

Beachwood Buzz

December 2015

Every Resident. Every Business. Every Month.

MAGAZINE



**Blum Cracks Code
to a Well-lived,
Colorful Life**



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A few years ago I published an editorial based on the book, *The Secret*, by Rhonda Byrne. Just a few weeks ago, a friend suggested I watch the movie, a documentary that features scientists, authors, entrepreneurs and philosophers who reveal how *The Secret* had transformed the lives of those who lived it... Plato, Newton, Carnegie, Beethoven, Shakespeare and Einstein, just to name a few.

What is The Secret?

Without exception, every human being has the ability to transform any weakness or challenge into strength, power, perfect peace, health and abundance. By knowing and living by this premise, everything is possible. Nothing is impossible; there are no limits. Whatever you dream of can be yours.

The Secret is the law of attraction. We attract everything in our lives through images we hold in our minds. The Secret is based on magnetism. We are all energy fields, so we attract what we put out. Positive or negative, good or bad, the law of attraction manifests things you think about and will deliver every time.

The law of attraction works by our thoughts and our feelings. When we enjoy good feelings, good vibes, excitement, joy, gratitude or love, we draw more of the same into our lives. On the other hand, if we are fearful, angry, anxious or feeling down, more of that will come your way.

The law of attraction works on frequencies. If you like what you're getting, stay on the same channel. If not, do something for yourself to change the frequency!

There are three steps to achieving what you want through the law of attraction: Ask, believe and receive.

Ask

Make a command of the universe and wait for the universe to respond to your thoughts. What do you really want? Sit down, and in present tense, write how you want your life to be in every area.

Believe

Believe that what you want is already yours and the universe will start to rearrange itself to make it happen for you. Many people haven't allowed themselves to want what they really want because they can't see how it would manifest. When your thoughts and feelings are strong enough, you don't need to know how something will manifest. It will be shown to you. You will attract the way. You've got to feel and believe!

Receive

Think about what you want and feel the way you will feel once it arrives. Feel it now. Feel good. Close your eyes and truly feel you already have it. Be on the correct frequency of what you truly

want. Don't delay, second guess, or doubt your choices. When opportunity, impulse or an intuitive nudge from within is there, act!

Jack Canfield, author of the *Chicken Soup for the Soul*® series, explains how you should decide what you want, believe you can have it. Believe you deserve it. Believe it's possible for you. Close your eyes, every day for several minutes and visualize having what you already want and the feelings of already having it. Come out and focus on what you're grateful for already. Really enjoy it. Then, go on with your day and release it, and the universe will figure out how to manifest.

The law of attraction works with relationships, too. Enjoy your own company! How can you expect others to enjoy your company if you can't enjoy it yourself? Treat yourself the way you want others to treat you. See your own inner beauty. Have a healthy respect for yourself. Visualize and feel what you want in all personal relationships.

In health, our body is the product of our thoughts. In medical science, it is being more widely accepted that the nature of our thoughts and emotions actually determines the physical substance of structure and function for our bodies and the human mind is the biggest factor in healing. Disease is described as "dis ease." Dr. Ben Johnson says if you visualize self-healing and remove physical stress, your body will do what it is designed to do – to regenerate itself.

You are the creator of your destiny. Energy flows where attention goes. Focus on what you want, not on what you don't want. Bliss, joy, love, abundance and prosperity are out there, waiting for you to grab hold of it. When you become intentional, the universe will deliver every single thing you've been wanting.

The law of attraction is like having a genie in the bottle who says your wish is my command. What you focus on is what you'll receive. Write down what's working for you and what's not. Focus on strengths, and problems fade away. Focus on the weaknesses, and they will multiply. We cannot control other people, no matter how much we try. There is only one person who can be in charge of your joy or bliss. That's you.

As we move into the holiday season, take some time to watch *The Secret*. It will provide a new perspective on how you can maximize your possibilities and truly make your future as abundant as you would like it to be. I wish you, your family and loved ones a happy, healthy holiday season.

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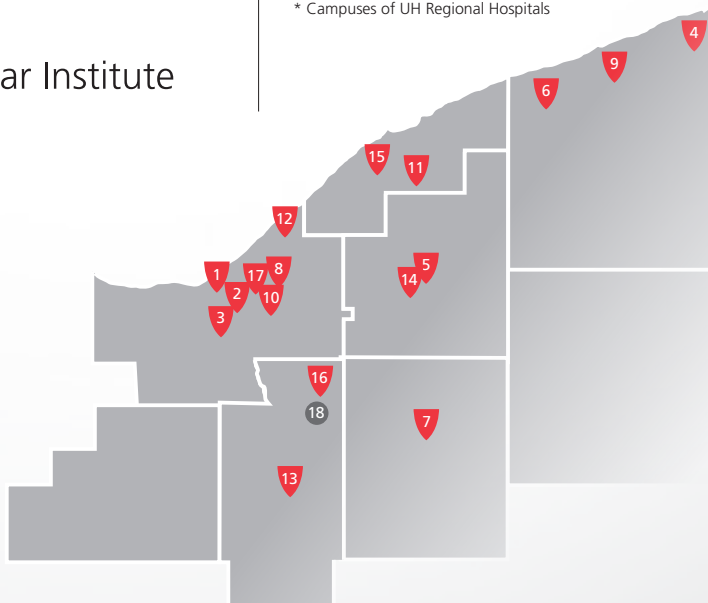
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University Hospitals Physician Office Location

18. 1335 Corporate Drive, Hudson

* Campuses of UH Regional Hospitals



Beachwood Buzz

Every Resident. Every Business. Every Month.

Buzz
MAGAZINE

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

Calendar Section

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

Article Submissions

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

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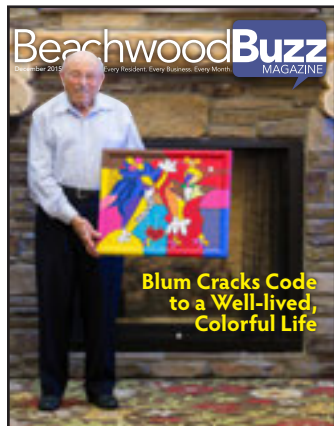
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COVER STORY

Stanley Blum has a battle cry that's rallied him for most of his 94 years, and it continues to serve him well: Give me a problem and I will find you a solution.

Full story on page 8.

Story by June Scharf.

Photos by Scott Morrison, Discovery Photo.

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Upcoming Meetings

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Peter Max Returns to Beachwood

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Partnering with Cleveland Metroparks

Beachwood High School 15th Annual Leadership Conference

Hilltop Celebrates Peter Max

Orchestra News

Elderclass Lunch & Program "Surviving the Drought"

Everyone has a story to tell. Tell yours in *Beachwood Buzz*.

Beachwood Buzz is a magazine about Beachwood, by Beachwood, for Beachwood.

Please submit your announcements, photos and story ideas to beachwoodbuzz@gmail.com.



Coming next month:
Details on Elementary and Athletic facilities recommendations.

Hebrew Storytime
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Letters to the Community

Persistence and Resiliency pays off – I’m Back!

I want to take this opportunity to thank the residents of Beachwood for choosing me to serve them on City Council. My discussions with residents when I walked door-to-door during my campaign, at candidate forums, and at city and school events allowed me to hear and understand even better what Beachwood residents like about the city and where we need to improve. As a member of City Council, I will work diligently with the Mayor, the other members of City Council, the city’s department directors and the School Board to ensure that we continue to receive the excellent level of services we have come to expect, attract new businesses to our commercial areas while retaining existing businesses, develop plans for the redevelopment of those areas of the city in need, and make certain that our tax dollars are spent wisely. Thank you again for your trust in me to be your eyes, ears and voice on Council. I will do everything in my power to make certain that Beachwood is the best run, most fiscally responsible, and most responsive city it can be.

Sincerely,
Justin Berns

First, thank you to the voters of Beachwood and those supporters who contributed and worked on my campaign, especially on Election Day. I am proud of our efforts and that we were able to focus on the issues and not personalities. Congratulations to Barbara Bellin-Janovitz, Brian Linick, Justin Berns and Marty Horwitz. They, and Mark Wachter and Michael Silver, ran excellent campaigns. I hope that the promises of transparency and more citizen involvement in Beachwood government that were supported by all of the winning candidates and other members of Council are achieved.

My intention is to stay actively involved to ensure that the promises of the new Council are kept and that, hopefully, some of the ideas and proposals I championed during the campaign are embraced by the new Council. Beachwood is blessed with strong resources and has excellent community services. However, there is room for improvement and we have elected a new Council that can achieve a better Beachwood.

Michael A. Ellis

Dear Friends and Neighbors:

I believe this was the most significant Council election in two decades. The residents have made it clear that they value diversity on Council and want new ideas and new leadership to take us into our City’s second century. All of the candidates in this election, as well as the residents, raised important issues that need to be addressed. We need to work toward a city that is more innovative, transparent, and responsive. I am excited and optimistic to work with this Council as we form a new team dedicated to preserving the traditions and programs that make Beachwood great, while moving toward a new vision that better reflects the needs and goals of our residents.

I pledge to the residents of Beachwood that I will always have open and honest communication with you. I will work to maintain and improve our high level of services, find innovative methods to increase economic development, and strive for fiscal responsibility to avoid future tax increases. With 20 years of public service in this community, I look forward to serving as a resource to our newer Councilmembers. Beachwood has a great future ahead of us, and I am proud to be part of this new leadership team. Thanks to my family and friends who worked so hard during this campaign. And thank you to our residents for the support, trust, and confidence you’ve shown by re-electing me to a second term on the Beachwood City Council. I look forward to working with you.

Martin S. Horwitz

Thank you to my fellow Beachwood residents for honoring me with your vote last month. I am humbled by your overwhelming support of my candidacy and grateful that you have placed your trust in me.

I am also thankful to my friends, family and loyal supporters who so generously contributed their time, effort and funds to our campaign during the past six months.

Thank you to: Mark Wachter for his long service to the community and best wishes for the future; Michael Ellis and Michael Silver for raising thoughtful issues and ideas; and Martin Horowitz, Justin Berns and Brian Linick for an exciting, yet respectful, campaign. I admire all of them for their dedication to Beachwood.

Being an effective councilperson includes listening to you, translating your concerns into workable proposals and building consensus to implement them by appropriate legislation. Thank you for taking the

(Continued on page 9)

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(Continued from page 6)

time to share your ideas and concerns with me during the campaign. Your advice is important to me and I hope you will continue to share your suggestions and feedback so that I may represent you in the best way possible. Please feel free to contact me at 216.406.5914 or email me at bbjanovitzforcouncil@gmail.com.

We will work together so that Beachwood continues to be the best place to live, work and play. Thank you for using your voice and your vote to express your confidence in me.

The outpouring of support I have received has energized me, and I am excited to begin working as a member of Beachwood City Council.

Barbara Bellin Janovitz

I thank all of those in the community of Beachwood and beyond who supported my campaign to Elect Michael Silver for Beachwood City Council. I am fortunate to have met many residents along the campaign trail and to have made a number of new friends through this experience. I continue to meet residents who appreciate my message of a city government that is responsive to its residents, responsible with its tax dollars and protective of its residential neighborhoods. I look forward to continuing to be engaged as a community leader working to protect the interests of Beachwood residents. I'm proud that I was a part of this process.

Sincerely,
Michael Silver

Dear Friends,

I've enjoyed 17 years on the Beachwood City Council, and I am proud of our accomplishments during that time. One of the best parts of the recent campaign was realizing what a great group of friends and supporters I have in the community.

While I will not be in a position of leadership, I still plan to advocate for residents to assure that Beachwood will continue to be a great place to live.

I've been honored to serve on City Council.

My sincere thanks and best wishes,
Mark Wachter

Dear Friends, Neighbors and Residents of Beachwood,

Thank you for re-electing me to the Beachwood School Board of Education. I am truly thankful for your support and confidence in continuing to allow me to serve in this capacity and represent you, the citizens of our city.

I will continue to devote my time, energy and experience listening to Beachwood parents, residents and students and represent the needs of the community accordingly. I want to assure you that the trust you have placed in me is well founded and that I will continue my commitment to serve our community and our Beachwood School system.

Thank you,
Joshua Mintz

Hello Neighbor,

Thank you, each and every one of you. Once again, you have put your trust in me to be part of the team that oversees Beachwood's most valuable asset, our school children. Your confidence is something I appreciate, and I promise to continue to work every day to make sure you always feel you made the right choice.

I am inviting you to attend my swearing-in ceremony. It will take place at our brief organizational board of education meeting on January 4 at 7:30 pm.

As always, know you can call me any time with any questions. My mobile phone is 216.276.2289.

Thanks for your support and your trust, and I hope to see you January 4.

Go Bison,
Steve Rosen

Cuyahoga Arts & Culture Celebrates Renewal of 10-Year Cigarette Tax, Encourages Residents to Explore Arts & Culture in Our Community

Cuyahoga County voters said "yes" to Issue 8, the penny-and-a-half tax and sole revenue source for Cuyahoga Arts & Culture (CAC), the County's public funder for arts and culture. The renewed tax, which was set to expire in January, 2017, will provide CAC with 10 additional years to invest millions in the local arts and culture sector and support thousands of events in Cuyahoga County communities each year.

"We are grateful to voters of Cuyahoga County who supported Issue 8," said Karen Gahl-Mills, CEO and executive director of Cuyahoga Arts & Culture. "By voting 'yes,' our community has affirmed its support for the dynamic arts and cultural assets that enrich our lives every day."

Since its inception, CAC has helped make Cuyahoga County one of the top public funders of art and culture in the country. Since it was created by residents in 2006, CAC has:

- Invested more than \$125 million in Cuyahoga County's arts and culture sector, including grants for operating and project support for organizations of all sizes.
- Supported a broad range of arts and culture that includes museums and cultural institutions, small community theaters, nonprofit galleries, nature and science centers, and more.
- Made more than 1,200 grants to more than 300 arts, cultural, educational, and community organizations, offering programs in thousands of locations in Cuyahoga County.

With the levy renewal, CAC is looking toward the next decade and is dedicated to continuing its mission to inspire and strengthen the community by investing in arts and culture.

"As a community, we can now focus our attention on the future of arts and culture in Cuyahoga County," said Karen Gahl-Mills. "But today, we say 'thank you' by inviting and encouraging Cuyahoga County residents to go out and enjoy the hundreds of programs, performances, events, and fun that have been made possible in part by your support."

Cuyahoga Arts & Culture invites the public to stay in touch so that its ideas can shape our future work. County residents may connect and celebrate with CAC online at www.cacgrants.org/thankyou or view hundreds of Cuyahoga County arts and culture events at www.cacgrants.org/events.



Blum Cracks Code to a Well-lived, Colorful Life

By June Scharf

Stanley Blum has a battle cry that's rallied him for most of his 94 years, and it continues to serve him well: Give me a problem and I will find you a solution.

"Just let me have a crack at it," he has demanded of many gatekeepers along his life's journey.

His persistence and determination created opportunities and, indeed, solved problems. He even holds 10 patents to prove his mastery over challenges. But he's not nearly done. He continues to immerse fully in life, with every square on his large paper desk calendar filled with three to four activities – none of which are doctors' appointments.

It's easy to be engaged by Stanley, a snappy dresser with an intense focus and thoughts that fly at a rapid pace. When conversing in his home at Wiggins, he is surrounded by great stimulation from a vast and eclectic collection of art work, much of which is Judaica that was acquired over the course of seven trips to Israel.

Stanley also displays some original acrylic paintings, all abstractions in bold, vibrant colors, which reflect the style of local artist Hector Vega. His paintings are stunning assaults delivered through art and imagination, reflective of the collector himself – a man whose mind never rests.

The real job here is for others to solve the mystery of how he became this joyful person, now dedicated fully to "making the world a better place," as he likes to frame it. He's accomplishing that goal through philanthropy, volunteering and a new mantra: meeting needs before people even know they exist.

"That's me. And it gives me a real thrill," he says with a big grin.

If one turns back the clock to search for clues during Stanley's early childhood, one may find a rather grim picture. He was an only child, cradled and nurtured by extreme poverty.

"I grew up with nothing. We were an inch from losing our house every month. And each week, we received four bags of groceries from my grandparents." But two of those precious bags were shared with an aunt. That

gesture significantly impacted Stanley.

"I saw compassion," he says.

And its lessons seemed to become hard wired in his consciousness. He tells the story of how, when he was a little older and the finances were under better control, he witnessed a poor child offer to watch his family's car for a nickel when they parked it to enter a restaurant. His father declined paying the boy.

When the meal was nearly finished and dessert was an option, Stanley asked his dad if he would pay the boy a nickel if dessert was skipped. Stanley vividly remembers the incident and the feelings that surrounded it. His dad agreed to pay the boy the nickel, but also allowed Stanley to have dessert. The payment made Stanley's heart swell, and he recalls this as being his first compassionate act.

His mother shaped him by delivering inspiration through her support and praise, something that never went to his head.

"When I came home with an 'A' or I was cast in a play or got on the debate team, she was very vocal and gave me lots of hugs," he explains. "This just made me try harder, to get some more praise."

He was always a good student and this earned him one of 19 full four-year scholarships awarded to Jewish men at Rice University in Houston, his hometown. He studied business administration and graduated in 1941.

After graduation, Stanley served in the military, in England, for three-and-a-half years. When the war ended, the military determined who should go home first, based on combat duty, so Stanley remained on duty in England for six more months. To keep the men occupied, the military created baseball, football, soccer and tennis leagues. Stanley was a relatively good tennis player, won matches, advanced to play at Wimbledon, and lost in the

quarterfinals to Ted Falkenburg (Davis Cup member).

Following his Wimbledon experience, while still on pass, Stanley went to visit the small town of Torquay, located on the southwest tip of England, where he stayed at a Red Cross for \$1 per day. In the evening, he ventured out to a local spa, a charming hotel with a ballroom, where he asked a lovely lady to dance. Later that evening, he and Betty went for a walk on the beach. As the evening ended, when he walked her back to her hotel and asked if she would be on the beach the next day, she told him she was a horsewoman and was going riding in the morning. Stanley, a horseman himself, was enthusiastic about her passion and accompanied her to the stables the next day.

After their ride, Stanley recalls with a smile, he didn't have enough money to pay, and Betty paid for him. When she got home, her mom felt that Stanley was a con artist who would never return the money.

It was during this time he fell in love with Betty, who later became his wife, a prospect that was met with complete disapproval, even though he had paid his riding debt on his next visit to Torquay.

"Betty's family didn't know anything about me. They thought my home state of Texas was all about cowboys and Indians; they didn't like that I had no job, and they felt I wasn't Jewish because I'm Sephardic and they were Ashkenazi. Plus, no rabbi in England at the time would conduct a marriage between the two groups."

Stanley, in typical fashion, solved each problem, most notably by gaining employment after he returned home and then reaching out to his rabbi in Houston, Rabbi Alan Green, who later came to Cleveland to serve at Temple Emanu El. Through some letters exchanged between Green and the rabbi in England, the matter was resolved. A marriage would be performed and her family accepted it. The couple settled in Houston.

Stanley began his career at Foley's, the biggest department store in Texas, which later

He was an only child, cradled and nurtured by extreme poverty.

became Macy's. He describes his hiring as miraculous because he didn't fit the job description. It called for an industrial engineer, a far cry from his training. He was, however, the guy who always liked solving problems, and that's how he talked his way into the position.

"They gambled on me and while I couldn't do everything required, I could handle some projects quite well." It was also a foot in the door that led to other positions within the company. He excelled in each one and leapt over managers to become a senior vice president, which did not endear him to those ranked below him.

In 1970, he joined Uncle Bill's stores as a senior vice president, where he was involved with merchandising. He was running the store with Richard Bogomolny, who is now Musical Arts Association chairman for The Cleveland Orchestra.

Shortly after obtaining this position, it was dissolved, and Stanley met the man who would become his future business partner, with whom he invented, patented or copyrighted products that they sold to a range of industries. These creations included a rechargeable probe that measures water content in soil for potted plants. He and a chemist created a pool chemistry probe to test water pH and another probe to test soil pH. After watching a canasta card game, he designed a card shuffler, and a container that held cards, a score pad and pen – which sold millions.

He invented a device to measure possible leakage from microwave ovens, and a fisherman's gauge that tests water for higher alkalinity areas where Largemouth Bass tend to cluster.

Along the way, Stanley enjoyed a 65-year-long marriage with Betty on Hadley Road in Shaker Heights, until her death in 2012. They raised two children, Linda Slucker, who served as national vice president of National Council



Stanley Blum proudly displays volunteer awards, as well as a photo of him and his daughter, Linda Slucker, former national president of NCJW, while visiting President Obama at the White House.

of Jewish Women, in New Jersey; and Michael, an environmental biologist for the Environmental Protection Agency in Washington State. Stanley has two grandchildren and two great grandchildren.

Retirement is where Stanley now finds tremendous traction. He volunteers for various Jewish organizations, with one notable recent achievement as a member of the Jewish Community Federation's art committee that worked for two years to help bring to the Maltz Museum the educational and inspirational exhibit, "Violins of Hope," a collection of restored instruments that survived the Holocaust.

What partly drives his pleasure in volunteering is his keen interest in making new connections.

"I like to be around people. I'm constantly finding myself breaking silences and starting conversations, always with sensitivity."

One source of this contact over the years has been through his service at a soup kitchen, which he says provides some of his happiest times because he's helping people. Making anonymous monetary donations is another means by which he achieves satisfaction. He seeks altruism over recognition, though his efforts have not gone unnoticed.

His volunteer work for organizations, including Temple Emanu El, the Jewish National Fund, Menorah Park and National Council on Jewish Women, have earned him great recognition and

appreciation of his dedication. Last year, he earned the Most Respected Volunteer Award from Temple Emanu El, along with the "Mensch of the Year for 2015" award from the temple's brotherhood. And last year, the Jewish Federation of Cleveland recognized him for the second time as its most dedicated volunteer. He also shared that he is the only person who collects Jewish National Fund blue boxes, and until two years ago, he and his wife would sit for hours, counting the money.

Until age 90, Stanley played golf and tennis, a testament to his remarkable health with only an arthritic hip now, but that's nothing, he says, compared to what many others must endure. His favorite TV shows – Downton Abbey, Selfridges and Shark Tank – are transparent glimpses into his own past, with the latter plugging into his entrepreneurial spirit and the others focusing on England, which figured prominently in his family life.

Stanley believes that his legacy is one of compassion.

"If you have that, you are blessed and satisfy a feeling in your soul, delivering hope to others."

So the solution to the problem of understanding how Stanley has managed throughout life, during which he experienced the full spectrum of what's possible, is that simple – giving of himself and reaping an emotional reward.

Happy Holiday Shopping

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- Target
- Toys R Us/Babies R Us
- Old Navy
- Ulta
- Five Below
- Micro Center
- Bed Bath & Beyond
- Michaels
- Marc's
- Fish Furniture
- Marshall Carpet
- Lee Jewelers
- Great Clips
- Eclipse Hair
- John Roberts Salon
- CVS
- Fox & Hound
- 5th Avenue Deli
- Chipotle Mexican Grill
- Café 56
- First Watch
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- Nail Lacquer
- Atlas Cinema Eastgate
- Games Workshop

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Diversity Matter Hosts Black History Program

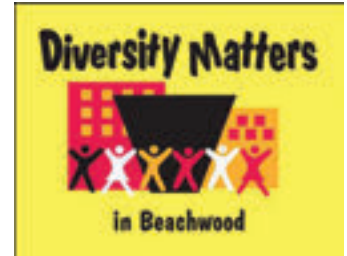
Diversity Matters in Beachwood will host its annual Black History Program on Sunday, Feb. 21.

Vendor tables for this event are available for \$40 per table, with an early-bird special rate of \$25 if booked by December 31.

Program ads ranging from \$10 to \$50 are also available.

For more information, please email Dee Tabb at wdtabb@gmail.com or visit www.beachwoodschoools.org/diversity.aspx.

Diversity Matters in Beachwood creates unity and brings awareness of the African American culture within the Beachwood School system to enhance educational and community enrichment via programs and events.



Jewish Federation of Cleveland Community Events

The community is invited to attend these upcoming Jewish Federation of Cleveland events. For more information or to register for the events below, please visit www.jewishcleveland.org.

Dialathons

Sunday, Dec. 13, 9 am – noon

Monday, Dec. 14, 6:30 – 9 pm

Tuesday, Dec. 15, 6:30 – 9 pm

Jewish Federation of Cleveland

25701 Science Park Drive, Beachwood

Participate at Dialathons and make calls in support of the 2016 Campaign for Jewish Needs. To register, contact rtyler@jfcleveland.org

Not Your Typical Camp Fair

Sunday, Jan. 24, 2 – 4 pm

Whirly Ball Cleveland, 5055 Richmond Road, Bedford Heights

Find the perfect Jewish overnight camp experience for your child. Check out a variety of camps, interact with camp directors, and meet other camp families while your kids play whirly ball and laser tag with friends and camp staff free of charge!

Take the first step in faith. You don't have to see the whole staircase. Just take the first step.

~ Dr Martin Luther King Jr.

Beachwood PTO Clipboard

The Beachwood PTO congratulates the staff, students and families of Hilltop Elementary on being named a 2015 National Blue Ribbon School!

BOXTOPS: Please remember to save your box tops and drop them off at the elementary schools.

GARAGE SALE: Start saving your belongings now – the Beachwood PTO garage sale is returning spring of 2016.

Chanukah Celebration

Come join Jewish National Fund and Alexander Muss High School in Israel (AMHSI) for a special Chanukah menorah lighting, latkes, and an informational session on semester-abroad programs in Israel for Jewish high school teens, at Park Synagogue East on Monday, Dec. 7, at 6:30 pm. For more information, contact Mindy Feigenbaum at 216.292.8733.

Rabbi Joel Chazin Birthday Celebration

Free and open to the community.

Please join us for a joyful afternoon of music and celebration as we honor Rabbi Joel Chazin on his 20 years of service as Montefiore Chaplain and his 80th birthday.

The event takes place Sunday, Dec. 20, from 2:30 – 4:30 pm in Montefiore's Maltz Auditorium, One David N. Myers Parkway.



Visit montefiorecare.org, click on "Make a Donation" at the top and select "Montefiore's Rabbi Fund" to help all the great life-enriching programming Montefiore offers residents.

For more information or to RSVP, contact Denise Pease, foundation assistant, at 216.910.2350 or email dpease@montefiorecare.org by Friday, Dec. 11.

Celebrate Chanukah at Fairmount Temple

Anshe Chesed Fairmount Temple (23737 Fairmount Blvd., Beachwood) will celebrate the upcoming Chanukah season with a Chanukah Shabbat Service on Friday, Dec. 11, at 6:15 pm. All are welcome!

The Fairmount Temple clergy will be joined by a Chorale and the Hava Nashira Jr. Choir for a service to celebrate the Chanukah season with music, song and light. This festive service features a new take on popular songs, including some from Taylor Swift and James Taylor. Following the service, please stay for a free, festive Chanukah oneg (reception) with potato pancakes and more.

Families with preschoolers are invited to a free Holiday Happenings Program on Sunday, Dec. 6, at 9 am. Children (pre-K and under), accompanied by a parent or grandparent, are invited to learn more about Chanukah through craft, song and story. To RSVP, contact Elizabeth Kleckner at 216.464.5890 or Ekleckner@fairmounttemple.org.

Fairmount Early Childhood Center Preschool and Camp Registration

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

Preschool/Camp Parent Information Night

Thursday, January 7, 2016 • 7 p.m.

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2016-2017 school year.

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

Preschool and Camp Registration

Residents

Wednesday, January 13, 2016 • 3:30 p.m.

Open Enrollment

Wednesday, January 20, 2016 • 3:30 p.m.

New Young 5's Class

5 days per week • 9 am - 3 pm

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Honoring Veterans on Veterans Day

The City of Beachwood and the Beachwood Historical Society honored all veterans in a special ceremony at the Beachwood Cemetery on November 8. The cemetery is the final resting place of veterans from seven wars as far back as The Revolutionary War.

The ceremony began with the Beachwood Color Guard's taking its position, followed by Councilmember Alec Isaacson, who presented a proclamation to recognize our veterans and thank them for protecting us, our city and our nation. With nearly 100 people in attendance, they heard veterans Judge Michael Jackson, Al Hirsh, Ptl. Terrill Rodgers and Dan Abraham.

Judge Jackson talked about the importance of trust within his unit and the difficulties vets often have when transitioning back into their communities. He also talked about the Veterans Treatment Court and encourages those interested in volunteering to reach out to the VA volunteer office (www.cleveland.va.gov/giving/).

Resident Al Hirsh told of his days during the Holocaust, followed by recruitment to serve in Korea, saying how he went from one hell hole to another. Nonetheless, he said he is proud to have served as a medical technician and to be a vet of the U.S. Armed Forces.

Beachwood Police Officer Terrill Rodgers spoke about veterans' bravery and sacrifice and how they do things others won't do to protect the land we love. He ended his presentation with a touching poem, "They Did Their Share," by Joanna Fuchs.

Veteran Dan Abraham spoke about basic training and how it

helped him overcome fears and become the man he is today. Abraham was honorably discharged in 1990 and called back to serve in Kuwait. He now specializes in mental health services, working with veterans.

Additional participants included Dylan Rhoad, who sang "God Bless America," Wolfpack Battalion ROTC from John Carroll University and Boy Scout Troop 618.

Rosemary Nemeth ended the program by saying, "Freedom is not free. Take time to honor the noble and brave. When you see a vet, be sure to thank him."

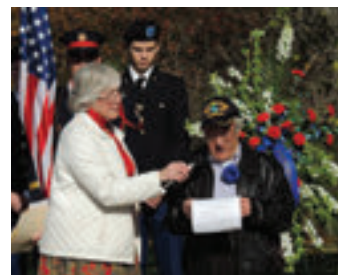
"Freedom is not free. Take time to honor the noble and brave. When you see a vet, be sure to thank him."

Pictured from top: Alec Isaacson presents proclamation, Judge Michael Jackson, Al Hirsh (with Rosemary Nemeth), Ptl. Terrill Rodgers, Dan Abraham, Beachwood Color Guard and Cadets from Wolfpack Battalion ROTC, John Carroll University.

Bottom right, sitting: Morris Finney Jr., Ted Hersh, Al Hersh, Michael Blain and Fred Eisenstadt. Standing: Cdt. Emily Hansen, Cdt. Kevin Coleman, Ptl. Terrill Rodgers, Capt. Gary Haba, Ptl. Ben Bouw, Ptl. Preston LaFrance, Police Chief Keith Winebrenner, Ptl. Matt Pawlak, Dan Abraham, Ptl. Aaron Lieb, Steve Palisin, James Farrell, Tom Kuskin, Al Muhle, Judge Michael Jackson, Burt Siebert, Bill McCartney, Phil O'Neil, Cdt. Gabriel Pecze, Cdt. Brendan Reilly, Cdt. Connor Nemunaitis, Cdt. Zachary Donner and Sgt. Major Carmicle.

Councilmember James Pasch, Ptl. Terrill Rodgers, Councilperson-elect Justin Berns, Ptl. Aaron Lieb, Capt. Gary Haba, Ptl. Preston LaFance, Police Chief Keith Winebrenner, Ptl. Matt Pawlak, Ptl. Ben Bouw, Councilmember Martin Horwitz, Councilmember Alec Isaacson.

Dylan Rhoad concludes the ceremony by singing "God Bless America."



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Upcoming Programs

Women of Fairmount Temple

The Women of Fairmount Temple invite you to attend the following programs:

Annual Chanukah Celebration

Tuesday, Dec. 15, 7 – 9 pm. • Fairmount Temple Social Hall

In addition to candle lighting, a talk by Cantor Sager, singing, and a Chinese auction, guests will feast on latkes, applesauce and sour cream and other delicacies. This is a free event for paid-up WFT members with guests paying only \$5. The Chinese auction will need attendees to bring a wrapped gift of \$10 or less. Special guests are the women of Fairmount Presbyterian Church who work with WFT members monthly to produce alphabet books for children at the Cleveland Sight Center.

Bible Study • Lunch • Speaker Betty Zak

Tuesday, Jan. 5

Bible Study Class starts at 10:30 am. Led by Sue Arnold, this class will take place in the library. Lunch is at noon (\$8/member and \$10 for guests). At 1 pm, guest speaker Betty Zak will speak about "Scandals in the House of Windsor." To make a reservation, call Phyllis Henry, 440.461.7921, on Monday. Reservations can also be made by calling 216.464.1330 on Tuesday between 9:30 and 10:30 am.

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JFSA Signature Event Honoring Dr. David Rosenberg a Huge Success

Jewish Family Service Association honored 2015 Anne C. Schwartz Leadership Award Recipient Dr. David Rosenberg at Anshe Chesed Fairmount Temple on Wednesday, Oct. 14. More than 450 guests attended the sold out event which included a VIP dinner and a program featuring keynote speaker Dr. Jeffrey Brenner, Mac Arthur Fellow and executive director of the Camden Coalition of Healthcare Providers.

The evening's program focused on JFSA's Medical Clinic Alyson's Place and its innovative healthcare delivery model that serves the community's most vulnerable populations. The clinic, which opened in part due to Dr. Rosenberg's efforts, serves as a bold step in integrated healthcare, a fact that was reiterated in Dr. Brenner's remarks. The program ended with an energetic Fund-A-Need auction which raised over \$40,000 for the agency.

"David is so deserving of this special award," says JFSA Board Chair Phil Cohen. "His commitment to our community is truly inspiring. The success of this event is certainly proof of that."

Jewish Family Service Association of Cleveland, a



JFSA Board Chair Phil Cohen, JFSA Board Member and honoree Dr. David Rosenberg, and JFSA President and CEO Susie Bichsel.

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.

Chagrin Valley Camera Club

The Chagrin Valley Camera Club will hold its next meeting on Tuesday, Dec. 15, from 7 to 9 pm at the Orange Library, with Brian Snyder is its quest speaker. Snyder will discuss his many photographs and book about Walborn Reservoir. You can check it out at <http://www.briansnyderphotography.com/presenting-a-photographic-journey-of-walborn-reservoir/>. This meeting is open to the community.



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Jewish Community Raises Millions to Help Those in Need

Campaign total to be announced at closing event; public invited

On Wednesday, Dec. 16, the Jewish Federation of Cleveland will celebrate the closing of the 2016 Campaign for Jewish Needs, the annual fundraising campaign that ensures our community's vitality and vibrancy in the year ahead. The Campaign Closing Celebration takes place at 7 p.m. at Executive Caterers at Landerhaven, 6111 Landerhaven Drive in Mayfield Heights.

Last year's Campaign raised \$30,317,879 from 11,083 donors. This year's total is expected to exceed that amount.

"We are confident that we will report an outstanding result to the community," said Dan Zelman, general campaign chair. "I've enjoyed leading this Campaign for the past two years, and have had the pleasure to meet with many people who are strong supporters of this Campaign and everything that Federation does. I look forward to closing the Campaign on a high note."

The Federation's Campaign for Jewish Needs is the annual fundraising campaign that ensures our community's vitality and vibrancy in the year ahead. Dollars raised help to feed the hungry, comfort the sick, care for the elderly, educate youth, ensure a Jewish future, speak out for what's right, bridge cultural divides, and support Israel. Together, we are changing and saving lives in Cleveland, Israel and 70 countries around the globe.

The evening will feature an inspirational program and dessert reception, along with the presentation of the Amb. Milton A. and Roslyn Z. Wolf Young Campaigner of the Year Award to Rachel Weinberg of Chagrin Falls. Outgoing General Campaign Chair, Dan Zelman, will be honored as well.

To learn more or register for the Campaign Closing Celebration, please visit www.jewishcleveland.org.

Beachwood Bistro

Open to the Community

Looking for a new lunch experience to impress the boss? Or how about a weekday celebration with a good friend? Or maybe you want to treat yourself to a three-course meal that doesn't break the bank. What if this hidden gem were hiding in plain sight? The Beachwood Bistro, located inside Beachwood High School, is a student-run restaurant that is operated 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, while earning future credits for college-level coursework and industry-standard certification.

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, specialty entrees, sides, beverages and desserts. And yes, you can have a three course meal for \$10!

"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."

"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 am - 12:30 pm.

Reservations are recommended 24 hours in advance. Please call 216.831.2080 ext.131. Carry-out is available. Generally, when the high school is closed, so is the Bistro. A current list of specials and schedule is always available at www.beachwoodschoools.org/bistro.aspx.



Stop in and dine at the Beachwood Bistro, located inside Beachwood High School.

If you can dream it, you can do it.

~ Walt Disney



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OF CLEVELAND

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★
Recognition of outgoing Campaign Chair
DANIEL N. ZELMAN

★
Presentation of the
Amb. Milton A. and Roslyn Z. Wolf
Young Campaigner of the Year Award to
RACHEL WEINBERG

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RSVP by Wednesday, December 9

Online: www.jewishcleveland.org

Email: campaign@jcfccleve.org

Call: 216-593-2900, x740

Daniel N. Zelman, General Chair,
2016 Campaign for Jewish Needs
Reneé Chelm, Board Chair
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The Power of AND

Jennifer Stern, LISW

Much of our struggles come from black or white thinking. Either or. Yes or no. Good or bad. Right or wrong. Yet life happens in the gray, in the AND. THERE IS NO SUCH THING AS PERFECT. No perfect person. No perfect relationship. No perfect job. No perfect anything. Life is messy. People are flawed. This truth awareness takes the pressure off. It allows us to be human. Once we accept the power of AND we can truly and humbly accept ourselves and others. This acceptance becomes possible when we create space for the AND. We can feel insecure AND recognize AND lead from our strengths. Productive self-talk is essential. I am flawed AND I am trying to do better AND be better. I am scared AND I am capable, resilient, AND resourceful. I feel stuck AND I am still trying. I am independent AND I can ask for AND receive help from others. I am frustrated by my job AND I still find purpose AND meaning in my work. I am overwhelmed by all that I have to do each day AND I feel grateful for my life. I am lonely AND I can recognize that my family AND friends care. I am grieving AND I am living. It is possible to feel frustrated, depleted, even defeated AND not give up, to feel hopeful still. Possibility presents itself in the AND. The power of AND allows us to acknowledge the duality in our lives. To not be defined by, or give power to, any one emotion or experience. AND allows us to create space in our thinking for what challenges us AND what carries us. AND has the power to provide a sense of balance, the grace of acceptance, as well as the gratitude for what IS good even as we struggle. AND anchors us to our resilience.

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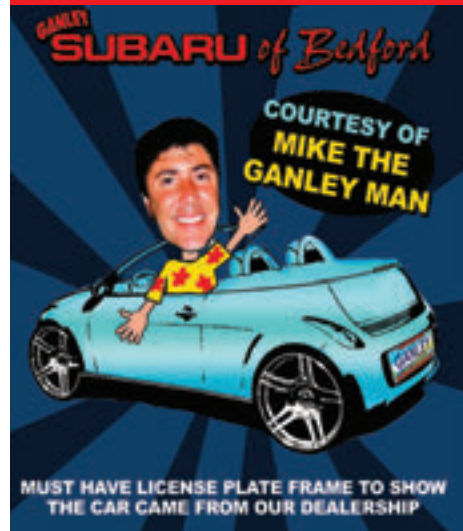
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CELEBRITY BIRTHDAYS

Dec. 7	Aaron Carter (28) Larry Bird (59)
Dec. 8	Teri Hatcher (51) Kim Basinger (62)
Dec 9	Felicity Huffman (53) Donny Osmond (58)
Dec 10	Susan Dey (63)
Dec 11	Teri Garr (66) John Kerry (72)
Dec 12	Dionne Warwick (74) Bob Barker (92)



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Allen Jay Friedman Creates Outlets for Musical and Artistic Talents

Allen Jay Friedman has been gifted with a creative spark. As an artist and music designer, Friedman absorbs all that is around him, interprets it and creatively reinvents it.

His earliest creative memories date back to childhood when he visited the armor room at the art museum, and while listening to the score from *To Kill a Mockingbird*, longing to be involved in music.

"My mother's side of the family was musically inclined and I've always had the gift of absorbing what's around me," Friedman shared. "I hear the music as being magical and intangible, like seeing a rainbow and watching it disappear in front of you."

Friedman remembers listening to Israeli folk songs and the score from *Peter and the Wolf* when he was just six years old, absorbing it all, and yearning to learn how it was created, hoping to build his own career in music.

As a child, Friedman began playing the piano. A few years

later, he started playing the organ. "I always had a good ear for music," he shared. "When I heard something, I aspired to learn what was behind the scenes."

Friedman explained how his aim behind the music was to play with an original approach. "The ultimate goal is to 'be yourself,'" he said, "Even though God plays right through you as this creative expression."

He yearned to be creative and recognized he didn't learn as others did. "I enjoyed all sorts of music, with jazz being my first love, to classical and rock, and wanted to create original songs and scores," Friedman added.

Friedman recalls taking a few piano lessons from Miss Lambert when he was 11 years old and getting a mini-moog synthesizer in 1970. "This was a new type of sound," he shared. In the early '80s, he studied jazz piano privately with noted Cleveland greats, Bill Gidney and Joe Howard.

As a young groom, married

at the age of 18 and working in his family's business (Arco Heating) as a metal fabricator, Friedman continued studying music, absorbing information like a sponge.

"I wanted to learn about orchestration, and the synthesizer's new sounds allowed me to do so," Friedman said. "I built a studio in my home and began scoring music."

The work paid off, as he later wrote award-winning jingles and scores, including some for The Cleveland Clinic, Siemens, Jumbles (toys), The Cleveland Orchestra Chorus, Innovations, Oldsmobile and the Holmes/Chavez Fight.

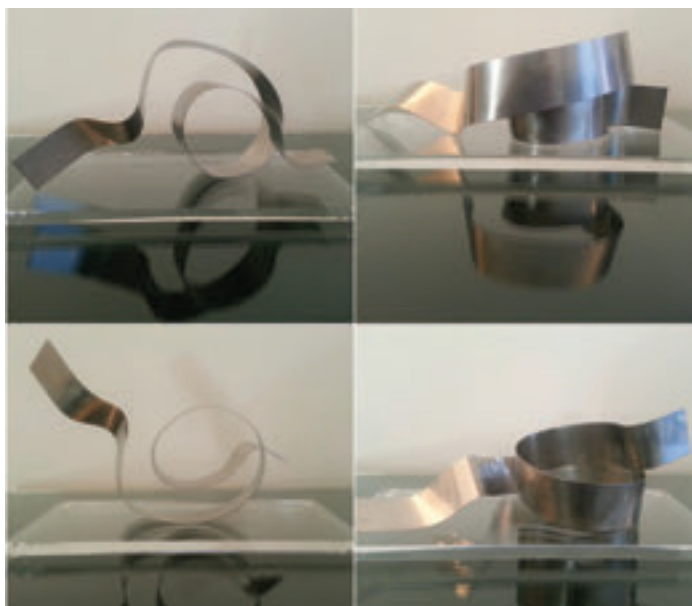
In 1985, Friedman started his own business, Sweet Sounds, Inc., and a few years later, for personal reasons, he took a break from writing music. Twelve years later, as he became more philosophical, he released his first CD, *Dance of the Soul*, a unique musical work that blended spiritual music with inspirational lyrics and melodies. "The CD is cathartic and in memory of my

sister," he said.

Although Friedman played in local bands throughout the area, he gave it up after having an "aha" moment one New Year's Eve, recognizing that life is short and he would rather dance than play.

Today, Friedman has created meaningful outlets for both his musical and artistic talents. Musically, he wants to give back; and visually, he created WAVEform®, STARform® and ribbonWAVE®.

When he was in Florida, Friedman always enjoyed being mesmerized by the waves of the ocean while watching the sun set, and wanted to freeze frame the images as a modern, abstract concept. Having mastered the skill of metal fabrication, sculpture was the perfect medium to replicate the radiance of the ocean waves. And since he does not like weld marks, Friedman came up with a solution by creating one-of-a-kind sculptures with mirror-polished stainless steel that reflects light and movement





from all angles.

RibbonWAVE, a transforming sculpture made of stainless steel, conveys a similar concept in a smaller form.

He created STARform after observing the star-lit sky and studying the truth of how things are fashioned. "STARform star sculptures were created to celebrate our cosmic connection to the universe," Friedman told us. "Every atom in your body came from a star that exploded. We are all made of stardust. There is great beauty in this truth and I strive to replicate it through unique metal art creations."

These hexagon-shaped stars, also created with stainless steel, are mounted and framed.

As a new sculpture artist, Friedman is enthused by the feedback he's receiving. "My work is described as being striking, mysterious, compelling, unexpected, exceptional and even unbelievably cool," he said. "I'm grateful to be working with individuals, art curators, interior designers and architects to develop exciting cutting-edge, site-specific design installations."

In the music arena, Friedman has a passion for creating original songs and scores – playing, orchestrating and complementing them. With a Steinway piano in his home, he often hears something on television and challenges himself by sitting down at the piano and recreating it. Now, he wants to give back.

I want to mentor students in being keyboard creative," Friedman says. "I have acquired this knowledge over many years. By learning pattern sequences and mature chord voicings at the start, along with melody and harmony, I will teach each student the secret mixture that provides them with success in creating their own songs. It is all about creation.... It is a most freeing experience!"

"When you plant a seed in the dark, and it's watered properly, things happen," he said. And now, more than 50 years later, these seeds are taking root and flowering."

Friedman may be reached at 216.347.1844, www.waveformart.net, www.galaxybeingmusic.com or infinite415@aol.com.

"When you plant a seed in the dark, and it's watered properly, things happen," he said.

And now, more than 50 years later, these seeds are taking root and flowering."

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Lesson Learned: There's More to Life Than What Happens on the Field

For the past two years, Jeff Babbush, a Beachwood parent and resident, has been part of a small group dedicated to rebuilding the Beachwood Athletic Boosters, believing that the community could be brought closer to one another and to the schools through an affinity to the athletics program.

It is not only through athletics that this organization is being rebuilt, but it is also through personal relationships – and teaching student-athletes that there are important lessons to be learned both on and off the field.

On October 24, the soccer and football teams united to bring cancer awareness to the forefront.

Babbush, along with his sister, Amy, and Steve Eisenberg, spearheaded a program to dedicate the football game against Wickliffe to "Team Alter," to show and share their love and support to the Alter family. Mom Darcy Alter has been battling cancer for 10 years; Max Alter, a sophomore, is a varsity football player; Sophie is a senior, and Sadie is a 7th-grade middle school student. *(Continued on next page.)*



(Continued from last page.)

Babbush's boys, Max and Sam, and Eisenberg's girls, AJ and Sydney, helped coordinate the event by gaining support from the soccer team. Seven hundred wristbands were then distributed to attendees, as well as to soccer and football players, and when the football team ran onto the field at the start of the game, they ran through an arc formed by the soccer team, all in pink wristbands, with their arms raised.

Uniformly, the players all pointed to the stands where Randy and Sophie were seated to show their support and let the Alters know this game was for them. Randy is Darcy's husband.

"It was a proud moment for those in attendance and a great way for the Beachwood High School community to support each other," Babbush told us. "The Alters have a tough road ahead and our hope, for these few hours, was to add some additional support and meaning."

Coach Damien Creel, described as a "diamond in the rough" by Babbush, was touched by this outpouring of love. Creel, a first-year coach, said, "There is more to life than what happens on the field. One of our teammate's mom is battling cancer and we were able to draw strength, lift up Max, and get the kids to understand that we're playing more than a game. Things are more important than what we're doing now."

Throughout the game, especially when the game got tough, players and coaches looked at their wrists, feeling proud of what they're playing for.

Because of the unity felt during the game, Creel had Team Alter/Edwards t-shirts made the following week to once again bring together the community and honor both the Alter and Edwards families. Justin Edwards, a senior and varsity football player, had just lost his brother, Jason, and thoughts, prayers and love went out to both families.

Then, on October 31, Brian Davis, another Beachwood parent, and Babbush met about 10 of the varsity soccer players and took Maggiano's over to the Edwards' home. They were all greeted with a great big hug, and Mr. Edwards shared with the boys how important it is to pick the right friends and do the right thing. He also stressed the importance of talking with and telling their parents if something is wrong.

"You are all good kids and your parents will help you through, no matter how tough or bad things seem to be," he said.

This support is truly at the core or mission of what The Beachwood Boosters should strive for: Community, engagement, support and citizenship," Babbush told us. "My hope is that we, the BHS Boosters, will continue to help, support and guide our student athletes and their families so that we can build a stronger Beachwood school community."

Although the Bison were defeated in both dedication games, Creel equates the season to building a house, saying there are seasons of digging, and building a foundation is painful. "That's what you seniors did. Now, we will lay the bricks in our foundation. When you come back, you're going to see how your digging paid off."

Creel and Babbush both proudly stated that these games showed the true meaning of community, support and school spirit all rolled into one. With coaches, students and parents like this, winning is defined as more than just a number on a scoreboard.

With coaches, students and parents like this, winning is defined as more than just a number on a scoreboard.



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OF CLEVELAND

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CELEBRATE THE LAUNCH OF JEWISH
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featuring

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FORMER NATIONAL
DIRECTOR, COMING OF AGE

with panelists

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Thursday, January 7, 2016 · 7:00 p.m.

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Jack, Joseph and Morton Mandel Building
25701 Science Park Drive, Cleveland**

Dessert Reception
(kosher dietary laws observed)

No cost to attend

For more information or to register

Email shyman@jcfccleveland.org

Call 216-593-2887

Online www.jewishcleveland.org

IMPACT! Chair: Bonnie Marks

Jewish Volunteer Network Chair: Joanie Berger

Board Chair: René Chelm · **President:** Stephen H. Hoffman



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www.jewishcleveland.org



A message from
Executive Director Cindy Caldwell

As we head into the Holiday season, remember to **SHOP LOCAL!**

Shop Local – Support Yourself: Several studies have shown that when you buy from an independent, locally-owned business, rather than a nationally-owned business, significantly more of your money is used to make purchases from other local businesses, service providers and farms – continuing to strengthen the economic base of the community.

Shop Local – Strengthen Your Local Economy: Each dollar you spend at independent businesses returns three times more money to your local economy than one spent at a chain (hundreds of times more than buying from an online mega-retailer) – a benefit we all can bank on.

Shop Local – Create Jobs and Opportunity: Not only do independent businesses employ more people directly per dollar of revenue, they also are the customers of local printers, accountants, wholesalers, attorneys, etc., expanding opportunities for local entrepreneurs.

Shop Local – Support Community Groups: Non-profit organizations receive an average 250 percent more support from smaller business owners than they do from large businesses.

Shop Local – Keep Our Community Unique: Where we shop, where we eat and have fun – all of it makes our community home. Our one-of-a-kind businesses are an integral part of the distinctive character of this place.



Shop Local – Invest in Community: Local businesses are owned by people who live in this community, are less likely to leave and are more invested in the community's future.

Shop Local – Better Choices: A wide variety of independent businesses, each serving their customers' tastes, creates greater overall choice for all of us.

Have a safe and wonderful holiday season from the Beachwood Chamber of Commerce!

216.831.0003 • Beachwood.org • 24000 Mercantile Rd. • Suite 3 • Beachwood, OH 44122

Why Join the Chamber?

The Beachwood Chamber of Commerce promotes business opportunities and community partnerships to stimulate economic vitality. Whether you are currently a member or considering joining, there are many Chamber opportunities available for every business, small or large.

Networking: The Beachwood Chamber of Commerce hosts a luncheon and Networking After Five event each month and these are great opportunities to make new business contacts and promote your company.

E-blast Newsletter: The e-blast newsletter is delivered to more than 1500 people once per week. You do not have to be a member to receive these emails. Sign up on our home page, www.beachwood.org.

Special Events: The Beachwood Chamber hosts the Fitness Challenge in March, Golf Outing in June, Chamber Charity Auction in July, Business to Business Show in October and the Taste of Beachwood in November.

Employment Opportunities: Whether you are a company looking for new talent or an individual looking for a new career opportunity, contact the Beachwood Chamber. We have a great referral program to help individuals find employment.

Sponsorship Opportunities: There are different levels of sponsorship available for each event hosted by the Beachwood Chamber. Sponsorships are a great way to promote your business and boost community involvement.

Volunteer Opportunities: The events hosted by the Beachwood Chamber are driven by committees and each committee welcomes new members at any time. The committees meet once monthly and mostly in the morning for an hour each meeting.

Taste of Beachwood

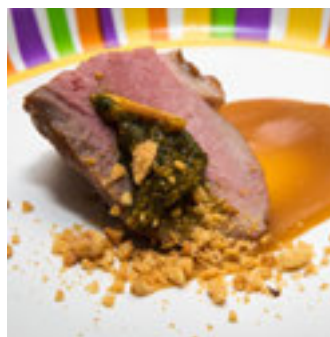
On Tuesday, Nov. 3, the Beachwood Chamber of Commerce hosted its 8th annual Taste of Beachwood, presented by DDR, at Embassy Suites in Beachwood. The event provided the more than 300 attendees with the perfect opportunity for socializing, networking and sampling signature dishes from 24 local restaurants. The Beachwood High School Chamber Ensemble entertained the guests while they dined.

“Each year, the popularity of this event grows, with support from both the residential and business communities,” BCC Executive Director Cindy Caldwell told us. “It’s really a fun event for everyone involved.”

Congratulations go to Choolaah Indian BBQ for winning the 2015 People’s Choice Award and Maplewood Senior Living for winning the 2015 Best Display Award. Other participating restaurants included Bahama Breeze, Beachwood Bistro, Ben and Jerry’s Ice Cream, Buffalo Wild Wings, Cafe Avalaun, California Salads, Cedar Creek Grille, Corner Alley Uptown, Crooked River BBQ & Beer, Granite City Food & Brewery, Maggiano’s Little Italy, Paladar Latin Kitchen & Rum Bar, Park East Grill, Piada Italian Street Food, The Pub, Sanctuary the Restaurant, Tres Potrillos, UH Ahuja Medical Center, Valenti’s Ristorante, Wasabi Japanese Steakhouse, Whole Foods Market and Zoup! Harvard Park.

For more information about the Beachwood Chamber of Commerce and upcoming events, call 216.831.0003 or visit www.beachwood.org.

Pictured top two left: Choolaah Indian BBQ, People’s Choice. Pictured below: Maplewood Senior Living, Best Display.



Photos by Scott Morrison, Discovery Photo



Beachwood Convention & Visitors Bureau Receives Prestigious Awards

by Patty Lampert, President

As 2015 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 memorable destination for visitors.

The BCVB is also grateful and honored to be recognized by its peers in the Ohio Travel & Tourism industry. In the third year of operation, the BCVB won RUBY awards for excellence in tourism marketing and development by the Ohio Travel Association. A team

of experts in the communications, advertising, publications and tourism industries judged the competition. Winners were 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 prestigious awards. Our goal is 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!"

Happy Holidays and Happy New Year to everyone!



Happy Holidays

from everyone at

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- logo design
- packaging
- trade show booths

Jewish Federation of Cleveland Launches "Impact!"

A New Volunteer Initiative for Adults Over 50

Jewish Clevelanders over 50: You are invited to make an IMPACT! with the Jewish Federation of Cleveland's new volunteer initiative for Baby Boomers. Join us to celebrate at the "Making an IMPACT! Launch Event" on Thursday, Jan. 7, 7 pm, at the Jewish Federation of Cleveland's Jack, Joseph and Morton Mandel Building (25701 Science Park Drive, Cleveland).

IMPACT!, which stands for "Individuals Making Powerful Active Contributions Together," is an initiative of the Federation's Jewish Volunteer Network, a one-stop shop for connecting Jewish Clevelanders to meaningful and rewarding volunteer experiences in Cleveland and beyond.

The 2011 Greater Cleveland Jewish Population Study found that nearly one-third of Jewish people in Cleveland were born between 1946-1964. With the realization that a significant segment of the Jewish community were part of the Baby Boomer era, the Federation reached out to community members within this demographic to learn more about their needs and aspirations for the next step in their lives. The focus group insight included: adults over 50 are looking to help the community, connect with like-minded individuals through social programming, use their professional skills and talents to aid others in need, learn new skills through workshops and certification courses, and travel to do good for others outside of Cleveland.

Bonnie Marks, who is chairing the new IMPACT! Initiative, said, "As a Baby Boomer, I see tremendous value in coming together with others who are of similar age and share similar interests. Through IMPACT! we can connect with one another and make meaningful contributions in our Jewish and general community through important hands-on volunteering. Our capacity to do good is limitless."

The "Make an IMPACT! Launch Event" will feature keynote speaker Dick Goldberg, former National Director of Coming of Age, an initiative that engages adults over 50 to explore their futures, promote connections, and build stronger communities through volunteering. The evening will also include a panel discussion with Jewish Clevelanders Mindy Davidson of Solon, Ann Freimuth of Pepper Pike, and Zachary Paris of Shaker Heights.

Guests will also learn about IMPACT! volunteer opportunities, social programs, certification workshops, pro bono services, and trips and travel.

To learn more and register for the "Make an IMPACT! Launch Event," visit www.jewishcleveland.org, email Susan Hyman at shyman@jfcleveland.org or call 216.593.2887.



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READER REQUEST

Are you a Beachwood resident who has switched career paths to follow your passion? If so, please let us know! A feature article is in the works. Please email beachwoodbuzz@gmail.com to share your story.

**Thank you,
Debby Zelman Rapoport, Editor**



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MELVIN JACOBS

216.464.1541



MARK MINTZ

216.360.0330



JAMES PASCH

216.630.9671



MARK I. WACHTER

216.765.1921



SALT REFUND

Beachwood will receive a \$40,453.91 reimbursement on prior purchases of rock salt. Ohio Attorney General Mike DeWine announced that 850 public entities across Ohio would receive reimbursements as part of a \$11.5 million settlement to resolve an antitrust lawsuit against Cargill Inc. and Morton Salt.

"Our goal is always to deliver the best service and the best value to our residents," said Mayor Merle S. Gorden. "I am pleased that Attorney General DeWine was able to ensure that we and all public entities in Ohio are maximizing our dollars."

"Our goal is always to deliver the best service and the best value to our residents."

– Mayor Gorden

DISTRACTING DRIVING LAW – NO TEXT MESSAGING OR HAND-HELD CELL PHONE USE WHILE DRIVING

Ohio's law to ban texting while driving has primary and secondary levels of enforcement. Secondary enforcement, for adult drivers, means police need another reason to stop and cite violators, such as weaving or speeding. Primary enforcement for drivers under the age of 18, means texting and use of other portable electronic devices will be a primary offense.



Beachwood's law makes all offenses PRIMARY. Drivers are not permitted to use hand-held phones in any manner while driving. They may not dial, answer, talk, listen or text. Hands-free/Bluetooth use is permitted.

The U.S. Department of Transportation reports texting "is by far the most alarming distraction" while driving. A driver engaged in texting is 23 times more likely to be involved in an automobile accident than a non-texting driver.

"This legislation defines our inattention law more clearly," said Police Chief Keith Winebrenner. "This 2-point offense will be a 1st-degree misdemeanor, with a waivable fine of \$101.00."

Go to www.beachwoodohio.com to view entire ordinance.

City Contact Information

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



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Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

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

SUMMER DAY CAMPS RESIDENT REGISTRATION BEGINS DECEMBER 7

Beachwood Summer Day Camp registration for residents begins December 7. 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 7 – March 4. Non-resident registration begins March 6. For more information please refer to your Winter Recreation Guide or visit www.beachwoodohio.com.

STRETCH TIME

Visitors can now enjoy new “strength and stretch bars” at Beachwood City Park. Resident Helga Miller, pictured with Mayor Gorden and members of the Beachwood Service Department, initiated the request for this versatile equipment. Users can stretch or tone almost every muscle group in their body by using their own body resistance.



RECYCLE HOLIDAY LIGHTS

Recycle your broken, burned out strings of Halloween, Thanksgiving, Chanukah, Christmas or New Year's lights. Power strips and cords can be recycled too.

Beachwood Service Department • 23355 Mercantile Rd.
Tuesday, December 1 – Friday, January 15
Monday through Friday, 7:30 a.m. – 3:30 p.m.



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.

AMERICAN RED CROSS BLOOD DRIVE

FRIDAY, DECEMBER 18

1:00 – 7:00 P.M.

BEACHWOOD COMMUNITY CENTER

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, December 7 and 21. Questions? Call 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, December 10. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Monday, December 14. Questions? Please call 216.292.1914.

Departments

AUDITOR
216.595.5492

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216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

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LAW DEPARTMENT
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MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

FALL LEAF PICK-UP

Running continuously through December, leaf trucks are in operation daily throughout the City (weather permitting). Collection is 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. All leaves need to be bagged after January 1. Leaf bags will then be picked up with your regular rubbish on your collection day. Questions? Call the Service Department at 216.292.1922.

HAPPY HOLIDAYS

The Service Department will be closed on Friday, December 25 and Friday, January 1 for Christmas and New Year's Day. Rubbish pick-up will NOT be affected during these holidays. Administrative offices will close at 2 p.m. on December 24 and December 31.

Art Exhibits

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

100 FOR 100 RESIDENT ART SHOW

November 25 – December 17

100 pieces of art designed by current and former Beachwood residents.



WWW.BEACHWOODOHIO.COM

Council Update

MISSED A COUNCIL MEETING?

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



CRIME PREVENTION TIPS

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

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



Contact the Beachwood Police Department at 216.464.1234 if you observe anyone/anything 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.
- 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.

PETER MAX RETURNS TO BEACHWOOD FOR THE CITY'S CENTENNIAL CELEBRATION

Last month, the City of Beachwood continued its centennial celebration with a return visit from legendary American artist Peter Max.

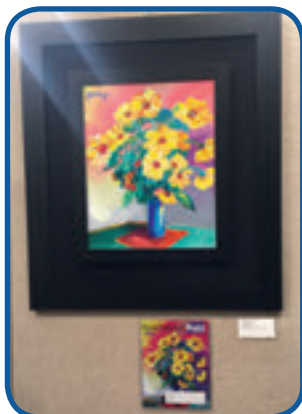
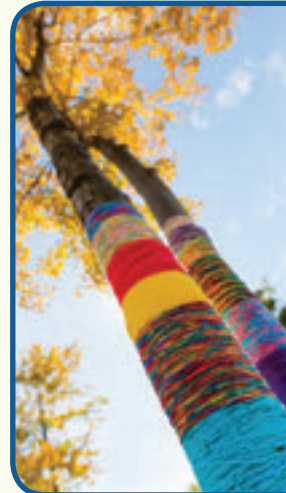
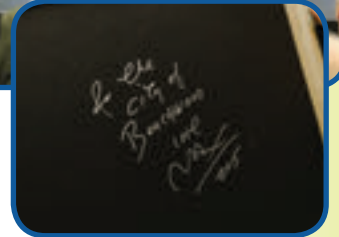
Max first visited in 2006 for the opening of the Community Center and helped celebrate another milestone with a gift of a commemorative beech tree painting. During the final week of his art exhibition, Max was present to mingle with visitors and dedicate paintings that were purchased.

In preparation for the legendary artist's return, dozens of students yarn-wrapped 100 trees lining Fairmount Blvd. from City Hall to the freeway.

Hilltop Elementary Visual Arts Teacher, Ali Loeb-Munson, also engaged her students in a creative project to honor Peter Max. The students studied his work, identified images and themes and painted pennants.

"American Flag," a gift presented to the city by Max in 2006, is on display in the Beachwood Community Center and the city's new "Beech Tree" painting is now on display in the lobby of City Hall.

Pictured: Peter Max (with Lesley Smith) dedicates Beech Tree painting to Councilpersons James Pasch, Alec Isaacson, Martin Horwitz, Fred Goodman, Melvin Jacobs and Mayor Merle S. Gorden; Phyllis Kalk, Joe Kalk and Eileen Kelner enjoy the show; Peter Max creates "Homage to Monet: Sunflowers" for Beachwood Buzz's October cover; Mayor Merle S. Gorden, Harriet Gorden and Carey Gorden admire Max's rendition of Van Gogh's Starry Night, Suan Choi displays her banner.



Partnering with Cleveland Metroparks

Beachwood's AP Environmental Science class is getting some real-world experience while partnering with The Cleveland Metroparks. Because it is designed to be a course in environmental science rather than environmental studies, the course must include a strong laboratory and field investigation component. In order to give students an exemplary experience, the Metroparks are working with us at Acacia Reservation bordering the City of Beachwood.

As of November, students have taken two of five field trips to the site. They are using Tier II monitoring equipment borrowed from Tri-C to evaluate the water quality of tributaries to Euclid Creek which eventually drains to Lake Erie. Monitoring can be conducted for many purposes including 1) characterize waters and identify changes or trends in water quality over time; 2) identify specific existing or emerging water quality problems; 3) gather information to design specific pollution prevention or remediation programs. For now, students are collecting data that they will later use to evaluate the quality of the stream. Metroparks staff is interested particularly in the conductivity levels of the site and the impacts from parking lot and road salt. Students will also do a macroinvertebrate study as a way to assess water quality, by understanding what key species of stream "critters" find a home in Acacia. The last visit showed that the stream at the headwaters of the reservation is only in fair condition, not surprising since this site is surrounding by heavy traffic, housing and large commercial sites.

In addition to these monitoring activities, each visit includes applying classroom-learned concepts. The last trip included looking for examples of human disturbance and explaining the consequences to the site. The next field trip will look at understanding soils and observing and predicting the succession process that will be taking place naturally as the golf course is no longer maintained. As the Metroparks ramps up its restoration efforts over the next year, students hope to be involved in rebuilding riparian borders along the creek, monitoring restoration efforts, and looking for ways to engage the public educationally. Students will also gain an appreciation and a responsibility for how they can both impact and maintain the environment in their region.



ADMINISTRATION

Robert P. Hardis, Superintendent, 464-2600 • rph@beachwoodschoools.org

Michele E. Mills, Director of Finance/Treasurer, 464-2600 • mm@beachwoodschoools.org

Lauren J. Broderick, Director of Pupil Services, 464-2600 • ljb@beachwoodschoools.org

Ken Veon, Director of Operations & Technology, 464-2600 • kev@beachwoodschoools.org

Linda LoGalbo, Director of Curriculum & Instruction/Human Resources, 464.2600 • lhl@beachwoodschoools.org

Kathleen Stroski, Assistant Treasurer, 464-2600 • ks@beachwoodschoools.org

Shana Wallenstein, Interim Director of Marketing & Communications, 464.2600 • swallenstein@beachwoodschoools.org

Beachwood High School 15th Annual Student Leadership Conference

Ninety students filled the community room early on a Friday evening for Beachwood High School's 15th annual Student Leadership Conference. Planned by student leaders, the two-and-a-half-day conference is designed to enhance the leadership potential of BHS students and enrich their personal growth.

Molly Kennedy, a youth motivational speaker and Ironman triathlon finisher, spoke at the end of the school day Friday at an all-school assembly to kick off the weekend, and then worked with the conference attendees that evening. She encouraged students, "flip your 20," a play on the word paradigm.

For many students, the highlight of the conference every year is the Saturday ropes course. This was the first year sophomore **Zoe Grant** attended and she felt the ropes course was a great bonding experience. "At the high ropes course, many of my group members shared their fear of heights," she said. "To be scared and vulnerable and to conquer that with other people is rewarding." This year, Camp Asbury's staff utilized the giant swing, high ropes course and low ropes activities to emphasize the importance of teamwork and personal responsibility in relation to leadership.

In addition to the Asbury staff, **Ted Wiese**, known as one of America's top youth speakers, returned to lead a program on Sunday engaging participants in a wide range of leadership building activities. Known for his enthusiasm, Wiese stresses the power of positivity. He told the students, "Leaders look at failures from a different perspective." Junior **Ryan Marmaros** also attended Leadership last year, and he was happy to see Wiese return for his second consecutive conference. "Ted taught us that it is very difficult to move forward in life without a positive outlook," he shared. "Sometimes all it takes is a change in perspective to lift your mood."

Many believe that the most meaningful part of the conference is time spent in 'family groups,' small groups that would work together throughout the weekend. The planning committee works for months in advance to develop engaging activities and conversation topics. The time spent in small groups allows student leaders to form relationships with students they may never have connected with otherwise.

Senior **Ally Marks**, a planning committee member, has attended the conference for four years and recognizes the small group conversations as the foundation of the Leadership Conference. "At the end of the day, the time spent in small groups is the most important part of [the Leadership Conference]," she said. "Being able to work, connect, and build relationships with new people is what makes a student a leader."



Hilltop Celebrates Peter Max

In honor of Peter Max's visit and art exhibit at the Beachwood Community Center in October, Hilltop Students created a very special welcome sign for him that literally covered the Community Center from top to bottom! This amazing group art project was a partnership between Community Services Director, Karen Carmen, Program Coordinator, Shannon Diamond and Hilltop Art Teacher, Ali Loeb-Munson. Through the generous support of Mayor Gorden and the City of Beachwood, the art materials and paint were provided so that all 275 Hilltop students participated in making individual paintings that were connected to make one large art installation.

The students set about their project by first studying the life and artwork of Peter Max and reviewing his collection of paintings from his website. They identified themes, colors and images that have defined his unique style over the years.

After the class discussion on the artwork, the students created a paper drawing of their designs, which were then transferred to the corrugated plastic triangles. Students were given the opportunity to paint their triangles exactly like their paper drawings or to make changes inspired by Peter Max and what they learned while doing this project. The Hilltop Students had another unique challenge in this project as one student painted one side of the triangle while another student painted the reverse side. They had to work carefully as to not get paint on the opposite side while they worked on it over several class sessions.

At the end of the project, the students completed written reflections on both the drawing and painting art projects. As the plastic flags will remain with the Community Center and not be returned to the artists, each student was photographed with their plastic pennant flag. The students' photographs were also on display at the Community Center during the art exhibit. The flags were hung to welcome Peter Max upon his arrival to Beachwood in late October.



Beachwood students were excited to hear from Artist Peter Max during his artist-in-residency in Beachwood.



Lyndia (second grade) and **Eva** (first grade) Zheng



Juan Partick Choi, Isabel Mintz, Suan Choi smiling at the Oct. 24 reception with their Peter Max autographs.

Orchestra News

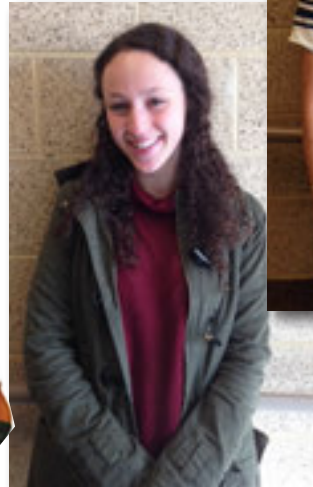
Beachwood City Schools are pleased to recognize the following students who were accepted into the Northeast Ohio Regional Honors Orchestra and the All-State Ohio Honors Orchestra. The Northeast Ohio honors orchestra is a full symphony orchestra consisting of the best players in NE Ohio and includes string, woodwind, brass, and percussion sections. Membership is a highly selective audition process. The top-seated string players qualify as members of the All-State Orchestra, who perform at the Ohio Music Education Association's professional conference in the winter.

Congratulations go to the following BHS orchestra members:

Pauline Keselman, Senior,
All State and NE Ohio Regional Honors Orchestra

Jaeho Kim, Sophomore,
All State and NE Ohio Regional Honors Orchestra

Jaqueline (Jackie) Joo, Sophomore,
NE Ohio Regional Honors Orchestra



Pauline Keselman



Jaqueline (Jackie) Joo and Jaeho Kim

Elderclass Lunch & Program: "Surviving the Drought" December 3, 2015



How unique are Cleveland sports fans? Well, answer this question: how exceptional is the fact that a city with three major league franchises has not won a championship since 1964? And, how distinctive is it that when the Browns, Indians, or Cavs came close to winning it all, victories were snatched away in the most improbable ways?

For Cleveland sports fans, the last 51 (and counting) years has been a long odyssey through the desert in search of a championship. Since the clock ticked off the unlikely Browns' victory in the 1964 NFL Championship against the mighty Johnny Unitas and the Baltimore Colts, who could have known that Cleveland teams would suit up for more than 10,000 games and not come away with the title of "champion"? *Surviving the Drought* tells the story of what it's like to be a Cleveland sports fan through the voices of those who have lived and died with their favorite teams.

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 are free and open to the public.

Lunch will be served in the Beachwood Bistro at noon with the program to follow at 1 pm. A bus will begin pickups going from the northeast corner of the parking lot to the front entrance, beginning at 11:15 am 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. Checks can be mailed to or dropped off at the Beachwood Board of Education, 24601 Fairmount Blvd., Beachwood, Ohio 44122. No walk-ins for lunch.



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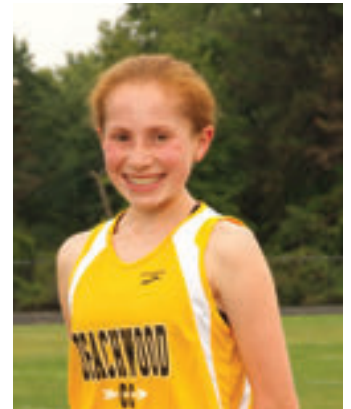
Congratulations to the Beachwood Bison's Boys Varsity Soccer Team and Girls Cross Country Member Leah Roter on their outstanding seasons.

After an amazing season that saw Roter break a 20-year racing record in a division meet, she finished 7th in the State Cross Country finals to secure a place on the All-Ohio First Team. Quite an accomplishment for the sophomore runner!

Boys Varsity Soccer had another great season, finishing as District Champs and making it to the regional finals, where they lost to Canfield's South Range Raiders. For the past two years, the boys finished their seasons as one of the top eight in the state.

Beachwood congratulates you all on an excellent season. Go, Bison!

Pictured: Boys Varsity Soccer Team defeats Kirtland at district finals and goes on to compete for State Elite 8; Leah Roter breaks a 20-year racing record; Senior soccer players (front row) Adam Ratner and Cameron Krantz. (Back row) Jun Young Lee, Greg Israelstam, Assistant Coach Ali Zolgerlain, Captain Bagatur Askaryan and Captain Max Babbush. Not pictured: Vonya Shiffman.



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"Today, people are busier, with extended or nontraditional work schedules and family responsibilities," says Theresa Lash-Ritter, MD, Medical Director, Urgent and Express Care Clinics at Cleveland Clinic. "The Express Care Clinic in Beachwood is opening early and staying open late to make healthcare more accessible and convenient."

Dr. Lash-Ritter offers this information on how Express Care Clinics can work for you:

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- Patients have access to specialty care referrals, when needed.

Cleveland Clinic understands that time has become one of our most valuable resources, and that is the guiding force behind "Access. Anytime, anywhere."

"Express Care Clinics are just one way we're making it easier and more convenient for you to receive the healthcare you need, at a time and place that fits into your schedule," adds Dr. Lash-Ritter.

Express Care Clinic

Cleveland Clinic Beachwood Family Health and Surgery Center
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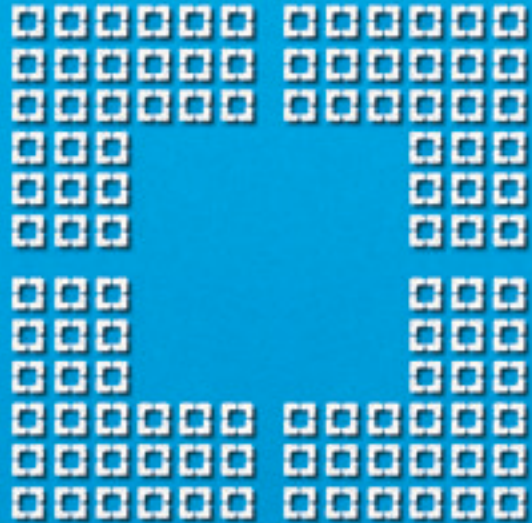
Monday through Friday, 3 to 9 p.m.
Saturday and Sunday, noon to 4 p.m.

No appointment needed.

For more information about the Beachwood Express Care Clinic, call 216.839.3000. To learn more about options for access to healthcare at Cleveland Clinic, including locations and hours, go to clevelandclinic.org/access.

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UH Ahuja Medical Center

Join University Hospitals Ahuja Medical Center executive chef John Selick and clinical dietitian Molly Gourash, MS, RDN, LD, as they kick off another Heart Health Series, focusing on mindful eating. Learn how to use mindful eating techniques to eat with “intention” of caring for yourself and “attention” for noticing and enjoying your food.

Chef John Selick brings a passion for fresh, quality ingredients and refined, healthy cooking techniques to the health care world. As the executive chef at UH Ahuja Medical Center since its opening, he was awarded the American Culinary Federation Cleveland Chapter Chef of the Year in 2014. John relishes the challenge of creating recipes that make food so good patients and visitors don't realize it's healthful.



Cleveland native Molly Gourash, MS, RDN, LD, is a clinical dietitian at UH Ahuja Medical Center. She has a desire for teaching her patients the right way to eat healthy foods so they may achieve their health goals and prevent disease. Molly has a Bachelor of Science degree in dietetics from Ohio University and a master's degree in nutrition from Kent State University.



Help today's diet-obsessed and food-plentiful culture break the bad habit that has made eating become a consuming, guilt-inducing and mindless act. When you eat as a natural, healthy and pleasurable activity to satisfy hunger, you can resolve your love-hate relationship with food. By choosing food for both enjoyment and nourishment, your body uses the fuel you've consumed to live the vibrant life you crave.

Free to the public. Light refreshments will be provided at the event in the cafe. To register, email AhujaWellnessProgram@UH-hospitals.org or call 216.285.4069.

When you eat as a natural, healthy and pleasurable activity to satisfy hunger, you can resolve your love-hate relationship with food. By choosing food for both enjoyment and nourishment, your body uses the fuel you've consumed to live the vibrant life you crave.

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Get Healthy Beachwood

Get a FREE Diabetes Risk Assessment – it could save your life!

Although flu vaccinations are the hype during this time of year, they only prevent nausea, vomiting, and diarrhea for a season. Diabetes is a challenging, serious, chronic disease and its management requires constant attention, 24 hours a day, 7 days a week, 365 days a year. Diabetes risk assessments can prevent blindness, amputations and heart disease for a LIFETIME! While people do not die from diabetes itself, death is related to the complications of heart attack, stroke, kidney failure and nerve damage.

If you have insurance that covers a nutritionist or medical nutrition therapy, now is a good time to get an assessment. You can use your benefits now, before year's end, to plan now for a healthier 2016!

Here are some facts:

- More than 29 million Americans have been diagnosed with diabetes.
- It is estimated that, in Cuyahoga alone, 10.8% of the population has diabetes.
- 8.1 million Americans (27.8% of people with diabetes) are undiagnosed.
- Approximately 1.25 million people have type 1 diabetes, including 200,000 children and teens. Each year approximately 40,000 Americans are diagnosed with type 1 diabetes. People with type 1 diabetes must take insulin to control blood glucose every day.
- The number of children and teenagers' diagnosed with type 2 diabetes is increasing at epidemic proportions because of inactivity and poor eating habits.

At Diabetes Partnership, located right here in Beachwood, they seek to raise awareness of the signs, symptoms and risk factors of diabetes so people with diabetes can control and prevent or delay the onset of complications.

Uncontrolled diabetes or high blood glucose levels, over a period of time, are the key contributing factors to the devastating complications of diabetes. Over time, the disease can lead to blindness, kidney failure, heart disease, miscarriages, amputations, irreversible damage to the nerves and blood vessels, and ultimately, death. A person with diabetes can minimize such complications through good blood sugar control.

Between 90 and 95% of people with diabetes have type 2 diabetes, most common in people over 45 who are overweight, inactive, have high blood pressure or cholesterol, or have a family history of the disease. While people of all backgrounds are affected, type 2 diabetes disproportionately strikes African Americans, Hispanic Americans, Asian Americans, and Native Americans.

To better manage and control your health or to get a free diabetes risk assessment, please call 216.591.0800 to speak with a diabetes educator or visit www.diabetespartnership.org.

Diabetes risk assessments can prevent blindness, amputations and heart disease for a LIFETIME! While people do not die from diabetes itself, death is related to the complications of heart attack, stroke, kidney failure and nerve damage.

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It is the preview of life's coming attractions.

– Albert Einstein



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Need Help to Reduce Pain? Community Options Available

For many people, pain is part of each day – simply routine. According to research on arthritis, back pain and joint pain, physical therapy is a strong way to reduce pain. Physical therapists at Menorah Park's Peter B. Lewis Aquatic & Therapy Center develop personalized plans, treating each client individually to help with mobility and quality of life – often helping people eliminate the need for surgery or prescription medications.

The Center's therapists are certified in several specializations with techniques that support pain reduction. The Center is one of the first in the area to employ one of the newest forms of interventions, called Dry Needling. This technique is intended to be a nearly painless option to treat conditions including, but not limited to, pain in the neck, back, shoulders, and elbows (tennis

and golfer's elbow), along with buttock and leg pain (sciatica, hamstring strains). Migraine and tension-type headaches can also be treated with this option.

A recent Journal of Orthopaedic and Sports Physical Therapy included a study that analyzed the results of clinical studies' determining that dry needling can be effective in providing pain relief, especially in the neck and arms. For this treatment, the therapist pushes a very thin needle through the skin into the affected soft tissue. This process is intended to promote a healing response by normalizing the local inflammation and breaking up tissue adhesions.

For more details on this or other specializations at the Center that may help you with your day-to-day pain, call 216.595.7345 or go to www.lewisaquaticcenter.org.

Menorah Park's Center 4 Brain Health Offers Support Group

Support groups are offered at the Menorah Park Center 4 Brain Health, located at 27100 Cedar Rd., in Beachwood. Care partners for individuals with memory and thinking concerns are invited to attend our Care Partner Town Hall meeting on Tuesday, Dec. 8, at 6 pm in the Center 4 Brain Health at 27100 Cedar Road, Beachwood.

Free Screenings and Assessments: According to Krystal Culler, the Center's director, "Our memory assessments and free memory screenings are conducted utilizing a variety of tools to help participants understand their current cognition and how our programs can support their individual needs and brain health goals," she said. "Memory screenings are an initial step toward finding out if an individual would benefit from further medical tests."

Free Resources: The Brain Health Information Resource Center provides education, support, and materials for various aspects of brain health, including: nutrition, diet, cognitive and physical exercise, sleep, emotional wellness; and personal health concerns, such as high blood pressure, stroke, and medications. The community is invited to visit the resource center weekdays from 9 am – 3 pm or by appointment.

"Menorah Park is committed to providing individualized, structured, regular volunteer and vocational opportunities for persons with concerns about their memory and thinking skills in a supportive environment. Our vast array of volunteer and vocational opportunities promote engagement and socialization in meaningful experiences for participants. This is a unique program to our Center 4 Brain Health," Culler stated.

Scam Alert –

Residents Receiving Bogus Calls to Pay Off Outstanding Warrants

The Cuyahoga County Department of Consumer Affairs warns residents about a rash of scam calls in which people are threatened with arrest unless they pay off an outstanding warrant.

Scammers not only pretend to be court officials, they're now spoofing their numbers so that Caller ID indicates the call is coming from the Cuyahoga County Clerk of Courts.

The Clerk's office reports fielding multiple calls a day from residents who were scared into thinking there's a warrant for their arrest and that only an immediate payment can keep them out of jail.

Although the calls can be frightening, residents should know the

following:

- The Clerk of Courts never calls people about arrest warrants.
- The Clerk of Courts does not call people to collect fines or penalties.
- The Clerk of Courts does not accept payments for outstanding warrants.

If you receive one of these calls, hang up and report the call to the Cuyahoga County Department of Consumer Affairs at 216.443.7035 or www.consumeraffairs.cuyahogacounty.us.

To stay informed about current scams, connect with Consumer Affairs on Facebook and Twitter @CuyCoConsumers.

Distance Learning

Menorah Park's free Distance Learning Program provides residents and community members the opportunity to be students, learning and interacting with instructors from across the country without ever leaving the Menorah Park campus. Computer technology enables the broadcast of live classes on a large screen. Instructors and students can see and speak to each other. Once a week, students view interesting sites and materials from the instructor's location at venues such as art museums, chamber music groups, planetariums, science centers and more.

For more information, please call the Lifelong Learning office at 216.831.5452, ext. 244.

Monday, Dec. 7 • 2:30 – 3:15 pm
"Meet the Young Artists: Mendelssohn"
by the Cleveland Institute of Music

Monday, Dec. 14 • 2:30 – 3:15 pm
"Chanukah: Festival of Lights"
by Jerusalem EdTech Solutions (Jerusalem, Israel)

Monday, Dec. 21 and Monday, Dec. 28
No programs. Museums closed for the holidays.

Business Alert: Utility Shut-off Scam

The Cuyahoga County Department of Consumer Affairs warns restaurants and stores to guard themselves against utility shutoff scams, as these types of calls may increase during the upcoming holidays.

How it works:

- Scammers posing as utility employees call businesses about an alleged missed electric or gas payment. The caller warns that if payment isn't made immediately, the utility will shut off the business's gas or electricity within the hour.
- Bogus calls usually come late in the day, often just before a weekend or holiday. The threat of losing power – and sales – is enough to scare some owners into sending a payment, even if they aren't sure they owe.

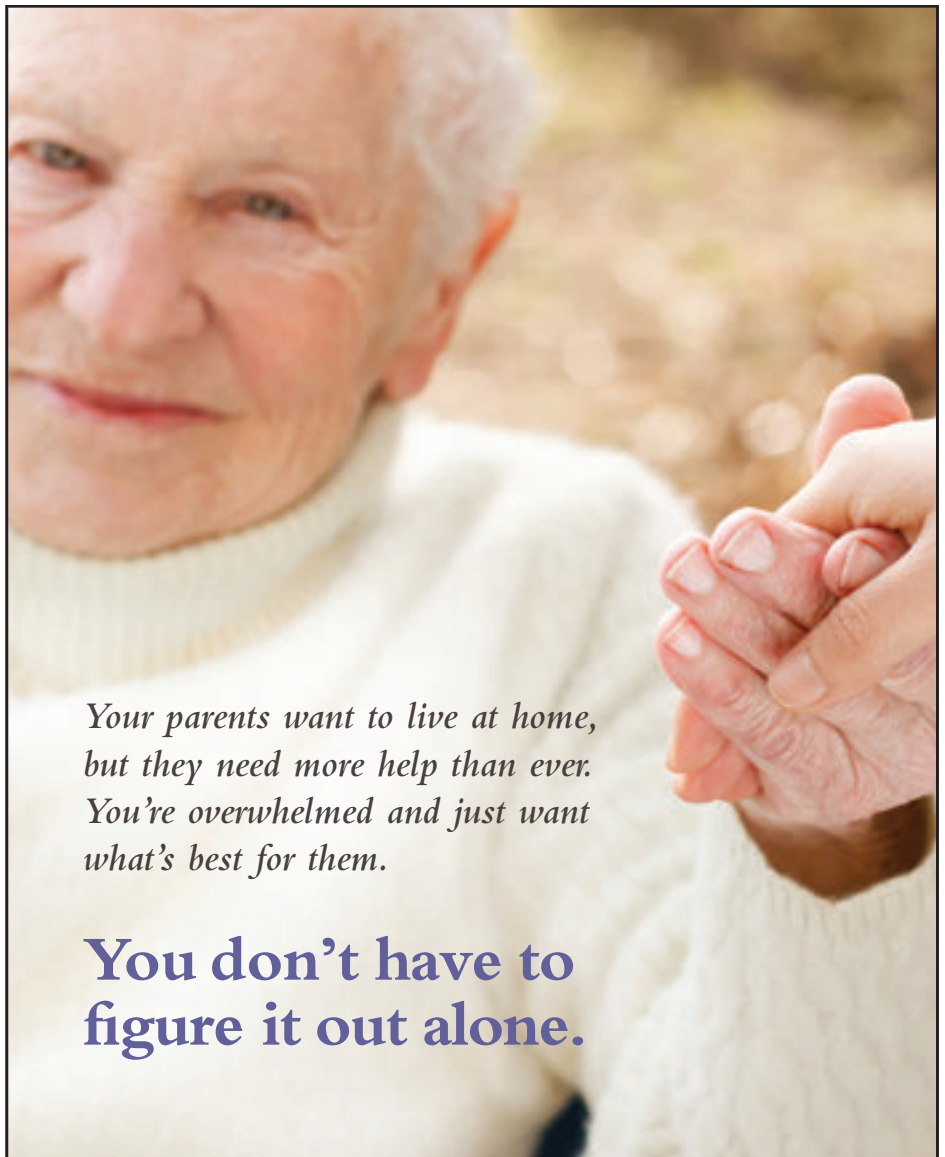
How to protect your business:

- Don't panic. Utilities don't make cold calls about shutoffs. They will always send written disconnection notices if they plan to sever your service.
- Be skeptical of the Caller ID. Scammers may spoof their numbers.
- Know that disconnections are typically not scheduled at night or on weekends.
- Be wary if anyone asks you to pay a bill using a wire transfer, prepaid card or gift card. Those are payment methods used by scammers because they are hard to trace.
- Warn employees, especially managers who are authorized to pay bills, so they aren't tricked in your absence.

Contact your utility if a call has you worried. Use the number from your bill, not one provided by a caller. Or check out First Energy's web page about utility scams at <https://www.firstenergy-corp.com/help/safety/scam-info.html>.

Report scams to your local police and to the Department of Consumer Affairs at 216.443.7035 or www.consumeraffairs.cuyahogacounty.us

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Navigating through the Holidays While on the Cancer Journey

The holidays can be a joyous time, but the hustle and bustle that often accompany this time of the year can leave us feeling stressed and less than jolly. Coupled with a challenge such as cancer, families may find the need to seek some tips on how to minimize the frantic feelings that can be associated with managing the season.

A cancer diagnosis can impact families emotionally, spiritually, socially and financially. It takes a toll on the energy level of the person diagnosed and the caregivers and can often necessitate the need for a shift in family roles and responsibilities. Re-evaluating plans and expectations well in advance of the holidays can help lower everyone's stress level.

Sit down together now and discuss what activities are the most important and what can be trimmed back or eliminated this year.

Set a realistic expectation for gift giving. Share in advance with children if gift giving will be more limited this year and help them understand why. Perhaps the children will delight in creating their own gifts for family and friends instead of making purchases.

If your home is usually the gathering place for holiday dinners, ask another family member or friend to host this year. You are still a part of the festivities but you don't have the added stress of being the host.

Even if you decide to have the dinner at your home, consider asking guests to bring side dishes and desserts.

Consider asking those who are closest to you to help clean the house and help with any decorating. Children can be a big help also and may

feel more included. A family member or friend can also help to pick up gifts and make trips to the grocery store using a detailed list you've created.

Depending on where you are in your cancer journey, you may not have much of an appetite. If you're going to someone else's home for a holiday dinner, let them know your situation ahead of time so that they understand why you may not be partaking of everything offered. If this thought makes you feel uncomfortable, then have dinner at home and go visit others after dinner for dessert, coffee, tea or better yet, just to enjoy each other's company.

Whether you are the person diagnosed or the caregiver/support person, you may not have the energy to do everything you did last year. Give yourself permission to cut back on decorations, baking and any other traditions that may be very taxing.

Holidays can be an emotional time and even more so with the addition of a cancer diagnosis. It's helpful to acknowledge emotions and find someone with whom you feel comfortable talking if there is a need.

Give an early gift to you and your family – take some time each day for 'self' and to spend relaxing, quality time with each other.

When we truly stop to think about it, the real joy of the holidays is in spending time with family and friends and acknowledging those things for which we are grateful.

When we truly stop to think about it, the real joy of the holidays is in spending time with family and friends and acknowledging those things for which we are grateful.

Programs at The Gathering Place

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

Upcoming Programs at The Gathering Place in Beachwood to help cope with emotions and manage stress.

Guided Meditation

Mondays, Dec. 7 and 21,
2 – 2:45 pm

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

No registration required.

Group for Those with Cancer

Meets weekly on Tuesdays
6:30 – 8 pm

Group for Caregivers

Meets weekly on Tuesdays
6:30 – 8 pm

Yoga

Tuesdays, 11 am – 12:15 pm and
Saturdays, 10 – 11:15am

A gentle relaxing exercise that helps increase energy, improve muscle tone and flexibility and help with relaxation.

Tai Chi

Wednesdays, 2 – 3:15 pm and
Thursdays, 11 am – 12:15 pm.

Boost your energy, open up and release tension. Tai chi increases strength, balance and flexibility.

The programs and services offered provide education and information, support, and ways to help manage the stress of a cancer diagnosis.



Robyn Strosaker, MD

Avoid Holiday Wrappings and Trappings to Stay Safe

The holidays are a time to celebrate – a time to decorate your house with bright lights and glowing candles. All around the world, people invest time and money to make sure their decorations look just right to create a festive air at home. Children particularly love this time of year, with its joyful holiday music, sparkly tree trimming and brightly-colored cards.

Before you get caught up in the hustle and bustle, take a moment to make sure your family will have an injury-free holiday season. Many of the traditional holiday trappings, include trees and wrapping paper, as well as mistletoe and poinsettias can pose health threats to kids and pets. You have to remember that the wrappings and trappings of the season may be beautiful – but they can also be dangerous. Pay attention and you'll avoid visits to the emergency room and prevent fires that can result from holiday lighting, greenery and gift wrap. Each year many children are injured during the holiday season, and a lot of those injuries could have been prevented.

"The holidays are supposed to be a happy time spent with family and friends," says Robyn Strosaker, MD, Director of University Hospitals Rainbow Babies and Children's Hospital Acute Care Network. "The last thing you want to worry about is something happening to your child. If you take some basic precautions, you can make sure your whole family remains safe and injury-free throughout the holiday season."

Here are some simple guidelines to help you enjoy an injury-free holiday:

- Don't overload extension cords or wall outlets. Never run electrical cords under carpets, cushions, or anywhere else they might be easily crushed or broken.
- Do not burn wrapping paper and boxes in the fireplace. They ignite rapidly and can cause flash fires or create sparks that could ignite nearby combustibles and sometimes create toxic fumes.
- Unplug all lighting when you leave the house or at bedtime. Make sure you grip the plug – never pull it from the wall by yanking the cord.
- Don't use indoor lights outside. Hang outdoor lights with insulated staples and light hooks – don't use nails or tacks. Hanging bulbs downward will keep moisture out of sockets.
- Decorate the tree with your kids in mind. Keep ornaments that are breakable, have small parts that could become choking hazards or have metal hooks toward the top of the tree.

- Always use the proper step ladder. Don't let your children see you standing on chairs or other furniture to avoid any future bad habits.
- Make sure light sets are fully intact and there are no exposed or frayed wires, loose connections or broken sockets.
- Keep walking paths clear both indoors and out so that older adults and kids do not trip on decorations, wrapping paper, toys, etc.
- Keep candles out of reach of children.
- Don't burn candles near trees, curtains or any other flammable items. Be extra careful when using candles on tablecloths which could be easily disrupted.
- When choosing toys for infants or small children, avoid small parts that can be pulled or broken off and become a potential choking hazard (swallowing button batteries is not an uncommon problem.)

Holiday safety is an important topic to keep in mind from late November into the middle of January, as loved ones get together and travel more frequently.

Dr. Strosaker is board-certified in pediatrics. Her work at University Hospital Rainbow Babies and Children's Hospital ensures the delivery of safe, quality, standardized care across the pediatric emergency departments and urgent care locations. If you would like to be seen by a UH pediatrician, call 216-UH4-KIDS (216-844-5437) to schedule an appointment.

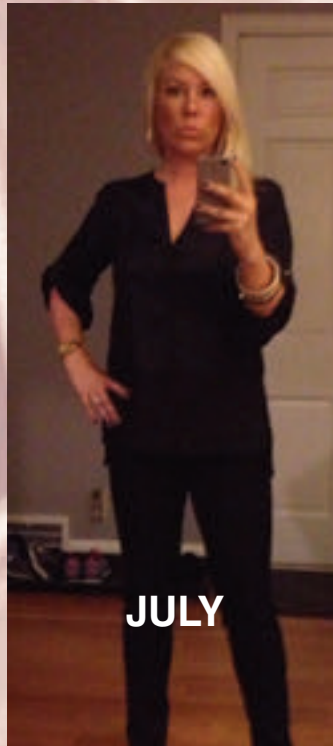
"The last thing you want to worry about is something happening to your child. If you take some basic precautions, you can make sure your whole family remains safe and injury-free throughout the holiday season."



JANUARY



APRIL



JULY



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I look forward to seeing you at The Barre!



Yana Salwan
BarreFit Founder and Teacher
Barre Cleveland
3737 Park East Drive #209
Beachwood, OH 44122
216-342-4229
barrecleveland.com

Cleveland Pops Orchestra New Year's Celebration – "My Favorite Broadway"

The Cleveland POPS Orchestra with Carl Topilow will welcome 2016 with its 20th annual concert and dance at Severance Hall. The two-hour concert starts at 9 pm and consists of an exciting and wildly popular evening of Broadway favorites performed by singing sensation Connor Bogart O'Brien. The vocal artist has performed all over the world on cruise ships and is growing in popularity with Northeast Ohio concert goers. O'Brien has been featured with Cleveland POPS in numerous shows from Severance Hall to Playhouse Square.

The two-hour concert consists of a sparkling selection of Connor's favorite Broadway songs from the best of contemporary musical theater, including Jersey Boys, Wicked, Tommy, Jekyll and Hyde, She Loves Me, Les Misera-

bles, The Boy from Oz and more. The orchestral selections will include themes from the new Star Wars movies, the new 007 movie Skyfall, and themes from the popular PBS series Downton Abbey, to name a few.

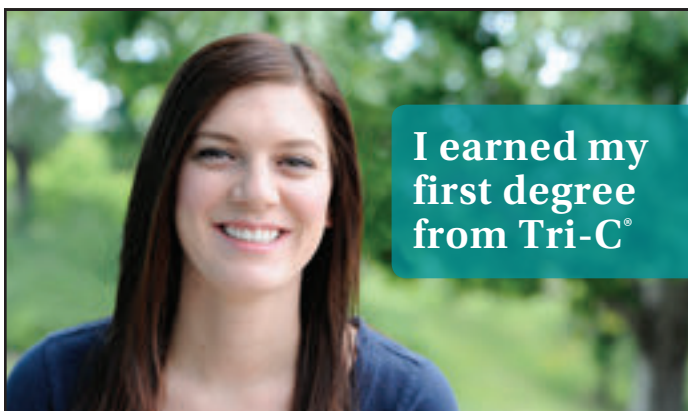
The concert is followed by dancing to two different bands in two locations in Severance Hall. Carl Topilow and an ensemble of Cleveland POPS Orchestra members will provide the dance music in the Grand Foyer, while Rock & Roll music will be provided by the No-Name Band (Lawyers Playing Music for Dancing from the 60's and 70's, and beyond) in the Smith Lobby. Further amenities include cash bars, a midnight balloon drop, and desserts and coffee. The festivities continue until 1 am.

Tickets range from \$31 to \$112 and are available for purchase at the Severance Hall box office, by calling 216.231.1111 or by visiting www.clevelandpops.com. Group discounts are available by calling 216.765.7677.

Cleveland POPS Orchestra New Year's Eve concert ticket holders may arrange for overnight accommodations at nearby InterContinental Hotel. Enjoy a luxurious suite on December 31st at the economical Cleveland POPS discount price of just \$137 plus tax. Package also includes free breakfast for two at the North Coast Café, free valet parking and free transportation to and from Severance Hall. Concert tickets must be purchased separately to qualify for the hotel discount.



What: Cleveland POPS 20th Annual New Year's Eve Celebration – "My Favorite Broadway"
When: Thursday, Dec. 31
Concert: 9 to 11 pm
Dancing: 11 pm to 1 am
Where: Severance Hall
Who: Cleveland POPS Orchestra
 Carl Topilow, conductor
 Connor Bogart O'Brien, Guest Vocalist



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MY STORY

Stephanie Bayne saved thousands of dollars by starting her college career at Tri-C.

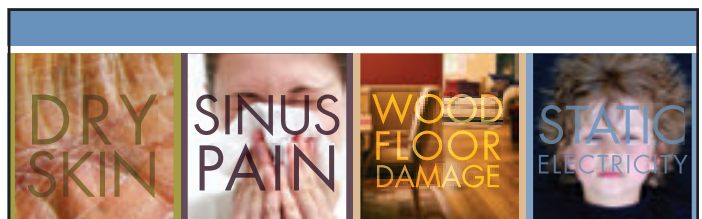
Stephanie chose Cuyahoga Community College (Tri-C®) for its convenience and affordable tuition. Her credits transferred seamlessly to Kent State University, where she began as a junior. Tri-C has allowed Stephanie to save money on the way to completing her bachelor's degree in four years.

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Menorah Park Welcomes New Rabbi, Director of Spiritual Living

Avraham Cohen, Menorah Park's new director of spiritual living,



spent 15 years in the U.S. Air Force as a chaplain, and thus has abundant experience in strategic leadership and management, supervisory responsibilities and pastoral care in a high-pressure environment. He was trusted advisor and confidante to senior leadership and junior ranks. Raised in Pittsburgh, he graduated from Mt. Lebanon High School in 1982. Deep family connections to Cleveland have kept him tied to the Northeast Ohio. "My mother was raised in Shaker Heights, along with her two sisters and brother; and my grand-

parents are both first-generation Cleveland-born. My father also has relatives here," added Rabbi Cohen.

Rabbi Cohen attended Northwestern University, and graduated in 1987 with a BA in humanities. He worked for a year in restaurant franchise management, then traveled to Israel to explore kibbutz-living and get in touch with his Jewish roots, while he worked toward a career direction – law school, business school, or rabbinical school.

His education and travels led him to Aish HaTorah, an

Orthodox yeshiva, where he studied from 1989 to 2000, when he became a chaplain in the U.S. Air Force.

In 2014, Rabbi Cohen was in Cleveland visiting his son at Telz Yeshiva, and went to visit his grandmother, Beatrice Wyse, at Wiggins Place. That's how he found out about the the career opportunity on the Menorah Park campus.

Cohen is married to Anne Brock from Capetown, South Africa, and has five children: Adina (24), Yitzhak (23), Yaakov (22), Ruth (20), and Yosef (16).

Hannah Cantlie Named 2015 Homecoming Queen

Congratulations to the 2015 top-three Homecoming Queen candidates, Hannah Cantlie, Kayla Harrison and Brianna Weisman.

On Saturday, Sept. 26, during halftime of the Beachwood-Geneva football game, Hannah Cantlie was named 2015 Homecoming Queen.

Cantlie participates in SAY, the Spanish Club, Leadership program and Cleveland club. She was also captain of the soccer and lacrosse teams and loves sports, music, school and her friends and family.

Cantlie plans to study neuroscience and Spanish after high school graduation.

Representing the remainder of the Homecoming Court for 2015 are Sydney Leikin and Zachary Chylla, Class of 2019; Olivia Adelman and Max Alter, class of 2018; and Alyssa Blum and Gabriel Sweeney, class of 2017.



Pictured: Queen Hannah Cantlie pictured with Pam Ogilvy and Missy Buddenhagen, Beachwood High School Social Studies teachers; and Homecoming Queen Finalists Hannah Cantlie, Kayla Harrison and Brianna Weisman pictured with their families.

Cleveland Memory Project Founder to Speak to Jewish Genealogy Society

William C. Barrow, co-founder of the Cleveland Memory Project, is the featured speaker at the Sunday, Jan. 10 meeting of the Jewish Genealogy Society of Cleveland. He will demonstrate the project's web site (ClevelandMemory.org), and show how to apply its contents to genealogy research.

Bill Barrow is the head of Special Collections at Cleveland State's Michael Schwartz Library and a co-founder of the Cleveland Memory Project on the web (ClevelandMemory.org). He speaks on the history of Cleveland Memory, the more than 60,000 local history resources found there and how to profitably use Cleveland Memory and Special Collections to do family history research.

Bill is a Cleveland native and has worked at Cleveland State for 20 years, where he earned a BA and MA in history; he received his Master's degree in library science from Kent State University. He is on the boards of the Early Settlers Association of the Western Reserve,

the Cleveland Archival Roundtable, the Sculpture Center, and the Cleveland Heights Historical Society.

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



He will demonstrate the project's web site (ClevelandMemory.org), and show how to apply its contents to genealogy research.

Lewis S. Sternberg Recognized at IES Annual Conference

Congratulations to Lewis S. Sternberg on receiving the Louis B. Marks Award on November 8 at the Illuminating Engineering Society 2015 Annual Conference. The award, named in honor of the first president of the IES, is granted to a member of the society in recognition of exceptional service of a non-technical nature to the society.



In his 62 years of membership, Sternberg has continually served the IES in thoughtful, visionary and inspired ways. Sternberg has focused relentlessly, but not exclusively, on education. With his skillful leadership, the mission of the IES was redefined, bringing research and education to the forefront. The Lighting Research Institute was formed and the Lighting Research Education Fund was developed, precipitating new fundraising partnerships for lighting research and education. Sternberg was also instrumental in creating a new international perspective for the IES, addressing the 1932 CIE Conference to present the innovative and successful funding methods that supported the expansion of research and education initiatives.

Sternberg's IES service includes chairing the 1976 IES Annual Conference, the Society Bylaws Committee, the Lighting Research and Education Committee and the Board of Nominations at various times from 1976-1986. He also served as RVP, VP of regional activities, and Senior VP. Sternberg was IES president in 1982-1983 and received the DSA in 1984.



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Beachwood resident Helene Weinberger opens a card made by students of Gross Schecter honoring veterans and thanking them for their service at a special ceremony held on the Menorah Park Campus on Veteran's Day. One-hundred-and-fifty-six campus veterans were individually recognized.

Mind over Fatter –

How to Enjoy Good Friends, Family and Food During the Holidays Without Gaining Weight

By Dee Wolk, Founder and Creator of No Diet Weight Solution®



I have some facts to share with you. Through my research, I learned there are approximately 55 celebrations per individual, per year. These include religious holidays, birthdays, anniversaries, weddings, graduations, national holidays, etc. I hope you'll agree that a holiday is just another day of dealing with food. There is always one just around the corner for you

Are you feeding emotional hunger with food? If you're not physically hungry and the food isn't needed for fuel, your body will store that food in your fat cells. Oops! Therefore, you wear the food that is eaten for emotional hunger.

We are not born winners; we are not born losers. We are all born choosers. Let's take note that food does not make you fat. It is your

relationship with food that creates excess weight. You can choose to change your relationship with food.

Here are some tips to help you make better choices:

1. Choose to think positively about how you want to relate to holiday eating. Then affirm and resolve not to overeat. Reassure yourself that you can have fun without overeating.

2. Choose to stay in present time with yourself. Just because you have binged in the past, it doesn't have to be your pattern this year.

3. Choose to take smaller portions. Holiday time means special food. Let yourself enjoy little tastes. This allows you to taste everything, without risking getting stuffed.

4. Choose to practice polite ways to decline more food if you feel you have had enough.

5. Choose not to hit your party too hungry. "I'm not having lunch so I'll have more room for my holiday giving dinner."

We've all said that. But skipping meals to save calories for the big meal of the day is a bad choice. This will cause you to overeat. Having a small meal beforehand will help you make better choices later on because you won't be so hungry that you'll overeat.

In our country, the average American gains six pounds between Thanksgiving and New Year's Day.

Your goal during the holidays should not be weight loss, but weight maintenance.

My wish for you this holiday season and on all special occasions is to choose good health over overeating. You can do it. You are the chooser.

Dee's Magic Mix

"Gee, Toto, I don't think we're in Kansas anymore!" Only Dee's Magic Mix will transform your recipes from plain, boring food into culinary delights – straight from the Land of Oz!

Dee's Magic Mix can be used on meat, poultry and fish. Sprinkle liberally. It stores indefinitely in an air-tight plastic container. Keep on hand to enhance food flavor and send your taste buds "Over the Rainbow."

Ingredients (makes 9 ounces)

- 6 tablespoons oregano
- 6 tablespoons sweet basil
- 2 tablespoons garlic powder
- 3 tablespoons parsley flakes
- 4 tablespoons paprika
- 1 teaspoon black pepper



Mix all ingredients together and use generously on all your favorite recipes.

Roasted Turkey Breast

Lots of healthy protein and low in fat, this versatile roast has staying power, and oh, so easy!

This tasty dish makes a wonderful entrée. Slice it cold for a sandwich; cut in strips, wrap in foil and take to work for a fat-burning protein snack; chunk it, add light mayonnaise for a low-fat turkey salad; use strips over greens for a main-dish salad; I could go on and on...

Ingredients (makes 10 servings)

- 1 (3-pound) turkey breast
- 1 tablespoon olive oil
- 3 tablespoons Dee's Magic Mix (more if desired)

Preheat oven to 400 degrees for 20 minutes, then reduce to 325. Wash turkey breast and dry thoroughly with paper towels. Rub dry breast with oil and sprinkle with Dee's Magic Mix. Cook 30 minutes per pound until crusty brown on the outside. Remove skin before eating.

Gross Schechter Day School Students and Staff Donate Candy to our Troops Overseas

Gross Schechter Day School students, their families and staff recently came together to demonstrate the practice of Tikkun Olam, repair the world. One comment on social media by a parent who requested that families help her son collect unused Halloween candy and new dental care products for our troops overseas led to a spontaneous reaction. By morning, the candy bins were overflowing. Several classes also made cards with messages of gratitude and encouragement for our military troops stationed overseas.

Halloween is not a Jewish holiday and is not celebrated at school. Yet, many of the Schechter families do take part at home. In donating candy to our troops, students were able to view the world through a Jewish lens by performing a deed of loving-kindness for our soldiers who give of themselves every day and are so far from home. It's nice to know that the impact of our Schechter value of Tikkun Olam actually reaches another part of the world.

Rebecca Alexander Fills the Room at Cleveland Jewish Book Festival

Rebecca Alexander, author, psychotherapist, extreme athlete and spin instructor spoke to a packed crowd Tuesday, Nov. 12 at the Mandel JCC as part of the Cleveland Jewish Book Festival. She shared her inspiring and motivational life story as detailed in her book, *Not Fade Away*, about living with a rare genetic disorder, Usher Syndrome Type III.

Rebecca has been simultaneously losing both her vision and hearing, but despite these difficulties, she refuses to lose her drive and zest for life and continues to rise above and beyond every challenge she faces.



Miriam Vishny, Book Festival co-chair; Cyndi Port, Book Festival co-chair; Rebecca Alexander; and Darby Steiger, Book Festival co-chair.

Roasted Butternut Squash Soup by Zoup

Ingredients

- 1 stick Butter
- 1 large butternut squash
- 2 cups Good, Really Good™ Chicken Broth
- 1/2 cup Cream
- Salt and pepper to taste

Preparation

1. Preheat oven to 350 degrees.
2. Slice squash in half lengthwise. Remove seeds. Puncture outer skin several times with the point of a knife.
3. Place squash skin side up on a half sheet pan lined with foil. Pour 1/2 cup water in pan.
4. Place squash in oven and roast until outer skin is very soft and browned well. This should take at least 1 hour and possibly 1-1/2 hours. Remove from oven and let cool.
5. In a large food processor with a blade, scoop out squash meat and process until very smooth. You can add 1/2 cup of Good, Really Good™ Chicken Broth to help the processing.
6. Do this in batches if the squash is very large.
7. Place puree in stock pot. Add the rest of the Good, Really Good™ Chicken Broth and stir. Bring to a boil over medium high heat.
8. Add cream and season to taste with salt and pepper.



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How to Peel and Cut a Butternut Squash

by Maplewood Senior Living • Chef Alan Livingston

Butternut squashes can be intimidating to cut, can't they? Here's a safe and sure method.

Keep squash pieces as stable as possible while cutting. A rubber mallet can help, if you have one, to gently push the knife through difficult thick spots. A very sharp vegetable peeler, one with a carbon steel blade, will help with the peeling.

Prep time: 10 minutes.

Ingredients

One butternut squash, 1-1/2 to 3 pounds

A sharp, heavy, chef's knife

Preparation

1. Using a heavy, sharpened chef's knife, cut off about 1/4-inch from the bottom of the squash in an even slice. Then cut off 1/4-

- inch from the stem end.
2. Holding the squash in one hand, use a sharp vegetable peeler in the other hand to peel off the outer layer of the squash. You can also secure the squash standing upright and use the peeler in downward strokes. Stand the peeled squash upright on a cutting board, to keep it stable. If it wobbles, make another cut at the bottom to even it out. Make one long cut, down the middle from the top to bottom, with a heavy chef's knife. Some squashes can be pretty hard. To help with the cutting, you can use a rubber mallet to gently tap the ends of the knife to push it down through the squash.
3. Use a metal spoon to scrape out the seeds

- and the stringy pulp from the squash cavity. (If you want, you can prepare the seeds like toasted pumpkin seeds.)
4. Lay the squash halves, cut side down on the cutting board for stability. Working one section at a time, cut the squash into slices, lengthwise, according to recipe directions, from 1/2-inch to 1 inch or greater.
5. If you are cubing the squash, lay the slices down (you can stack a few at a time) and make another set of lengthwise cuts, followed by crosswise cuts to make cubes.
6. One 1-1/2 pound butternut squash will yield approximately 4 cups of 1/2-inch cubed squash.

Butternut Squash Bisque

Maplewood Senior Living
Chef Alan Livingston

Great use for all that early fall vegetable!
Nice start for a fall day dinner or lunch.

Ingredients

1 tablespoon canola oil

1 tablespoon unsalted butter

1/2 cup diced onion

3/4 cup diced carrots

4 cups peeled and cubed butternut squash

3 cups vegetable stock

Salt and ground black pepper to taste

Ground nutmeg to taste

1/2 cup heavy cream (optional)



Preparation

1. Heat the oil and melt the butter in a large pot over medium heat. Cook and stir the onion in the butter and oil under tender.
2. Mix the carrots and squash into the pot. Pour in vegetable stock, and season with salt, pepper, and nutmeg. Bring to a boil, reduce heat, and simmer until vegetables are tender.
3. In a blender or food processor, puree the soup mixture until smooth. Return to the pot, and stir in the heavy cream. Heat through, but do not boil. Serve warm with a dash of nutmeg.

Beachwood Chamber of Commerce Will Spread the Holiday Spirit at its December Luncheon

The Beachwood Chamber of Commerce is getting ready for its December luncheon, a give-back event. As a group, chamber members feel grateful for individual successes and recognize the importance of not-for-profit organizations and how they benefit our community.

The luncheon will take place at Maggiano's Little Italy at Beachwood Place, Wednesday, Dec. 16, at 11:30 am. This luncheon is being marketed to the chamber's membership, encouraging them to make contributions to benefit at least one of these organizations. Perspective members are also welcome to attend.

A representative from each of the following organizations will speak for 10 minutes to educate luncheon guests about what their organization does:

A Kid Again exists to foster hope, happiness and healing for families raising kids with life threatening illnesses. It helps to restore a sense of normalcy for the family and strives to make life more like "life" again by helping families gain back moments of solace and a sense of control over their circumstances. It strives to give these kids an opportunity to have fun and feel like they should – the kid they are meant to be each day. Its adventures are designed for kids to have something to look forward to, and to give their sisters, brothers and parents some respite as well. Its network also provides resources

and family network opportunities. For more information, visit www.akidagain.org.

InMotion is a nonprofit center and community located in Warrensville Heights. We serve the needs of people with Parkinson's and other movement disorders. InMotion supports our clients and those that care about them through education, exercise, support groups, and healing arts. Our programs are provided free of charge and open to all. The InMotion space welcomes visitors to a multipurpose room for exercise and speaker presentations, a resource center, and small healing arts and support group meeting rooms. For more information, visit www.beinmotion.org.

The Gathering Place, with locations in Beachwood and Westlake, offers a wide variety of free programs and services to those touched by cancer. When you give to The Gathering Place you're helping to support individuals and families in our communities who are touched by cancer. Our free programs and services help Northeast Ohio families, neighbors, colleagues and friends cope with the emotional, spiritual, physical and social impact of a cancer diagnosis. For more information, visit www.touchedbycancer.org.

Please visit beachwood.org to register for this luncheon and spread the holiday spirit.

Slow Cooker Breakfast Casserole

by Whole Foods

Ingredients

1/2 package frozen hash browned potatoes (2 1/2 cups), thawed
1-1/2 cup frozen bell pepper strips, thawed
2/3 cup frozen spinach, thawed and firmly squeezed to remove as much water as possible
1 yellow onion, diced
1-1/2 cups (about 7 ounces) diced cooked ham or smoked turkey
4 eggs
1 cup milk
1/2 teaspoon fine sea salt
1/2 teaspoon ground black pepper

Preparation

1. Layer potatoes, bell peppers, spinach, onion and ham in a slow cooker.
2. In a bowl, whisk together eggs, milk, salt and black pepper and pour over food into the cooker.
3. Cover and cook on low until casserole is set and browned around the edges, 6 to 7 hours.
4. Cool, uncovered, for at least 20 minutes, then cut into wedges and serve.

Optional

5. Top with Comte or Le Gruyere cheese.
6. Pair with the perfect mimosa: fresh squeezed orange juice (make your own at any Cleveland Whole Foods Market store) and Presto Prosecco, a Whole Foods Market exclusive.



Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

~ Judy Garland

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~ Ralph Waldo Emerson

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Fairmount Properties Announces Whole Foods Market Opening at Pinecrest

Grocer to join the already impressive lineup of retailers

Whole Foods Market, in partnership with Fairmount Properties and their joint venture partners, announced it will relocate its existing store on Chagrin Boulevard to the state-of-the-art Pinecrest development. The new 45,000 square foot store will be a part of the \$230 million project located at I-271 and Harvard Road in Orange Village.

"Whole Foods Market will be an extraordinary addition and a natural fit for Pinecrest," said Randy Ruttenberg, principal at Fairmount Properties. "This exciting announcement will further Pinecrest's unmatched experience, given the number of best-in-class retail, restaurant, home and entertainment operators already committed."

"We are proud of our history of serving the Cleveland community," said Whole Foods

Market Mid-Atlantic regional president, Scott Allshouse. "In an effort to continue to evolve and improve our commitment, we are investing in this neighborhood, our customers and team members. This new site will help us continue to strive for the best experience possible with every trip to a Whole Foods Market."

Whole Foods Market will join an impressive lineup of retailers, many of which are first-to-market for Northeast Ohio. These include REI, a popular outdoor recreation store; Silverspot Cinema, a movie theater where guests enjoy dinner and drinks from luxurious leather seating; Pinstripes, a popular Italian bistro that also offers bowling and bocce; and Old Town Pourhouse, a vibrant, high-energy neighborhood restaurant and tavern.

Demolition is complete

and site work is underway at Pinecrest. When finished, this 58-acre mixed-use development will offer 400,000 sq. ft. of retail space, featuring an eclectic blend of national, regional, and local stores, chef-driven restaurants, and entertainment venues. It will also include a mix of 150,000 sq. ft. of class-A office space, a 150-room boutique hotel, and 90 new apartments, all with easy access along Interstate 271. Phase II, six months behind phase I, will feature several hundred residences tailored to a wide range of lifestyles – young professionals and empty nesters alike.

Fairmount Properties is serving as the lead developer for the project, working in a joint venture with Lennar Commercial, along with members of the DiGeronimo family, long known in

the community for their success at Independence Excavating and Independence Construction, as well as Lewanski Development.

Adam Fishman, principal at Fairmount Properties, will be the keynote speaker on Wednesday, Jan. 20, at the Beachwood Chamber of Commerce's monthly luncheon. He will speak about development in and around Cleveland. For more information or to register, visit www.beachwood.org.

Budish, Cuyahoga County Sheriff's Office, and Crime Stoppers Announce Crime Gun Initiative

Cuyahoga County leaders announce new efforts to remove crime guns from our communities

Cuyahoga County Executive Armond Budish, along with the Cuyahoga County Sheriff's Office and Crime Stoppers of Cuyahoga County Coordinator Bill Jelenic, announced a new Crime Stoppers Crime Gun Initiative.

The goal of the Crime Gun Initiative is to remove crime guns from our communities—firearms that have been illegally possessed and used to commit a crime.

"We are witnessing an explosion of violent crime, and we are offering a program to help stop the killing," said County Executive Armond Budish. "There is no one, simple solution. This is a complex issue that needs to be attacked

with urgency and vigilance, and we hope this program provides the motivation to get people from every aspect of our society involved, so we can, together, work to make our streets safer."

Details of the Crime Gun Initiative include the following:

- Crime Stoppers has established a dedicated hotline, 241-TIPS (8477), specifically for tips related to crime guns.
- Tips can remain anonymous and are eligible to receive a cash reward of up to \$250, for a tip that leads to an arrest or indictment.
- This is NOT a replacement for 9-1-1. This hotline should not

be used to report crimes in progress or emergency situations.

"It's important that we find new strategies in eliminating crime guns from our neighborhoods. As we continue to collaborate between federal and local resources, our most important resource is YOU," said Crime Stoppers of Cuyahoga County Board of Directors President Dr. Rustom Khouri. "An initiative like this cannot succeed without the support from our residents. If you know or suspect that a crime gun has been illegally possessed and used in a crime, do the right thing and let Crime Stoppers know."

Crime Stoppers of Cuyahoga County operates as an independent organization, dedicated to providing local law enforcement with information about crimes and criminals. Reward money paid out by the program is raised through fundraising and private donations, and \$100,000 allocated by the county over the biennium to kickstart the program. Crime Stoppers has proven itself to be a successful program, not only in Cuyahoga County, but nationwide.

For more information about Crime Stoppers of Cuyahoga County, please visit www.25crime.com.

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