

Beachwood Buzz

MAGAZINE

February 2019

Every Resident. Every Business. Every Month.

BEACHWOOD CITY SCHOOL DISTRICT



BEACHWOOD YOUTH INITIATE CHANGE

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Letter from THE EDITOR

By Debby Zelman Rapoport

With Valentine's Day just around the corner, we are reminded of relationships and love. According to Marisa Peer, in her book, *#I am enough: Mark your Mirror and Change Your Life*, love starts from within. When you love yourself, you create a lifelong romance that never fades, tires, or disappoints. Loving yourself is a vital ingredient to loving another.

Marisa writes that we are all here for a purpose, we are "more than enough," and we are worthy of love. We just need to believe in ourselves, love who we are, and replace harsh self-talk with kindness and self-respect; to treat ourselves as we would a friend.

Marisa, a therapist for 30 years, believes that humans are born with two powerful emotional needs: to find connection and to avoid rejection. She says that all of her clients fall into one of three categories:

- One who would love to have it all – loving relationships, a great job, financial security and self-love, confidence and inner peace, but can't manage to attain any of them, let alone hang on to any.
- One who has all of the above, but sabotages them in major and minor ways, through addiction, workaholicism, etc.
- One who does manage, through working on his or her mindset, to attain it all, and share it with others.

Much of what places us in the first two categories starts with negative self-talk, which, if we repeat often enough, we come to believe. Since our beliefs are our realities, our problems, issues and hang-ups may be eliminated once we re-program this self-talk to work for us, not against us – much like we reprogram a computer.

Marisa says that the notion of

"I am not enough" is the biggest emotional disease affecting humanity today. It leads to addiction, excessive work habits, depression, overeating, hoarding, and other detrimental behaviors. This notion comes from deeply-rooted life experiences, such as the feeling of not being loved as a child, being bullied, being told you aren't good at something, or disparaging remarks made about one's body. The feeling of "not being enough" becomes engrained in our psyches, creating negative self-talk that is so embedded, it's hard to change.

Marisa writes that we are all here for a purpose, we are "more than enough," and we are worthy of love. We just need to believe in ourselves, love who we are, and replace harsh self-talk with kindness and self-respect; to treat ourselves as we would a friend.

Babies, from birth to about age six, are generally happy because they have no reason yet to feel that they are not enough. Then, something changes – maybe abandonment, a parent who demands perfection, society's standards

and expectations, or a fear that has been passed down. Children are not programmed to be afraid, they learn fear from the external world. Neither do they create false realities, project about what the future will bring, or feel fearful of things that have not yet happened. For example, if a parent is afraid of flying, the child may acquire that fear, too, because she models the parental behavior.

The pictures we make in our head, much like the words we say to ourselves, come from outside influences. We each have full power to choose better words and pictures. When we do, we are happier and more confident.

Everyone has vulnerabilities, and they won't go away until we address them. Although someone seems to be successful, she may be working hard to cover up insecure feelings, which is why we hear stories of self-abuse and suicide. People often feel that external validation will fix everything, yet they do not want to – or know how to – dig down to their core to address feelings and recognize that *they are enough*.

When Marisa works with clients, she tries to

pinpoint the root cause of why they feel that they are not enough, which doesn't take her much time. She often does this through hypnosis, and writes that it is "powerful and liberating."

Then, she has the client say and repeat the mantra, "I AM ENOUGH," which can replace limiting beliefs and negative self-talk.

It takes repetition to turn words into beliefs, so she suggests that you say the words aloud, post them on your mirror, refrigerator, dashboard of your car, and screensaver. Read and write them daily. Make the words a statement of truth: "I am, have always been, and will always be, enough."

Love and happiness start inside. If you need praise and recognition, praise and recognize yourself. If you need love, truly love yourself. If you need to be celebrated, celebrate yourself.

We are all *enough*, and are worthy of love. It all starts from within.

I AM ENOUGH 

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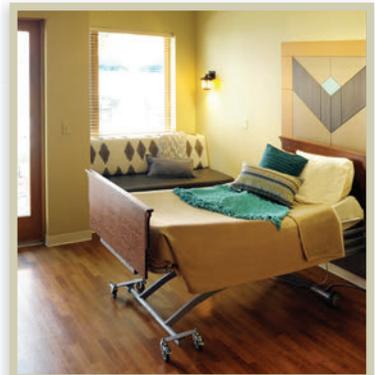
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Beachwood Youth Initiate Change



Hilltop's third-grade students have been in the spotlight since mid-December because of an idea they presented in Vicki Challenger's social studies classes. When Beachwood City Council members visited their classrooms to teach a segment on government, the students saw, first-hand, how an idea transforms into a city ordinance. City Council member Eric Synenberg approached the school a few years ago with the idea of City Council members speaking with students about government. Thanks to support from Ms. Challenger and Hilltop lead principal Sherry Miller, this is the third year that Council members have participated in the learning process.

Complete story starts on page 7.

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Who We Are

Debby Zelman Rapoport
Editor/Publisher

Marcia Krantz Bakst
Senior Account Executive

Scott Morrison
Staff Photographer

Tybee Zuckerman
Proofreader

Stephen Valentine
Art Director

June Scharf
Contributing Writer

Jen Stern
Contributing Writer

Jerry Zelman
Vice President of Operations

Letters to the Editor
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beachwoodbuzz@gmail.com.

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Editorial Information
email beachwoodbuzz@gmail.com

Advertising Information
call 216.297.0200 or email
beachwoodbuzzsales@gmail.com
P.O. Box 22194
Beachwood, Ohio 44122

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GINO'S AWARDS

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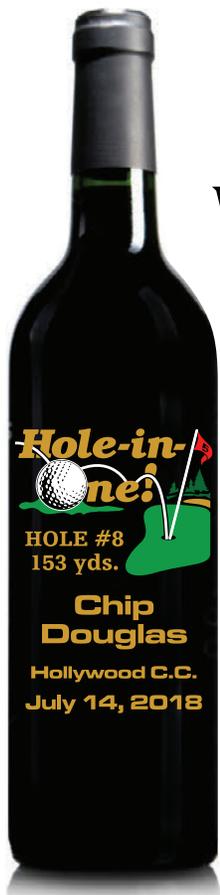
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Seeking Young Entrepreneurs for NOISE EXPO



Free booths are available to the first fifty student entrepreneurs who register for a booth at NOISE, Northeast Ohio Innovative STEM Expo, which will take place on April 13, at Beachwood High School.

Eligible young entrepreneurs need to be enrolled in middle school, high school or college, and are encouraged to promote their businesses, with opportunities to sell their goods and services. The NOISE Expo will provide an excellent opportunity for participants to gain exposure as they join more than 100 other businesses and organizations in this all-day event that features S.T.E.M. (Science Technology Engineering Mathematics) principles in action.

The Young Entrepreneur Market, generously sponsored by the Burton D. Morgan Foundation, is one of the highlights of NOISE 2019. Also highlighting NOISE will be science entertainer Nick Uhas from America's Got Talent and Nickipedia.

Interested young entrepreneurs can sign up now at www.noiseexpo.com.

For more information, contact Mr. Greg Perry at gwp@beachwoodschoools.org.

Free booths are available to the first fifty student entrepreneurs who register for a booth at NOISE...

BAC Programs

The following Beachwood Arts Council programs take place at the Beachwood Community Center, unless otherwise noted. **Start the year off by supporting the arts in Beachwood!** For complete information, follow Beachwood Arts Council on Facebook or visit www.beachwoodartscouncil.org.

Kids Valentine's Day Craft Workshop

Saturday, February 9
12:30-2 pm

Create delightful Valentine's Day cards and gifts with Beachwood art teachers Chunny Hahn and Heather Grano. \$10 fee per child includes all materials. Grades K-7 welcome. To register, please call 216.595.3400.



Ileen Kelner Juried High School Art Show

Sunday, February 10 – Sunday, March 3

Gallery Hours:
Monday-Friday, 10 am – 4pm
Saturday, 10 am – 3 pm
Sunday, 10 am – 1 pm

Opening Reception:
Sunday, February 10
2 – 4:30 pm, with awards ceremony and refreshments at 3 pm.

This free special exhibit will feature artwork, including drawings, fiber art, jewelry, paintings, photographs and sculptures, by more than 100 regional high school students.

The Pop Tarts Concert

Sunday, February 24
2 – 3 pm

This dynamic, retro, 1960's "girl singing group" will bring back a blast from the past. This free program is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council.



Martin Leung Piano Concert

Sunday, March 17
2 – 3 pm

This California pianist will play classical music, as well as video game tunes from popular gaming series. This free program is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council.



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BEACHWOOD YOUTH INITIATE CHANGE

Hilltop's third-grade students have been in the spotlight since mid-December because of an idea they presented in Vicki Challenger's social studies classes. When Beachwood City Council members visited their classrooms to teach a segment on government, the students saw, first-hand, how an idea transforms into a city ordinance. City Council member Eric Synenberg approached the school a few years ago with the idea of City Council members speaking with students about government. Thanks to support from Ms. Challenger and Hilltop lead principal Sherry Miller, this is the third year that Council members have participated in the learning process.

This year, Synenberg and Council member Alec Isaacson joined Council president Brian Linick and vice president James Pasch in Challenger's classrooms to talk about different forms of government, and how government operates at the local level. To make the learning process more interesting, Linick suggested that they run a contest between the six classrooms to see which class could come up with an idea that may be passed as legislation in Beachwood. The students came up with great ideas, one of which clicked.

Challenger's third graders enjoyed the process and had fun with the challenge. A few top ideas included: a sportsmanship day, anti-bullying law, seatbelts on school buses, no sale of cigarettes to anyone under 21, and something to make school just a little bit sweeter: Mitchell's Ice Cream! In addition to working with Council members in the classroom, students took field trips to City Hall to observe government in action, and to ask questions of Mayor Martin Horwitz and other city department directors.

From the ideas submitted, the cream that rose to the top was seatbelts on school buses. When the idea was first presented, Linick called Beachwood Board of Education president Dr. Brian Weiss to see if the schools would be receptive to pursuing



After Ordinance #2018-195 was unanimously passed, Ms. Vicki Challenger proudly said to herself, "They really did this. They made history."

"It's easy to stand up in front of a class and teach content. But to see the process, first hand, going from an idea to legislation, is amazing."

- Vicki Challenger

this idea. Once affirmed, Linick presented the idea to City Council, and all members were unified in their decisions to pursue this possibility. Because of the emphasis the city places on safety and the strong desire of the entire Council to support the schools, this idea was music to their ears.

The topic struck a chord with Pasch, who broke his neck and back in a school-bus rollover accident when he was in high school.

"This is life coming full-circle," Pasch said. "It is extraordinary to work with my colleagues on City Council and at the Board of Education to prevent what happened to me from happening to any of our students in the event of an accident."

Next, they had a discussion with the Beachwood Police Department and invited Rudy Breglia, Ph.D, a citizen and seat-belt advocate with no commercial interest, to share information on the topic. Breglia started advocating for the feature in 2016, after a devastating bus roll-over accident in Chattanooga, Tennessee, which injured more than 20 students and killed 6. The bus driver, who was wearing a seat belt, survived.

Breglia, now retired, told us that safety has always been his concern. When he saw this catastrophe, he knew something had to be done.

"Seatbelts are required in cars, small school buses and, since 2016, commercial motor coaches," he said. "Having seatbelts in school buses is a common-sense safety feature."

Breglia created the group School Bus Seat Belt Safety Alliance, and its goals are:

- To bring to communities throughout the U.S. awareness of injuries and death in school bus accidents due to the lack of seatbelts
- To assist school districts in procuring seatbelts and addressing any concerns that may hinder the process
- To seek public and private funding for seat belt pilot programs by representative school districts

He shared that the cost to add seat belts in



School Board members Josh Mintz, Maria Bennett, Dr. Brian Weiss and Jamie Elwell meet with students to congratulate and thank them for a job well done.

a new school bus escalates the purchase price between 8-10%. Spread over the lifetime of the bus, that's three cents per student per day, or five dollars per student per school year. He added Ohio school districts are responsible for unlimited compensatory damage awards to students for injuries.

"It doesn't make financial sense for school districts to risk these catastrophic losses be-

cause they neglected to put seatbelts in buses," Breglia concluded.

In early December, City Council members and Mayor Horwitz met with Weiss and school administrators to work out the details, after which they set an aggressive schedule to place the ordinance on the agenda for the December 17 City Council meeting.

City Council members were passionate about

Special messages to the students after Ordinance #2018-195 was passed:

James Pasch

You're never too young to be a leader and to have a great idea. Don't be shy. If you have a great idea, share it. Today, all of you made a tremendous difference. As mentioned earlier, this issue is particularly close to my heart. My hope is that tonight's legislation, in the event of an accident, will prevent similar or worse injuries. Thank you for being difference makers! Be proud of yourselves; celebrate with multiple scoops of ice cream!

June Taylor

We, up here in our Council seats, used to be sitting where you are sitting now. Today we sit here because we had support from parents who are sitting out there with you. Parents who brought you to this meeting and took time to tell you that there isn't anything in this world you can't do. First you have to dream it, then you have to believe it, then you need to take the initiative to do it. That's how leadership begins. There are a lot of people your age doing fantastic things. They're starting companies, going to City Council meetings, saying they want jobs, participating in school projects, and coming up with incredible ideas. We welcome the opportunity for you to dream and dare, and to come up with an idea that may benefit our city. Tell us about something that we could be doing better. We appreciate your efforts and we want your brainwork, too, to help our city go further, even faster.

this topic and wanted to do more than create and pass an ordinance. They chose to take an unprecedented stance and have a financial stake in the process by committing \$250,000 to help relieve some of program's costs.

Once details were in place, Ordinance #2018-195 was placed as item number 12 on the December 17 agenda, and third-grade students, along with their parents, were invited to attend. The ordinance, announcing a cooperative initiative between the City of Beachwood and the Beachwood Board of Education to support seatbelts on all new school buses to be purchased by the district, was unanimously approved.

Just after the motion was passed, we caught a glimpse of Challenger, who had teary eyes and a big smile on her face. Once the meeting was adjourned, she told us that she was in a state of disbelief. "I know these students are really smart and creative," she told us, "but I didn't think anything like this would come from the contest.

"It's easy to stand up in front of a class and teach content," said Challenger. "But to see the process, first hand, going from an idea to legislation, is amazing.

"It seems surreal. Sometimes, I can't believe this is happening," she added. "It hit me when I was sitting in Council Chambers; when I saw students, their parents, television crews and photographers. I looked around with tears in

my eyes and proudly said to myself, 'They really did this. They made history.'"

"As with all matters of safety and security for our students and staff, the wonderful collaboration between the schools and city has been demonstrated again with this legislation to outfit new school buses with seatbelts. We are tremendously appreciative of the city's partnership," said superintendent Dr. Robert Hardis. "We typically purchase one or two buses each school year as the oldest buses in our 23-bus fleet are retired from service. We thank the city, on behalf of Beachwood's young people, for budgeting dollars to outfit these buses."

"The real lesson here is that after an idea is presented, there are many discussions. There is also much negotiating, a great deal of fact-finding and finally, a resolution. We don't just come up with a good idea and create a law," said Weiss. "On behalf of the Beachwood Board of Education, it is our pleasure to be here to thank the city for its generous support and to celebrate the continued collaborative relationship between the City of Beachwood and Beachwood City Schools."

"This is how government is supposed to run. By working through the process, talking, negotiating, and most importantly, collaborating," he added. "Throughout the entire process, we never lost sight of the purpose of this agreement: to increase the safety and security of our students."

"I am proud to be part of such a groundbreaking initiative between our city and school district. I hope other communities take note and join us in promoting the installation of seatbelts in all school buses."

- Brian Linick

"I am proud to be part of such a groundbreaking initiative between our city and school district," added Linick. "I hope other communities take note and join us in promoting the installation of seatbelts in all school buses."

Mayor Horwitz concurred. "I appreciate the debate that surrounds seatbelts on school buses. It is clear, however, that a growing trend in national and state legislative efforts supports their use. I am proud of our City Council and Board of Education for leading Ohio in these efforts; this type of forward thinking has always characterized our community. We are



Hilltop students celebrate at an ice-cream social that followed the victorious City Council meeting.



Beachwood City Council president Brian Linick and Board of Education president Dr. Brian Weiss shake hands to seal the deal.

setting a standard across the state, which is something we will take pride in for many years. Congratulations to everybody.”

There are currently no federal guidelines or state laws that require seatbelts on school buses, but the National Transportation Safety Board added seatbelts to its school-bus recommendations this past summer, for the first time. The Beachwood Board of Education took this into consideration when discussing the issue and now, Beachwood is the first city in the state to commit funds and pass legislation that requires three-point, lap-shoulder safety belts on school buses.

“Beachwood is lucky to have such progressive leaders who are willing to take the issue of children’s safety to heart and to devote substantial funds to this effort,” said Breglia. The Beachwood school district will be the first in Ohio to have new school buses fitted with three-point lap-shoulder seatbelts, the same as used in all passenger cars. Other districts will look at Beachwood as a model community that is concerned with children’s safety.”

“I thank Ms. Challenger for her leadership and dedication each and every day,” Pasch said. “Had we not been invited to her classroom, tonight never would have happened. The result makes a world of difference to the district, our children and future leaders. Thank you for everything you do.”

Challenger reiterated, “I was more shocked than the kids! I tell my students that it takes just one person. You can make a difference. You can make things better. Now, they see that they did make a difference.”

Linick smiled at Challenger, and said, “These students have set the bar high for next year’s class!”

The meeting was adjourned, and the students celebrated their sweet victory by enjoying an ice-cream social. Today, there is a suggestion box in Challenger’s third-grade classrooms so students may keep their ideas flowing!

I am proud of our City Council and Board of Education for leading Ohio in these efforts; this type of forward thinking has always characterized our community.

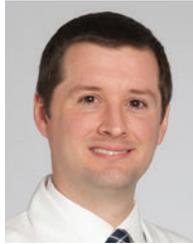
- Mayor Martin Horwitz



Suggestion box in Vicki Challenger’s third-grade classroom.

Is “stem cell” therapy right for your joint pain?

“Stem cell” therapy has become popular for people with arthritis and other degenerative joint conditions. Clinics offering the treatment seem to have popped up overnight. And you probably know someone who has had the treatment, with or without success.



Nicolas S. Piuze, MD

Stem cells in your body can multiply and become different types of cells, like cartilage. There are multiple sources of stem cells, including your own bone marrow and fat.

The thinking is that if stem cells were to be injected into an arthritic knee joint, for example, they will start making more cartilage, reversing the joint damage. But is it true?

Probably not, says Nicolas S. Piuze, MD, an orthopaedic surgeon and researcher at Cleveland Clinic.

“‘Stem cell’ therapies in orthopaedics are mostly unproven by medical research,” he says. “Most of the claims are based on anecdotal reports of patient satisfaction, not clinical outcomes or published data.”

While “stem cell” is the buzz phrase, the accurate and more inclusive term is cellular therapies or orthobiologics. Cleveland Clinic physicians offer cellular therapies as part of a treatment plan, integrating proper nutrition, health and weight management, inflammation and pain control, and physical therapy and rehabilitation.

Orthobiologics may include platelet rich plasma (PRP), bone marrow concentrate (BMC) and placental tissue matrix (PTM) injections. PRP and PTM do not contain stem cells but still could help reduce pain and improve function.

“The term ‘stem cell’ is often widely and inappropriately overused in orthopaedics to include all kinds of treatment with uncharacterized, minimally manipulated cells, and even therapies that do not contain stem cells at all,” says Dr. Piuze.

In short, be suspicious of advertised “stem cell” injections or “miracle cures,” he says. Rather, seek a doctor that can address your pain, function, strength and stability while helping you return to the activities you love.

To make an appointment with a Cleveland Clinic orthopaedic specialist, call 216.444.2606.

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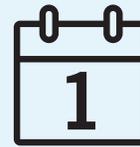
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Community Calendar

Ask the Experts

Why Wait: Relieving Joint Pain

Tuesday, March 19
5:30 to 8:30 p.m.

Executive Caterers at Landerhaven
6111 Landerhaven Drive
Mayfield Heights

Does joint pain or arthritis have you or your loved one missing out on the joys of life? Do not wait to find relief. Specialists from Cleveland Clinic Orthopaedics, Neurology and Pain Management will answer your questions, share their expertise and provide clinical insights on how best to protect your bones and joints – including tips on weight management and overall nutrition. Bring your questions and bring a friend.

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For more information,
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- For more information on Cleveland Clinic events and community programs, visit clevelandclinic.org/communitycalendar

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The Caretaker of the Chin Hairs

by Jennifer Stern

The Caretaker of the Chin Hairs was the title of an article that appeared in *The New York Times*. Suzanne Matson wrote this heartfelt, tender, compassionate article about her end of life care of her mom. Her promise to her mom was to look after her face when she was no longer able to. She described how even as her mom lost her ability to speak she never stopped looking her directly in the eyes to say “thank you” after having her face cared for.

End of life is filled with vulnerability and often dependency. It is important to have end of life conversations with trusted family and friends. All of us have different needs, wants, fears. Discussing your vision of what a “good death” might look like may feel morbid but, trust me, there is nothing more empowering, more beautiful, more sacred, than to have the ability (when lucky) to plan and share your end of life needs and wishes so that they can be known and honored.

These discussions allow for death with dignity.

These conversations should be ongoing, honest, open and direct.

I knew my mom did not want to die alone, she wanted to die at home. She did not want any pain, that was her biggest fear. She let her family, close friends and her hospice support team know that she wanted comfort care over life-sustaining measures at the end of her life. It was because she was clear and direct that we were able

to know and honor her wishes. As her final act of love, she did not leave the difficult decisions to me or my brothers. Nor did she assume that we would just know. She told us clearly and directly what a “good death” would look like and we were able to honor her wishes.

She not only told us where (*at home in her pretty pink bed*) and what her non negotiables were (*no pain, and also, no chin hairs*), she had also taken care of the business behind preparing for her death. She had a **living will** that documented her wishes in regard to end-of-life medical treatments. She had assigned a **medical power of attorney** to ensure that her trusted person could make medical decisions on her behalf when she was no longer able. She had written her **will** and assigned an **executor** to carry out her wishes after she died. She had chosen and paid for her burial. She had been proactively thoughtful and deliberate to ensure that we, her children, would not be burdened with making difficult end-of-life decisions. The ultimate act of love.

She died as she wished. Having been able to know and honor her end-of-life wishes left us with a sense of great peace and comfort. She died with dignity and we live with love and peace in our hearts knowing that she did.

In death, as in life, she led with love and care for others, while honoring and respecting herself.

• Caring Connections is a program of the National Hospice and Palliative Care Organization that provides free resources and other information for actively learning about end-of-life care and options.

• The American Academy of Hospice and Palliative Medicine and the Center to Advance Palliative Care provide information about comfort care and how to find a palliative doctor near you.

• Death with Dignity: <https://www.deathwithdignity.org/ohio-end-of-life-options/>.

The greatest human freedom is to live and die according to our own desires and beliefs.

She had been proactively thoughtful and deliberate to ensure that we, her children, would not be burdened with making difficult end-of-life decisions. The ultimate act of love.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243. Visit her website, www.transformativegrief.com, and sign up for monthly posts.



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Music Industry Veteran Rocks New Stages

By June Scharf

The music industry has experienced some tectonic shifts over the past two decades, and Beachwood resident Howard Perl has lived through all the reverberations. As a producer, manager and promoter of many musical acts over the years, he and his roster of international artists were forced to adjust to the industry's biggest game changer, the use of sharable digital tracks.

Touring emerged as the profit center, so Howard revamped his business model and shifted his efforts to live performances. Within that endeavor, he carved out a niche for himself supporting "heritage acts" that don't have current hits but had chart toppers years ago. Some of those who have relied on his expertise include Jose Feliciano, Lou Gramm, Eddie Money, Shalamar, Chubby Checker and Alexander O'Neal.

Most recently, the 45-year-old's high energy, intensity and ability to withstand a crushing schedule created an appetite for something new and markedly different from anything he'd ever done in the past. He is collaborating on the creation of a docu-musical for the stage, covering the true story of '70s music group, The Carpenters.

Enter Helen Welch, a world-renowned performer and a Grammy nominee from England. Howard refers to her as the "English version of Idina Menzel." He says she was the perfect person to assume the voice of Karen Carpenter in the show called "Superstar: The Songs, The Stories, The Carpenters." Think "Beautiful," the Carole King musical.

The show features more than 20 of The Carpenters' timeless classics and is set to be staged for a single performance at Playhouse Square's Ohio Theater, on March 31 at 3:30 p.m. It has been previously workshopped at other theaters and he hopes to have the show travel around the country.

"If I've got another hoorah in me, this is the one," he explains from his local office, which is covered from floor to ceiling with framed photos of himself and a range of celebrities.

He says the show will appeal to the baby boomer audience, which will be taken back in time when

they hear their favorite songs and become swept up in the intriguing backstory.

"I didn't know how influential The Carpenters were, how many hit songs they had, or how big they were around the world until I dug into this project. They were secretly one of the best-selling acts in the 1970s."

Howard met Welch through a mutual connection, Jon Guggenheim, an award-winning audio engineer, with whom Howard had worked for almost 20 years.

It's hard to capture all that Howard does in a week, with his hand still in artists' shows that are staged three to four times per week. So when people ask him, "What do you do?" he could reply, "What don't I do?" He credits his extreme ability to multi-task and his highly organized style with keeping his life (and those he professionally manages) in order.

To exist in the music business as it currently operates, he says the key is to be versatile. He notes that those who failed to adapt to modern-day realities have suffered

greatly. "Ninety percent of the people who were in the business 10 years are no longer in it today."

"If I've got another hoorah in me, this is the one."

~ Howard Perl, describing the launch of "Superstar: The Songs, The Stories, The Carpenters."

The 1991 Orange High School graduate has been a lifelong risk taker, something that can be traced back to what might be termed as his checkered educational past. He perceived teachers as making him do things he didn't want to do, and as the class clown, he spent "more time in the school office than in any other room," as long as he wasn't "playing hooky."

He attended Ashland University to stay close to home where he had weekend DJ'ing and radio show engagements. He graduated with a B.S.B.A. in Marketing. Years later, he earned a Master's in Management and Public Relations from John Carroll University.

As a child, his initial exposure to entrepreneurialism was with his family's printing business, Perlmutter Printing. The company, which was sold over 20 years ago, was the largest printer in Ohio. His childhood dream, however, was to perform and, armed with dreams of magic, he became a magician named "Howdini," (echoing Harry Houdini). But he only had a few tricks up his sleeve, so he took his precocious ambition over to radio, which was a relatively accessible medium. He started interning at WGCL 98.5 (now WNCX) over the summer before 6th grade, he reports.

How? He's a solid self-marketer and talked a great game. He was able to catch a bus to a Van Aken RTA station and rode the train downtown. Around the same time, he convinced the owner of Camp Robin Hood overnight camp in New Hampshire to create a camp radio station that he developed and managed. Drawing on this experience, he

(Continued on next page.)



Howard Perl at Camp Robin Hood's Radio Station.



Howard Perl in his office.

broadcasted a closed-circuit radio show during the school year to his classmates and peers directly from his bedroom in Pepper Pike.

Not long after, at his cousin's bar mitzvah, he met Terry Macklin, a popular DJ in the '80s, and opportunity presented itself.

"I thought, wait a minute, time out, I broadcast music from my bedroom, but you can actually play records at parties for people? This is cool! I wasn't shy, so I said to Terry, I'm no longer going to watch The Muppet Show on Saturday nights. Instead, my mom is going to drive me wherever you are, drop me off and I'll help you out."

Macklin accepted the proposal and helped him understand the dynamics of a party: how you build excitement and energy, but also how you can kill it.

By 15, Howard's own DJ and booking agency was in full swing with his mom taking calls for him while he was in school. She scheduled bookings for bar/bat mitzvahs, weddings and corporate events, which eventually grew to keep him busy nearly every weekend throughout his high school years. He re-invested much of his earnings to purchase more music and equipment, and to ramp up his marketing.

Through his radio years, he had built a relationship with the owner of The Reel Thing studio in Cleveland. The business traditionally closed at 4 PM and the overhead was fixed, so Howard persuaded him to open the doors after hours and allow him to produce a record for his high school senior project. His project ended up selling an unlikely 2,000 copies, raising industry eyebrows and earning front-page coverage in *The Plain Dealer*.

After graduating from Ashland, he returned to on-air radio stations, including Jammin' 92.3 FM (Cleveland), Y-105 (Mansfield) and CD-106 (Youngstown). As he recalls, there was a lot of schlep-ping in those days and not a lot of sleeping. At the same time, he started RealWorld Entertainment Corporation, a music production and management company with partner Lee Mars, a member of popular band Nine Inch Nails. He reports that they succeeded in recording national acts in Cleveland, including: Jeffrey Osbourne, Regina Belle, Bruce Hornsby, Zhane, Silk, R. Kelly, Montell Jordan, Bruce Springsteen, Bob Dylan and many others.

One of their first projects, the single "Hey Man, Nice Shot" by Filter, was featured in the movie *Cable Guy* and soon achieved the

industry's ultimate prize – being certified "gold" by the Recording Industry Association of America. "This put us on the map," he states.

Eventually the partners' success outgrew Cleveland. Lee moved to New York and Howard dropped everything and moved to L.A. to manage artists. He handled their entire careers, serving as the liaison between them and their outside worlds: "I was the offensive line to the quarterback."

During this time, he bought two Golden Retrievers, Barney and Bailey, who proved to be two key role players in his life. He had grown up with dogs and wanted his own, but he suddenly was hit with the thought, "Oh my god, I'm a father! What do I do now?"

These canine entries in his life overlapped with what portended to be a simultaneous shift from the music life. The moment occurred in 1999 when his assistant told him about Napster, the music-sharing website, and that proved to be the beginning of the end of the music industry as everyone knew it. Music started being shared – for free. No need to buy the cd. Royalties started dropping right away. "My eyes opened up," he reports.

By this time, he had spent enough time in the industry to be appointed a lifetime member of the National Academy of Record-

ing Arts and Sciences. This means he votes on Grammy Award winners. He also has attended 22 Grammy Award ceremonies.

Reflecting on his work, he says the key to anyone's success is recognizing an opportunity and then having the means to act upon it.

Reflecting on his work, he says the key to anyone's success is recognizing an opportunity and then having the means to act upon it. That's what happened with his dogs, which were often at the office running around. He saw an opportunity and decided to turn them into clients.

"They (the dogs) loved what they did. They always showed up on time. They never talked back. And I kept a larger commission," he joked. "What a match made in heaven."

He transformed their lives by having them coached to be animal actors with the help of a professional animal trainer. They were cast in feature films (*Air Buddies*, *Get Shorty* and *Be Cool*) and commercials (*Milk Bone*, *Dent-A-Bone* and *Target*).

But as life would have it, a bump in the road appeared when the lady Howard was dating stepped out of his world. She had been watching his dogs when he traveled, and with her absence, he needed to find supervision for them. He searched throughout L.A. "like a worried mother," touring facilities and interviewing many people. He was "flabbergasted" by what he witnessed and wasn't comfortable with any of them.

"I felt like a lunatic, but my babies deserved something better than a prison cell while I was out having fun or doing business."

With an entrepreneurial spirit and type-A personality, he forged ahead. To date, he has launched about 10 businesses,



Howard Perl with his chief canine officer, Barkley.

some successful and some not, he reports. With this background, he says he thought about his pet problem, then wrote a 400-page business plan after interviewing numerous knowledgeable people and visiting more than 200 boarding facilities.

Ultimately, what emerged was The Barkley Pet Hotel and Day Spa, which opened in 2007. Located in Orange Village, it was marketed as a Club Med for pets with lots of daily activities and posh rooms with amenities. The operation, launched with the help of some prestigious local silent partners, combines Howard's business acumen, creativity and love for pets.

Thirteen years ago, Howard added a chief canine officer and mascot in the form of another Golden Retriever, Barkley, who appears in the business's advertising, is repped by Howard, and has been featured in films and commercials.

Next, he opened a Barkley facility in L.A., with celebrities such as Paris Hilton, Brittany Spears, Michael Phelps and Nikki Sixx often appearing in the lobby with their dogs. Two more Barkleys are scheduled to open in Mumbai, India due to interest generated by international media coverage, including TMZ, the online celebrity chronicler.

Another outlet for his passion surrounding pets and performances has been organizing charity concerts at the Hard Rock Rocksino for animal rescue causes. He calls his concert series, "Rock and Roll to the Rescue."

"This is the best of both worlds – I can help animals and I can stage shows."

Chubby Checker appeared in 2015, and in 2016, another show, "Money for the Animals," featured rock legend Eddie Money. Both benefitted Rescue Village in Geauga County.

When speaking of Barkley, Howard's "best friend forever," it appears that this furry creature is the element in his life that has

captured his heart the most. He has taken Barkley to events all across the country.

"He has done more things than some humans have." That includes running the bases at an Indians game to swimming laps in a pool with Michael Phelps.

One might wonder why he changed his name to Perl from Perlmuter. He says that the latter was frequently mispronounced and misspelled. Plus, his long-time friends always called him "Perl," so he just let that stick. "Ultimately, it offers a better ring and some (much needed) privacy."

His entrepreneurial instincts have often proven correct, and when he layers this with his willingness to take chances, he has a proven formula that has propelled him throughout his career. Howard's own pets, along with many of his canine customers, have certainly benefited along the way, too.



Helen Welch, who Howard refers to her as the "English version of Idina Menzel, stars in Superstar: The Songs. The Stories. The Carpenters." Howard says, "Think Beautiful, the Carole King musical."

"Superstar: The Songs.
The Stories.
The Carpenters."

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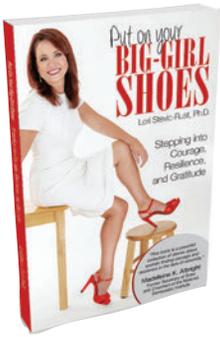
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Build Resilience: Give Yourself the Gift of Love

Last month, the Beachwood Chamber of Commerce held its first luncheon of the year at Doubletree by Hilton. Dr. Lori Stevic-Rust was the keynote speaker, and “Resilience” was her topic.

Dr. Lori is a clinical health psychologist, award-winning keynote speaker, author and national healthcare consultant. As a regular contributor to local television and radio, blogger for *Huffington Post*, author of five books, and the Dr. Lori column for national *PS* magazine and *CBC* magazine, she is committed to sharing information to educate and inspire us all to live our best lives.

She began her professional journey thirty years ago as a health psychologist dedicated to a holistic approach to living by integrating mind and body. What we think, how we feel, what we eat, and our physical and social environment all influence our health.

Dr. Lori’s goal is to offer strategies and information to help individuals navigate their own paths to lead a healthy and purposeful life. At the luncheon, she achieved her goal. She spoke of resilience, saying, “I can’t think of a better word when we turn the page to a new year.”

We often ask ourselves: What are our goals?
What are our strategies to achieve our goals?

How will we prioritize everything? When will we find time? The list grows – so much that we may be burned out by February. When we make our list, we often forget about resilience – the ability to bounce back to center, to a place where we feel grounded, can cope, and move forward.

“We all have good things and bad things. Highs and lows. Love and loss. That’s human nature,” Dr. Lori said. “We may not have control of our situation, but we can control our reaction, plan of action, or how resilient we are to a specific incident or thought.”

She went on to tell a story about two individuals who grew up in poverty, not knowing where their next meals would come from. One became incredibly successful and gave back to others who were less fortunate, to help them rise out of poverty. The other continued to struggle, to turn inward into a place of despair and lack of purpose, without hope.

The first person evaluated his deficits, chose a different path, focused on his life goals, and learned to be resilient. The second repeated his upbringing, turned inward and felt he was good for nothing.

Dr. Lori used this example to show that experiences and opportunities are just that, until we put our own mark on them. “It’s not what happened to each of these men. It’s how they *interpreted* what happened, and how they offset each experience,” she said.

The more resilient we are, the healthier we will be.

Here’s why:

- Resilience comes from how we interpret situations. It puts us on the road to success.

- Neuroplasticity is the brain’s ability to reorganize itself by forming new neural connections throughout life. When we are resilient, we strengthen these connections.
- Resilience builds our immune systems, which helps us fight off autoimmune diseases and cancers.

- Resilience rewires our brain, which slows down memory loss.
- Dr. Lori then mentioned stress, and how many of us use the term as a cover-up for something else – maybe anxiety, insecurity or depression. She reminded us that stress is the first thing that undermines the brain’s ability to be resilient.

“Often, when we’re stressed, it’s because we’re worrying about something,” she said. “And most worries aren’t current. They’re taking us into the future, and we don’t know what the future will bring.”

We have millions of neurons and billions of connections, and since our thoughts create our brains, Dr. Lori shared three components that support a healthy brain:

- Learn something new. Learning supports neuron growth.
- Network with new people. Ask questions, listen, and learn. Friendships are important, but they don’t help us grow our brains in the same manner.
- Exercise. If you really want to put brain in overdrive, learn something while you’re exercising: Listen to a book, podcast, etc. You’ll have better clarity at the end of your workout.

Lastly, without talking too much about nutrition, Dr. Lori recommended to incorporate some ingredients that are listed on the Metropolitan Diet, including

blueberries and fruits, which have anti-inflammatory properties, and turmeric.

“Resilience takes courage,” Dr. Lori said. “It’s healthy to recognize our insecurities, work through them and find our most successful, authentic selves. When you fail at something, pair it with something else to offset the failure. Recognize that there is a struggle, and determine, ‘what’s my way out?’”

“We all have good things and bad things. Highs and lows. Love and loss. That’s human nature,” Dr. Lori said. “We may not have control of our situation, but we can control our reaction, plan of action, or how resilient we are to a specific incident or thought.”

“It takes great courage to step up and do what’s hard,” she added. “Once you build resilience, you can deal with anything that life deals to you. You become courageous, empathetic, grateful, and live in the moment. That’s how you create your most successful self.”

Dr. Lori’s new book, *Put on Your Big Girl Shoes*, invites us to hear what famous and successful women whisper to themselves to overcome adversity, self-doubt, tragedy and trauma. Personal life stories from Rachel Maddow (MSNBC Host), Stefanie Schaefer (Fox 8 anchor), Rena Finder (Holocaust survivor from Schindler’s list) and others highlight how women can use their inclination toward empathy and community to foster resilience. In addition, stories from a heart transplant recipient, homeless mother, educator and former nun are conduits to addressing vital current topics such as race, guilt and our moral responsibilities.

For more information about Dr. Lori Stevic-Rust, visit www.doctorlori.net.



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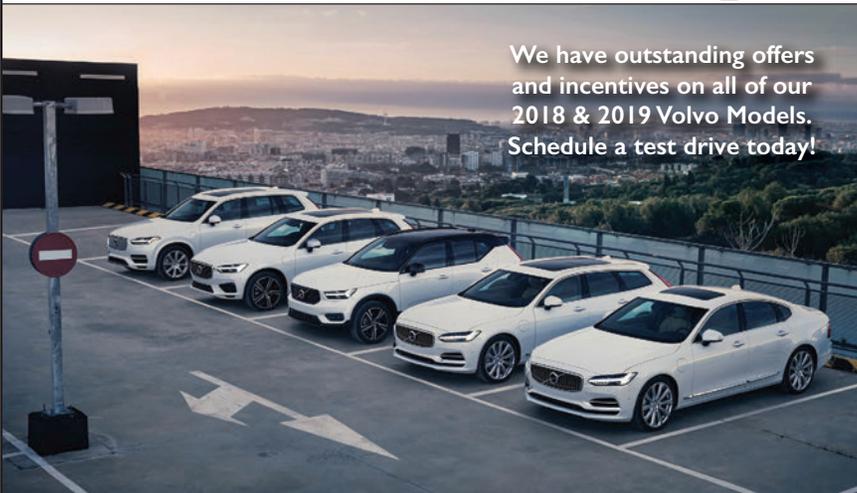


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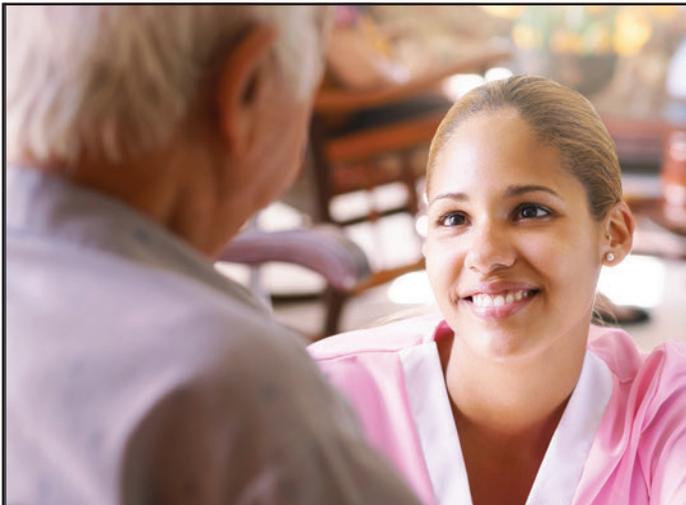
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Lolli & Pops Opens in Beachwood

The City of Beachwood is pleased to welcome Lolli & Pops to its business community. Located on the lower level of Beachwood Place, Lolli & Pops is a quintessential candy store that features colorful French macarons, marzipan fruits and a bulk bar that includes dozens of unique gummy bear flavors.

As a premium purveyor of sweets, Lolli & Pops also carries allergen-free treats, kosher offerings, and much more. Plus, you can stop by for a sample any time.

The new store is devoted to creating thoughtfully-curated, beautifully-boxed gifts, complete with customized messages that are printed on letterpress stationery for the finest personal touch.

Lolli & Pops held a ribbon-cutting ceremony on Wednesday, October 3, at which Mayor Horwitz and City Council proclaimed the day as “Lolli & Pops Day” in the City of Beachwood.

Lolli & Pops operates some of the finest sweet shops in the country, and the City of Beachwood is proud to welcome them to our community.



Lolli & Pops store manager Kiera Martin receives a proclamation from Mayor Martin Horwitz.



Kiera Martin, surrounded by Lolli & Pops team members, Mayor Martin Horwitz and City Council member Alec Isaacson, cuts the ribbon and officially welcomes guests to the store.

Photos by Scott Morrison, Discovery Photo.

“Your relationship with yourself sets the tone for every other relationship you have.”
~ Robert Holden

Happy 106th Birthday!



Ann (Mart) Berk receives a birthday proclamation from Mayor Martin Horwitz.

Ann (Mart) Berk was born on January 20, 1913 in the small town of Connellsville, Pennsylvania. Her family moved to Cleveland when she was a teen, and Ann graduated from Glenville High School.

After graduation, Ann worked at May Company, selling goods during the difficult years of the depression. She and her husband, Ben Berk, had three children. Ann became a homemaker, and later watched her six grandchildren and

12 great grandchildren.

Over the years, Ann has enjoyed playing cards, knitting, crocheting, family trips to Cedar Point and Niagara Falls, and spending time with family and friends.

Ann, a resident at Menorah

Park, celebrated her 106th birthday on January 20. In celebration of this milestone, Mayor Martin Horwitz and City Council proclaimed this date as Ann (Mart) Berk Day in the City of Beachwood. Happy birthday, Ann!

Knitters Needed!

The Beachwood Peace Pod of Women4Women-Knitting-4Peace meets the first Friday of every month at the Beachwood Library, from 10 – 11:30 am. The next meeting takes place March 1. Yarn, needles, and instructions are available at each meeting.

LakeHealth Medical Center has a need for “lapghans” for veterans who use its medical services. As many as twenty vets are treated daily. These lap afghans need to be knitted or crocheted in red, white and blue yarn, and measure about three- by-four feet.

The group is also in need of baby caps in many colors.

For more information, call Iris at 216.831.2646 or email lbertyclub@gmail.com.



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HEY NEIGHBOR!

by Arlene Fine

Your Teen Magazine Highlights Teens and Parents

Thanks to Beachwood resident Susan Borison and her business partner, Stephanie Silverman, parents have a great playbook for dealing with the emotional roller-coaster ride associated with raising teenage children.

For the past 13 years, Susan and Stephanie have published the award-winning *Your Teen* magazine for parents, featuring articles and personal essays written by and for parents and teens. Packed with insights from mental health professionals, like *Your Teen* board member Ellen Rome, MD, MPH, its content has become required reading for many families across the country. Dr. Rome currently serves as Head of the Center for Adolescent Medicine at Cleveland Clinic Children's Hospital.

As a parent of five children, Borison, an attorney, developed *Your Teen* to provide advice that she was searching for. "There were many resources,

including print magazines, about raising younger children, but very little for parents of teenagers. As my older children hit that stage, I had no clue how to respond when they tested my limits and patience. After speaking with other parents, I sensed that other parents were in the same boat. We launched *Your Teen* to fill that void."

From the moment the first print issue was launched, *Your Teen* found its niche. Over the next 13 years, it has steadily attracted a larger audience, and has grown into a national media company. Along with the subscription-based magazine, *Your Teen* blogs, website, and online content have allowed the formation of a virtual playgroup, similar to the type parents had when their kids were young. "Our online presence allows parents of teens from all over the country to have a trusted format to share their concerns and offer constructive advice," says Susan.

Recent articles cover a wide-range of real-world topics that are familiar to parents. They include: Fighting Over A Bedroom? Help, There Is A Teenager In My Basement; Teen Bullying: When a Bullied Teen Becomes a Bully; Is 13 The Magic Number?;



Your Teen Magazine publisher and editor-in-chief, Susan Borison, and Stephanie Silverman, publisher and chief-revenue officer.



"There were many resources, including print magazines, about raising younger children, but very little for parents of teenagers."

~ Susan Borison, *Your Teen* editor-in-chief

Finding the Perfect Age for Social Media; The Epidemic of Stress and Anxiety in Teenage Girls; and Father Daughter Relationships Tips: The importance of Dads to Their Teenage Daughters.

Susan's children, who now range in age from 17-29, remain the inspiration for many articles. "My children have veto power before any personal stories appear," she notes. "Some topics are 'too soon,' so they can't yet be touched. But we've learned that embarrassing or painful moments can be shared when enough time has passed."

The most significant takeaway Susan has learned from her *Your Teen* experience and raising her own active teens is, "Our kids are their own people. As parents, it can be hard to relinquish power and control. When we invite our children into the conversation, we build a stronger relationship with them."

As to the scourge of cyberbullying, *Your Teen* steps up to the plate. "In the past, if children were bullied at school, the bullying stopped

when the child came home or went to a friend's house," Susan says. "With social media, cyberbullying can be 24/7, and that's hard for any kid to handle. Our articles give parents and kids effective ways to deal with cyberbullying."

Susan and Stephanie have raised nearly a million dollars from NE Ohio investors to help take their media company to the next level. *Your Teen* retains a strong local connection with its editorial and business staff, which includes Beachwood High School student, Matthew Friedman, who has just been hired as a talent scout to find student models. Beachwood writer/photographer, Beth Segal, has been *Your Teen's* photographer since its very first print issue.

There are challenges of building a national company in this rapidly-changing media world, but one thing is sure: Teenage angst and the parenting skills needed to cope with it will never go away.

Find out more at <https://yourteenmag.com>.



Lifeguarding Courses Offered at BHS Pool

It may be snowing outside, but thoughts of lifeguarding in the warm summer sun are on the horizon!

Swimcleveland.com offers a wide variety of classes at the Beachwood High School pool, including: lifesaving, pre-lifesaving with first aid and CPR, and lifeguard-instructor courses.

Lifeguarding and lifeguarding recertification courses will be held in March, April and May. Spots are limited, and one must be 15 years old to take this course.

In addition, job applications for lifeguards at the Beachwood Family Aquatic Center are now being accepted. Applications are available at www.beachwoodohio.com.

beachwoodohio.com (search employment applications).

For children not yet old enough to become a lifeguard, Swimcleveland.com offers pre-lifesaving with a CPR/first aid certification for ages 11-14 in March, April and May.

Finally, those who are looking to enhance their careers by becoming a lifeguard instructor may also obtain certification at Swimcleveland.com in March.

For more information, contact Brad Burget at beburget@gmail.com.



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Robert & Gabriel Jewelers is a family owned business that has been proud to provide fine jewelry and beautiful giftware to the Cleveland area for more than 90 years. It is the ideal destination for finding the perfect piece of jewelry or giftware for yourself, or for any special event, including graduations, weddings or Valentine's Day! At Robert & Gabriel Jewelers, we are here to assist you with your jewelry and giftware needs. We'll help you find the ideal gift, redesign a treasured heirloom, or repair and appraise your cherished jewelry. Our store is the perfect place to find that special gift for your Valentine Sweetheart! For more information, call 440.473.6554 or visit www.robertandgabriel.com.

Heidi's This N That



It's our one-year birthday and it's Valentine's Day so we invite you to shop and save! **EVERYTHING IS ON SALE!**

Heidi's This N That mirrors my life. I have always shopped diligently – admittedly way too often – for anything unique, that I could buy at a good price, as long as it could bring happiness into my life or someone else's.

This store, its displays and the items in it are unique, fun, inspiring, different and "happy"; and they are all offered at good prices. It is truly a "this n that." I purchase clothing, purses, accessories, housewares and anything else that touches me in some way – if I feel it may touch someone else as well. Whether shopping for yourself or for others, I will help you select the perfect items. Stop in and see all that my store has to offer. Shopping should make you happy. If it doesn't, you're shopping in the wrong stores! For more information, visit www.heidisthisnthat.com or call 216.245.8377.



Heidi Shupp
Beachwood Resident
Owner, Heidi's This N That



It's Our Birthday,
Let's Celebrate!
Everything's
On Sale!



MEMORIES MAKE THE BEST GIFTS.

TREAT YOUR SWEETIE THIS VALENTINE'S DAY!



Gold & Silver Leaf Frames
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HUGE CUSTOMER APPRECIATION WEEK

TO CELEBRATE OUR BIRTHDAY!

SUN, FEB. 10TH - SAT, FEB. 16TH

NO RULZ

DISCOUNTS



DISCOUNTS

ALL CLOTHING

EXTENDED HOURS

Sun.	12-5
Tues.	10-7
Wed.	10-7
Thurs.	10-7
Fri.	10-7
Sat.	10-6

Free Gift with purchase!



ALL KEYCHAINS



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Mayfield Heights, OH 44124
Between Lander and Brainard,
South side of street.
216.245.8377
www.heidisthisnthat.com

EVERYTHING ON SALE

-THIS WEEK ONLY-

DISCOUNTS

- ♥ Jewelry: Buy one get one get half off another.
- ♥ Clothing up to 50% off
- ♥ No Rulz Clothing: Buy one get one half off
- ♥ Huge Markdowns
- ♥ Purses Up to 50% off
- ♥ Everything Else is 20% off.



DISCOUNTS

ALL CLOTHING

Follow us on Instagram [heidisthisnthat](https://www.instagram.com/heidisthisnthat)

MARKDOWNS ♥ SALE ♥ DISCOUNTS ♥ LIKE us on Facebook! ♥

ALL CLOTHING



Why Join the Beachwood Chamber?

The Beachwood Chamber of Commerce promotes business opportunities and community partnerships to stimulate economic vitality. Whether you are a current member or are considering joining the Chamber, there are many opportunities available for every business, no matter what the size.

Networking: The Beachwood Chamber of Commerce hosts monthly luncheon and Networking After Five events regularly, which provide great opportunities to make new business contacts, reconnect with existing connections and promote your company.

E-blast Newsletter: The e-blast newsletter is currently delivered weekly to more than 2,000 people. You do not have to be a member to receive these emails. To sign up, visit www.beachwood.org.

Events: The Beachwood Chamber hosts several events with opportunities to engage with the Beachwood community, including a Golf Outing, Business Expo and Taste of Beachwood. The Chamber also collaborates with the City of Beachwood and the Beachwood Board of Education on some of their initiatives to bring the business community and residents together. The Chamber also participates in activities with surrounding Chambers to provide additional exposure to our members.

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.

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

Volunteer Opportunities: Chamber events are driven by committees, all of which welcome new members at any time. Meetings are held once a month, for one hour.

Affordable Rates: Joining the Beachwood Chamber is simple and affordable. Discounted rates are available for non-profit and some service organizations. For more information about the Beachwood Chamber of Commerce, visit us online at www.beachwood.org, or call us at 216.831.0003.



The Beachwood Chamber of Commerce is a member of the Northern Ohio Area Chambers of Commerce (NOACC). Through this partnership, NOACC offers several business benefits and discounts to our members. Examples include:



Health, Life & Disability Insurance. Anthem offers savings on health insurance for any size business. Free quotes.

Workers Compensation Premium Reduction Program. Paramount Preferred Solutions offers an array of services to reduce your workers' compensation premium through impeccable claims administration, risk assessments, financial management and oversight, and successful return-to-work strategies.



Payment Services. Heartland Payment Systems offers credit and debit card processing, e-commerce (virtual terminals) and much more. Free quotes are available.



Office Supplies & Services. Buy Rite Office Products provides outstanding pricing with price match, no contract, large inventory, free shredding and much more.



Shipping/Freight Discounts. FedEx offers savings up to 27% on select services and up to 70% on LTL freight services.

PARTNERS OF THE BEACHWOOD CHAMBER



Diamonds Direct Opens in Beachwood

Diamonds Direct, a direct diamond importer and leading U.S. independent jewelry retailer, recently opened its newest showroom at the Beachwood Lifestyle Center (formerly La-Place). This opening marks the company's seventeenth location in the United States. Unlike other jewelry stores, Diamonds Direct is vertically integrated and sells its diamonds directly to consumers, which eliminates any unnecessary mark-ups.

Diamonds Direct held a ribbon-cutting ceremony on December 21 to mark the opening of its newest store. In honor of this event, Mayor Martin Horwitz and City Council issued a proclamation that designated this date as "Diamonds Direct Day" in the City of Beachwood.

"Nearly everyone on our team is a gemologist and goes through extensive training," said Ben Peterson, the store's general manager. "We're here to help – whether it's your first purchase

or your golden anniversary."

Headquartered in Charlotte, NC, Diamonds Direct is the leading U.S. independent jewelry retailer with a long, well established history in diamond sales and manufacturing. In the last decade alone, the company has grown from one location in Charlotte to a multi-channel retailer with locations across the U.S., complemented by an online e-commerce storefront.

Diamonds Direct is a socially responsible company that ensures all diamonds are ethically sourced via the Kimberley Process, and also donates an average of \$756,000 to local philanthropic and cultural organizations in communities in which they are located.

As a part of new store's opening celebration, Diamonds Direct will host a benefit for The Kol Israel Foundation, a Beachwood organization that is run by second- and third-generation de-

scendants of Holocaust survivors, to remember and honor the past, while educating future generations. This mission is very close to the Diamonds Direct team and Beachwood community.

In honor of this event, Mayor Martin Horwitz and City Council issued a proclamation that designated this date as "Diamonds Direct Day" in the City of Beachwood.

The benefit, which will take place on Thursday, February 7, from 6-8 pm, will include a private shopping event for local VIPs, and Diamonds Direct will donate a portion from each sale to Kol Israel. Guests will also be treated to lite bites and refreshments.

For more information, visit <https://diamondsdirect.com/>.

Beachwood Chamber of Commerce Luncheons

The Beachwood Chamber of Commerce invites you to attend the following luncheons:

Wednesday, February 20

11:30 am – 1:10 pm
Doubletree by Hilton
3663 Park East Drive February
Jess Bound

The DiJulius Group

"Your Key to a Profitable Future: Retaining Your Millennial Talent"

Sponsored by
Dynamics Online

The companies that succeed in the future will be the ones that commit to recruiting and retaining top millennial talent. The term millennial covers a broad range of individuals, therefore your future depends on tailoring a solid retention strategy.

Wednesday, March 20

11:30 am – 1:10 pm
Doubletree by Hilton
3663 Park East Drive

The Changing Face of Retail in Our Area: A Panel Discussion

Sponsored by Aligned
Health Center Beachwood

Panelists include Bill Malley, vice president of sales at Malley's Chocolates, and other local retail executives. The panel will discuss:

- What's hot and what's not in retail
- The effect of e-commerce
- The importance of location
- Our changing demographics

To register or for more information, visit www.beachwood.org, and click on "Chamber Events."



Mayor Martin Horwitz presents a proclamation to Diamonds Direct general manager Ben Peterson.

Mayor Martin Horwitz and Diamonds Direct general manager Ben Peterson, along with the Diamonds Direct team, cut the ribbon to mark the store's opening in Beachwood.



Everyone has a story. Tell yours in *Beachwood Buzz*! Please submit story ideas to beachwoodbuzz@gmail.com. If we use them, we will give you a *Beachwood Buzz* bag of coffee and coffee cup, because *Beachwood Buzz* creates a buzz that lasts!

CITY OF Beachwood Insider

FEBRUARY 2019

Contact Info

CITY OF BEACHWOOD
25325 Fairmount Blvd.
Beachwood, OH 44122
216.464.1070
www.beachwoodohio.com

TV PROGRAMMING
Spectrum - Ch. 1020
AT&T U-Verse - Ch. 99

EMERGENCY Dial 9-1-1

Departments

CLERK OF COUNCIL
216.595.5493

AUDITOR
216.595.3712

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

SERVICE DIRECTOR DALE PEKAREK RETIRES

Dale Pekarek recently retired after 33 years of dedicated service to the City. Dale began his career as a clerk in 1985. He worked through the ranks and was promoted to Assistant Service Director in 1996 and Service Director in 1997. Dale oversaw snow removal, lighting, trees, sewers, vehicle maintenance, trash, recycling, plus the maintenance of 6,000 tree lawns, 100 miles of storm and sanitary lines, 750 daily trash stops and much more. At the December 17 City Council meeting, Dale was recognized and thanked by Mayor Horwitz and City Council.

CHRIS ARRIETTA: OUR NEW PUBLIC WORKS DIRECTOR

Chris Arrietta came to work in Beachwood as a part-time summer employee. He was then a full-time Laborer, Crew Leader and Superintendent. Four years ago, Chris became Assistant Service Director and is now the Public Works Director. (As part of the approved Charter amendments, the Service Department's name changed to the Department of Public Works as of January 1, 2019.) Former Service Director Dale Pekarek said, "The only place you can find success before work is in the dictionary and nothing pleases me more than knowing that my replacement has the same mindset, drive, thoughts and abilities that I've had throughout my tenure. In this town, every time the music plays, they want you to dance. My legs have given out, so I pass the baton to someone who can dance." Chris was sworn in at the January 7 meeting.



Dale Pekarek and Chris Arrietta



Dale Pekarek (black hat) and Chris Arrietta (center) with members of the Department of Public Works



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Facebook.com/BeachwoodPolice



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EMAIL YOUR COUNCIL MEMBER

firstname.lastname@beachwoodohio.com
Ex: barbara.janovitz@beachwoodohio.com

MAYOR

MARTIN S. HORWITZ



216.292.1901

mayor@beachwoodohio.com

COUNCIL PRESIDENT

BRIAN LINICK



216.496.0202

COUNCIL V.P.

JAMES PASCH



216.630.9671

JUSTIN BERNS



216.509.6509

YEAR IN REVIEW

At the January 7 City Council meeting, Mayor Martin Horwitz presented a "Year in Review" that featured these select highlights:

- Our City hired a full-time Communications Coordinator.
- The City's new Public Safety Center opened.
- A new police station is being proposed.
- The City's website is fully ADA-compliant and a new website design is being created.
- Our City Charter was updated and approved by voters.
- City Council approved a dog park: Barkwood.
- Senior rubbish curbside pickup with Village in the Heights continues to benefit seniors.
- Beachwood's housing rules and employment practices now include protection against discrimination of the LGBTQ community.
- Council passed progressive legislation to allow City employees paid parental leave.
- In an effort to achieve greater operational efficiency, Council hired Municipal Solutions to do a City-wide operational audit.
- Council passed a landmark piece of legislation to pay for seatbelts on school busses, put forth by Hilltop's third grade students.

"The state of the City of Beachwood is vibrant, dynamic and forward thinking," said Mayor Martin Horwitz. "We are building on our past successes, continuously improving the quality of life for all residents, and are committed to expanding our strong commercial base. We are all excited for an even greater 2019."

To read the complete report or view a pictorial "Year in Review" presentation, visit www.beachwoodohio.com and click on the Mayor's Desk.

Missed a Council Meeting? Listen to audio recordings or view live & archived videos by visiting www.BeachwoodOhio.com.



LIBERTY AND JUSTICE FOR ALL

Hilltop student Julia Miller led the Pledge of Allegiance at the January 7 City Council meeting. Her favorite subject is writing and her favorite activity is Taekwondo.

ALEC ISAACSON



216.291.2797

BARBARA BELLIN JANOVITZ



216.406.5914

ERIC SYNENBERG



216.401.0074

JUNE TAYLOR



216.533.7640

FRIDAY, FEBRUARY 15

BLOOD DRIVE

WITH THE RED CROSS

NEW HOURS: 2:00 - 7:00 p.m.

SENIOR RUBBISH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your trash & recycling cans? In cooperation with volunteers from Village in the Heights, the City of Beachwood can help. Call 216.292.1922 to register.

City Hall

will be closed on Monday, February 18, in observance of Presidents' Day. Rubbish pickup will be delayed one day. Monday's collection will be made on Tuesday, February 19.

UPCOMING MEETINGS

CITY COUNCIL

Monday, February 4 at 7:00 p.m.
Tuesday, February 19 at 7:00 p.m.
Monday, March 4 at 7:00 p.m.
Questions? Call 216.595.5462.

PLANNING & ZONING COMMISSION

Thursday, February 28 at 7:00 p.m.
Questions? Call 216.292.1914.

ARCHITECTURAL BOARD OF REVIEW

Monday, February 4 at 5:30 p.m.
Tuesday, February 19 at 5:30 p.m.
Monday, March 4 at 5:30 p.m.
Questions? Call 216.292.1914.

THANK YOU!

The City of Beachwood welcomes and thanks the following individuals for serving.

Peter Smith

Member of Civil Service Commission

Craig S. Cohen

Member of Planning and Zoning Commission

Bryan Zabell

Member of Planning and Zoning Commission

G. Gifford Dyer

Plans Examiner/Architect

Paul Kowalczyk

Plan Examiner/City Architect

Michael H. Wildermuth

Plans Examiner/City Architect

KEEPING WALKWAYS CLEAR

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



A HEALTHY PROGRAM

(HEALTH AND EDUCATION LEARNING TOGETHER HELPS YOU)

Beachwood Community Center

Tuesday, February 26 • 11:00 a.m. - 12:00 p.m.

LIVING (AGING) IN PLACE: MAKING YOUR HOME YOUR SAFE HAVEN

PRESENTED BY ROSALIND STRICKLAND, INTERIOR DESIGNER

Learn creative and practical changes you can make to your living space to enable you to stay in your home as long as possible. Learn how a home can be modified for maximum function, design and accessibility.

Reservations required by February 21.

Call 216.595.3733

SUNDAY MUSIC

ENJOY FREE MUSIC CONCERTS

FREE

2 - 3 P.M. • Beachwood Community Center

FEBRUARY 17 • Amy Tan and Chee-Hang See, piano
Nina Sandberg, violin

MARCH 3 • Marshall Griffith Trio with Virginia Crabtree, flute and Kallen Bierly, violin

APRIL 7 • Yaron Kohlberg, piano

MAY 5 • Kimia Ghaderi, violin and Andrew Focks, piano

CITY OF *Beachwood*

QUESTIONS?
216.595.3733

PRESENTED IN COOPERATION WITH ARTS CONNECT

CLEVELAND INTERNATIONAL PIANO COMPETITION



UPCOMING ART EXHIBIT

ILEEN KELNER JURIED HIGH SCHOOL ART SHOW

FREE

Sunday, February 10 – Sunday, March 3

GALLERY HOURS:

Monday-Friday 10 a.m. – 4p.m.,

Saturday 10 a.m. – 3 p.m.,

Sunday 10 a.m. – 1 p.m.

OPENING RECEPTION:

Sunday, February 10 • 2:00 – 4:30 p.m.,
with awards ceremony and refreshments
at 3:00 p.m.



A free special exhibit featuring the drawings, fiber art, jewelry, paintings, photographs and sculptures by more than 100 students.

City Insider

Senior Trips

The City of Beachwood announces overnight trips for senior citizens to

Portland, Oregon
May 5-9

**Niagara-on-the-Lake (Canada) and
Jamestown, New York**
August 6-8

Pittsburgh, Pennsylvania
September 23-25

San Antonio, Texas
October 27-31



For complete information, see
The Upperclassmen or call 216.595.3733

DON'T CROWD THE PLOW



When driving behind a snow plow, stay behind at least 100 ft. A fully loaded snow plow vehicle can weigh between 20-40 tons and cannot easily stop. In a contest between a snow plow and another vehicle, the snow plow will be the clear winner.

SNOW ORDINANCES



Beachwood Ordinances state when snow falls to a depth of 2" (or more) over a 24-hour period, an emergency is declared and parking may be prohibited on all City streets. Vehicle owners are responsible for complying with emergency parking regulations; vehicles parked in violation may be towed at the owners' expense.



CITY OF BEACHWOOD BASEBALL AND SOFTBALL LEAGUES

Beachwood Recreation is pleased to offer our Youth Baseball/Softball leagues for the Spring/Summer of 2019. Please be sure to note that you must place your child in the league based on the age they will be up through August 31, 2019. Plus, some of our Girls Softball and Boys Baseball programs will be operated in conjunction with O.C.E.R. (Orange Community Education & Recreation) and other communities.

BASEBALL PROGRAM

Novice Coed T-Ball:	5-6 year olds
Rookie Boys Coach Pitch:	7-8 year olds
Minor Boys Player Pitch:	9-10 year olds
Major Boys:	11-12 year olds
Pony Boys (Part of the Lyndhurst Dads' Club):	13-14 year olds

SOFTBALL PROGRAM

Rookie Girls Coach Pitch:	7-8 year olds
Minor Girls Player Pitch:	9-12 year olds



Detailed descriptions, ages, locations and fees for all leagues can be found in the Winter Recreation Guide or online at www.beachwoodohio.com. Questions? Call 216.292.1970 or email frank.vicchiarelli@beachwoodohio.com.

CITY EMPLOYEES HIT HARVEST FOR HUNGER FUNDRAISING GOAL

The City of Beachwood has reached its annual \$5,000 Harvest for Hunger fundraising goal. Employees may donate by buying Malley's Chocolates, paying to wear jeans on winter Fridays, participating in the indoor parking space drawing, and more. City Hall's atrium is adorned with mobiles of people cut-outs that represent meals provided based upon contributions.

IT'S COMING...InternMatch 2019

If your Beachwood business seeks a stellar summer intern, email Keri.Zipay@beachwoodohio.com. Watch for news in the March 2019 Insider.



SUMMER CAMP

RESIDENT REGISTRATION NOW

Beachwood Day Camp registration for residents is underway. Register for Kidz, Bison, Sports, Teen Travel and Theater Camp Monday through Friday at Beachwood City Hall. Proof of residency is required. An early bird resident rate expires March 8, 2019.

NEW! NON-RESIDENT REGISTRATION PROCESS

You must register at www.BeachwoodOhio.com to receive a wait-list number starting at 10:00 am Wednesday, March 6. This is your place in line for signing up on Sunday, March 10 starting at 10:00 a.m. in the Beachwood Community Center. Numbers will be called in order. Failure to be present when your number is called will forfeit your place in line. Having a wait-list number does not guarantee a place in Camp.

For more information, refer to the Winter Recreation Guide, visit www.BeachwoodOhio.com or call 216.292.1970.



SAVE TREES: RECYCLE CARDBOARD!

Cardboard packaging is generally recycled five to seven times to make new products such as cereal boxes, tissues and more cardboard. Recycling reduces the number of trees required for cardboard manufacturing.

Per CuyahogaRecycles.org, it's easy to recycle cardboard boxes and containers when you follow a few simple steps. Please note: Cardboard must be empty, clean and dry when placed in recycling. If cardboard is not recycled in the following manner, it is considered to be trash.

- Remove all packing materials, such as packing peanuts or styrofoam blocks.
- Don't worry about removing any tape or labels: those will come off during the recycling process.
- Flatten your box or container. It's okay if the box is dented, bent, ripped or damaged.
- Only place cardboard out for collection in dry weather or in a closed recycling receptacle.
- Place the flattened, clean and dry cardboard in your curbside recycling container or drop it off at a Paper Retriever / River Valley paper drop-off location. There is also a cardboard recycling bin at the Beachwood Municipal Complex behind the Community Center.

THE FOLLOWING ITEMS MAY BE DISPOSED OF YEAR-ROUND

THE BEACHWOOD SERVICE CENTER,
23355 MERCANTILE ROAD, WEST DRIVEWAY
MONDAY - FRIDAY 7:30 A.M. - 3:30 P.M.

- HOUSEHOLD HAZARDOUS WASTE (NO LATEX PAINT)
- COMPUTER RECYCLING
- SCRAP TIRE (AUTOMOTIVE ONLY, 20" AND SMALLER, MUST BE REMOVED FROM RIMS)
- OTHER SPECIAL COLLECTIONS: HABITAT TOOL DRIVES, STYROFOAM, CLOTHING, FIRE EXTINGUISHERS, ETC.

Suburban Symphony Orchestra Features Winners of the Annual Young Soloist Concerto Competition

Every year, Suburban Symphony Orchestra (SSO) hosts a competition for young musicians who compete for a chance to showcase their talents in a SSO concert. This year, music director Domenico Boyagian and a panel of judges selected three winners: Elizabeth Huang, violin, age 13; Natalie Brennecke, viola, age 16; and Ania Lewis, cello, age 15. These talented players will be featured on February 10 at 3:30 pm at Beachwood High School Auditorium, under the baton of Maestro Domenico Boyagian.

Each winner will play one movement of a concerto: Saint-Saens Violin Concerto No.3 mvt.1, Rosza Viola Concerto mvt.1, and Shostakovich Cello Concerto No.1 mvt.1. The SSO will also play Beethoven's Symphony No.4.

Suburban Symphony Orchestra is sponsored in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture. Suburban Symphony Orchestra is a community orchestra that presents five free concerts a season, and has been called the premier community orchestra in the greater Cleveland area.

Concerts are FREE and open to the community.

Concerts are FREE and open to the community. For more information, visit www.suburbansymphony.org, and follow them on Facebook.

Strike It Big Fundraiser

The buzz at Milestones Autism Resources is to lace up your bowling shoes and get ready for their seventh annual Strike It Big fundraiser, Sunday, March 10, from 11 am – 3 pm, at Spins Bowl in Independence.

This family- and autism-friendly event supports the organization's free autism Helpdesk, a service that connects parents to professionals in the autism field, and individuals with autism to personalized guidance and resources.

"Because of Strike It Big, local families in need of resources are able to connect with a service that does the research for them and provides them with the vetted supports for their unique needs," said Beachwood resident and Milestones co-founder Ilana Hoffer Skoff.

There are three fun ways to participate in the event: register

a team, donate to a team or bowler, or sponsor the event. If a team raises or pays more than \$200, the team will bowl for free.

In addition to bowling, the afternoon will be filled with free food and drinks, face-painting, crafts, balloon animals, and a photo booth. Participants are encouraged to register by March 7 at milestones.akaraisin.com/ui/bowling.



Milestones co-founders Ilana Hoffer Skoff and Mia Buchwald Gelles.

MALTZ MUSEUM
OF JEWISH HERITAGE
The Museum of Diversity & Tolerance

\$2 OFF*

*A World Premiere
Special Exhibition*

ISRAEL THEN & NOW

Take a look back and imagine what's ahead during this world premiere exhibition that combines milestone moments, historic images, interactive media, and film to explore *Israel: Then & Now*. On view now.

* Bring this ad with you for \$2 off of general admission, Sept–May 2019. code **buzz119**



WWW.MALTZMUSEUM.ORG

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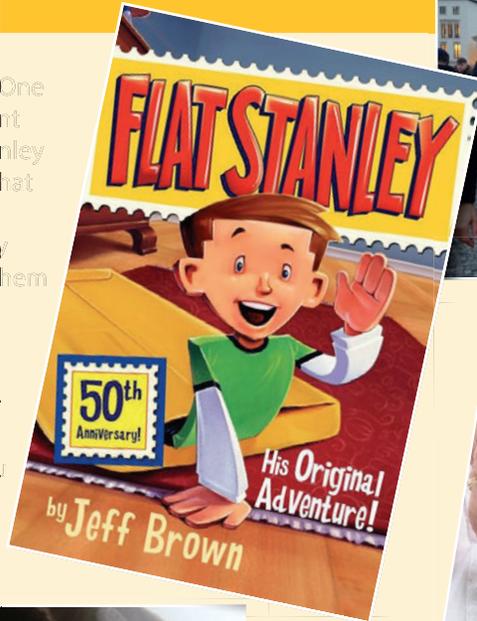
Dr. Brian Weiss, President, (216) 438-1733, bw@beachwoodschoools.org
Maria E. Bennett, Vice President, (216) 264-9398, mbennett@beachwoodschoools.org
Josh Mintz, (216) 245-7831, jmintz@beachwoodschoools.org
Jamie Elwell, (216) 369-9530, jaelwell@beachwoodschoools.org

BEACHWOOD CITY SCHOOLS

One School, One Book

With the generous support of the Beachwood PTO, this year's One School, One Book program was launched. Every Bryden student received a copy of **Flat Stanley** by Jeff Brown. In the book, Stanley is made flat as a pancake when a bulletin board falls on him. That means he can be folded into an envelope and sent anywhere in the world. Bryden students turned this into a fun geography project. After creating a "Flat Self," students took photos with them in settings near, far and everywhere in between.

In addition to photographing and mapping the travels of Bryden's "Flat Selves," students are writing descriptions of their adventures for the entire school community to see. Check out these photos from our staff during winter break and thank you very much to our Beachwood PTO!



NOISE returns to Beachwood High School on April 13th!

FREE

DEMOS • YOUNG ENTREPRENEUR MARKETPLACE • FOOD

Performances by Science Entertainer **NICK UHAS** as seen on YouTube's Nickipedia & *America's got Talent*




NOISE

Northeast Ohio Innovative STEM Expo

APRIL 13
11 - 4 PM

HERE

WWW.NOISEEXPO.COM

This all-day event will feature hands-on STEM (Science, Technology, Engineering, Mathematics) principles in action from area businesses and organizations. NOISE will feature **Nick Uhas**, creator of the wildly popular YouTube channel, Nickipedia, and his inventive and amazing science experiments. NOISE is created and produced by Beachwood Marketing Program students through Junior Achievement.

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



**From the Board
President and Vice President**



Dr. Brian Weiss
President



Maria E. Bennett
Vice President

In 2019, our message and goals are straightforward. We will:

- work with our administration and staff to continue improving on our excellence
- continue to evaluate ourselves and use that information to improve
- work with the administration, and specifically Michele Mills to ensure the continued financial stability of the district
- communicate with, and listen to our community
- continue to embrace cultural, ethnic, social, and educational diversity to guarantee that every student feels valued for who they are, and are treated accordingly
- continue to fulfill our purpose of serving, and caring for and about the students of Beachwood

We thank you for the opportunity to serve as the President and Vice President of the Board of Education and look forward to a successful year.

Derived from Dr. Weiss's 1-14-19 board meeting comments

Middle School Orchestra at Ahuja Medical Center



On December 11th, the BMS 8th-grade orchestra presented a holiday concert in the lobby of Ahuja Medical Center, where orchestra members serenaded staff and patients. Performance selections included Gauntlet by Eric Grice, Fumble Fingers by Julius Levine, Sinfonia by Georg Telemann and holiday favorites!

**Student Mental Health
Information Night**

**Social-Emotional Health for
Gifted Students**



**Presented by
Dr. Susan Rakow**

January 31, 2019

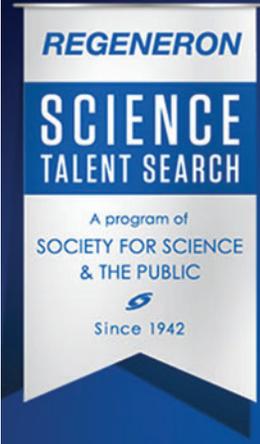
6:00 pm

Beachwood Middle School Library

Dr. Rakow will help parents understand the unique nature of gifted middle schoolers and how to recognize the stressors they face. She will offer strategies for supporting these children across multiple aspects of their lives.

**Jing-Jing Shen named
Regeneron Top Scholar**

Senior **Jing-Jing Shen** has been named a top 300 scholar in the Regeneron Science Talent Search—the nation's oldest and most prestigious science and mathematics competition for high school seniors. Jing-Jing receives \$2,000 and wins \$2,000 for Beachwood High School to use toward STEM-related activities. If her research on diversion colitis leads to an invitation to the final competition in Washington, DC, she will receive \$25,000 and compete for the top prize of \$250,000 as the most promising emerging STEM leader in the United States. Good luck, **Jing-Jing!**



Visit us at www.beachwoodschoools.org



www.facebook.com/BeachwoodBison



[@beachwoodbison](https://twitter.com/beachwoodbison)

Summer Camps



Make it Your Best. Summer. Ever. At Hathaway Brown Camps.

For decades, students from across Northeast Ohio have spent their summers learning and growing together at Hathaway Brown School. HB is known for offering a host of summer athletics, academic, specialty, and adventure programs, many of which are co-ed, and this summer is no exception. With dozens of programs to choose from, parents no longer have to struggle to find engaging summer activities for children of all ages.

New for 2019 is a one-week all-girls STEM Camp, in partnership with the Great Lakes Science Center, that will be held June 24-28; and the all-new HB Summer Institute, which is designed to give rising 6th- to 8th-grade girls a chance to try out experiential offerings unique to HB's Institute for 21st Century Education. Campers will take field trips, hear engaging speakers, and participate in projects under the guidance of HB center directors.

Hathaway Brown Theatre Institute will again provide co-ed, top-notch training opportunities in drama, dance, and music. Additionally, participants of all ages have the chance to earn roles in full-scale productions, and they have a great time while perfecting their craft. This summer's full-scale productions are *Oliver* and *A New Brain*.

Five days a week for six weeks every summer, Broad Horizons Day Camp welcomes boys and girls, ages 3-4, for half-day pro-

gramming; and girls in kindergarten through grade 5 from 9 am to 3 pm Broader Horizons Day Camp provides girls entering grades 6 through 8 fun all-day activities and field trips designed for their age group.

HB offers flexible scheduling options, onsite swimming and tennis lessons, and before and after care to meet the needs of busy families. The online registration platform has been upgraded and enables parents to easily create

truly custom summer experiences for one or multiple children. Visit hb.edu/summer to browse options, learn more, and register today!



Fairmount Early Childhood Center

Fairmount Early Childhood Center Camp accommodates children entering preschool (3 years old) through entering 2nd grade (7 years old). Weekly themes, outdoor activities, guest performers, field trips, art activities, water play and the use of the Beachwood Family Aquatic Center are some of the camp's highlights.

Summer camp runs for seven weeks, from June 10 – July 26. Preschoolers (3 years old) can attend 9:30 am – 1:30 pm. Pre-kindergarteners (4 years olds) can attend 9:30 am – 1:30 pm or 9:30 am – 3 pm. Kindergarteners, 1st graders and 2nd graders (5-7 years old) attend camp 9:30 am – 3 pm. Extended care is also available for any ages between 7:30 am and 5:30 pm. Children can be

registered for one week or all seven weeks of fun!

Summer calendar events include: Squire's Castle picnic, Fourth of July parade, field trips and the all-popular camp carnival complete with bounce houses and yummy carnival foods.

Registration has already begun! Contact Karen Leeds, preschool director, at 216.464.2600 or KML@beachwoodschoools.org for more details.



Camp Gan Israel of Beachwood



A Gan Izzy summer is like no other – jam packed with awesome activities, games, songs, and overflowing with Jewish pride. Children attend from day schools, public schools and private schools; and even when visiting relatives from out of town. We're home to some of the happiest campers in Beachwood.

Register by February 15 to get in on early registration pricing. Choose your own weeks from June 17 – August 23, with options of Field Trip Weeks, Day Camp, Cooking Camp, Riding Camp, Art Camp, Sports Camp, and more. Camp runs from 9 am-3 pm. Xtended Care Camp runs from 3-6 pm, and is not limited to CGI campers. Perks

include curbside drop off and pick up, low staff/camper ratio, Kosher hot lunch option, multiple-week discounts, payment plans and loads of fun in a safe and happy Jewish environment.

At Camp Gan Israel of Beachwood there's something for every age:

- Campers – Entering K-5th grades
- CIT Program – Entering 6th and 7th grades
- Junior Counselors – Entering 8th and 9th grades
- Staff opportunities – Entering 10th grade through college.

Find out more at CGIBeachwood.com. To schedule a tour or more information, call Rivky Friedman at 216.282.CAMP (2267) or email registrar@cgibeachwood.com.

FAIRMOUNT

Early Childhood Center



Fairmount Early Childhood Center is a private, district-sponsored learning center within the Beachwood City Schools.

SUMMER CAMP

FOR CHILDREN AGES 3-7 YEARS

(entering preschool through entering 2nd grade)

CAMP HIGHLIGHTS INCLUDE:

Guest performers, field trips and use of the Beachwood Family Aquatic Center

Registration is currently open for residents and non-residents.

Call Karen Leeds today for information or to visit

216.464.2600

Fairmount Early Childhood Center • 24601 Fairmount Blvd.
www.beachwoodschoools.org/fairmount.aspx

Camp Gan Israel

of Beachwood

ABC's of Summer

- A-Action Packed!
- B-Best Games & Fun!
- C-Camp Songs & Spirit!
- D-Drama Plays!
- E-Edible Electives!
- F-Field Trips!
- G-Gymnastics!
- H-Horseback Riding!
- I-Issi's Kosher Pizza!
- J-Jewish Pride!
- K-Karate!
- L-Lots of Laughter!
- M-Magic Lessons!
- N-Nurturing Staff!
- O-Overnights!
- P-Performances!
- Q-Quirky Dress Up!
- R-Returning Campers!
- S-Sports & Swimming!
- T-Torah Lessons!
- U-Ultimate Fun!
- V-Values & Ethics!
- W-Wacky Water Days!
- X-Xtended Days!
- Y-You want to be there!
- Z-Zesty Cooking Camp!



CAMP DATES: June 17-August 23

Trip Weeks • Day Camp
Specialty Camps

New! Xtended Care Camp

Opportunities Available for
Students Kindergarten through College

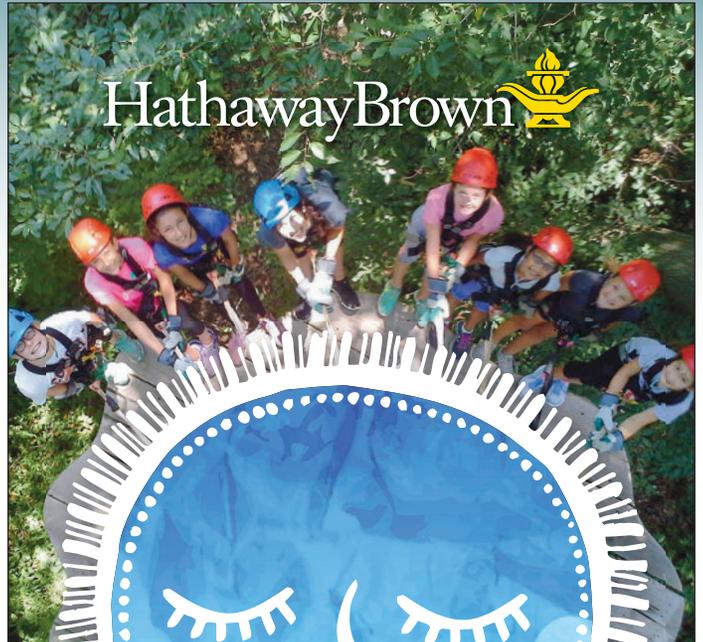
Get the Early Registration Pricing
Now through February 15th!
Register at CGIBeachwood.com

For more information or to schedule a
new camper tour, contact Rivky Friedman at:

216 282 CAMP (2267) or
registrar@cgibeachwood.com



HathawayBrown



BEST. SUMMER. EVER.

Located in Shaker Heights, HB offers a wide array of summer programming for boys and girls ages 3-21.

Visit hb.edu/summer to browse through academic, athletics, adventure, theatre, and specialty camp options to create your own one-of-a-kind experience. We offer flexible scheduling.

Call 216.320.8085 for details.

MARCH 18-29 & JULY 22-AUGUST 9

Vacation Camps

Co-ed, Preschool - Grade 8

JUNE 10-JULY 19

Day Camps

BROAD HORIZONS BEGINNER Co-ed, ages 3 & 4

BROAD HORIZONS Girls, Grades K - 5

BROADER HORIZONS Girls, Grades 6 - 8



FIND YOURSELF AT J DAY CAMPS

ANISFIELD DAY CAMP • GRADES K-9

FRANCINE & BENSON PILLOFF FAMILY
PERFORMING ARTS CAMP • GRADES K-9

J-Day Camps Have It All – lake activities, archery, music, theatre, sports, swimming, ropes course, specialty camps and overnights! With locations in Burton and Beachwood, campers gain confidence, independence and have a blast.

NEW! Anisfield Ninja Warrior-style obstacle course!

NEW! Amazing one-week Specialty Camps including Horseback Riding, Creative Chefs & Movie Making.

Registration now open!



(216) 593-6249 • daycamps@mandeljcc.org • mandeljcc.org/daycamps
26001 S. Woodland Road, Beachwood



**RESIDENTS
REGISTER
NOW!**

**RESIDENT
EARLY-BIRD
DEADLINE
MARCH 8**



**BEFORE CARE
AND
AFTER CARE
AVAILABLE**

KIDZ CAMP • Grades K – 2

BISON CAMP • Grades 3 – 6

SPORTS CAMP • Grades 4 – 8

TEEN TRAVEL CAMP • Grades 6 – 8

THEATER CAMP • Grades 2 – 8

**CITY OF
Beachwood**

**NEW
NON-RESIDENT
REGISTRATION
PROCESS**



**NEW!
NON-RESIDENT
REGISTRATION PROCESS!**

**WAIT-LIST NUMBERS
AVAILABLE AT 10AM
WEDNESDAY, MARCH 6**

**NON-RESIDENT
REGISTRATION 10AM
SUNDAY, MARCH 10**

SUMMER BEACHWOOD CAMPS

WWW.BEACHWOODOHIO.COM

Learn About The Beachwood Medical Academy

The Beachwood Medical Academy, a unique partnership between University Hospitals and Beachwood Schools, offers medical experiences to middle school and high school students each summer and throughout the school year.

As a part of this exciting program, the following presentations will take place at Ahuja Medical Center, 6 pm. To learn more about each individual topic and the Beachwood Medical Academy in general, students and parents are both welcome to attend.

Wednesday, February 13

Dr. Randy Jarnejcic
Vice President, Clinical Integration Medicine
Primary Care Physician
Physician Chair, Northeast Ohio Hospital Opioid Consortium

Wednesday, March 13

Dr. Jeff Scott
Assistant Professor, Department of Dermatology,
University Hospital Cleveland Medical Center, Case Western Reserve University

Wednesday, April 10

Brooke Nutter MSSA, LISW-S
Director of Social Work

Kelly Carroll, RN, LSW
Director of Patient Care Navigators

Wednesday, May 8

Dr. Vivian Von Gruenigen
Chief Medical Officer, Ahuja Medical Center, Obstetrics and Gynecology – Gynecologic Oncology



Bison Feast + Fest

Sunday, March 10 • 2-5 pm
Beachwood Middle School

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

The Bison Feast + Fest is about building a spirited, strong and connected school community through sharing and sam-

pling home-cooked food, and enjoying cultural performances that encompass dance, music and art by students and their families. Attendees will enjoy international food samples, cultural performances, demonstrations, activities and raffle baskets throughout the event.

Each and every home-cooked dish, performance and activity are provided by our own school families. Event tickets will be

sold the day of the event.

The Bison Feast & Fest is a PTO fundraiser. Proceeds will support Beachwood Schools' programs.

The PTO is committed to providing funding and volunteers for school-based enrichment, and programs for students and teachers in grades K-12. Event sponsorships are available. For more information, visit www.beachwoodschoools.org/PTO.aspx.

Social Media Reality - Information for Parents

The Beachwood Schools PTO and The Beachwood 100 will present an evening lectureship for parents with Beachwood director of security, Officer C.J. Piro, and Beachwood assistant law director, Nathalie Supler, as keynote speakers.

The focus of the conversation will be on access to and use of social media, which includes sexting, responsibility

and your digital footprint. Piro and Supler will lift the veil on how students are using their devices, share some common and popular apps and make recommendations on how best to talk to your kids about social media.

The event takes place February 19, in the Beachwood High School Community Room, at 7 pm.



Piro and Supler will lift the veil on how students are using their devices, share some common and popular apps and make recommendations on how best to talk to your kids about social media.



Girls' Track & Field State Champions Recognition

On Friday, January 4th, the Boys' Basketball team defeated the defending CVC Champions, West Geauga, at Beachwood High School. A special celebration to honor the 2018 Division II Girls' Track & Field State Champions was held at the varsity game's halftime. The Beachwood Athletic Boosters held a special unveiling ceremony and presented each of the high school's state champions with a state championship ring.

Congratulations to these exceptional athletes!



Pictured from left: Assistant coach Bruce Sherman, assistant coach Chris Kleis, Langston Gaines Smith, assistant coach Jamie Lader, Cynthia Beacham, assistant coach Olivia Mayfield, head coach Willie Smith, Ashuanti Griffin, Ayla Gambrell, Maddie Alexander, Ashley Perryman, Cayla Jeff, Mia Knight and Leah Roter.

Senior Living Programs at The Weils

Lunch and Learn "Long-term Care and Other New Financial Vehicles." Tuesday, February 5 • 12-1 pm

The community is invited to attend a free Lunch and Learn, entitled "Long-term Care and Other New Financial Vehicles." The event will feature Laurie Steiner of Solomon, Steiner & Peck, Ltd., attorneys at law. Steiner is a Certified Elder Law Attorney, with a focus on life-care planning, elder law, estate planning and probate. She will discuss long-term care, long-term care insurance and other new financial vehicles, including VA benefits, investments, and Medicaid. She is a frequent speaker on elder law, Medicaid/disability planning and estate-planning topics to both professional and civic groups.

As individual's age, they face complex issues that can have a huge impact on their finances, their families, their medical care and their living arrangements. This presentation is targeted toward anyone who may be interested in helping themselves or a loved one with any phase of financial and estate planning, and elder care law, as they relate to healthcare and housing needs for seniors.

A Sunday Light Brunch & Presentation "The Next Steps: Understanding and Treating Aging-Related Brain Disorders." Sunday, March 3 • 10:30 am

The community is invited to attend "The Next Steps: Understanding and Treating Aging-Related Brain Disorders." This program will feature Dr. James B. Leverenz, director of the Cleveland Clinic Lou Ruvo Center for Brain Health, and the Joseph Hahn, MD, endowed chair of the Cleveland Clinic Neurological Institute.

Both programs are free and open to the community.

Both programs are free and open to the community. The Weils is located at 16695 Chillicothe Road, Chagrin Falls. For more information or to register, contact Ivy Kopit, manager of Senior Living Admissions and Community Relations, at 440.996.0504 or ikopit@theweils.org.

The Weils Assisted Living Campus is owned and operated by Montefiore and offers assisted living, a rehabilitation therapy pavilion, and a beautiful new memory-care assisted living community. Tours will be available. Space is limited, so register early.

Morning, noon and night, The Weils embraces your life.

Engaging Evenings



Ask
About Our
Monthly
Promotion

Gorgeous 1- and 2-bedroom suites with full kitchen and washer/dryer, 24/7 nursing, chef-prepared meals, life enriching programs, outings and transportation – waiting for you at...

For details,
please call
Ivy Kopit at
440.996.0504

The Weils

A Montefiore Senior Community

FINE ASSISTED LIVING in CHAGRIN FALLS, OHIO

440.996.0504 | theweils.org

DEFICIENCY-FREE SURVEY three years in a row! 

Dream Come True for Beachwood Resident



Amy Finkenthal is living her bucket list – and recently crossed “Dancing with Stephen ‘tWitch’ Boss (aka the best dancing DJ) on The Ellen Degeneres Show” off the list!

A breast-cancer survivor, Amy knows how precious life is, and how important it is to live her list.

She attended the show with her three children, scored an aisle seat, and believes that tWitch

chose to dance “the dab” with her because of her positive energy and excitement. Amy copied his moves, but didn’t know the name of the dance until after she sat down.

Yes, Amy thinks she’s a superstar now! Next on her list? To dance with Ellen!

Amy invites you to visit her Facebook page to view and share the full video: Facebook.com/Amy.Finkenthal1.

Kosher Food Bank Benefit Concert

By Arlene Fine

Music For Food, a musician-led initiative in the fight against hunger, is performing at the third-annual benefit concert to raise money for the Kosher Food Pantry. The concert will be held on Sunday, March 3, 4 pm, at 2178 Harcourt Drive, Cleveland Heights. A champagne reception and tour of the home will start at 3 pm.

This year, Anya Rudd, a patron of the arts, will host Music For Food at Harcourt Manor, her magnificent Elizabethan tudor-style home in Cleveland Heights.

The concert, which will have 100 available seats, will be chaired by Beachwood resident Cheryl Fox and will feature world-renowned, professional musicians.

Cellist and director of the Cleveland chapter of Music for Food, Sharon Robinson, will orchestrate the benefit. She is a winner of the Avery Fisher Recital Award, the Piatigorsky Memorial Award, the Pro Musicis Award, and a Grammy Nominee. Robinson is also a member of the renowned instrumental and chamber music faculty of the Cleveland Institute of Music.

“Our past Music for Food concerts were outstanding and helped raise funds and awareness about the work we do at the Kosher Food Pantry,” says Devorah Alevsky, Kosher Food Pantry director. “I’m confident, with the community’s support, this year’s concert will be another great success.”

The Kosher Food Pantry is one of the largest food banks in the area, feeding more than 4,000 people monthly. It distributed more than 800,000 pounds of food in 2018 alone.

The Kosher Food Pantry is one of the largest food banks in the area, feeding 4,000 people monthly. It distributed 800,000 pounds of food in 2018. Along with an open pantry and a major distribution of fresh produce once a month at Green Road Synagogue in Beachwood, volunteers deliver food, including fresh produce, to senior apartment buildings and go door-to-door to serve those who are unable to leave their homes.

For more information about the Music For Food concert benefit, or to find out more about the Kosher Food Pantry, call 216.382.7202 or visit <https://www.kosherfb.org/>.



Kosher Food Pantry volunteers, Francoise and Gavriella Jacobs.



Music for Food will be held in the historic Harcourt Manor.



WHAT: Music for Food Benefit Concert for the Kosher Food Pantry

WHEN: Sunday, March 3 at 4 pm. Champagne reception and tour of the home at 3 pm.

WHERE: 2178 Harcourt Drive Cleveland Heights

CONTACT: 216.382.7202 or <https://www.kosherfb.org/>



William Wolf, MD, Chief of Cardiology,
UH Harrington Heart & Vascular Institute,
UH Ahuja Medical Center

Take Your Health to Heart this Month

Are you a heart attack waiting to happen? A simple, no-cost X-ray procedure available at University Hospitals Ahuja Medical Center can give you a good idea of your risk for heart attack. February is Heart Month, the perfect time to learn about your heart health.

Calcium scoring is a non-invasive diagnostic procedure that helps predict your risk of heart attack in the next 10 years. It is a form of CT scan that measures the amount of calcium present in your coronary arteries.

“The presence of calcium in your arteries is a marker of coronary artery disease, the major cause of heart attacks,” says William Wolf, MD, Chief of Cardiology, UH Harrington Heart & Vascular Institute, UH Ahuja Medical Center.

Also known as atherosclerosis, coronary artery disease is the most common cause of heart attack. Atherosclerosis is the buildup of fatty deposits, or plaque, in the arteries that supply blood to the heart muscle. Plaque can build up in the blood vessel and explode, causing a sudden narrowing that blocks blood flow to the heart and causes a heart attack.

Calcium is one of the ingredients in those fatty deposits. “An individual’s calcium score tells us the amount of calcium present in the heart arteries, which correlates with the amount of plaque,” Dr. Wolf explains.

The more plaque, as measured by the calcium score, the higher your heart attack risk.

What’s It All About?

Calcium scoring is one of the easiest diagnostic tests available. It’s fast – it takes just five to 10 minutes to complete. It doesn’t require an intravenous line or the use of any dyes. You’ll simply lie inside a computed tomography (CT) imaging machine while the scanner creates an image of your heart arteries. You can wear street clothes and have your calcium score done on your lunch hour.

Within a couple of days, your physician will receive your results. Scores range from 0 – no calcium deposits detected – to 400 or more. If your score is 0, your risk of having a heart attack in the next 10 years is extremely low. The higher your score, the higher your risk.

“Depending on your calcium score, your doctor may recommend lifestyle changes, such as modifying your diet, exercising, and losing weight to reduce your risk,” Dr. Wolf says. “Some people may also need medication.”

Your primary care doctor may refer you to a cardiologist for further evaluation. A calcium score over 400 is considered high risk and may warrant additional testing.

Who Should Have Calcium Scoring?

UH Harrington Heart & Vascular Institute doctors recommend calcium scoring for men age 45 or older and women age 55 or older who do not have a history of coronary artery disease but have one or more risk factors for heart disease. These include:

- High total blood cholesterol
- Low HDL cholesterol (the good one)
- High blood pressure (blood pressure higher than 130/80)
- Cigarette smoking
- Type 2 diabetes
- A family history of heart disease

The test also is recommended for anyone age 40 or older who has a chronic inflammatory condition, including inflammatory bowel disease, lupus, rheumatoid arthritis, ankylosing spondylitis or psoriasis.



UH is the only health system offering the test at no cost to eligible patients at UH Ahuja and nearly 20 other locations. To arrange for your test at a location near your home or work, you or your doctor can call UH Radiology Patient Access at 216.844.1700. A physician order is required for scheduling.

UH Ahuja Medical Center is located at 3999 Richmond Road, Beachwood 44122.

Calcium scoring is one of the easiest diagnostic tests available. It’s fast – it takes just five to 10 minutes to complete. It doesn’t require an intravenous line or the use of any dyes. You’ll simply lie inside a computed tomography (CT) imaging machine while the scanner creates an image of your heart arteries.

Back Pain?

- **Stand up!** Sitting is one of the most common causes of lower back pain, so stand up frequently, place your hands in the middle of your back and arch back gently.
- **Get a leg up on lifting!** When bending and lifting, learn safe lifting techniques and use your legs.
- **Get your dream-time on!** How much sleep is enough? Each individual's needs may vary, but to feel our best, eight hours of good sleep in a comfortable bed is generally recommended.
- **Be good to yourself!** Good nutrition, adequate hydration, proper sleep, and avoiding bad habits like smoking and excessive alcohol, also help us feel better, stay healthy, and ward off disease.
- **Don't sweat the small stuff!** When we're stressed, hormones are increased, and natural pain blockers are suppressed.

This information was provided by the Peter B. Lewis Aquatic & Therapy Center.

"People are often surprised at the techniques we teach that help them continue to do what they would otherwise have trouble doing," said Deb Glett, physical therapist at the Center. "We help them get back to their lives."

Therapists have witnessed the healing power of land-based and warm-water therapy, and injury-specific rehabilitation. They are trained in the detriments of inactivity and create an individualized approach to meet each client's needs.

Call the Center, located in Beachwood, at 216.595.7345 for a free back and balance screening, and to see what they can do for your back pain.

Common Roots: Facing Our Past, Building Our Future

Park Synagogue and Cory United Methodist Church invite you to an important community series!

"Not everything that is faced can be changed, but nothing can be changed until it is faced." This quote from James Baldwin, a prominent African-American author, who is the inspiration for a new series of programs planned by the Cory United Methodist Church and Park Synagogue.

As African-Americans and as Jews, the two congregations have a difficult history of persecution, discrimination and oppression. Still today, as minorities in our community, they face racism and anti-Semitism. Park and Cory invite everyone in the Cleveland community to come together to learn more about the past, and to discuss what all of us can and need to do to make changes in our society to build a better future for all people. Both programs are free and open to the community.

Part I: "Ballots & Bullets: Black Power, Politics & Urban Guerrilla Warfare in 1968 Cleveland"

Sunday, February 24
Doors open at 12:30 pm
Program begins at 1 pm
Park Synagogue Main
3300 Mayfield Road
James Robenalt, author of *Ballots & Bullets*, will discuss the racism, political climate and lack of opportunities for African Americans in Cleveland that led to the Glenville riots in 1968. Whether you lived in Cleveland at the time or only heard about the riots, come to learn the startling history of this incident. Robenalt's book will be available for purchase and signing.

Both programs are
free and open to the
community.

Part II: "Fighting Oppression & Discrimination – Past & Present"

Sunday, March 31
Doors open at 12:30 pm
Program begins at 1 pm
Cory United Methodist Church,
1117 E. 105th Street
Jeremy Pappas, Anti-Defamation League regional director, and a speaker from the African-American community, will talk about racism, anti-Semitism, and discrimination in the African-American and Jewish communities – past and, unfortunately, present in our world today – and what we as individuals and as a united community can do to fight these problems that confront us.

RSVP's are requested by contacting Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

The Clubs: What Excelsior and Oakwood Tell Us About Jewish Life in Cleveland

Dr. Peter J. Haas, Abba Hillel Silver Professor Emeritus of Jewish Studies at Case Western Reserve University, will explain the important role played by social clubs in Cleveland Jewish community life from the late nineteenth through the early twenty-first century at the March 3 meeting of the Jewish Genealogy Society of Cleveland.

Dr. Haas will focus specifically on the Excelsior Club and Oakwood Club, and what can be learned about the social history of our community from the character, trajectories and experiences of these two institutions.

In 1872, about two dozen Jewish businessmen, excluded from other clubs in Cleveland, met to form their own social

club. The result was the Excelsior Club, which hosted Jewish high-society life in Cleveland for the nearly 60 years before its merger with the newer suburban Jewish club, Oakwood. The Oakwood Club continued to be an important part of the Cleveland Jewish community until it was dissolved in 2010, and its membership combined with Mayfield Sand Ridge Country Club.

Dr. Haas, who earned a Ph.D. in Jewish Studies from Brown University, joined the faculty of Case Western Reserve University in 2000 and was appointed chair of the Department of Religious Studies in 2003. During this time, he was also a visiting professor at the Spertus Insti-

tute of Jewish Studies in Chicago, Illinois. Since his retirement in 2016, he has been serving as a volunteer with the pastoral care team at South Pointe Hospital, as a CASA (Court-Appointed Special Advocate) for Juvenile Court, and as a docent at the Maltz Museum of Jewish Heritage.

The Jewish Genealogy Society of Cleveland meets on the first Sunday afternoon of the month, in the winter, at Park Synagogue East, 27500 Shaker Boulevard, Pepper Pike, starting at 1:30 pm. Board members are available from 1 pm to assist with individual research questions. Guests are welcome to RSVP at Programming@ClevelandJGS.org.

Community Lectures

The following lectures are co-sponsored by CWRU Siegal Lifelong Learning and the Maltz Museum of Jewish Heritage.

Monday, February 11

10-11:30 am
More Than Just Mosaics:
New Discoveries in the Ancient
Synagogue at Huqoq in
Israel's Galilee
Lecturer: Jodi Magness

Sunday, February 17

3 pm
Jewish-Black Relations
In Cleveland's Urban
Neighborhoods: 1920-1960
Lecturer: Todd Michney

Wednesday, February 13

7 pm
Jerusalem Under Ottoman Rule:
A Cleveland Woman's
Eyewitness Account
Lecturer: Debbi Perkul

Wednesday, February 20

6:30 pm
Exploring the Power of
Sustained Dialogue
to Empower
Community Change
Lecturer: Tyler Olson

Friday, February 15

noon-1:30 pm
Eastside Conversations:
What's New(s) In Israel
Lecturer: Doron Kalir

For information, locations and
pricing, visit [case.edu/
lifelonglearning/lectures-and-
events](http://case.edu/lifelonglearning/lectures-and-events) or call 216.368.2091.

Saturate the Beachwood Market. Advertise in *Beachwood Buzz*.

Jewish Foundations: Study with Rabbi Rosie Haim

Rabbi of Celebrating Jewish Life

Landmark Centre Building

25700 Science Park Dr. Suite 100 • Beachwood

Wednesdays, February 6 – February 20

1-2:30 pm

Abraham Joshua Heschel, leading 20th-century Jewish theologian, taught that "Judaism revolves around three sacred entities: God, Torah, Israel." In this series of discussions, we will explore the way these three elements offer an organizing principle for understanding Jewish holidays, prayer themes, aspects of the commandments, and more. By exploring these sacred triangles from the

perspective of philosophers and rabbis, as well as our own practices and concerns, we are able to develop a deeper framework for relating to Jewish traditions, history, and our own identities.

For price information and registration, visit <https://case.edu/lifelonglearning/courses/courses-by-subject/jewish-studies/jewish-foundations-study-with-rabbi-rosie-haim>.

"Too many people overvalue what they are not and undervalue what they are."

~ Malcolm S. Forbes



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Jewish Federation of Cleveland's YLDay of Caring Across Cleveland

**Sunday, February 22
 10 am – 12:30 pm**

Join Jewish Clevelanders, ages 21 – 45, and their families, for a morning of hands-on volunteering across Greater Cleveland. From feeding the hungry, to caring for the elderly, to helping children with disabilities, and more. Whatever your passion, there's a volunteer opportunity for you!

For a list of volunteer sites and to register, visit www.jewishcleveland.org.

Local Recovery Advocate To Discuss Local Opioid Crisis

February 25 at Temple Emanu El

Beachwood High School graduate (Class of 2002) Aaron Marks will discuss, "It Happens to Our People: the Opioid Epidemic is Impacting Our Community," on Monday, February 25, 7-8:30 pm. The event, free and open to the public, will be held at Temple Emanu El, 4545 Brainard Road in Orange Village. RSVP is required to info@teecleve.org or 216.454.1300.

A former opioid addict and advocate of the recovery community for more than a decade, Aaron is the chair of the Prevention and Education Subcommittee for the U.S. Attorney's Heroin and Opioid Task Force, and serves on the board of directors at Recovery Resources (www.recres.org) and Stella Maris (www.stellamariscleveland.com).

"The opioid epidemic in northeastern Ohio has reached a critical stage," said Gene Philips, chair of the Tikkun Olam (Social Action) Committee at Temple Emanu El. "We need to know what's really going on with it today, and how we can help those who need recovery.

"We've tapped Aaron Marks to make this presentation



Aaron Marks
 Photo by James Douglas Studio

based on his own experience in addiction recovery, and as an advocate for recovery services, he added."

High school and middle school students, along with their parents and teachers, are encouraged to attend and submit their questions during the discussion. A dessert reception will follow.

- Helps with basic household tasks and minor repairs
- Offers opportunities for community engagement

Select programs include:

February 14

Share the Love Happy Hour Pizzazz on the Circle • 4-6 pm

February 19

Village in the Heights Ribbon-Cutting Ceremony • 11 am

February 27

Chili Cookoff
 First Unitarian Church
 11:30am – 1pm • \$3 for lunch

March 1

Stress-Positive
 10:30-12:30 pm
 Village in the Heights

For more information about volunteering or membership, or for the complete program schedule, visit www.villageintheheights.org, call 216.512.1844, or email paul.sobel@villageintheheights.org.

Village in the Heights Celebrates One Year of "Neighbors Helping Neighbors"

While many older adults in Beachwood prefer to stay in their homes as they age, life circumstances may challenge that wish. Sometimes, help is needed. Since family and friends aren't always available to help, Beachwood resident Paul Sobel introduced a solution just over a year ago.

As executive director of the non-profit Village in the Heights, Paul is leading the local Village movement, part of a 16-year-old program and network that has spread nationwide. Villages focus on helping seniors, who join as members, to age in place by relying on volunteers to provide support services at no charge. The organization also seeks to deliver socialization and companionship opportunities to prevent loneliness and isolation.

"Ultimately, it's all about neighbors helping neighbors," Paul said. "Our population is getting older, demographics are

changing, and the number of people who are 65 and older will double within the next 30 years."

Paul explained how the organization is member driven, so if someone expresses a need, Village in the Heights will try to fulfill it. The only requirement is that members must be ambulatory, due to insurance requirements. Paul also said that Village in the Heights is fully insured for liability, and all volunteers complete an application process that involves a criminal background check, DMV records check, and a thorough orientation process.

A lot of publicity for Village in the Heights has been linked to a joint venture with the City of Beachwood to help seniors take trash cans to and from the curb. The organization also:

- Provides transportation to medical appointments, shopping or other errands
- Provides technical support for computers, smartphones, DVDs, etc.
- Provides companionship to those who wish to attend a performance, play cards, etc.
- Provides friendly visits, well-check phone calls, prescription deliveries, etc.

Right at Home Cleveland East Earns Top Rating

Beachwood In-Home Care Location Named "Caring Super Star of 2019" by Caring.com

Right at Home Cleveland East was selected by Caring.com as one of America's top-rated in-home care agencies. It received the website's "Caring Super Star of 2019" award, which only goes to businesses that received the "Caring Star" award for three consecutive years.

Caring.com is a trusted resource for families to find in-home care for their senior loved ones. Award-winning businesses are recognized because of consumer ratings and reviews.

"Being part of the Right at Home system is important to me," said franchisee Shalom Plotkin, owner of Right at Home Cleveland East. "I joined the franchise system with the intention of providing personalized and reliable services to our community's aging members. This award provides wonderful, public recognition of the hard work that our team performs year-round."

"Congratulations to Right at Home Cleveland East for earning such high praise from their clients and clients' family members," said Jim Rosenthal, Caring.com CEO. "Achieving the Caring Super Stars Award is a distinction worthy of significant celebration and promotion – as it speaks volumes about the difference this home-care agency is making in serving older adults. We applaud their accomplishment!"

To learn more about the Caring Star or Caring Super Star Award programs, visit: <https://www.caring.com/caregivers/bestseniorliving>. To learn more about Right at Home Cleveland, call 216.752.2222.

Right at Home Cleveland East was selected by Caring.com as one of America's top-rated in-home care agencies. It received the website's "Caring Super Star of 2019" award, which only goes to businesses that received the "Caring Star" award for three consecutive years.

Let's Make Memories at Gloria's Way Memory Cafés

**Tuesday, February 12 • 10:30 am – noon
Beachwood Community Center**

Gloria's Way Memory Cafés provide opportunities for those with cognitive challenges to laugh, share stories and make meaningful connections. Through discussions of world and cultural events, music, exercise, food tastings and more, these Cafés provide opportunities to celebrate life with others affected by memory loss, and their caregivers.

This month's Memory Café will include Valentine's Day trivia, along with an opportunity to make delicious chocolate treats.

The program is presented in partnership with Gloria's Way, Right at Home, Daniel P. Seink Co. and AgeFit Consulting. It is free and open to all individuals who are experiencing memory loss, and their care partners and/or family members.

For more information about Gloria's Way Memory Cafés, contact Tonia Porras at 216.352.1106, or tporras@gloriaswaymc.org.

Refreshments will be provided.



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Menorah Park Receives Fifth Consecutive Deficiency-Free Survey

Menorah Park has received zero deficiencies in health care and services for the past five years. This year, the Ohio Department of Health's surveys included more in-depth interviews with residents, families and staff, and increased observations of caregiving.

Menorah Park CEO Jim Newbrough and COO Richards Schwalberg wrote in a letter to their staff, "To achieve and sustain these scores is incredible. It is very clear that all of you put your hearts and souls into what you do each and every day. Our staff is indeed our backbone that keeps us strong and standing tall as an organization. We couldn't be more proud. Thank you for all you do!"

"Deficiency-free surveys reflect significant efforts of

facility staff and administration, and demonstrate a commitment to continued quality care," said David Parker, president of the Ohio Health Care Association. "The success of a facility in achieving this goal reflects well on the long-term care community across the state, and is an achievement for which administrators and their staff can take great pride and satisfaction."

Ohio Health Care Association executive director Peter Van Runkle said, "Five consecutive zero

deficiencies is truly phenomenal, especially for an organization of this size."

For more information, visit www.MenorahPark.org, and like them on Facebook.



COO Richard Schwalberg celebrates a fifth deficiency-free survey with staff.

Play It Forward Cleveland!

A three-month donation drive for gently-used musical instruments is now underway. The instruments will be assessed, repaired, and gifted to children who participate in recreation center programs, in the Glenville Neighborhood, in Cleveland's 9th Ward. The effort is a collaboration of Arts Cleveland, the Center for Arts-Inspired Learning, Cleveland City Council, Cleveland Metropolitan School District, and The Cleveland Orchestra. The goal is to give children the opportunity to experience the pride, joy, and lifetime benefits that music-making provides.

If you wish to donate an previously loved, playable instruments, a drive-up collection area will be set up at Severance Hall, on East Boulevard near Euclid Avenue, Sunday, February 17, 12-5 pm; and Saturday, March 9, 10 am - 12 pm. A donation form is required, and may be completed in advance. It is available at ArtsCleveland.org/playitforward. Donations are also accepted to help defray instrument-repair costs.

Chagrin Valley Camera Club

The Chagrin Valley Camera Club meets twice a month. Guests are always welcome. For a complete overview of meetings, speakers and events, visit www.chagrinvalleycameraclub.com.

Tuesday, February 5
Mayfield Branch of the Cuyahoga County Library
500 SOM Center Rd.

This session will feature presentations by two expert CVCC members – Bob Trinnis and Wayne Roth. Bob will begin the evening by sharing photos and photo techniques from his travels to the South American region of Patagonia. The areas Bob will cover are from the country of Chile, and include such diverse spots as the capital city of Santiago, Punta Arenas, the Strait of Magellan, and Torres del Paine National Park. Landscape, cityscape, architecture, animal, and people photos will all be part of the presentation highlighting this unique and beautiful area of the world.

Wayne will present a selection of recent landscape images

from both Hawaii and Yosemite National Park. In Hawaii, Wayne's extensive journey took him to all four of the state's major islands, where he visited numerous locations not typically reached by most photographers. In particular, Wayne's images will include examples of the islands' Rainbow Eucalyptus trees – a gorgeously colorful variety of tree that will not be encountered in your local Cleveland Metroparks. Also included in Wayne's presentation will be striking images from Yosemite National Park and the Yosemite Valley.

Tuesday, February 19
Beachwood Library
This "critique session" will be devoted to images of animals. Here, contributed pictures on the selected theme will receive constructive feedback from a panel



Bob Trinnis – Torres del Paine National Park, Patagonia



Wayne Roth – Kauai, Hawaii

of fellow members – including insights for additional workflow treatments. Images for this session may include animals of any type – from cuddly kittens to cranky crocodiles! Submissions are currently limited to existing members; but even if you don't have a photo on display, such sessions are a great way to learn what other photographers look for when viewing a picture.

For a complete overview of meetings, speakers, and events, visit <http://www.chagrinvalleycameraclub.com/>.

Conversations in Courage: A Theatrical Performance of The Meeting

On Friday, February 22, at 7:30 pm, Shaker Arts Council will present *Conversations in Courage: A Theatrical Performance of The Meeting*, a fictional conversation between Malcolm X and Dr. Martin Luther King, Jr.

Peter Lawson Jones will star as Malcolm X, and Greg White will portray Martin Luther King, Jr. The show, directed by Monica Lee Boone, will take place at Heights Christian Church, 17300 Van Aken Blvd., Shaker Heights. Tickets are \$15 for students and \$25 for adults. SHAC members receive a \$5 discount.

Peter
Lawson
Jones
(Photo
Courtesy
of SHAC)



For reservations, more information, or to purchase tickets, call 216.916.9360 or visit www.shakerartscouncil.org.

Shaker Arts Council's *Conversations in Courage* is made possible in part by state tax dollars allocated by the Ohio Legislature to the Ohio Arts Council (OAC).

The Gathering Place

The Gathering Place is a cancer support center with locations in Beachwood and Westlake. Programs and services are provided free of charge to support, educate and empower individuals and families currently coping with the impact of cancer in their lives. These programs take place at 23300 Commerce Park, Beachwood. Registration is required. To learn more about the various programs available, or to register for a class, visit www.touchedbycancer.org or call 216.595.9546.

Throughout February Feel the Love

The Gathering Place will e-mail and share on social media a video or meditation to help you practice self-love and compassion. For more information or to be added to the mailing list, email Cheryl at apisdorf@touchedbycancer.



Wednesday, February 6

6:30–8 pm

Essential Oils

Presenter/Valerie Joseph CA, RYT

Learn what essential oils are and how to use them to help manage stress.



Saturday, February 12,

10:30am–12:00pm

Healthy Valentines: Make Scrumptious & Healthy Snacks

This program is for families who have a child or teen with cancer. RSVP to Casey at 216.455.1523.

Thursday, February 28

6:30–8 pm

Yount Adult Meet Up:

The Art of Chocolate (Ages 18-40)

Learn mindfulness and the art of chocolate eating as you indulge your taste buds in a healthy, creative chocolate making and tasting. A discussion of young adult concerns will follow. RSVP to Casey at 216.455.1523.

Camp Gan Israel Open House

On Sunday, January 6, Beachwood residents got a taste of summer at the Camp Gan Israel Open House. What a great opportunity they had to break away from the gray skies of winter to play and socialize with other children!



Tova Chanales enjoys creating art.



Children get a feel of a Karate Workshop with Sensei Allen from Beachwood Tai Shin Doh Academy.



Sarah Graber is proud of the smores ice cream cone that she made.

Women of Fairmount Temple Programs

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

Phyllis Henry, at 440.461.7921 or emailing womenft@fairmount-temple.org.

Tuesday, February 12 • 1 pm

The Underground Railroad of Ohio

Join us for a special presentation with Civil War-era historians Paul and Gaynal Goebbel. The Underground Railroad refers to a network of routes and safe houses used by slaves. The Western Reserve was recognized as the most anti-slavery area in the nation, behind Massachusetts. Free to Women of Fairmount Temple members; \$5 for guests.

Mitzvah Projects

Wednesday, February 20

9:30-11:30 am

Help to create Touch-n-Tell Alphabet Books for children in the Sight Center, in conjunction with the women from Fairmount Presbyterian Church. For more information, call Phyllis Berlas at 216.381.8738.

Sunday, February 24

9:30-11:30 am

Help to create blankets, number books, and therapeutic vests. For more information, call Phyllis Berlas at 216.381.8738.

Tuesday, February 12 • 11 am

Special Bible Class with Rabbi Caruso

12:15 pm

Join Women of Fairmount Temple members for lunch. You may bring your own, or purchase it for \$10/member or \$14/guest. Please make your reservation by the Friday before by calling

Every Tuesday

9:30-11:30 am

Help to create dolls for homeless children and children in need. For more information, call Nancy Klein at 216.752.4123.

CIFF Expands Footprint in Two Art Districts

The Cleveland International Film Festival (CIFF) is thrilled to announce its expansion at this year's festival. In addition to the 500+ screenings at Tower City Cinemas, CIFF will have screenings at CIFF West, in the Near West Theatre and the Capitol Theatre; and CIFF East, at the the Cleveland Museum of Art and the Cleveland Museum of Natural History.

The 43rd CIFF will be held March 27 – April 7. Program details will be available at clevelandfilm.org on Friday, March 1, with program guides hitting the streets the week of March 4. Tickets will go on sale to CIFF members on Friday, March 8, and to the general public on Friday, March 15. For more information, please visit www.clevelandfilm.org.

Speakers from Cleveland's Vibrant Arts Community Featured in Intimate Home Dinners

Some of Cleveland's most prominent arts leaders will participate in a series of community meals and discussions to benefit Congregation Shaarey Tikvah. Celebrating Cleveland's vibrant arts community, the dinner series, *Entrees & Insights*, is scheduled from January 27 through June 23. Hosts will open their homes to a small group of people to enjoy a delicious meal and a chance to hear key Cleveland arts leaders in an intimate setting. Upcoming dates include:

Sunday, February 10

The Art of Storytelling with Novelist Thrity Umrigar

Join Thrity Umrigar, Cleveland resident and best-selling author

of *The Space Between Us & The Story Hour*, will discuss literature and her acclaimed novels.

Sunday, February 24

Modern Movement with David Shimotakahara of GroundWorks Dance Theatre

Executive artistic director, David Shimotakahara, will share insights about modern dance and GroundWorks Dance Theatre, one of Cleveland's premiere dance companies.

Sunday, March 3

Sing Out Loud: Family Karaoke Dance Party at Shaarey Tikvah

Sunday, April 7

Art for Art's Sake with Beth Edelstein of the Cleveland Museum of Art

Conservator at the Cleveland Museum of Art, and former Conservator at the Metropolitan Museum of Art, will share insights about the conservation process of some of the world's finest works of art.

All dinners are at 6 pm, and are open to the community, regardless of faith. The cost is \$100 per person. For details about these events and the rest of the dinner series, visit www.shaareytikvah.org/new/entrees-insights-2019/.

Beachwood Author Sheds Light on 66-Year-Old Korean War Missing-in-Action Case.

For more than 60 years, the surviving members of the Miles family never knew what became of their brother, U.S. Army Sergeant William T. Miles, after he became missing in action during the Korean War. A new book, *To the Last Man: The Incredible True Story of Sergeant William T. Miles*, written by Beachwood resident Alex Cohen, sheds light on his likely fate.

On July 6, 1951, Sergeant Miles was part of a joint U.S. – South Korean Special Forces team, operating deep behind enemy lines in the vicinity of Karyoju-ri, North Korea, when the team was attacked by a large enemy force. As the team tried to break contact with the enemy, Sergeant Miles volunteered to stay behind and cover the retreat of his fellow team members. He was never

seen or heard from again.

Despite the fact that his ultimate fate remained a mystery, in 2009, Sergeant Miles was posthumously awarded the Distinguished Service Cross for his actions on the day he disappeared. However, the lack of information about his fate continued to cause much anguish for his family. Decades after Sergeant Miles disappeared, bits and pieces of information in various books about the Korean War suggested that he might have been captured by the Chinese and sent to a POW camp in the Soviet Union. However, none of these claims offered any definitive proof.

Sergeant Miles is better known as Billy to his surviving sisters, Marjorie and Janice. Marjorie was twelve years old when Billy disappeared, and Janice was only six. For decades

following their brother's disappearance in Korea, the Miles family contacted the Army hoping to obtain information. As the years passed, Billy's parents passed away and his surviving siblings were starting to think they might never know the true fate of their brother.

However, in the summer of 2014, Alex Cohen, a former U.S. Army intelligence analyst who had served in Iraq and Afghanistan, contacted Marjorie after reading an article about Billy's Distinguished Service Cross Award. Alex informed Marjorie that he wanted to write a book about her brother; he was determined to find out what happened to him. Marjorie was a bit skeptical at first. Nevertheless, she fully supported Alex's efforts to write the book.

Much to Marjorie's surprise, in June 2017, Alex contacted

her and claimed to have discovered Billy's fate. Alex had researched Korean War special operations, reviewed hundreds of pages of declassified Korean War era U.S. intelligence reports from the national archives, and conducted numerous interviews of Korean War veterans. When presented with Alex's findings, Marjorie was overcome with emotion. After 66 years, she had finally received the closure they needed.

To the Last Man: The Incredible True Story of Sergeant William T. Miles is available through Amazon.com and Barnes and Noble. A copy will also be donated to the Beachwood Library.



Upcoming Programs at The Beachwood Library

Cleveland Then and Now with Laura DeMarco

Tuesday, February 5 • 7–8 pm

Pairing vintage photos with their modern-day viewpoint, Laura DeMarco, author of *Cleveland Then and Now*, will take you on a tour through the many dramatic transformations of this vibrant city.

Through the Eyes of the Artist: Pablo Picasso

Friday, February 8 • 10–11 am

Art historian Felicia Zavarella Stadelman presents a series on the lives and works of beloved artists. Picasso's enormous output kept his name before the public, even though his work seemed to be far from the mainstream. His powers of invention spanned more than 80 years. He became the very prototype of the modern artist as a public figure. Registration preferred. Sponsored by the Friends of the Beachwood Library.

RESET for Retirees 5 Steps to a Strong and Passionate New Life Direction

Monday, February 11 • 7–8 pm

Are you ready to push the reset button and figure out what you need to do to make your retirement fabulous? RESET your retirement goals with these five easy steps: **R**eflection, **E**xcellence, **S**et Specific Goals, **E**xecution and **T**ime Management. Follow these steps to relaunch your life. Presented by instructor Anja Sassenberg-DeGeorgia of Forward Life Coaching, LLC.

Book Chat

Tuesday, February 12 • 7–8 pm

Join us for a monthly book discussion. This month, we will discuss *The Bear and the Nightingale* by Katherine Arden. Registration is not required. Items will be available at the circulation desk one month before the discussion.

Drop in and Download

Saturday, February 16

10 am–1 pm and

Monday, February 18 • 2–5 pm

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

Third Wednesday Book Discussion/ Third Thursday

Book Discussion

Wednesday, February 20

1–2 pm and

Thursday, February 21

2–3 pm

Monthly book discussions are led by library staff. No registration required. All are welcome! February's book is: *There, There* by Tommy Orange. Books will be available at circulation desk one month prior to program date.

Introduction to Reiki

Friday, February 22 • 2–3 pm

Learn about the healing technique Reiki, including its benefits, how it is being used locally, and current research findings.

Art and Music in the Bible

Monday, February 25

2–3:30 pm

Stories and themes of the Bible have survived the ages due to their human impact. They are a rich source of experience lending themselves to both visual and audio expressions. Join an art history professor and a practicing musician in exploring great paintings and expressive music to get inside the stories of the Bible.



Post Cards from God

Thursday, February 28 7–8 pm

In this lecture Gary Kader, director of Burrell Observatory, will present some of the most impressive images from the Hubble Space Telescope, and explain them.

Spectacular American Desert

Monday, March 4 • 7–8 pm

Travel with Gale Franko, and professional artist and photographer Alan Studt, as they take you on an incredible, and sometimes unpredictable, tour of the wild and vibrant Mojave Desert.

Kiddie Café: Snow Friends

Friday, February 1 • 10:30 am

Ages 2 to 6 with a caregiver

Listen to some favorite books about polar pals and make your own fun craft to eat.

STEAM Tuesdays: Paper Toys

Tuesday, February 5 • 4 pm

Grades 2 to 5

Learn to make fun toys out of a simple sheet of paper.

Hebrew Storytime

Wednesday, February 6 • 4 pm

Families

Hear stories and songs in Hebrew and English. Presented in collaboration with the Jewish Education Center of Cleveland.

Chinese Storytime

Saturdays, February 9 and 23

10:30 am

Families

Enjoy stories, songs and rhymes in Mandarin Chinese and stay for a craft and playtime after. Presented in cooperation with the Chinese Language and Culture Center.

Celebrate Random

Acts of Kindness Week

February 11–15

All ages

Complete a make-and-take project to help spread a little love around the community.

Friday Family Fun:

Puppet-Palooza

Friday, February 15 • 10:30 am

Ages 2 to 6 with a caregiver

Hear stories portrayed by puppets, play with puppets and make your own puppet to take home.

Magic Treehouse Club:

Day of the Dragon King

Thursday, February 28 • 4 pm

Grades 1 to 4

Travel with Jack and Annie on magical adventures through space and time. This month we will discuss *Day of the Dragon King* and enjoy games, crafts and activities.

Storytimes:

Toddler Storytime

Mondays at 4 pm and

Wednesdays at 10 am

Ages 19–35 months

with a caregiver

Enjoy books, rhymes, songs and fingerplays.

Baby & Me Storytime

Tuesdays at 4 pm and

Thursdays at 10 am

Caregivers and their babies from birth–18 months

Enjoy rhymes, songs, fingerplays and books perfect for baby.

Preschool Storytime

Wednesdays at 1:30 pm

Ages 3–5 not yet in kindergarten and their caregivers

Enjoy stories, books, rhymes, songs and fingerplays with your little one.

Pajama Party Storytime

Wednesdays at 6:45 pm

Ages 19 months – 5

and their caregivers

Wear your PJs and join us for stories, songs and fingerplays

Registration is required for all programs except storytimes. To register, please call 216.831.6868 or visit cuyahogalibrary.org.

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"Crime and Consequence," A Six-Part Series

With criminal justice reform center-stage in the United States, the Rohr Jewish Learning Institute (JLI) – the world's largest Jewish adult Jewish education network, is launching a course that explores the Jewish approach to the challenging questions of crime, punishment and justice. "Crime and Consequence" is a six-part series that will be offered at JLI's Beachwood location, as well as at more than 400 locations worldwide.

Beginning on Wednesday, February 6, at 10 am or 7 pm, participants in the six-week course will challenge their thinking, ponder the implications of ancient Talmudic wisdom for complex modern cases, and get to the heart of the most pressing injustices facing our criminal justice system today.

A free opening-night event is being offered Wednesday, February 6, from 7–9 pm. Hors d'oeuvres and Kosher wines will be served. RSVP is requested. The event and classes will take place at the local JLI Chapter, 25400 Fairmount Blvd., in Beachwood. The first morning class on February 6, from 10-11:30 am, is also being offered at no charge for students who want to try it out.

The United States of America has the highest rate of incarceration in the world. 2.3 million Americans are in prisons and jails: almost a quarter of the world's prisoners are in America.

A bipartisan bill, the "First Step Act," has passed the Senate and is soon expected to become law. Among other provisions, the bill gives prisoners new ways to earn early release, expands compassionate release for terminally-ill prisoners, and will keep inmates closer to their families. The bill has brought the debate about criminal justice into sharp focus; Americans are discussing the value of tougher or smarter reforms, fairness of mandatory minimum sentencing as opposed to judicial discretion, and whether prison is at all effective in reforming criminals.

"Crime and Consequence" will tackle these questions from a Jewish perspective, addressing topics, such as: What's the purpose of prison: punishment, deterrence or rehabilitation?, What's Judaism's position on the death penalty?, and Can criminals ever make amends, and if so, how?

The course draws deeply on ancient Jewish sources, while using contemporary materials to give a modern context to the discussion.

Students will discover that the Jewish approach to justice goes well beyond the reforms in the First Step Act, providing alternative sentences for non-dangerous criminals who are tailored to fit the crime, and advocating for rehabilitation programs that continue well after punishment has been served.

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"The debate over the First Step Act shows that Judaism's timeless truths and insights about human nature, society, and wrongdoing are as relevant today as ever before," said Rabbi Shmuli Friedman, "JLI's Crime and Consequence course brings these important Jewish perspectives home to our own community."

The program has won early endorsements from distinguished law professors and criminal justice campaigners.

Dr. John H. Laub, University Professor, Department of Criminology and Criminal Justice, University of Maryland, welcomed the course. "Questions about the causes of crime and the appropriate governmental response have challenged and bedeviled social thinkers for centuries. Indeed, such big questions have no easy answers. In light of the current bi-partisan support for criminal justice reform, especially at state and local levels, the course is timely and important. I am glad to see the Rohr Jewish Learning Institute take on this topic in a thoughtful and productive manner," he said.

Two of JLI's other adult education courses – "How Happiness Thinks" and "Living with Integrity" – are on a list of just 66 programs recommended to prison wardens nationwide as recidivism-reducing by the Federal Bureau of Prisons as part of the new prison reforms.

Crime and Consequence has been approved by the Supreme Court of Ohio Commission on Continuing Legal Education for 9.00 total CLE hours, with 3.00 of attorney professional conduct instruction.

Interested students may call 216.282.0112, email JLI@EnrichingJudaism.com, or visit www.myJLI.com to register and for other course-related information.

Cuyahoga County Department of Consumer Affairs Warns Residents About a New Round of Impostor Scams

The Cuyahoga County Department of Consumer Affairs warns residents about a new round of impostor scams that impersonate County Sheriff's deputies or court officials.

The Cuyahoga County Sheriff's Department recently received multiple complaints about impostor calls in which scammers identified themselves as deputies. When a Sheriff's Department employee dialed one number reported by a resident, the scammer answered by saying, "Cuyahoga County Sheriff."

In these scams, callers posing as police or court officials tell potential victims they missed a court date and threaten them with immediate arrest or account seizure unless they pay a fine. Scammers may tell people to pay with retail gift cards or money wires – forms of payment that government agencies do not accept.

"Calls threatening you with arrest, lawsuits or account seizure are flat-out scams," said Sheryl Harris, director of the Cuyahoga County Department of Consumer Affairs. "These scammers steal the names of real agencies solely to scare you into paying them."

The Cuyahoga County Department of Consumer Affairs offers these tips for avoiding impostor scams:

- Don't trust caller ID readings – scammers often spoof names and numbers.
- Let numbers you don't recognize go to voicemail. And don't call unknown callers back.
- Hang up on anyone who threatens you with arrest, legal action or seizure of your accounts.
- Hang up if someone claims to be a grandchild in trouble with the law.
- Remember, it's not "free" or a "prize" if you have to pay.
- If you're worried, call police, Scam Squad or family for help, to check out the call.
- Hang up if a caller insists on staying on the phone while you go to the bank or to buy gift cards.
- Hang up if anyone directs you to pay with store gift cards, money wires, or mailed cash. They're scammer favorites because they're hard for police to trace.

Cuyahoga County residents who receive scam calls are encouraged to report them by visiting consumeraffairs.cuyahogacounty.us or by calling the Scam Squad at 216.443.SCAM (7226).



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Understand Your Risk With a No-Cost Test at University Hospitals.

An important tool for the early detection of heart disease is CT cardiac calcium scoring. This simple, noninvasive scan measures the amount of calcium in the walls of the coronary arteries.

Even though it is generally not covered by insurance, University Hospitals is the only health system offering patients CT cardiac calcium scoring at no cost. A physician order is required to schedule so talk to your doctor and ask if a calcium scoring test is right for you.

Ready to schedule? Call **216-588-0154**.



University Hospitals
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