachwoodschoools.org](mailto:rph@beachwoodschoools.org)  
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Kathleen Stroski, Assistant Treasurer, 464-2600 • [ks@beachwoodschoools.org](mailto:ks@beachwoodschoools.org)  
Doug Levin, Director of Marketing & Communications, 464-2600 • [dl@beachwoodschoools.org](mailto:dl@beachwoodschoools.org)

## Three Athletes Sign National Letters of Intent

Beachwood basketball player Aryana Jackson and volleyball players Shaneice James and Valisha Watkins signed National Letters of Intent last month to continue their educations and athletics careers in college.

James, a middle hitter, signed with Tennessee Tech University. In 2014, James led the team and the Chagrin Valley Conference Metro Division with 78 blocks. She also was second on the team in kills (105), fourth in digs (114) and added 24 serving aces. She completed



Shaneice James and Valisha Watkins.

her Beachwood career with a school record 15 blocks in a single match and with career highs in

blocks in a season (128), blocks in a career (274), most digs in a match (20), most digs in a career (320), most serving aces in a match (8) and most serving aces in a career (64). James was named First Team All-Chagrin Valley Conference for the second straight season and Second Team All-Northeast Lakes District.

Watkins signed with the University of Texas Pan American, where she will play outside hitter. In 2014, she led the team with 213 kills, 193 digs and 50 service aces.

She also added 31 blocks and ends her Beachwood career with school records in kills in a match (27), kills in a season (213), kills in a career (256), digs in a single match (20) and serving aces in a single season (50). Watkins was named First Team All-Chagrin Valley Conference and First Team All-Northeast Lakes District.

The duo led the Bison to a school-record 15 wins under the direction of first-year head coach Sarah Schoenhagen.

Jackson will continue her education and basketball career at Texas A&M University-Corpus Christi. The senior guard averaged 14.7 points, 3.0 rebounds and 2.3 steals per game last season. She made 51 3-pointers on the season on her way to earning Second Team All-Chagrin Valley Conference and third team All-Northeast Lakes District honors. Jackson also scored the 1,000th point of her career last season.



Aryana Jackson, seated with her parents, Curtis Jackson and LaTonya Jackson.

## Cross Country Coach Honored

In recognition of Down Syndrome Awareness Month, the Cleveland-based nonprofit The Up Side of Downs last month honored educators who were nominated by their students' families for exceptional work in the classroom and beyond. Beachwood High School science teacher and cross country coach Jamie Lader was nominated by student Peter Bruening and his family.

"Coach Lader coaches all of his teams with a splendid level of consistency - no matter at what level one competes. This was particularly evident with his coaching of Peter. Even in his freshman year, when Peter was not up to finishing the 3.1 mile course, Coach Lader would give him praise for what he did finish and work with him during practice to enable him to achieve his goals. His enthusiasm is contagious and Peter responded in kind. When Peter began finishing the entire course, it was his coach who was most thrilled at what he had accom-

plished and kept encouraging him to do more."

"Peter has become well known at the races. Enough so that the teams with whom he competes cheer and encourage him by name during the races. His teammates treat him just like everyone else and his coach seems to save his best baritone cheers for Peter - even though he is often, but not always, the last runner to cross the finish line. As parents it has been deeply gratifying to hear Coach Lader's pride as he recounts Peter's latest best time or the fact that he passed two or three other runners."



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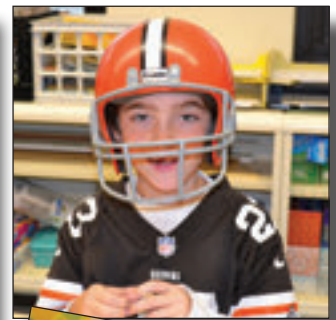
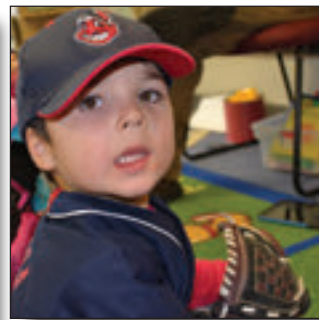
## Bowling Event Raises Money for Orchestras

Hundreds of Beachwood students and families enjoyed a bowling fundraiser presented by the Friends of the Beachwood Orchestras on Nov. 9. Students took turns performing and bowling, while adults participated in raffles and silent auctions.



Pictured (from top): 6th grader Paige Wong and 5th grader Amelie Cotta.

## Halloween Fun at Hilltop and Bryden



Pictured clockwise (from top right): 2nd Joshua Rosenblitt, 2nd graders Hannah Yakubov and Mia Jung, 1st grader Ben Keyerleber, 5th graders Kaili Clark and Talia Friedrich, 3rd grader Veronica Schwartz, 4th graders Erica Ward and Sepanta Entezari, 5th grader Damien Smith and Kindergartner Marc Stephany.



# Beachwood Elderclass Presents "Nostalgic Virtuosity"

Thursday, December 4

On Thursday, December 4, the Beachwood Elderclass will present, "Nostalgic Virtuosity," featuring traditional folk music of two members of the acclaimed ensemble Harmonia: Steven Greenman (violinist) and Walt Mahovlich (accordionist).

Greenman is recognized internationally as one of the finest practitioners of traditional klezmer violin. As a concert performer, he has been a guest soloist with the Cleveland Pops, and has earned a reputation as an accomplished violinist, playing Hungarian and East European Gypsy music. Greenman has been a "teaching artist" with the Cleveland Orchestra's "Learning Through Music" educational program since 2001.

Harmonia founder, Walt Mahovlich, grew up listening to the Croatian and Hungarian music of his family. An accomplished clarinetist as well as accordionist, he has played extensively throughout the United States, Canada and Europe. His career has included performances at Jimmy Carter's inaugural, the rededication of Ellis Island, Carnegie Hall and Lincoln Center.

Sponsored by the Beachwood Board of Education, Elderclass affords residents an opportunity for learning and entertainment in a high school environment. Excellent lunches, catered by the vocational culinary arts class, are \$5 for Beachwood residents and \$8 for non-residents, if space is available.

Programs in the new Community Room are free and open to the public.

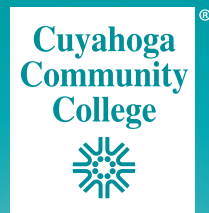
Elderclass coordinator Mort Biel reminds attendees that lunch will be served in the Beachwood Bistro at noon with the program to follow at 1 p.m. in the adjacent Community Room. A bus will begin pickups going from the northeast corner of the parking lot to the front entrance, beginning at 11:15 a.m. and ending at noon. The bus will return you to your car following the program.

Please register for the lunch by using the flyer you will receive in the mail. If you are not registered to receive Elderclass monthly program flyers, please contact Marlene Dunger at the Beachwood Board of Education, 216.464.2600. Reservations will be accepted by mail only. No walk-ins for lunch.



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*Thank You!*



**Sandra Bauman**  
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Thanks to all of my friends and clients throughout the years. It has been a pleasure working within the Beachwood community and I look forward to continuing this relationship.

Thank you to **Beachwood Buzz** for keeping our community well informed for 18 years.

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**For more information about these listings, see ads on pages 40 and 41.**

## Volunteers Sought

### Jewish Federation of Cleveland Hosts Winter Break Lunch Program for Children At-Risk for Hunger

Children who rely on school-based meals are at-risk for hunger during their winter break. The Jewish Federation of Cleveland feeds these children hot, nutritious lunches through their annual Winter Break Lunch Program, December 22 – 24 and December 29 – 31.

Volunteers are sought to help serve hot, nutritious lunches; play games, create crafts, and distribute holiday gifts to children in Cleveland's most vulnerable areas. Locations include Garden Valley Neighborhood House, Goodrich-Gannett Neighborhood Center, and Greater Tabernacle Church.

Prior to volunteering at these locations, individuals are encouraged to attend a special volunteer orientation with guest speaker Jan Ridgeway, acclaimed for her role as the driving force behind

restoring and reclaiming the Garden Valley Neighborhood House that now distributes food to more than 10,000 families per month. She will lead a Diversity Training Session on Thursday, December 18 at 7 p.m., at the Federation's Mandel Building, 25701 Science Park Drive, Beachwood.

The Winter Break Lunch Program is a partnership between the Greater Cleveland Food Bank and the Jewish Federation of Cleveland. Volunteers must be eight years or older and accompanied by a parent or guardian for this unique and rewarding opportunity. Volunteers may participate on more than one date and/or location. All volunteer shifts are from 11:15 a.m. – 1:45 p.m. For more information or to register, please visit [www.jewishcleveland.org](http://www.jewishcleveland.org), email Susan Hyman at [shyman@jcfccleve.org](mailto:shyman@jcfccleve.org), or call 216.593.2887.





You can count on holiday celebrations to bring plenty of chances to overindulge in food or drink.

However, if you start associating parties and dinners with heartburn – known as gastroesophageal reflux disease, or GERD – there could be a deeper reason for your discomfort than how much you ate or drank. And it’s something that popping antacids will not address.

Leena Khaitan, MD, a gastrointestinal surgeon at University Hospitals, says that overeating is often followed by acid reflux and weight gain. But eating and drinking certain foods or certain ingredients is likely to trigger GERD: namely, chocolate, coffee and peppermint. Not coincidentally, those are elements of many holiday foods.

The time of day you eat and drink plays a role too. The closer to bed time, the more likely you are to find yourself with significant discomfort.

It’s better to avoid pain than to have to medicate it, Dr. Khaitan points out.

“My advice is to eat some healthy foods before you get to the party or dinner,” she says. That may be raw vegetables with a couple of

small bites of cheese. It will keep you from approaching the buffet with ravenous hunger.

As Dr. Khaitan points out, when we say, “The holidays come but once a year,” we are kidding ourselves. The holidays, which start with Thanksgiving and go until the New Year, last more than six weeks. If you indulge throughout the long season, you can pretty much count on weight gain every year.

Putting on pounds isn’t the only problem. Not exercising and eating too much fatty, unhealthy food contributes to many chronic diseases, including diabetes, and can raise our risk for certain kinds of cancer.

“For example, people who exercise regularly reduce their chance of getting colon cancer, among other cancers,” Dr. Khaitan notes.

The consequences of overindulging don’t have to be that far down the road. “About 44% of Americans experience acid reflux once a month,” says Dr. Khaitan. “And that can cause damage by irritating the esophagus, leading to inflammation and even such conditions as Barrett’s esophagus.” Barrett’s is a condition that can increase the risk of developing a

cancer of the esophagus.

If you find yourself feeling the symptoms of GERD frequently, even after you adjust some of your habits, it’s best to see a doctor. For one thing, there are side effects from the acid. For example, about 20 percent of asthma is caused by acid reflux and the acid can play a role in voice disorders, chest pain and bloating.

“You should get evaluated,” she advises. “You might have a hiatal hernia, for example. And, if you let these symptoms go on, it can have quite an effect on the quality of your life, including how you sleep.”

Most people can avoid GERD and pain just by changing their eating habits – making healthier choices, and eating just to the point of satiety.

In the end, it comes down to making the holidays a season through which you avoid being sidelined by unpleasant symptoms by maintaining your healthy habits as much as possible, says Dr. Khaitan.

You’ll be happy you did – especially come January.

For more information, call 1.866.UH4.CARE.

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Putting on pounds isn’t the only problem. Not exercising and eating too much fatty, unhealthy food contributes to many chronic diseases, including diabetes, and can raise our risk for certain kinds of cancer.

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## Caring Hands Volunteer Program

The Caring Hands Volunteer Program, funded by the John B. Hexter Family Healing Touch Fund, trains volunteers to provide complimentary hand massage to patients’ receiving treatment at University Hospitals. Massage is recognized as one of the oldest methods of healing, as it can reduce pain, anxiety, lower blood pressure, and improve the immune system. It allows patients to refocus their minds on a relaxing place, which has a positive reaction on the body.

“Being a Caring Hands volunteer has been the most rewarding experience I have encountered as a volunteer. Patients are genuinely appreciative of hand massages. This 10-minute interaction is very personal and the patient immediately feels the benefits of our service,” is how a Caring Hands volunteer explained her experience.

## Connor Integrative Medicine Network

The Connor Integrative Medicine Network recently welcomed ten new volunteers after completing a training session. Additional sessions will be held as the Caring Hands Volunteer Program continues to expand. If you are caring and enthusiastic and wish to make a difference in the lives of others, please attend one of our upcoming volunteer orientations. Trainees are encouraged to contribute at least two hours of their time per week to qualify as a Caring Hands volunteer.

To learn more this program or to register for the next training orientation, contact Barbara Nalette at [Barbara.Nalett@uhhospitals.org](mailto:Barbara.Nalett@uhhospitals.org) or 216.844.1504, or visit [UHhospitals.org/Volunteer](http://UHhospitals.org/Volunteer).

For more information about the services offered at the Connor Integrative Medicine Network, call 216.285.4070 or visit [UHhospitals.com/IntegrativeMedicine](http://UHhospitals.com/IntegrativeMedicine).

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For information in confidence, with no obligation to participate, please contact:

**Tracy Markis**, Doctoral Candidate,  
Adult Development and Aging Ph.D. Program  
t.markis@vikes.csuohio.edu • 216-712-1533

**Participants will be paid \$15.00 at the time of the study**

**All participant information in this study will be kept strictly confidential.**

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**Cleveland State University**  
**Department of Psychology**



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### Lunch Bag Seminars: Health Holiday Eating

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# Wellness Health & Wellness

(For complete information on these listings, see pages 44 and 45.)



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## Tracy Markis

Participants Needed For PAID Research Study – We are looking for females age 40-65 who have ever been diagnosed with an eating disorder (Anorexia or Bulimia Nervosa) to take place in a confidential, research study on information processing and body image. For complete information, please see our ad on page 45.

## PLAN FOR THE RETIREMENT YOU WANT

### It’s never too soon to start planning.

Many of us have a clear vision of our retirement years. Yet, a surprising number of people have no idea how they’ll turn that vision into reality. We have to ask ourselves...

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## Art Historian Seeks Information

**T**ricia Pongracz, an art historian who is researching the works that Tiffany Studios created for American synagogues, is currently working on a project at The Euclid Avenue Temple, one of the finest and most complete Tiffany Studios' Judaic commissions. This was the former Anshe Chesed Synagogue, which is now Fairmount Temple.

When talking with Pongracz, she told us that she is looking for information related to the Euclid Avenue Temple from 1910 up to the temple's move in the 1950s.

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When talking with Pongracz, she told us that she is looking for information related to the Euclid Avenue Temple from 1910 up to the temple's move in the 1950s.

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"I am interested in materials related to the temple's dedication in 1912; blue prints or architectural drawings for the building; any drawings for the windows; and interior photographs showing the windows, including wedding photos, confirmation photos, etc."

Pongracz is also interested in locating the temple's ark lamps. She said, "These were about three-to-four feet tall and cast in bronze. Naturally, they flanked the ark."

Any information from the community will be appreciated. Pongracz is in the process of studying pertinent information to see if it could help her tell the story of this very rich commission. She can be reached at tpongracz01@gmail.com or 973.255.6270.

## Shalom Baby!

### A free program open to the community

**G**ross Schechter Day School and Alexandria School for Nannies' founder, Carolyn Stulberg, invite expectant parents to participate in Shalom Baby. These 90-minute, weekly sessions are being offered FREE, at Gross Schechter Day School, in support and anticipation of welcoming your baby.

This will be an opportunity for expectant parents to share information, explore traditions and meet new friends as prenatal information through a Jewish lens is presented, along with exciting giveaways, refreshments and time to socialize.

This program is generously sponsored by a Shores Grant from the Jewish Education Center of Cleveland.

Gross Schechter Day School is located at 27601 Fairmount Boulevard, Pepper Pike. Programs take place from 7 – 8:30 p.m. Upcoming programs include:

#### December 9

##### **Jewish Mothers and Other Experts**

What do a rabbi, pediatrician, mohel, financial planner, lawyer and baby photographer all have in common? Parent focus! This is not your typical panel discussion. Moms and service providers will respond to your questions in a distinctly individualized format.

#### December 16

##### **Jewish Guilt and the Work-Life Family Balance**

All parents, especially parents with new babies, find themselves trying to find balance on life's many tightropes. Childcare, date nights, "me time" – hear from parents who are in the trenches of "work" and LIFE with new baby.

For more information, visit [www.grossschechter.org/shalombaby](http://www.grossschechter.org/shalombaby) or contact Julie Kaufman at 216.763.1400, ext. 426.

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## Beachwood Bison Swim Club

The Beachwood Bison Swim Club had a great start during their first meet of the season against the Shaker Sharks and Hudson Heat. Head Coach Brad Burget said there were many great swims and he was very pleased with the team's progress. Matt Keyerleber had an exceptional day by placing first in both the 100 IM and 50 Free. Other first place winners were: Erica Jung – 50 Free, Evan Warner – 50 Free, Aryeh Carmi – 100 Back, and Molly Russell – 50 Back. The 12-and-under boys' free relay team of Braylon Eaton, Evan Warner, Matt Keyerleber and Michael Berkley did a great job of placing first. Marino Lewis, Aryeh Carmi, Chris Schmidt, and Shaun Powers also placed first in the boys' open free relay. Congratulations to the swimmers who placed in the top 3 in their events: Sophie Schoen, AJ Wilcox, Michael Berkley, Owen Shook, Maeve Russell and Grady Bystrom. To join the Bison Swim Team, please contact Brad Burget at [beburget@gmail.com](mailto:beburget@gmail.com), or call 614.209.4883.



Michael Berkley, Braylon Eaton and Evan Warner.

## Lisa Newburger Named Toastmaster of the Year

Beacon Financial Partners' Lisa Newburger was named District 10's Toastmaster of the Year recipient and was honored at the Fall Toastmasters International Conference, October 11, at the Hilton Gardens, Cleveland.



The Toastmaster of the Year award recognizes one member whose educational accomplishments, club service, dedication and enthusiasm are considered exceptional. Newburger was nominated and chosen for this prestigious award out of 2,000 members.

As a marketing coordinator at Beacon Financial Partners, Newburger offers her talents to help critique presentations and facilitate seminars and client events.

"Lisa has been a great addition to our staff," stated Gregory Randall, managing partner. "She is a natural at building relationships and we are excited to have her on board. Additionally, we are eager to see her put her Toastmasters' skills to use."

Newburger remains very involved with the Chagrin Valley Toastmasters Club and is committed to helping that organization grow. Beacon Financial Partners, a comprehensive planning and wealth management firm in Beachwood, seeks to provide independent, objective financial advice through a unique and effective client planning experience.

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# JFSA Awarded Three-Year CARF Accreditation

CARF International announced that Jewish Family Service Association (JFSA) has been accredited for a period of three years for its mental and behavior health and integrated primary-care programs. The latest accreditation is the sixth consecutive Three-Year Accreditation that the international accrediting body has awarded to JFSA.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and is an official recognition that JFSA is guided by internationally recognized service standards and best practices. An organization's receiving a Three-Year Accreditation has put itself through a rigorous peer-review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are measurable, accountable, and of the highest quality.

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

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services. For more information about the accreditation process, please visit the CARF website at [www.carf.org](http://www.carf.org).



On Veterans Day, Gross Schechter Day School-Middle School students participated in the Veterans Program at Menorah Park. To prepare for the program, students wrote thank you letters that were read and presented to the Veterans. Pictured is Ari Sokol presenting a certificate of thanks and appreciation to Menorah Park resident David Rothenberg, who served in the Merchant Marines and is a current resident of the R.H. Myers Apartments.



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# Tis the Season to be Generous (and Careful)

The holiday season is approaching, and with it will come mailings, calls, and other solicitations from charities that are seeking your donations. Many are worthwhile, others less so. Some are outright scams. How can you tell the difference?

A convincing name and persuasive pitch is no guarantee that the charity is trustworthy. The U.S. Navy Veterans Association, created by John Donald Cody (aka Bobby Thompson), bilked donors nationwide out of an estimated \$100 million, including nearly \$2 million in Ohio. This “charity” operated for almost 8 years until law enforcement finally caught up with it. Cody was convicted in 2013 and sentenced to 28 years in prison. The millions in donations, unfortunately, are long gone and never reached their supposed veteran beneficiaries.

When Dallas nurse Amber Joy Vinson contracted Ebola, her family was surprised to find a Go Fund Me site was raising donations in her name. The fundraising page, [gofundme.com/AmberJoyVinsonFund](http://gofundme.com/AmberJoyVinsonFund), had raised more than \$600 in one day. The site was taken down after the BBB issued an alert and the family confirmed they were not affiliated with the site.

### When making your holiday giving decisions, BBB advises:

- **Look for BBB Accredited Charities.** These charities have undergone a thorough review to meet BBB's 20 Standards for Charity Accountability, which include ethical fundraising, governance and use of donations.
- **Check out local charities at [bbb.org/cleveland](http://bbb.org/cleveland).** BBB charity reports contain information on an organization's programs, finances, governance, and more.
- **Get the charity's exact name.** With so many charities in existence, mistaken identity is a common problem. Thousands of charities have “cancer” in their name, for example, but no connection with one another.
- **Resist pressure to give on the spot,** whether from a telemarketer or door-to-door solicitor.
- **Be wary of heart-wrenching appeals.** What matters is what the charity is doing to help.
- **Press for specifics.** If the charity says it's helping the homeless, for example, ask how and where it's working.
- **Check websites for basics.** A charity's mission, program and finances should be available on its site. If not, check for a report at [www.give.org](http://www.give.org), BBB's repository of reports on nationally operating charities.

Any organization located in or soliciting donations in Ohio must be registered with the Ohio Attorney General. You can check at <http://charitableregistration.ohioattorneygeneral.gov/Charities/Research-Charities.aspx>.



Don't assume that every soliciting organization is tax exempt as a charity. You can readily check an organization's tax status at [www.irs.gov/app/eos](http://www.irs.gov/app/eos).



# The Agnon School Hosts Grandparent Gathering

The Agnon School recently hosted approximately 250 grandparents and special guests during the school's seventh annual "Grandparents' Day." The event included a growing number of grandparents who have both children who graduated from Agnon and grandchildren who now attend the school.

The two-hour morning event began with a light breakfast and included remarks from Board of Trustees president, Michael Haas, who is also an Agnon alumnus; and head of school, Jerry Isaak-Shapiro. Agnon grandparents Susan Hurwitz, Debbi Meckler and Gloria Abrams helped to organize this program, serving as Grandparent Committee co-chairs.

Grandparents visited their grandchildren's classrooms where they participated in a variety of activities, ranging from grandparent interviews regarding their experiences during historic events to lively discussions about Israeli politics, immigration to America and World War II. Students in several grades wrote and delivered personal notes to their grandparents. Grandparents who were unable to attend received their letters in the mail.

"We strongly believe that the role of a true community school includes reaching out to our students' parents, not just to the students themselves," said Isaak-Shapiro. "So too with our students' grandparents – they enrich our school community just as they enrich the lives of their grandchildren."



**Clockwise:** Earl Weiss with Noah Simon, Rachel Wolf with Helen Wolf, and Ruthie Mayers with Nina Mayers.

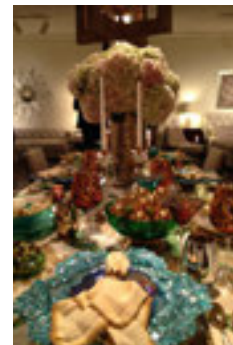
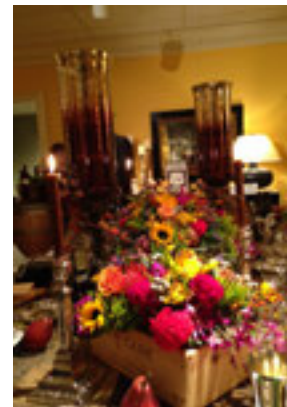
# Entertaining by Design

More than 750 designers, students and entertaining enthusiasts gathered Nov. 6-8 at the Ohio Design Center's (ODC) annual tablescapes showcase benefitting the North Union Farmers Market. The 32 themed dining and entertaining tablescapes created by 30 of Cleveland's leading interior designers were displayed throughout the ODC's eight immense showrooms and common areas. Each table was an over-the-top visual masterpiece, providing inspirations for holiday and year-round entertaining.

Congratulations go to the following winners:

- **Best Interpretation of Chosen Theme** – Joelle Snavelly, JoelleDesign, "The Lion Eats Tonight"
- **Over the Top** – Nicole Bryan, Eva Gladly, Julie Minor and Katie Gaukin, Van Auken Akins Architects, "A Feast in the Middle East"
- **Best in Show** – Barrie Spang, Lee Meier Interiors, "An Evening in Yountville"
- **People's Choice** – Judy Kushner, Judy Kushner Interiors, "Classy Sassy Brassy"

Funds raised at Entertaining by Design will support nutrition education and access programs at the North Union Farmers Market.



Pictured from top: "Classy Sassy Brassy" and "An Evening in Yountville."

# Super Sunday Success

The Jewish Federation of Cleveland thanks the 1,000+ volunteers and nearly 1,900 donors who collectively raised \$1,053,430 at last month's Super Sunday – one of its largest community-wide events of the year.

If you missed the chance to donate at Super Sunday, it's not too late. Make a gift that makes a difference by visiting [www.jewishcleveland.org/give/donate](http://www.jewishcleveland.org/give/donate).

Special thanks go to all Super Sunday co-chairs: Courtney and Robert Fishman, Rachel and Joel Heiser, Caroline and Eliav Sharvit, and Allison and Jason Wuliger.

Visit [www.jewishcleveland.org/give/campaign](http://www.jewishcleveland.org/give/campaign) to learn more about the Campaign for Jewish Needs. We are #strongertogetherCLE.



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# Agitated Back Pain

By Sherry Gavanditti

According to Debra Glett, Physical Therapist at The Peter B. Lewis Aquatic and Therapy Center (LAC) located on the Menorah Park Campus in Beachwood, back pain can be agitated by various catalysts, including:

## INACTIVITY

One surprising 'activity' that increases back pain is inactivity. According to the CDC, an estimated 50 million U.S. adults (about 1 of 5) report doctor-diagnosed arthritis. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply to 67 million by 2030, and more than one-third of these adults will have limited activity as a result. Research shows that activity in general improves back pain. The trick is to find an activity that does NOT make the pain worse. Should you suddenly start running ten miles a day? No. Walking is usually good for the back, and can be done almost anywhere. Walking allows the back to move in a normal fashion, and brisk walking for at least 20 minutes increases those feel-good hormones and natural pain killers. These endorphins help reduce stress, anxiety and depression and even help one to sleep better.

## SITTING

Sitting is one of the most common causes of lower back pain. Any extended sitting makes it worse. Simple tasks such as driving or waiting in the doctor's office, watching TV, or sitting at a desk can cause back pain.

## AGE

People of any age can have back pain. A younger disc is more likely to bulge than an older disc. But those over 50 may have accumulated some conditions such as arthritis, stenosis, old injuries and strains, and may be more prone to the flare-up of an old problem simply because they have "been around" longer to accumulate problems.

## STRESS

According to Glett, "The hormones that are released during emotional and mental stress are increased and those that are natural pain blockers are suppressed."

## PREVENTION AND TREATMENT

Therapists at the LAC have witnessed the healing power of land-based and warm-water therapy and injury-specific rehabilitation. They know the detriments of inactivity and create an individualized approach to each person's needs. The CDC confirms that nearly 44% of adults with arthritis report no leisure-time physical activity (compared with about 36% of adults without arthritis). Not being physically active is a risk factor for other chronic diseases (e.g., heart disease, diabetes, obesity) and interferes with management of these conditions. People with arthritis and other physical challenges need to know how to overcome barriers to physical activity to help avoid bringing on more problems. Glett told us that there are ways to help alleviate the pain.

## STAND UP FOR GOOD BACK HEALTH

The negative effects of sitting can be reduced by standing up frequently. Every 20 minutes, stand and place your hands in the middle of your back and arch the back gently, leaning the shoulders back (as long as you don't have balance issues, and with your doctor's permission). This activity is also helpful after bending to bathe, dress, or lift.



## POSTURE

Proper biomechanics are so important. LAC physical therapists offer safe lifting techniques to help clients at home and work. In addition, they can guide you in a safe, basic exercise program to stay healthy in any care-giving situation. A visit to your doctor for a recommendation to the LAC will help, especially when pain is severe or persistent.

## LACK OF SLEEP

Do you get enough sleep? How much sleep is enough? Each individual's needs may vary, but eight hours of good sleep in a comfortable bed is generally recommended.

## HEALTHY HABITS AND LIFESTYLE

Good nutrition, adequate hydration, proper sleep, and avoiding bad habits, like smoking and excessive alcohol, also help us stay healthy and ward off disease.

The LAC helps hundreds of clients each year who are suffering from chronic or agitated back pain.

For more helpful tips on aging well, visit [www.menorahpark.org/ARC](http://www.menorahpark.org/ARC). For a free back and balance screening, call 216.595.7345.

## Distance Learning Programs

The community is invited to attend the following free Distance Learning programs at Menorah Park. Please RSVP to [LaStuver@menorahpark.org](mailto:LaStuver@menorahpark.org), or call 216.831.6500, extension 244, for more information.

### Monday, December 8, 2:30 – 3:30 p.m., Auditorium

"A Day of Infamy: The Japanese Attack on Pearl Harbor"  
by The National WWII Museum (New Orleans, Louisiana)

### Monday, December 15, 2:30 – 3:30 p.m., Miller Boardroom

"Season of Light" by the Cleveland Museum of Art

### Monday, December 22, 2:30 – 3:30 p.m., Auditorium

"Chanukah: Festival of Lights"  
by Jerusalem EdTech Solutions (Jerusalem, Israel)





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# Four Seasons Luxury Residences Now Open

On Thursday, October 23, Four Seasons apartments held a sneak preview of its Four Seasons 4 building to provide guests with an opportunity to see all that the building has to offer in this gated community.

The \$16 million project offers 143 customized one-, two- and three-bedroom suites, ranging from 903 to 2,400 square feet and many upscale amenities.

"There is a growing demand for sophisticated apartment living that mimics the finishes and amenities found in high-end urban housing markets. The completion of Four Seasons 4 responds to that demand



with apartment suites that are unlike anything else in the area," said Jordan Goldberg, the project developer and principal of Goldberg Companies, Inc.. "The impressive views, the luxurious amenities and spacious suites offer residents an unmatched sense of sophistication and first-class service coupled with ease of living."

Outdoor and community amenities mirror the luxury of in-suite offerings at the prestigious Beachwood address. There is a lushly landscaped courtyard, accompanying water features and outdoor relaxation spaces, including a heated outdoor pool with cabanas. Residents may also relax by the outdoor entertainment areas with gas grilling and a fire pit, or enjoy the new state-of-the-art fitness studio, featuring Fitness by Request/Wellbeats, a fully integrated fitness technology, and Precor fitness equipment with personal television consoles.

For more information, visit [www.fourseasons4.com](http://www.fourseasons4.com).





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Chagrin Highlands Rotary on World Polio Day, October 24, 2014.

## A Polio-Free World – Almost

**T**he Chagrin Highlands Rotary is teaming with Rotary International to eradicate polio worldwide by 2018. At this time, only 293 cases exist.

Polio is a debilitating and deadly disease. With the Salk and Sabin vaccines, polio was ended in the United States long ago.

In 1979, Rotary International decided to try to end polio throughout the rest of the world. At that time it was an epidemic in 125 countries with 450,000 cases; with 45,000 people paralyzed and 4,500 dying each year. Rotary International decided to raise money from its 1.2 million members in order to vaccinate children throughout the world. By 1988, the Polio Plus campaign was born and Rotary raised \$247 million, of which \$11 million came from this area. Chagrin Highlands club member Don Kwiat (*pictured left, front row*) helped initiate the campaign worldwide. At that time, he was a trustee of the Rotary Foundation, headquartered in Chicago, and has been a Rotary member for more than 50 years.

In 1993, the 500 millionth child was immunized as a result of this program and by the year 2000, Europe and the Western Pacific were polio free.

There are now still 293 cases worldwide, with 220 in Pakistan, which authorities blame on attacks by insurgents targeting the vaccination teams. Most of these cases are in NW Pakistan where the Taliban have fought to prevent immunizations because they accuse the workers of acting as spies for the U.S. and say that the vaccine makes the children sterile. In June 2014, Pakistan launched a sweeping military offensive in the NW, a tribal region along the Afghan border. The religious and government officials have now asked that arms be laid down so that vaccinations can continue.

Rotary International will spend another \$2.7 million in Pakistan to continue vaccinations to end this disabling viral disease worldwide by 2018.

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Rotary International will spend another \$2.7 million in Pakistan to continue vaccinations to end this disabling viral disease worldwide by 2018.

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The Chagrin Highlands Rotary represents Beachwood, Woodmere, Orange and Pepper Pike. Anyone interested in more information on the polio campaign or the Chagrin Highlands Rotary Club, which does several other humanitarian projects, may call John Newburger, membership chairman, at 216.292.7737.



# STATE OF DECEPTION

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“Propaganda is a truly terrible weapon in the hands of an expert,” wrote Adolf Hitler in 1924. This thought-provoking exploration of Nazi propaganda challenges us all to think critically about the messages we receive today.

This exhibition was underwritten in part by grants from Katharine M. and Leo S. Ullman and The Blanche and Irving Laurie Foundation, with additional support from the Lester Robbins and Sheila Johnson Robbins Traveling and Special Exhibitions Fund established in 1990.

This installation of *State of Deception* is generously sponsored by John P. Murphy Foundation; Ratner Family; Wolf Family Foundation; Stanley G. Blum; and Donna Yanowitz.

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Image: From a poster for the film *S.A. Mann Brand*, 1933. *Kunstbibliothek Berlin/BPK, Berlin/Art Resource, New York*

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## Artist Seph Lawless Art Exhibit and Fundraiser at the Beachwood Library

**D**uring the month of December, the Beachwood Library is thrilled to host an exhibit of photographs by Cleveland-based artist and activist Seph Lawless.

Lawless has received national attention for his photos of abandoned buildings, documenting “the demise of old symbols of American commercialism,” and is probably best known in the area for his photos of the abandoned Randall Park and Rolling Acres malls. His works are currently on display at Amerikahaus Art Museum in Munich, Germany, and the library show is a replica of that exhibit.

Lawless is also the author of three books on photography and social activism. Books and prints will be available for purchase during the run of the exhibit, with 100% of all sales donated to the Greater Cleveland Food Bank. The Library will host a meet and greet with Lawless on Saturday, December 6, from 3 to 5 p.m. For more information, visit [www.sephlawless.com](http://www.sephlawless.com).

### Children's Programming

#### Baby and Me Yoga

December 4, 10 a.m.

Ages Birth-18 months with a caregiver

Learn yoga techniques, such as breathing, stretching and strengthening for both caregivers and babies. This beneficial class helps adults relax while having fun with their infants.

#### Who's Ready for School? Kindergarten Readiness

Ages 4 and 5 with a caregiver

**Colors** – Strengthen observation and fine motor skills –  
December 8, 1:30 p.m.

**Alphabet** – Build early reading and writing skills – December 15, 1:30 p.m.

Help your preschooler make the transition into his/her year of school. Explore hands-on activity stations together.

#### Hebrew Storytime

December 10, 4 p.m.

Ages 2-8 with a caregiver

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

#### Build-o-Rama

December 11, 4 p.m.

Grades 1-5

Calling all LEGO® bricks lovers! Join us for our building blocks program. Bring your mad skills and create your own masterpiece, using our LEGO® pieces and a different building theme each month!

#### Friday Family Fun: Crafternoon!

December 12, 1:30 p.m.

Ages 2-5 with a caregiver

Feather, buttons, ribbon, glitter, googly eyes and more! We supply the art supplies, you supply the creativity. Make a special gift for someone you love or a masterpiece to hang in your home.

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

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Anne Glorioso  
216.831.1220  
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Laura Capuzzo  
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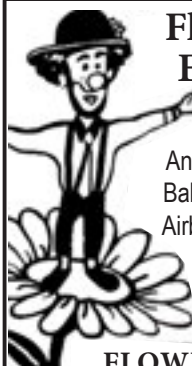
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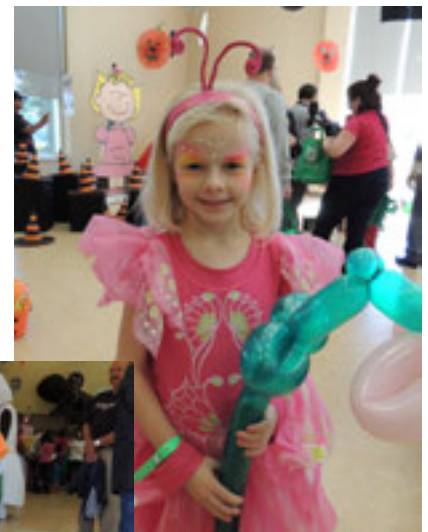
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## Princesses and Pirates

On Sunday, October 26, the City of Beachwood hosted its annual Princesses and Pirates event at the Beachwood Community Center at which 3-6 year olds celebrated Halloween with their families. Children dressed up as their favorite characters, and enjoyed playing carnival games and winning prizes. Fun was had by all at this popular, annual event!



Clockwise From Top:  
Akash & Akanksha Saikia,  
Katie Roush, Olivia Kim,  
Ethan and Julianna Chan.

## Rescue Village Announces its 5th Annual Art from the Heart

Please join Geauga Humane Society's Rescue Village for its 5th Annual Art from the Heart holiday art show. This exciting show will feature nationally renowned artists showcased in a pop-up shop, located at La Place. The open house-style event is an eagerly awaited party and art show, with a portion of all art sales benefiting Geauga Humane Society's Rescue Village. Art from the Heart will take place on the following dates: Friday, December 12, 5 – 9 p.m.; Saturday, December 13 from 10 a.m. – 9 p.m.; and Sunday, December 14, from 12 – 5 p.m. The event will feature an art sale, artists raffle,

adoptable animals, wine/mimosas and more. In addition, guests will enjoy live music by Texas Plant on Saturday at 7 p.m., and by David and Valerie Mayfield on Sunday at 2 p.m.

This popular event is free and open to the public with portions of the sales benefiting the homeless animals at Rescue Village. Don't miss this premier event! Come celebrate the beginning of the holiday season and party, shop and mingle all in support of a great cause.

For questions, please contact Marketing and Events Coordinator Anna Marie Velazquez at [marketing@geaughumane.org](mailto:marketing@geaughumane.org).

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