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I recently picked up a book that was on my daughter's coffee table and flipped through its pages: "1,000 Little Things Happy Successful People Do Differently," by Marc and Angel Chernoff, New York Times bestselling authors, professional coaches, full-time students of life, and admirers of the human spirit. Marc and Angel's books, blog and podcasts provide information that helps their audiences think, feel, and live better. Years ago, as they worked their way through personal trials and tribulations, they took small steps to be their best, recognizing that although it seemed like nothing was changing day to day, everything was changing gradually.

One list included in the above-mentioned book is titled: "12 Amazingly Achievable Things to Do Today," which includes simple, actionable ways to improve your wellbeing on a daily basis. None of this information is new, but we all can use some reminders because small steps yield large results.

Instead of talking about resolutions this month, on which I often focus at the start of a new year, I share these tips because they build a foundation that can help us to achieve our goals.

Letter from THE EDITOR

By Debby Zelman Rapoport

new year, new possibilities! Breathe in and envision where you'd like to be at year's end. When I look forward, I think about the beauty of nature and what I may experience throughout the year. Without setting grandiose goals, we can all do things today – and every day – that will bring inner peace and joy.

Smile.

A smile is a choice. Don't wait for people to smile; show them how. A genuine smile makes you and everyone around you feel better. The simple act of smiling sends a message to your brain that you're happy. And when you're happy, your body pumps out all kinds of feel-good endorphins.

Treat everyone with kindness and respect.

Treat everyone with kindness and respect, whether or not they treat you that way. You don't know everyone's story, and people will notice your kindness.

Perform one selfless act.

In life, you get out what you put in. Do something that's greater than you, something that helps someone else be happy or suffer less. It will be extremely rewarding and memorable.

Avoid needless drama and those who create it.

Never create unnecessary drama, and don't surround yourself with those who do. Choose to spend time with people who you are proud to know, people you admire, who love and respect you, people who make your day a little brighter simply by being in it. Don't walk away from negative people, RUN! Life is too short to spend time with folks who suck the happiness out of you.

Think of the positives.

Stop being afraid of what could go wrong and start thinking of what could go right. Have gratitude for what is already right, like friends who turned into family, and past dreams and goals that turned into realities. Use positivity to fuel a brighter tomorrow.

Inject a little love into the world around you.

Love what you are doing, until you can do what you love. Love where you are, until you can be where you love. Love the people you are with, until you can be with the people you love most. This is the way we find happiness.

Take action.

You can't change anything without taking action. There's a huge difference between knowing how to do something and actually doing it. Knowledge and intelligence are both useless without action.

Follow your intuition.

Do what feels right, even if it doesn't look or sound right to others. Our human instincts are rarely ever wrong, so don't worry about what everyone else thinks. Keep living and speaking your mind.

Spend time working on something you believe in.

Never put off or give up on a goal that's important to you, not because you still have tomorrow to start or try again, but because you may not have tomorrow at all. Life is shorter than it sometimes seems. Follow your heart today.

Meet someone new.

Get out there and meet new people. You'll be surprised at the lessons they will teach you and the new opportunities they will inject into your life.

Exercise and eat healthy.

Taking care of your body is crucial to being the happiest person you can be. If you don't have your physical energy, then your mental energy (your focus), your emotional energy (your feelings), and your spiritual energy (your purpose) will all be negatively affected. Those who exercise have a higher sense of self-accomplishment and self-worth.

Be a student of life.

Experience, learn, and absorb all the knowledge you can. Keep your mind conditioned with fresh knowledge and new challenges. If you stay ready, you don't have to get ready when great opportunities arise.

I wish you a happy, healthy new year, filled with good health, love, laughter, and all that you wish for yourself. When we take action with a good mindset, dreams come true. To learn more from Marc and Angel Chernoff, visit www.marcandangel.com.



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5 Windrush Lane SOLD IN 4 DAYS! The Village 3 Bed, 2.2 Bath



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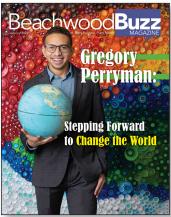




Professional Realty



Gregory Perryman: Stepping Forward to Change the World



Gregory Perryman is a man in constant motion. His eyes are bright, his smile engaging. His personal motto is "step forward," and his long list of accomplishments and accolades reads like a "how to" for aspiring young students. As his days as a Beachwood student come to a close, Greg took some time to reflect thoughtfully on his accomplishments, his family, the community that shaped him, and where he'll take his talents and idealism next.

Cover story, written by Shana Wallenstein, starts on page 11.

Cover and lead story images by Scott Morrison, Discovery Photo

maltz museum of jewish heritage

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Each year students and schools are awarded \$100,000 in scholarships and anti-bias education grants. Will you or your school be the next winner?

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Public Office Fond Farewells

by Shana Wallenstein

s Martin Horwitz steps down as mayor, James Pasch retires from City Council, and Brian Weiss, Maria Bennett and Josh Mintz retire from the Beachwood School Board, they share some parting words. Combined, these five public servants have provided decades of hard work to improve our Beachwood community. Josh continues in a new role, as an elected member of City Council, while the others plan to take a well-deserved break from their time in the public sphere. We asked each of them to reflect on their time in service and their proudest moments, and to speak of their plans for the future.

Martin Horwitz Board of Education 1990 - 2005 City Council 2012-2017 Mayor 2018-2021



After 26 years in public service, Mayor Martin Horwitz has played a role in building or improving

nearly every major community structure standing in Beachwood. From schools to fire stations, a dog park to block parties, Martin has literally cemented a lifetime of legacy in our sixsquare-mile city. A resident of Beachwood since 1958, Martin graduated from Beachwood High School in 1971. He and his wife, Sandi, raised two children, Justin and Gayle, and have four grandchildren they're looking forward to spending more time with. As he prepares to leave office, Martin reflected on his nearly three decades in public service and the impact he's made on our city and its residents.

Martin is the only elected official in Beachwood's history to serve as president of the Board of Education, president of City Council, and mayor. His path to public service began when his children were very young and he advocated for a curriculumbased pre-school to serve the young families who were moving into Beachwood. That experience led him to run for the Board of Education, where he served for the next sixteen years, four terms as president. He became the first BHS alumnus to be elected to the board.

His greatest passion was introducing educational technology into the schools. "While everyone thought we had abundant resources, the reality was we had very little and we were behind," Martin explained.

He created a committee that included staff and administrators who determined the purchases and plans for each building. In addition, Martin helped write the first K-12 curriculum and policy for the use of computers, internet, and email. Through his efforts, in 1993, Beachwood was named one of the top three technology districts in the country by the National School Boards Association.

"I used to take teams to school technology conferences every year. We presented new programs and we brought back even more. My goal was to always look for innovation and additions to our curriculum. One of those conferences yielded the robotics program," Martin said. "Over the years, this became one of our most popular extracurricular activities, bringing us recognition in state and national competitions. Former guidance counselor Al Bellin worked as the team advisor.

"I was so involved in technology that I decided to return to school for an online Master's degree in Educational Technology Leadership from The George Washington University. Around this time, we were planning to rebuild the Middle School. Based on much of my research, we created one of the first wireless middle schools in Ohio and introduced the first 1:1 laptop program in the state.

Every student had his/her own laptop, internet access, and an email account. This was cutting edge 20 years ago, and we had districts from around the country coming to visit us."

In 2005, after four terms on the School Board, Martin stepped down to spend more time providing care to his elderly mother. After she passed, his love of public service brought him back to run for a seat on Beachwood City Council, where he would serve for six years, including two years as council president. In 2017, he was elected to serve as mayor.

Two years into his term as mayor, the entire world changed. In 100 years, no mayor had ever seen anything like COVID-19. With its rapid spread, unknown science, and daily increasing death toll, the virus caused the mayor to dive deeply into the scientific and medical communities to learn everything he could about the pandemic.

"Every week I spent hours with doctors, health professionals, and regional leaders. Residents were calling for help, and wanted to know what precautions they should take. Many residents refused to go outside, even to their backyards," he recalled.

Martin assembled a team at City Hall to create policies and procedures to keep employees safe, and allow them to work remotely where possible. "We shifted gears, never stopped, and continued to be proactive."

He knew the city had to be responsive to keep residents, many of them elderly, as safe as possible. He saw the need for masks coming about a month before the CDC made it a requirement, and then held a three-day face mask drivethrough, handing out 10,000 masks to Beachwood residents. Community Services' employees were then redirected to serve house-bound residents, making hundreds of wellness calls, and delivering groceries and medications to seniors.

The pandemic continued to wreak havoc on small businesses, so the city provided financial-assistance programs for small business owners. When restaurants could only rely on carry-out or delivery, former Community Services Director Karen Carmen and Building Commissioner Bill Griswold came to Martin with an idea. With restaurants struggling to stay open because delivery services took 40% of the bill, Beachwood could hire drivers and deliver to Beachwood residents from Beachwood restaurants. And with that, Beachwood Delivers was born, helping local restaurants stay afloat during an incredibly tenuous time.

"We got national attention for this very unique program, from magazines to a podcast, and even to the White House, and we helped keep several Beachwood restaurants in business."

Martin's public service career has always been guided by the themes of innovation, collaboration, and community. "When we decided to build Barkwood, one of Beachwood's most popular amenities, we took a chance with synthetic turf. It's saved us in maintenance, always looks perfect, and we received a major national award for it.

Plus, Barkwood created a new community for dog owners. We saw a further creative use for unused land in Beachwood City Park East and next year there will be a fitness court, pavilion, and restrooms, thanks to my administration's vision."

"I've had a very rich and rewarding career in public service. How many parents have the opportunity to give their children their High School diplomas? I can take my grandchildren into public spaces I helped develop. How many residents can stand in front of a school building or fire station and say, 'I helped build that?"

Another example of innovation and collaboration was the use of Fire Station #2 for COVID vaccinations. "When the vaccines were only being distributed at one location in the county, I made contact with the director of the Board of Health. We opened the station up a half dozen times and were able to vaccinate 7,000 first responders."

The mayor also displayed his committment to community by creating "Block Party in a Box," which tripled the number of block parties until COVID hit.

Martin has mixed emotions about leaving. "I'm proud of so many things I've worked on during my terms on council and as mayor, from the community gardens to Barkwood to our senior rubbish pickups – all tangible accomplishments that have enhanced the quality of life for our residents. We completely revised the planning and zoning codes and created strong economic development incentives to jump start the re-imagining of

Beachwood Place and Commerce Park. New high-tech businesses that will improve our tax base are coming to Beachwood, and by next year we should see them opening, along with groundbreaking on a new Public Works building and a connector road from Commerce Park to Harvard. We should also see new pickleball courts, city signage, and playground equipment. We did the legwork, but I will not be part of those celebrations."

Martin is excited to have helped start a 5-year storm sewer program that is expected to eliminate 70% to 80% of residential flooding in the next 3 years; and he developed a street-lighting project for Green Road security that should eventually expand to the rest of the city.

He is also very proud to have appointed Katherine Dolan as Beachwood's first female Police Chief, and shares that the Police Department is working to increase patrols and technology at the mall and in our Orthodox communities.

Next year, wireless emergency call boxes will be installed in the parks, and there will be many more sustainability efforts that have been started, such as the use of hybrid vehicles and the purchase of clean energy.

"I've had a very rich and rewarding career in public service. How many parents have the opportunity to give their children their High School diplomas? I can take my grandchildren into public spaces I helped develop. How many residents can stand in front of a school building or fire station and say, 'I helped build that?' I'm going to miss being a part of the projects I started, and I'm especially going to miss all the wonderful residents I've met along the way.

I believe that good things will continue to happen in Beachwood because we set high standards, and have great directors and staff to follow through."

As we said our goodbyes, Martin shared that two of the aspects he enjoyed most in his job as mayor were helping people resolve problems and promoting new small businesses starting in Beachwood. "I'm a helper. It brings me pleasure, and I'll continue to help people, in some form and some way."

I have no doubt we haven't seen or heard the last of Mayor Martin Horwitz. As long as he's able to help, he'll be here, making Beachwood better, one project at a time.

James Pasch City Council 2014-2021 Council President 2019 - present

Tell us about yourself, and what motivated you to serve on City Council?



I believe in public service, and that every community needs people to step up and bring new ideas to

the table. I always told myself that I would get involved with my home community because ultimately, decisions are made by those who are actively involved. It has been an honor of a lifetime to have had this opportunity, and I encourage those who want to get off the sidelines to please do so – our community needs your leadership.

What were some lessons you learned by serving?

Governing can sometimes be a humbling experience. It is one thing to campaign on an idea, but it's another for an idea to become a law, policy, or building. It is necessary to build consensus among our colleagues – and at times, that requires compromise. I have served with twelve different

members of council and two different administrations, and had we not built relationships and a foundation of trust, not much would have been accomplished. Bonds are what make our community stronger.

What are some of your most notable achievements?

I led some key initiatives that have left our community in a stronger place.

I led the push to live stream and record our city meetings and put them both on TV and on our city website. Our council packets are now posted online, so that the public has access to the same information that we do prior to voting on legislation. This was all done in an effort to modernize City Hall and bring our policies into the 21st century of governing.

I'm proud of our city's comprehensive antidiscrimination ordinance, which protects everyone who lives and works in our city.

I also spoke frequently about securing a better future for our children, and we continue to grow the relationship between the city and school district, knowing that we are always stronger when we work together for future generations.

Nothing has been more important than ensuring the safety of residents and the people who work for our city during a pandemic. I thank the administration for working side-by-side with City Council to do everything possible to keep people safe and the government services churning. it was an honor of a lifetime to have led a council and city that prioritized our collective health and wellbeing above all else.

What challenges do you see in the future?

Beachwood is a microcosm of the nation, and while we have individual successes, ultimately, what ails the nation

also ails us. It is important that communities like Beachwood focus on discussing policies to improve our society rather than focusing on sensationalism and misinformation, which further erodes our democracy. Our continued strength only exists when our collective voice and leaders among us step up to the podium, whether as a leader in the community or as an elected official.

Tell us about your family.

When I first ran, my wife, Carly, and I were relatively new Beachwood residents. I was elected at age 28. Eight years later, we have two amazing children, and I intend to make up for lost dinners and time spent together. I want to thank Carly for everything – I could not have served without her unyielding support. She is the center of my universe and, as my kids remind me frequently, the center of our family. Thank you, Carly, for none of this would have been possible without you.

What are your future plans?

I have always believed that if you work hard today, good things will happen tomorrow. I love my family and my work, and my future will surround those two cornerstones.

What message would you like to leave with the community?

Thank you for your support, your ideas, and at times, yes, your criticism. Serving you has been an honor of a lifetime. I met so many of you at your doors, you invited me into your homes, and I have forged a lifetime of new friendships. So many of you have impacted local government policy without even knowing it, just by speaking with us. Continue to share your thoughts, ideas, and passions for the future of our community.

Maria Bennett Board of Education 2018-2021

Tell us about yourself, and what motivated you to serve on the Beachwood School Board.



My family moved to Beachwood for the schools when our oldest son was starting

kindergarten. We loved the diversity of Beachwood and wanted an environment for our children that would welcome all and inspire lifelong learners. I was very involved in volunteering at the schools for years, and felt that I could contribute what I learned from other volunteer experiences and from being on other private and public boards.

What are some of your most notable achievements?

Our district's response to COVID prioritized the health and safety of our students, teachers, and staff while completely re-tooling itself to continue to provide excellent education and emotional support during completely unprecedented times. Beachwood Schools' response to the pandemic was an excellent example to surrounding districts. Beachwood Schools was a leader to others with its creative solutions and effective management of a public school district.

Of what are you most proud, and/or what legacy do you feel you leave with the schools?

My 4 years on the Board of Education were perhaps during some of the most challenging times that public schools have faced in recent years. I am proud that I was able to step into a leadership position within

6 months of being elected to support our students, families, and administrators through the difficult period with a balanced, non-political approach that prioritized our children's education and overall well-being.

Tell us about your family.

I grew up in Carmel, Indiana, and my husband, Carl, grew up in Cincinnati. We met the summer after I graduated from Miami University (OH), have been married for almost 20 years, and have two teenage sons at BHS.

What are your future plans?

With two sons in high school, I look forward to enjoying their sporting events and spending time with them, while also helping them prepare for the next phase of their journey after high school. In addition, the medical device company that I founded and where I serve as its CEO is much larger than it was when I ran for the Board of Education, and thus, requires a tremendous amount of my time. I am excited to continue to dedicate my leadership to its growth to bring pain relief to millions of pain sufferers.

What message would you like to leave with the community as you step down?

When making decisions on the Board of Education, the top priority is and always should be about the students who we serve. Politics or personal agendas should never drive or influence a decision. In these trying times, I encourage our community members to approach each other and those who are working tirelessly to educate and care for our children with kindness and an open mind so that communication is respectful, collaborative, and productive.

Josh Mintz Board of Education 2012-2021 City Council, term to begin January 2022

Tell us about yourself, and what motivated you to serve on the Beachwood School Board.



My college degree is in elementary education, and when I would come home from school over

the holidays, I would visit former teachers. One day when I was talking to James Medved, we spoke of my time in Beachwood and the struggles that I had – struggles that I didn't want for other kids. After graduation, I strongly considered getting my master's in special education and psychology, and then had an opportunity to work alongside my grandfather in his business. My heart has always been in education, which is why I grabbed the opportunity to run for School Board.

I served on the board for 10 years. When I was first elected, my daughter, Izzie, was in kindergarten. She is now a sophomore in high school and we're doing college visits! I remember pushing her in a toy car when I went door-to-door campaigning. Today, I'm teaching her to drive!

What are some of your most notable achievements?

My biggest achievement is our school partnership with University Hospitals. Back in 2012, I helped chair the Beachwood Boosters fundraiser, "Night at the Races," which was an extraordinary evening. Following that, Doug Levin, our former director of Marketing and Communications, and I followed up to thank local businesses that supported the event. Our plan was to build upon the event's success to attract more businesses to support our schools

and kids. Our first thank you was to Harlin Adelman at University Hospitals, after which I asked him for a million dollars to support the schools. Once he stopped laughing, he asked a series of follow-up questions. I promised him that the administration would get back to him with answers, and they did. That follow-up thank-you turned into a new partnership for our schools. It included athletic trainers for our athletes. free medical screenings, and an intense, four-year medical program for high school students who were interested in pursuing the medical field. This partnership, the first of its kind for our schools, showed University Hospitals' commitment to our kids and community. I made the introduction, and our administration turned it into this fantastic multi-level, multiyear, robust opportunity for our scholars and athletes.

Of what are you most proud, and/or what legacy do you feel you leave with the schools?

My favorite memories relate to time spent in our buildings. I love watching our teachers in action; they are the best in the business. Our staff is what makes our schools remarkable. They are on the front lines and always put the needs of our kids first. Many of our staff have become friends of mine because they knew I would always support, recognize, and elevate them.

What challenges do you see in the future?

I think our biggest challenge will be financial. Our largest source of revenue comes from property taxes, and Beachwood Place is the largest individual property. With 25% of the mall expected to close in the next 3-5 years, I worry about the mall's future and how it will impact our schools. In my time on the board, we've had to make tough decisions when the state cut our funding, yet we remained one of the only schools in the

state to have a AAA bond rating, which is credited to our excellent treasurer, Michele MIlls, who always watches over our finances and looks at alternate funding opportunities for our schools.

Tell us about your family?

I am married to Elana, have two children, Izzie (15) and Drew (13), and a dog, Enzo. My children are third-generation Beachwood students.

What are your future plans?

I was recently elected to Beachwood City Council and look forward to serving the city in a different capacity. I will always be a champion of our schools, and I hope to bring my in-depth knowledge of our district to City Council.

Brian Weiss Beachwood School Board 2004 - 2021

Tell us about yourself, and what motivated you to serve on the Beachwood School Board.



About 25 years ago, my wife, Dawn, and I had a meeting to discuss services, IEP, and

classifications for our daughter, Brittany, who has Down Syndrome. The meeting did not go as well as we would have liked, which motivated me to get involved. I served on many committees and was then inspired to apply for an open seat that was created when Sylvia Aarons retired. I then served for 17 years.

What was the most surprising thing you learned that you hadn't expected?

When I began my tenure, my thoughts and motivations were to be a part of educating the children of Beachwood. Although this has always been our primary focus, I was and continue to be surprised about what we learn as board members about finances, building and mechanics of the buildings, law, human resources, and so much more.

What are some of your most notable achievements?

As I reflect, I realize that I have been a part of hiring every district administrator, with the exception of Michele Mills, treasurer, who has been with the schools for more than 25 years. When I look at our current team, I am confident that our schools are in great hands. They are a talented, caring group of individuals, who I know will continue to keep Beachwood Schools strong.

I was also proud to be a part of the completed construction project at the high school, including the main building, auditorium, stadium and, most recently, the natatorium and associated projects.

I am proud of the continued achievements of our district and our students. They are not MY achievements, but those of a team of talented staff and administrators who have always worked closely with the board to make decisions and recommendations that continue to keep Beachwood Schools strong. I was fortunate to work with this group.

Of what are you most proud, and/or what legacy do you feel you leave with the schools?

I am most proud of our community, and how its residents have always valued and supported education and continue to do so. I would be remiss if I didn't include our students who continue to make us proud each year. I hope that my legacy involves one word – family. As long as we respect each other as family members, Beachwood schools will continue to thrive as the special place it's always been.

Tell us about your family.

Our oldest daughter, Danna, is married, living in Solon, and expecting her 4th child. She has three boys and is expecting a girl in April. Our daughter, Brittany, who has Down Syndrome, is living independently in her own home with two roommates in Lyndhurst. Our daughter, Taryn, is married, living in Solon, and recently had her first child – our first granddaughter. Our son, Collin, is also married and living in Solon. Last, but certainly not least, is my wife of 40 years, Dawn. I am so fortunate to have all my children and grandchildren living on the east side of Cleveland.

What are your future plans?

To enjoy my family, all of whom supported me for 17 years while I was serving on the board. There were many days and hours when I was busy with "my school-board stuff," and nobody ever complained. We always managed to create balance between family and school responsibilities.

What advice can you give to people who may be interested in stepping up to serve?

Do it because you care, and make sure that every decision you make is based on what is best for the kids.

What message would you like to leave with the community?

It has been an honor to serve this community, its schools, families, and most importantly, the students. I have truly enjoyed serving. It never felt like a job. Instead, it was a good part of my life. I will miss the involvement, the feeling of service, and the individuals with whom I have worked. After this many years, I hope not to fade away. I will always remain available to serve the Beachwood community in any capacity where I can be helpful.



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Mor Geri, Columbia University & Tel Aviv University



regory Perryman is a man in constant motion. His eyes are bright, his smile engaging. His personal motto is "step forward," and his long list of accomplishments and accolades reads like a "how to" for aspiring young students. As Beachwood High School's student body president, Greq has a seat at the Board of Education table, where he listens to business presented by the School Board and updates the administration and board members on high school happenings. His sense of humor and sense of community are clear as he reports on community-wide events, many of which he's had a hand in coordinating. As his days as a Beachwood student come to a close, Greg took some time to reflect thoughtfully on his accomplishments, his family, the community that shaped him, and where he'll take his talents and idealism next.

Born and raised in Beachwood, Greg. a BHS senior, is the youngest of four. His sisters, Gabby, Katelyn, and Ashley, are BHS graduates. Greg's parents are both public servants. His mother, Grace, is a former teacher who now works for the Beachwood Schools' administration, and his father, Greg, works for the city of Cleveland. The family's commitment to social justice and activism goes back generations. Greg's grandfather, Henry Perryman, was born in Alabama. A pastor, he was active in the very beginnings of the Southern Christian Leadership Conference, participating in civil rights work throughout Cleveland. He moved his family to Cleveland, settled on the east side, and started Antioch Chapel Baptist Church. Family conversations often focus on civic dialogue that results in moving people and communities forward.



Greg speaks to the BHS student body.

Greg's parents are both athletes who introduced their children to running, a sport at which all four siblings excelled. Summers were spent running the Cleveland Express Track Club, the family's labor of love for the past 14 years. The club grooms and trains young runners, sending a generation of kids to college on running scholarships. Greg credits summer track with teaching him the value of discipline and skill of goal setting at an early age. Growing up in Beachwood, Greg is acutely aware of the unique community that surrounds him and the major role the

"I know when I leave Beachwood, nobody is going to know or care about what I accomplished here, but I'm going to take each experience and step forward."

city has played in shaping his perspective and outlook. As a young black man thriving in Beachwood's advanced and AP curriculum, Greg often feels the pressure to represent his race to his peers, so instead of crumbling under pressure, he uses that expectation

During every conversation, Greg was quick to recognize the leaders, teachers, and coaches who helped and inspired him along the way. We asked a few of them to share their thoughts about Greg.

"Greg is one of the most impressive young men I have ever had the pleasure of knowing. He is wise beyond his years, with an ancient soul and a heart of gold. Every once in a while a student comes along who impacts you far more than you can hope to impact them and Greg is that student for me. He's one to watch, and I can not wait to see what he becomes!"

- Katie Sega, advisor, Amnesty
 International Club

"Greg continues to lead the Climate Action Team in a variety of initiatives, pushing members to their full potential. As their advisor, I find myself consistently challenged by Greg, who teaches me about our world, about Climate Action, and about Climate Justice. He is a charismatic young man who communicates with enthusiasm and a passion that is contagious."

Lori Joyner, advisor, Climate
 Action Team

"Greg intuitively senses the complex and seamless connections between past, present, and future, and he combines all the attributes of a great student with self-assurance and ease that are unique. Well read, engaging, thoughtful, prepared, humorous, relaxed, insightful, and analytical, sum up his tremendous skills and natural intelligence. He is one of the most well-rounded, dynamic, independent thinkers I have encountered in almost 40 years as an educator. Greg seamlessly integrates learning with the higher purpose of social engagement and social justice."

 John Perse, Social Studies teacher, Beachwood High School to drive himself to be better and do better, to bring his passion and dedication to his academic achievement, as well as his extracurricular and athletic engagements.

"When you fall down, you don't just get up. You get up and sprint forward – that is my approach to adversity," he shared in a conversation one morning between classes. "In athletics, I've literally fallen. In one 4x800 relay race on the Beachwood track team, I fell. We were expected to win, and I failed us. I was physically and emotionally torn up, but I got back up. I wasn't exactly "sprinting" per se, but I got up. My teammates were forgiving, even proud. My takeaway from that was: Next time, you get up and sprint forward."

The following year, that's exactly what he did. As part of the cross-country team, he and his teammates were the first team to qualify for regionals in 18 years.

Greg is unafraid to take a risk, to push himself beyond even his own expectations. He credits his coaches, Willie Smith and Jamie Lader, for their guidance and training.

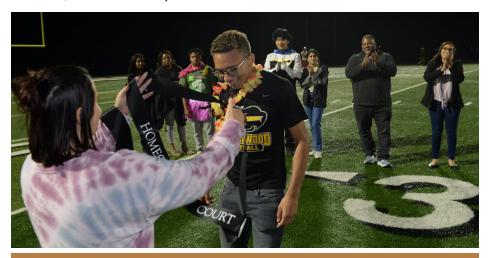
Greg continued with forward momentum; The Bison Men's Track Team won the indoor state championships in 2020, and Greg's relay team won the 4x800 in 2021. He also set a 4x800 individual school record, and was a four-time cross-country MVP.

Additionally, Greg was a school winner in the Heisman High School Scholarship competition, awarded by The Heisman Trophy Trust and Acceptance Insurance, and he received a Positive Coach Alliance 2021 Triple-Impact Competitor Scholarship, which is awarded to student-athletes who positively impact sport on three levels: by making themselves, their teammates, and their community better.

One of Greg's favorite aspects of Beachwood is the multicultural experience in the schools. As a kid, he would find himself at a friend's house after school, listening to him communicate with his parents in Chinese. In 7th grade, Greg opted to study Chinese as a foreign language, a class he would continue in high school. He often finds himself fully embracing those different from himself, knowing there is a new perspective to be learned.

While a freshman, Greg was in Art Gugick's last class. Art was a math teacher who lost his life in a fatal car accident, and his impact on Greg can't be overstated. "For four years, I've been thinking about something Mr. Gugick said to us," Greg said slowly, thoughtfully, almost as though he were hearing Art's voice in his head as he spoke the words. "He told us, 'You can't really understand other people until you share a meal with them, break bread, and experience cultural differences through shared foods."

The idea has been tumbling in Greg's brain for years. This year, as president of the Amnesty International Club, he approached the PTO with a question: Would it join forces with the Amnesty International Club and put on a spring event – a dinner, where families could sign up to host a meal and others could sign up to join? In collaboration with the Beachwood Schools Foundation, the PTO and Amnesty International will present "Breaking Bread: A Shared Meal and Shared Experiences," at BHS this spring. Each dinner will feature families coming together, sharing a meal and conversation, with a member of the Amnesty International Club serving as a cultivator of the conversation.



Greg is crowned a member of the homecoming court.



Above: Greg runs the 4x800 meter relay. **Right:** Greg with Lori Joyner, Climate Action Team advisor, who is retiring this year. Be sure to see her story on page 23.

In addition to athletic, academic, and extracurricular commitments, Greg is a member of the High School Marketing/ Junior Achievement Program, an Excel TECC program composed of 40 high school seniors from Aurora, Beachwood, Chagrin Falls, Mayfield, Orange, Richmond Heights, Solon and South Euclid-Lyndhurst. This year's creative marketing campaign, "Hope Soars," will feature five 20-to-30-foot inflatable butterflies displayed in pop-up art installations around Greater Cleveland. The class's campaign goal is to raise more than \$40,000 to support the Greater Cleveland Food Bank.

Greg's biggest passion, however, is climate change. It's a public health issue that his generation didn't create but will certainly be responsible for fixing. Greg has led the Beachwood Climate Action Team since his freshman year, when an 11th grade student came to him and asked for his assistance in launching the club. After a successful "Color Run" and "Education Fair," in partnership with the PTO in the fall of 2019, COVID paralyzed the world. The one positive outcome? With everything from travel to manufacturing on hiatus, the Earth began to heal. Cities began to see air quality improve and water pollution reduce in many parts of the world. Fewer greenhouse gasses were emitted as oil demands dropped significantly, and ecological restoration was noted around the globe as tourism was muted.

Some of Greg's Additional Awards and Honors

- Advanced Placement Scholar with Distinction
- · College Board National African American Recognition Program
- David McCullough History Prize 3rd place: This is a national award given by the Gilder Lehrman Institute to members of their Academy of American History and Civics. Out of hundreds of submissions, Greg's work went through various rounds and was selected as a winner by a panel of preeminent historians.
- Henri Pell Junod Jr. Scholarship 1st prize: Greg qualified to enter this competition because of his deep involvement in the Cleveland Council on World Affairs Model UN program. His essay, "Lesson from UN Intervention in East Timor," won the \$1,500 prize.
- Seven-time Gavel Award Winner in Model UN
- Academic All Ohio



Here in Beachwood, Greg and his colleagues were brainstorming ways to continue educating the community and lessening the carbon footprint. They put out the call for plastic bottle caps, which are non-recyclable, asking for everything from small tops of water bottles to the larger lids on peanut butter and laundry tab containers. Lids came in by the thousands. Students from the Council of Exceptional Children then came in to wash and sort the lids. Students then mapped out an art installation that would inspire future change, while also keeping these plastic lids out of landfills. The finished product, a beautiful rainbow, exceeded even Greg's expectations. The art was unveiled at a public event in October and now hangs in the main hallway at BHS.

Greg is in the process of applying to colleges across the country. His goal is to study economics and earn his law degree. He thinks he may be drawn to public service, yet knows for sure he wants to be at the forefront of making policy changes on issues that he cares about most. Greg is already stepping forward

to make changes. He entered the Northwestern Undergraduate Law Journal Essay Contest, and finished in first place. His essay was based on his analysis of the historical and legal causes of vote suppression against Native Americans. He then presented his research findings at the journal's year-end symposium.

Greg also received the Ham4Progress Award for leadership in social justice. This recognition, awarded by the musical, "Hamilton," provided national distinction for furthering racial justice in local communities. Plus, he was a recipient of the Young Black Leadership Alliance Impact Award, a national award that recognizes advocacy for action on climate change on a local level.

For all of his success and accomplishments, Greg is incredibly humble.

"I know when I leave Beachwood, nobody is going to know or care about what I accomplished here, but I'm going to take each experience and step forward."

And forward he will go, head firmly planted on his shoulders, and feet strong, stepping forward to change the world.















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Beachwood Hires Matthew A. Kurz as Assistant Law Director/Associate Counsel

atthew A. Kurz has been hired as the City of Beachwood's assistant law director and associate counsel. He was sworn in by L. Stewart Hastings, law director, at the Beachwood City Council meeting on November 15, 2021.

"We received more than 50 applications for the position and interviewed about 13 of the applicants, and Matthew stood out from the group," Stewart told us. "Among his very impressive accomplishments, in addition to being managing editor of the Cleveland-Marshall Journal of Law & Health and serving as a peer advisor and student mentor, he was selected by his legal writing professor as a tutor to assist other students with their coursework. This showed me the confidence that the law school had in him from early on."

As part of his role for the city, Matthew may perform criminal prosecution work, conduct legal research, handle appeals, and occasionally appear in court to dispose of cases. He may also provide civil legal counsel to City Council, the mayor, and department directors, as well as prepare legal documents and represent the city in legal proceedings.

Matthew was admitted to the Ohio Bar in 2018 and earned his JD degree in 2018 from Cleveland-Marshall College of Law at Cleveland State University. He served as associate attorney

for Synenberg & Associates in Cleveland after being promoted from his role as law clerk for that firm. He also worked as a legal extern for the Ohio Attorney General's Office, the Office of Mike DeWine in Cleveland, from January – April 2018, and as law clerk for the City of Parma from May 2016 - January 2018. He earned a BA in International Studies from The Ohio State University in June 2010.

"It's my honor to serve the City of Beachwood in a legal capacity," said Matthew. "I look forward to applying my education and experience to this new role."



"It's my honor to serve the City of Beachwood in a legal capacity," said Matthew. "I look forward to applying my education and experience to this new role."

for the opportunity to continue to serve the City of Beachwood



as your Mayor

Please send me your comments, concerns, questions or suggestions

Justin.Berns@BeachwoodOhio.com

Paid for by the: Committee To Elect Justin Berns, Steven Shore - Treasurer, 25113 Bridgeton Dr., Beachwood, OH 44122

Legends In the Baking

BCC Great Beachwood Bake-off Winners

By Arlene Fine



here was plenty of flour power to go around at the Beachwood Chamber of Commerce's (BCC) inaugural Great Beachwood Bake-off: Holiday Edition. Twenty contestants submitted entries in four categories: best pie, best cookie, best other dessert, and best dessert – professional.

"The Great Beachwood Bake-off allowed the Chamber to engage our residents and businesses in something we can all relate to and enjoy - delicious desserts," said

Megan Baechle, BCC executive director.

Bake-off judges were BCC board members, volunteers, sponsors, and representatives

from the city of Beachwood. Entries were judged on taste, creativity and presentation.

The following bake-off winners share their stories and agree that, "Life is what you bake it."

For three of the winning recipes, email Arlene Fine at: arlenefine@gmail.com.

Best Pie

Bonnie Goldfarb Sweet Potato Pie

Even the aftereffects of a recent stroke did not deter Bonnie, an accomplished baker, from submitting her sweet potato pie recipe to the BCC competition. "Part of my occupational therapy is putting things in proper order," she said. "Following a recipe turns out to be very therapeutic for me – plus it's something I have always loved to do."

The original impetus to make a sweet potato pie came from her husband, Lenny, owner of Cedar Center Hardware, who had sampled a sweet potato pie at a vendor's booth in the inner city years ago, and asked Bonnie to make one. She emailed her then-fellow workers at University Hospitals' billing department for a sweet potato pie recipe and her inbox quickly filled with responses. She chose the easiest

one - which became her BCC winning recipe.

Alona with sweet potato pie, Bonnie, who



volunteers at the Kosher Food Pantry, makes excellent banana and zucchini breads and admits to being "pretty good with brownies and other chocolate desserts."

Her advice to other bakers is to "think outside the box."

> Her advice to other bakers is to "think outside the box, and to remember that pumpkin pie is not the only pie you can serve at Thanksgiving."

Best Dessert - Professional Abbie Sender of Baked by Abbie

Russian Tea Biscuits

The tantalizing aroma of freshly baked rugelach, raisin-studded challah, blueberry scones, salted caramel, chocolate-chip cookies, and Russian tea biscuits often wafts from Abbie's kosher kitchen. The professional baker has been whipping up mouthwatering desserts ever since she was a teenager. "My mom is an excellent baker and taught me not to be afraid to modify a recipe to make it healthier or more to my taste," said Abbie.

Abbie's BCC award-winning Russian tea biscuits are a variation on her mother's recipe. "My mom makes parve (nondairy) Russian tea biscuits, but I experimented with her recipe using butter, which offers a deeper, richer taste," said Abbie.

Although Abbie has been baking for years, and even baked for noted restaurateur Doug Katz, the idea for Baked by Abbie was sparked early in the pandemic.

During lockdown, she spent her newly found free time perfecting some of her favorite dessert recipes.

"My oldest son saw what I was doing and realized the potential of starting my own business,"



she said. "He said it was time to create my own website, www. bakedbyabbie.com, and I have been busy filling orders ever since."

Abbie's advice for home bakers is to be adventurous. "Have fun in your kitchen – be creative and play around with recipes," she said. "And most importantly, share your love of good, healthy food with others."



Best Cookies

Jeanine Hubbell White Chocolate Raspberry Linzer

Jeanine learned her way around a rolling pin as a little girl growing up in Chesterland. "My mom and grandmother were wonderful bakers and I paid attention to everything they did," she said. "All our baked goods were made from scratch and there was always lots of baking around the holidays. Now I can't go to our family's Christmas party without bringing my grandmother's famous nut roll."

Jeanine created her white chocolate raspberry linzer cookies by tweaking a recipe she found online. "I liked this recipe because of how I roll out the dough between two sheets of parchment paper and chill it," said Jeanine. "When I cut out the cookies there's no mess on the counter."

A big fan of The **Great British Baking** Show, Jeanine said spending time in the kitchen, whipping up delectable creations, is her happy place. "Whenever I'm anxious

or depressed, I look through



my recipes and make some delicious treats for family and friends. Everyone benefits."

Jeanine is all smiles about the large BCC trophy she won. "It's sitting right in my living room," she said. "This is the first trophy I've ever won. This was a big thrill for me."



Best Other Wessert

Denise Gleeson Chardonnay Wine Cake

Denise began baking 40 years ago as a bride, and has been turning out delectable treats ever since. "My husband told me how much he loved his mother's home cooking," she said, "But I soon learned his mother never cooked or baked – he was just hoping I would bake cookies for him. He even bought me my first Kitchen Aid mixer to make sure the cookie jar was always full."

The wine cake that won Denise her BCC trophy is a family favorite. "That's the cake my relatives request for their birthdays and the one I bring to my aunt in a nursing home," she said. "I always leave enough of the delicious wine glaze in the bowl for the kids to enjoy."

Denise is sure the secret ingredient she puts into all her bakery is love. "My dad adored my seven-layer bars, my son's favorite is my no-bake cocoa, peanut butter and oatmeal cookies, and our family is convinced it would not be Christmas without my mother's recipe for green-spritz-butter Christmas cookies," she said. "I get tremendous joy baking for people I love."



Winning the BCC trophy meant a great deal to Denise. "With my dad's passing from COVID this year, we have gone through a lot," she said. "The trophy really lifted my spirits."





BOARD OF EDUCATION VACANCY

The Beachwood Board of Education is seeking to fill a vacancy on its board due to Josh Mintz's resignation, effective January 2, 2022, as he occupies a new position on Beachwood's City Council.

The process to fill this vacancy is detailed in Board of Education Bylaw 145 as follows:

The Beachwood City School District Board of Education shall seek qualified and interested candidates from the community through the news media, word of mouth, and contacts with appropriate organizations.

All applicants are to submit a notice of their interest, in writing, to the Beachwood City School District Board of Education president. The Beachwood City School District Board of Education shall interview all interested candidates to ascertain their qualifications.

Appointment by the Beachwood City School District Board of Education to fill a vacancy shall be by majority vote of the remaining members of the Beachwood City School District Board of Education.

Given the timing of this vacancy, the appointed school board member will serve through December 31, 2023. A board member must be a U.S. citizen, at least 18 years old, a resident of Ohio for at least 30 days preceding the appointment, a resident of Beachwood for at least 30 days preceding appointment, and registered to vote in Beachwood for at least 30 days preceding appointment.

Interested individuals must submit a notice of interest to: BDVacancy@beachwoodschools.org. Each individual who submits this notice will receive an application to complete and submit. The deadline to submit a completed application is January 12, 2022.

Beachwood Men's Softball League Hall of Fame

he Beachwood Men's Softball League was organized by Beachwood residents in 1954. Composed of friends who lived and grew up in Beachwood, it is among the longest-running softball leagues in the Greater Cleveland area. It is also a multi-generational league, with father/son or father/son/grandson enjoying the sport together. League commissioners Larry Adelman, Ed Bernstein, Dick Cohen, and James Heller oversee the league and ensure that a good time is had by all.

The Hall of Fame was created in 2012 and, to date, 50 individuals have been inducted. To be considered, players have had to meet certain required statistical standards, and also have to have made non-financial contributions to the league. Congratulations to 2021 inductees Michael Friedman, Zach Marcus, and David Peltz, who were inducted at the league's year-end benefit in November.

Michael began playing ball in Little League at age 6, and continued playing through Beachwood High School, where he was the team's MVP in his senior year. As a young adult, he'd watch his dad, Richard, play in the Beachwood Men's Softball League. "I watched him play for about 20 years and then joined," Michael told us. "I've been playing now for about 30 years, as a pitcher and second-baseman.

"I'm grateful for the connections I've built in the league and I am excited to have been inducted into the Hall of Fame." he added. "It's a great honor to be recognized by the league's commissioners and my peers."

Zach also started playing ball in Little League and played through Beachwood High School. He's been playing the position of shortstop on the Beachwood Men's Softball League with his dad, David Marcus, for 10 years.

"What an honor!" Zach said. "Softball is a huge passion of mine and to be honored by such a great organization is absolutely thrilling. I thank everyone who attended the benefit to celebrate, as well as Larry Adelman for presenting me, and my dad, David, and for teaching me everything I know about the game and flying in from Florida to be there. It was an honor to share the stage with Michael and David."

David started playing ball at a young age and continued through high school in Beachwood. After attending University of Cincinnati, he joined the Beachwood Men's Softball League to play with his dad, Richard. He played for 20 years before taking a 9-year hiatus to watch his sons, Tyler and Devin, grow up and play travel baseball. Last year, David returned to the league, and was able to play with Tyler, who also joined.

"It was great to play with Tyler, and we look forward to having Devin join us when he's old enough to play," David told us. "I pitch, Tyler plays shortstop, and Devin plays center. When we play together, we'll be the Peltz trio, or deadly threesome!"

When we asked David about being selected as a Hall of Fame inductee, he said, "It's a great honor, especially because



Zach Marcus, Michael Friedman and David Peltz, 2021 Beachwood Men's Softball Hall of Fame inductees.

I just returned last year. Being inducted meant a lot to me, and being there side-by-side with my dad, who is also a Hall of Fame member, made it all the more special." David's parents came in from Florida for the event.

Congratulations to 2021 inductees Michael Friedman, Zach Marcus, and David Peltz, who were inducted at the league's year-end benefit in November.

David is now perfecting his baseball swing as he prepares to attend Cleveland Guardians Fantasy Camp in January.

In honor of this recognition, Mayor Martin Horwitz and City Council presented a proclamation, proclaiming Tuesday, November 23, 2021, as Beachwood Men's Softball League Hall of Fame Day in the City of Beachwood.

League commissioners have endeavored to combine health and physical safety features to help perpetuate the league's principles of a strong league, combined with inclusions of family values and participation. They look forward to the upcoming season, with hopeful anticipation of a greatly subdued or eliminated pandemic. Tryouts for new players will begin in late April, 2022. Watch for details about the 2022 season in next month's Beachwood Buzz or visit beachwoodsoftball.com.

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down happy. They told me I didn't understand the assignment, and I told them they didn't understand life." - John Lennon





"It's a Pleasure to Meet You"

A portrait exhibition by Philip Bailin and Erwin Bruder

rea photographers Philip Bailin and Erwin Bruder will proudly bring 45 portraits to life in their upcoming exhibit, "It's a Pleasure to Meet You," at the Beachwood Library. The exhibit will include beauties, bikers, and much more, as seen through the photographers' eyes. It will kick off with an opening reception, free to the community, on Sunday, January 9, 1-3 p.m., and will run through the month of January. Masks are required.

Philip, former chief of dermatology at Cleveland Clinic, has been shooting photos for more than 60 years. Today, he modestly said his skills have taken him from an amateur to a semi-professional photographer.

Philip's photos have appeared in local and national juried shows, and a one-man show at Orange Library. They have also appeared in print and digital magazines. In recent years, Philip's interest has morphed from landscape to portraiture.

"After years of shooting nature, I wanted to learn more about indoor and outdoor artificial lighting," he explained. "Plus, as a dermatologist and cosmetic surgeon, I work with people every day and am quite interested in their appearances. To me, people are more interesting than flowers and trees."

During Erwin's career – from cheese manufacturing, to rap and R&B in the music industry, to financial consulting – he hadn't picked up a camera in 35 years. After retiring, he joined Chagrin Valley Camera Club because he had an interest in photography and desire to keep productive.

"I've met many high-level photographers, many of whom are retired professionals," he told us. "We talk about photography, cameras, and just a little bit of politics, among other things. Today, I look at photography as a new career."

Erwin enjoys shooting people because, unlike a landscape, he can influence the beauty behind each person. "Although I can capture a landscape, I can't talk it into being more beautiful," he explained. "I get to know people, and can then draw out the uniqueness in each of them. Shooting is much more than getting the focus and clicking on the button. My job is to capture each individual as I see them."

Erwin especially enjoys shooting women and bikers. "It's so much fun to capture personality, style, and emotions as well as an image," he said.

"It's a Pleasure to Meet You" is unique in that it will feature only portraits, both color, and black and white, from a wide

"It's a Pleasure to Meet You" A Portraiture Photo Exhibit at the Beachwood Library Opening Reception Sunday, January 9, 1-3 p.m

demographic of age, race, ethnicity and sexes. Philip and Erwin often work together, and are proud to bring this show to Beachwood. They both enjoy capturing the essence of other people, and invite the community to attend the grand opening and to view their show.

You may view Philip's work at

inventive-images.com or @philipbailin on Instagram. Erwin's work may be viewed at bruder-photgraphy.com or @bruder_photography on Instagram.

For more information, contact Philip at inventiveimages 2020@gmail.com, or Erwin at Erwin@Bruder-Photography.com.



Photo by Erwin Bruder



Photo by Philip Bailin





Philip on a photo shoot; Erwin taking a break.



Building a Better 2022 with Infrastructure Investment

by State Representative Kent Smith

f you rebuild a road or replace an aging water system, you create jobs. Infrastructure investments serve a public purpose and are necessary. They create positive economic-ripple effects through direct and supply-chain employment.

A strong national infrastructure is not a luxury, it is a necessity. Civil society demands clean water, safe bridges, adequate broadband, and smooth roads. Ohioans know there is much that needs to be fixed:

- The U.S. has fallen from first to 13th globally in infrastructure quality
- Ohio scored a C- on the American Society of Civil Engineers report card
- Ohio has 1,377 bridges and more than 4,925 miles of highway in poor condition

Since 2011, the average
 Ohioan's commute has gotten
 longer, while the average
 driver pays \$506 per year in
 costs due to driving on roads
 in need of repair

 14% of Ohio households do not have Internet. 6.2% of Ohioans live in areas without sufficient broadband infrastructure.

The good news is that help is on the way. The bipartisan Infrastructure Investment and Jobs Act, signed into law by President Biden on November 15, 2021, will create a generation of good-paying union jobs and position the United States and Ohio to better compete in the global economy.

With the passage of the Infrastructure bill, Ohio will receive:

- \$9.2 billion for highways
- \$1.2 billion for public transportation
- \$1.2 billion to improve water quality
- \$483 million for bridge replacement
- \$140 million over the next five years for an electric vehicle charging network

 At least \$100 million to expand internet and broadband coverage

Civil society demands clean water, safe bridges, adequate broadband, and smooth roads.

State Representative Kent Smith represents Ohio's 8th House District, which includes Beachwood, Euclid, South Euclid, Richmond Heights, East Cleveland, Woodmere Village, and a little bit of the City of Cleveland.

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Simply Strong is a ready-to-use virtual program offering simple monthly wellness challenges to stay strong and healthy – mentally and physically.

Empower your team to do more fun, effective wellness practices anytime, anywhere.

Stay Healthy in 2022 Sign-Up Today



Try your first month FREE! SimplyStrongTeams.com

Simply Strong developed by The Perform Strong Group and Hermes Sports and Event



by Jennifer Stern

With COVID numbers continuing to rise and new variants appearing, you may feel a sense of hopelessness, frustration, even dread.

Mindset is important, and being mindful and safe does not mean being isolated and bored.

What can we control? The 3 A's: Attitude, Activity, and Affirmation

Attitude:

Train your mind to be stronger than your feelings. Where your focus goes grows. Will you choose to grow self-pity, judgment, and resentment, or will you reframe to resilience, possibility, and gratitude?

- In this moment I choose_
- In this moment I will try
- In this moment I will release

Stay in this moment, trusting that you can endure anything (after all, you are 100% successful at getting through every single one of your worst moments). Whatever you do, do NOT borrow worry from the future. You do not have a crystal ball so do not awfulize or catastrophize.

If you experience negative and intrusive thoughts, try attaching two positives to every one negative thought.

I feel so frustrated and yet I am safe and I am able to take care of myself.

2021 was a challenging year for so many. So much loss of "normal", isolation, adaptive coping, coping fatigue.

Groundhog Day in the worst way. If you were lucky. Many were not.

Breathe Deeply. Inhale. Exhale. Reset.

Activity:

How to spend your time:

- Get outside and enjoy fresh air, every day. Bundle up and breathe deeply. Inhale. Exhale.
 Reset. If you cannot go outside, open a window and do the same (bundle up and breathe deeply. Inhale. Exhale. Reset.)
- Play music that uplifts, transports, brings comfort, joy, or nostalgia in a meaningful way.
- Leave a few lights on or try battery-operated candles for a more peaceful ambience.
- Stimulate your mind through reading, podcasts, TED Talks, or virtual vacations and tours of countries, museums, and gardens. The only barrier to learning and exploration is your mindset. Choose a growth mindset over a fixed mindset and connect to curiosity, possibility, and the potential for meaningful experiences (in person or virtual).
- There are so many options for online connection: through games (maj, poker, words with

friends,bridge,etc.), online support groups, and classes for learning and exercise. The options to meaningfully connect from the comfort of home are endless. Think outside of the box and explore all that's available to you!

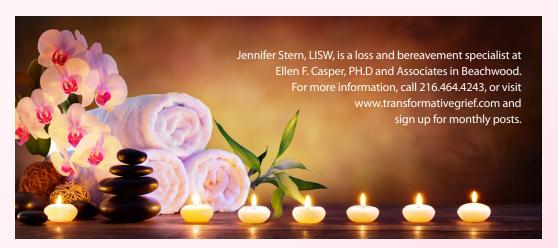
- Get together with like-minded people who are approaching wellness in similar ways.
- Put boundaries around people and technology that increase agitation, worry, or frustration.

Affirmation:

- Practice productive and mindful self-talk that challenges negative beliefs (beliefs that dismiss or minimize). Recognize and lead from your effort and your strengths.
- There is no perfect.
- Focus on what you can control.
 If you find that you are worrying about the perceptions, choices, or actions of others, STOP, detach, and reframe to what you CAN control (your self, attitude, choices, and actions). I recognize

- that my energy is being depleted by something that is not for me. Instead, I will breathe and focus on my response, my choices, and my self-care.
- In this moment, I am doing the best that I can.
- I can remove pressure and stress by replacing should with choose.
- I am able to recognize my own resilience (I can see growth in myself and feel proud).
- I am trying to be more mindful of not personalizing or making assumptions.
- I am proud of myself for continuing to try and do better for myself and others.
- I continue to practice making intentional choices that become stepping stones to a life I am proud to live.
- I have the courage to honor myself and my needs.
- I am open and ready to learn and grow in the new year.
- I deserve to have respect and joy in my life.
- I can create positive and meaningful change at any time.

2022 is a new beginning. Approach it intentionally with awareness of what you control: your attitude, activity, and affirmation.



BHS's Lori Joyner Sets Retirement Date

by Arlene Fine

ext June, the buzzer that rings in between Beachwood High School classes will no longer mark the rhythm of Lori Joyner's day. After 30 years as the administrative assistant to eight BHS principals, Lori is headed toward a well-earned retirement. "I've loved every minute of my time at BHS – it's been a joy to interact with our students who are smart, creative, and offer hope for the future," said Lori.

During her tenure, Lori assisted Randy Boroff, Ruth Friedman, Roy Warren, Bob Hardis, Ed Klein, James Reed, Tony Srithai, and Paul Chase. "When a new principal arrived, we learned to adjust to new expectations and management styles, and to develop a mutual level of trust," said Lori. "To this day, Randy Boroff remains one of my closest friends. My staff has become like my extended family."

Just like in the rest of the world, the pandemic presented a huge challenge to Lori and the BHS staff. "When administrative staff was called back to assist with remote learning, we didn't have a vaccine, so we did everything we could to stay safe and healthy," said Lori. "We wore our masks, practiced social distancing, and wiped down surfaces. The pandemic took a great toll on educators who gave it their all for our students."

Lori's environmental awareness led to her becoming the advisor to the BHS Climate Action Team, which helped create the beautiful seven-by-eight-foot rainbow mural in the high school lobby.

The team worked with the school's Minority Achievement Scholars, the Gender & Sexuality Alliance Club, and the Council for Exceptional Children Club to build a rainbow made from recycled plastic bottle caps and lids.

"Our Climate Action Team wanted a visual display of the value of recycling and reducing our carbon footprint," said Lori.
"By partnering with other school groups, we showed the strength and connection that comes when diverse groups work together.
Rainbows symbolize hope, beauty, and unity, and are a sign of better days ahead."

The rise of technology and its impact on students is one of the many changes Lori witnessed over the past 30 years. "Cell phones and the internet have totally changed the way our students learn and communicate," she said. "Teens look at their phones instead of talking directly to each other. It saddens me that these kids are missing a personal connection that texting or using an app does not provide."

Lori also points to the introduction of new BHS

classes to help students adapt to a changing world. These offerings include TV production, engineering, robotics,
American Sign Language, and AP environmental science. "I understand the need for these classes, but I'm sorry home economics is no longer an option," said Lori.

Because of her social awareness and the COVID hardships Lori has witnessed, she admits to being scared for the next generation's future. "We have been through a lot and have much recovering to do," she said. "We have to think

more about each other. We are leaving this generation with a lot of problems and there has to be more honest conversations about social issues and climate change. We can't continue to stick our heads in the sand."

In retirement, Lori plans to take a couple of months to "catch my breath and learn a new routine," she said. She plans to enjoy quality time with her husband, Jim, get some projects done around the house, and eventually look for a part-time position. In the meantime, Lori offers this advice to her successor: "Be nice to people, be kind, and be honest."



Lori Joyner retires after her 30-year career as BHS administrative assistant.



- Create DIY Projects in Painting & Mosaic. (Gifts and customizable wearables will be coming soon)
- **Shop** DIY Kits and educational toys for family fun at home.
- Plan your next party for children or adults in our event room.

La Place at Beachwood Place 2101 Richmond Road Beachwood, OH 44122 cre8sparks@gmail.com

BAKED by Abbie

Beer Bread Pudding

hen it is cold and nasty outside, warm delicious desserts offer comfort. Treats that include adult beverages are even better. It's hard to believe that bread pudding, now a trendy dish, originated in 11th century Europe. The dessert, initially called "poor man's pudding," was a frugal means to use up leftover and stale bread rather than let it go to waste when food was scarce. Bread scraps were collected in a basin until there was enough to turn it into something sweet.

Bread pudding is made by layering bits of bread with add-ins and pouring a custard sauce over before baking. Since cooks vary the types of breads and additional ingredients, the possibilities for this confection are endless. This is evidenced by the varieties offered across the globe. Canadians

add maple syrup, Germans use black bread, and Puerto Ricans use a variety of exotic spices. If you have a favorite family recipe, dig it up. If not, hopefully you'll enjoy this simple one and make it your own with your favorite add-ins. It's a great dish to ring in the new year. Happy 2022 to all!



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Beer Bread Pudding

Adapted from "The Kosher Baker," by Paula Shoyer

Ingredients

- 2/3 of a large loaf of stale challah (or other eggy bread such as brioche or croissants) cut into 1-inch cubes (enough to mostly cover the bottom of the pan)
- 1½ cups full -flavored beer (one 12-ounce bottle)
- 6 large eggs
- 1 cup sugar
- 1 2 tsp pure vanilla extract
- 2 cups plain soy milk (any milk is fine)
- Optional add-ins: 1 tsp each of allspice, cinnamon, cardamom, ginger and/or nutmeg; ¼ - ½ cup each of dried fruit and or nuts such as raisins, craisins, chopped almonds, candied citrus peel, and/or chocolate chips.

Directions

- Pre-heat oven to 350°F
- Place the bread cubes in a greased 9 x 13-inch baking pan. Pour the beer over the cubes and toss to coat. Let sit 15 minutes. Sprinkle add-ins over the top of the soaked bread. Place the eggs, sugar, vanilla and milk in a medium bowl and whisk until combined. Pour or ladle over the soaked bread and bake for 50-55 minutes, or until the pudding is set and the edges are browned.
- To serve, cut warm or room temperature pudding into square pieces and top with vanilla ice cream and caramel sauce.



Abbie Nagler Sender is the owner of BAKED by abbie, a licensed, Beachwood-based home bakery that offers customized baked goods with a Jewish twist. For more information, visit www.BAKEDbyabbie.com and like her Facebook business page, BAKEDbyabbieCLE.

Free MLK Day Celebration

The Maltz Museum of Jewish Heritage will be free and open to the public on Monday, January 17, with the special event, "Hear Our Voices: Annual MLK Day Celebration." Rooted in the Jewish value of respect for all humanity, the Museum is proud to honor the legacy of The Reverend Dr. Martin Luther King Jr. with an all-day celebration, including free museum admission, virtual family activities, and an online program featuring special quest Dr. Khalid el-Hakim, founder of the Black History 101 Mobile Museum. All activities are free. Advance registration is required. Please visit www.maltzmuseum.org/ **MLK** to reserve tickets. This day is generously sponsored by the Jewish Federation of Cleveland's Community Relations Committee.

SCHEDULE OF ACTIVITIES

10 a.m. - 5 p.m. by timed tickets only: Visit the Maltz Museum, In-Person

Tour the Maltz Museum's core collections at no cost. Discover the Jewish-American immigrant experience in An American Story and explore Judaica and ritual objects in The Temple-Tifereth Israel Gallery. Plus, delve into the stories behind sixty objects that have survived the Holocaust and other genocides, brought to America by their owners, in the current special exhibition, Stories of Survival: Object. Image. Memory. Free admission with advance registration. Limited timed tickets available.

11 a.m. - 12 p.m.: A Dream that Moves Us, An Interactive Family Event, Online

For Pre-K – 5th graders and their families.

Join us as we honor and share the life and work of The Rev. Dr. Martin Luther King Jr., who was one of the most influential civil rights activists of our time. First, Playhouse Square helps us travel back in time to hear about Dr. King as a young boy through an interactive reading of the book, "Who Was Martin Luther King Jr.?" written by Lisbeth Kaiser and illustrated by Stanley Chow. Then, get moving with inspiration from Dr. King's famous speech, "I Have a Dream," set to music and dance by Karamu House. Throughout the program we will explore what it means to follow our dreams and make an impact in our community and our world. This will be a jam-packed hour, sure to inspire and entertain family members of all ages and backgrounds - don't miss it! Registration required for Zoom link.

1-2 p.m.: Stop the Hate Essay Writing Workshop, Online

For 6th – 12th graders.
Each year, the Maltz Museum awards \$100,000 in scholarships and prizes to Northeast Ohio student upstanders as part of its annual *Stop the Hate* contest.
During this workshop, Lake Erie Ink will provide insight on how to craft a personal essay that tells a powerful story. Learn tips and tricks for essay writing to give students an edge in the competition (and in future college applications)!
Registration required for Zoom link.

3-4:30 p.m.: The Black Museum Movement in America: A Discussion with Dr. Khalid el-Hakim, founder of the Black History 101 Mobile Museum, Online

Join Dr. Khalid el-Hakim, founder of the Black History 101 Mobile Museum, for a fascinating discussion on how artifacts are used to understand the history of race and racism in America. This special MLK Day presentation will examine the significance of Black museums in America and the power of artifacts to tell complex stories about race and racism.

Visit www.maltzmuseum. org/MLK for more information and to register up to 30 minutes before the start of the programs.

Join us! HEAR OUR VOICES: FREE MLK DAY CELEBRATION MONDAY, JANUARY 17



10:00 AM TO 5:00 PM

The Museum will honor the legacy of Rev. Dr. Martin Luther King Jr. with an all-day celebration including free Museum admission, virtual family activities, and a special online program.

Special Program at 3 PM

THE BLACK MUSEUM MOVEMENT IN AMERICA: A DISCUSSION WITH DR. KHALID EL-HAKIM, FOUNDER OF THE BLACK HISTORY 101 MOBILE MUSEUM

Join Dr. Khalid el-Hakim, founder of the Black History 101 Mobile Museum, for a fascinating discussion on how artifacts are used to understand the history of race and racism in America.

Visit our maltzmuseum.org/MLK to register for programs



216.593.0575 | WWW.MALTZMUSEUM.ORG

Contact Info

BEACHWOOD CITY HALL 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 or 216.464-1234

Departments

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BUILDING & COMMUNITY DEVELOPMENT 216.292.1914

CLERK OF COUNCIL 216.595.5493

COMMUNITY SERVICES 216.292.1970

ECONOMIC DEVELOPMENT 216,292,1915

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FIRE & RESCUE 216.292.1965

LAW 216.595.5462

MAYOR'S OFFICE 216.292.1901

POLICE 216.464.1234

PUBLIC WORKS 216.292.1922

A WELCOMING WORD FROM **MAYOR JUSTIN BERNS**

HAPPY NEW YEAR to all Beachwood residents, business owners and workers in our fine city! As your new mayor, I consider it my honor and privilege to wish you well as we begin 2022.

I could simply say that the campaign trail led me to this leadership position, and that would be true, but my path in Beachwood extends far beyond that time frame. Most recently, my service as a city councilperson has put me in a position to be fully integrated with and aware of all the important city issues and developments. Extending further back, my time as president of the Parent Teacher Organization has sensitized me to internal issues from the consumer side of education, as well as the challenges that staff members face. My three children have been attending Beachwood Schools since kindergarten, too.

Reaching even further into my past, it was my entire childhood spent in Beachwood that shaped my extremely positive perception of our city. I had an outstanding educational and social experience here, culminating in my 1987 class of graduation.

Pictured left to right: Katherine Dolan, Chief of Police; Justin Berns, Mayor; Steven Holtzman, Chief of Fire and Rescue

My attention now is fiercely focused on city operations and governance, and through these channels, I'm excited to strengthen my connection to Beachwood. I've heard from a wide range of constituents over the past six months, and I feel well apprised of the concerns belonging to many of our stakeholders. The points they raised are helping to shape my priorities.

I'm happy to share highlights of my agenda and what Beachwood community members can anticipate.

- Safety Measure: City Council will vote soon to acquire license plate readers, which will enhance the city's ability to track and trace civic offenders.
- Signage: City Council will ask for RFPs (Requests For Proposals) for the creation of an electronic sign with rotating messages, similar to the one in front of Beachwood High School, to communicate relevant, valuable and time-sensitive information.



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Twitter.com/BeachwoodPolice REGISTER FOR BEACHWOOD eLIST elist@beachwoodohio.com

EMAIL YOUR COUNCIL MEMBER firstname.lastname@beachwoodohio.com Ex: barbara.janovitz@beachwoodohio.com

MAYOR JUSTIN BERNS



216.292.1901 mayor@beachwoodohio.com

BARBARA BELLIN JANOVITZ



COUNCIL V.P. 216.406.5914

MIKE BURKONS



216.832.6771

ALEC ISAACSON



216.291.2797

- Beachwood Place: I will closely monitor operations in this
 great community asset with a plan to be a visible presence
 there, walking the floors frequently. I also will be in
 communication with the owner to help shape the
 property's future.
- Pickleball Courts: City Council will be working on plans to create this recreational opportunity, which will be located next to the tennis courts.
- Renovated City Playground: The Recreation/
 Community Services committee will be considering
 which surface should replace the wood chips now
 present, with a rubberized product or synthetic turf as
 options. Also, new equipment will be purchased.
- Barkwood Comfort Station: This will be the second comfort station installation within Beachwood City Park, on the east side of Richmond Road.
- Business Retention: I will meet regularly with business owners, operators and leaders to enhance the city's partnerships with these important elements of the community.
- Senior Community: Residents can expect the same high level of service they've been receiving with regard to specialized van transportation, rubbish pickup and curated recreational programming, including exercise, trips, outings and educational opportunities.
- Children: Our camps will be open. Resident registration has begun.
- Orthodox Community: Additional attention will be paid to the Green Road corridor, particularly during Shabbat.
- Police: The BPD's presence will be visible and active.
- Department Leaders: I have contacted and established solid communication with nearly all of the department directors at Beachwood City Hall, as well as those involved with Beachwood City Schools, including Superintendent Bob Hardis and Athletic Director Ryan Peters.

All public meetings are held in-person at Beachwood City Hall

Infrastructure/Improved Traffic Safety:
 Improvements at the intersections of Chagrin and Richmond, and Chagrin and I-271 are under serious consideration. We are planning a connector road from Commerce Park leading to Chagrin Highlands, and we will continue the sewer upgrading.

I am pleased to say that I enjoy very warm relationships with city council members, and I anticipate positive collaboration with them. Drawing on their considerable time, energy and concerted effort, I expect that we will work together to address city issues and advance the city's ability to function at its historically high levels.

Finally, I'd like to mention that I pride myself on being an attentive, receptive listener. As such, I'm certainly interested in community members' thoughts, concerns and needs for change. Together, we can achieve our goals for contentment, peace and prosperity.



Pictured left to right: Chris Vild, Environmental Manager; Tim Tremaglio, Superindendent of Streets and Utilities; Mark Lopez, Assistant Public Works Director; Justin Berns, Mayor; Chris Arrietta, Public Works Director; Mike Rider, Superintendent of Field Operations; Anthony Tribuzzo, Superintendent of Public Parks and Grounds

UPCOMING MEETINGS

ORGANIZATIONAL MEETING

Monday, January 3 at 7:00 PM Questions? Call 216.595.5462

CITY COUNCIL

Tuesday, January 18 at 7:00 PM Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, January 27 at 6:30 PM Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, January 3 at 4:30 PM Tuesday, January 18 at 4:30 PM Questions? Call 216.292.1914





650.464.6788

ERIC SYNENBERG



216.401.0074



216.533.7640

INTRODUCING NEW WEBSITE AND FACEBOOK PAGE

Beachwood Community Services has a new website,

BeachwoodRec.com, and Facebook page, Beachwood OH

Rec, to enhance your experience. It is now easier to find information about programs, special events, and registration deadlines and view photos from past events. We invite you to visit our website, like our Facebook page and participate in all we offer!

HOLIDAY HOURS

City offices will be closed Friday, December 31. Rubbish collection will NOT be impacted. They will also be closed Monday, January 17 for Martin Luther King Jr. Day and rubbish pick up will be delayed one day that week. If your typical collection day is Monday, your collection will be Tuesday, Tuesday pick ups will be Wednesday, etc.

FIRE DEPARTMENT STATS NOVEMBER 2021

- 349 EMS calls
- 18 MVAs
- 3 SWAT calls
- 58 fire calls
- 2 Tech Rescues



TOTAL CALLS: 430 In comparison:

November 2020 total: 389

RED CROSS BLOOD DRIVE

Blood donations are **by appointment only.** Please call the Red Cross at (800) 733.2767 or visit www.redcrossblood.org to schedule your appointment.

BEACHWOOD COMMUNITY CENTER Friday, February 18, 1:00 — 7:00 PM

USE CAUTION & BE SEEN



Use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing.

When and if it is necessary to walk in the street, please walk facing traffic and if in a group, single file.

CITY COUNCIL VACANCY



Due to the results of the November 2, 2021 General Election, Councilman Justin Berns will be sworn-in as Mayor of the City of Beachwood effective January 1, 2022. As such, a vacancy will be created on the Beachwood

City Council. Residents are encouraged to apply! Learn more at the "Council Vacancy" Quick Link online at www.BeachwoodOhio.com.

2022 SPECIAL COLLECTIONS

YEAR-ROUND COLLECTIONS

- Household Hazardous Waste (Latex paint NOT accepted)
- Computer Recycling
- Scrap Tire Round-Up: Automotive only (20" and smaller), must be removed from rims

Campaign Sign Recycling

May 1 - 31 and November 1 - 30

Holiday Lights Collection

December 1 – January 30

WHERE?



Resident Shred Days

Sundays, May 15 and September 11, 9:00 AM – Noon Community Center Parking Lot, 25325 Fairmount Blvd.

OVERNIGHT TRIPS HAVE RETURNED!

Overnight Trips will be returning in 2022!

The first will be a bus trip to Tennessee May 1 — 6. Explore Nashville, Memphis and the peak of Kentucky while in route.

Additional information and trips will be coming soon. If interested, please contact Shannon Diamond at 216.595.3747.



PICK UP AFTER YOUR DOG

It's the law! (Beachwood City Ordinance 618.12)

BEACHWOOD SUMMER DAY CAMP REGISTRATION

Registration is open to Beachwood residents only, with early-bird rates, through March 4. Register for Kidz, Bison, Sports, Teen Travel and Theater Camp between 8:00 AM and 4:00 PM, Monday through Friday, at Beachwood City Hall. Proof of residency (driver's license AND current utility bill) are required. Phone, fax, or online registrations are not accepted.

Non-residents may get a registration number on March 2, 10:00 AM, by visiting BeachwoodRec.com and clicking on Online Program Registration. They must then:

- Accept terms, and create an account or sign in
- Go to Spring/Summer Recreation Programs
- Click Camp Non-Resident Wait List Number
- Register to receive a Wait List Number

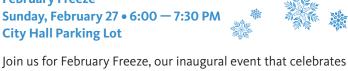
This number is your place in line for non-resident camp sign up, which will start promptly at 10:00 AM on Sunday, March 6, at the Beachwood City Hall. Numbers will be called in order.

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, please refer to the current Recreation Guide or call 216.292.1970.

FEBRUARY FREEZE





winter! The event will help warm you up, keep you moving, and show you the beauty of winter. We are Ohioans ... we can handle it! Be prepared to ignite your love for winter and get ready to see winter sparkle. Bring the entire family!

More information will be posted at beachwoodrec.com, on our Facebook page and in next month's City Insider.

PARENT COACHES NEEDED

Beachwood Recreation programs cannot be offered without parental involvement. Interested in coaching? Contact Frank Vicchiarelli at 216.292.1970. The City requires Youth Sport Volunteer Adult Coaches to submit to a background check.



AHEAD IN THE COUNT SOFTBALL CLINIC

Beachwood High School Aux. Gym January 9 — 30

Grades 3 — 4 • 2:00 — 3:00 PM Grades 5 — 6 • 3:00 — 4:00 PM

Fee: \$60/resident • \$72/non-resident

Heathyr Ullmo brings a wealth of experience to the City of Beachwood. She was a standout 4-year collegiate



softball player at Malone University and an All-American Scholar Athlete in 1999 and 2000. She's also coached in various communities. In this clinic, all participants will learn how to field, throw, hit, run the bases, and understand the basic rules of

softball. There will be four 1-hour sessions focusing on the fundamental skills needed to play softball. These sessions will benefit any player wanting to focus on the details of playing softball or just starting to learn how to play.

Questions?

Please email AheadintheCountSoftballClinics@gmail.com.

For City of Beachwood baseball and softball league information, view your winter Recreation Guide or visit BeachwoodRec.com.





NEW ART EXHIBIT BEACHWOOD COMMUNITY CENTER



PORTALS INTO PRINT MAKERS & PAINTERS

January 13 — February 13

Artists' Reception Sunday, January 23 1:00 — 2:30 PM



FEATURED ARTISTS:

Karen Beckwith Kelly Pontoni John Saile Rebekah Wilheim

View exhibit:

Monday — Friday, 9:00 AM — 4:00 PM For weekend appointments, please call 216.292.1970.

STORYWALK IN CITY PARK EAST



The January and February book featured on the StoryWalk® in Beachwood City Park East is *If It's Snowy and You Know It, Clap Your Paws!*, written by Kim Norman and illustrated by Liza Woodruff.

The team behind the delightful *Ten on the Sled* has created another irresistible winter-themed romp. This humorous

variation on the classic song "If You're Happy and You Know It" introduces adorable animals playing joyfully in the snow. They tumble on the tundra, catch snowflakes on their tongues, sculpt snowcritters, and make a frosty fort. But can they go with the flow when their wild adventure drifts in a surprising direction? Young readers will laugh and sing along!

The StoryWalk® Project was originally created by Anne Ferguson of Montpelier, VT, and developed in collaboration with the Kellogg-Hubbard Library to help build children's interest in reading, while encouraging healthy activity for children and adults. StoryWalk® is a registered service mark owned by Ms. Ferguson.



H.E.A.L.T.H.Y.

HEALTH EDUCATION AND LEARNING TOGETHER HELPS YOU

Beachwood Community Center 11:00 AM — Noon

Registration required three days prior to event

SCAMO!

Tuesday, January 11

This game helps to educate players on scams and scamrelated terms. The Cuyahoga County Department of Consumer Affairs, Division of Consumer Protection, designed this game to use in the fight against scams because it wants you to be safe. Danelle Musil, consumer affairs specialist, will be our emcee. Join us for a fun game of SCAMO and learn ways to keep yourself, your family, and your friends safe from scams.

LIVING YOUR BEST LIFE

Friday, February 11

So much is said about living your best life. What does this mean? How do we set our intentions? What tools can be used to reach this state of being? Together, with Lori Rosenberg, MS, CapTel outreach program, Education & Installations, we will examine tools, resources, and ways to begin creating a life that you would like to live. Light snacks provided by CapTel.

Questions or would you like to enroll? Please call 216.292.1970 or visit BeachwoodRec.com.

CITY PARK WEST SLEDDING HILL



The Beachwood City Park West sled hill is located on the south end of the park. Bring your friends and family for a great winter activity!

Please observe the following rules and be courteous of other users.

- · All sledding is done at your own risk: use caution
- No building of ramps, jumps, or moguls
- · No supervision provided
- · Parents are responsible for children
- Be considerate and return to top of hill along outside edge of sledding area
- Sledding is a hazardous activity and may present substantial risks
- Users assume full responsibility for determining if conditions are safe for sledding

IMPORTANT ADVISORIES

- DO NOT call 911 or non-emergency police numbers for road conditions. You can see real-time traffic cameras and weather hazards at https://ohgo.com/.
- Prepare for adverse winter weather. Shop for necessities
 well before the storm. Stock up now on flashlight
 batteries, flashlights, fireplace wood, candles (use
 safely), and portable cell-phone chargers. A portable
 AM/FM radio is also helpful.
- During the bitter cold: check on your neighbors, especially the elderly. Do not leave pets outside for very long. Make certain you have several days' worth of medications. Consider purchasing a back-up generator (but never run generators indoors). Replace your smoke, CO detector, and garage-door-backup batteries.

Most importantly, let common sense guide you through the winter, and make snowmen: lots of snowmen!



DO NOT BE A VICTIM

AUTOMOBILE

- ALWAYS lock your vehicle and take your keys with you.
- Park in well-lit, heavily traveled areas.
- DO NOT leave valuables in plain view. Take them with you, leave them at home, or secure them out of sight prior to arriving at your destination.

Valuables include:

Purses, jackets, money, wallets, phones, tablets, laptops, sunglasses, backpacks, shopping bags...

HOME

- LOCK your doors even if you're in the house.
- SET your security alarm at night when home.
- CLOSE your garage door even during the day.
- KEEP valuables out of sight: If you must keep valuables in your car, put them in the trunk.

Be aware of your surroundings and PLEASE report suspicious persons or activity by calling the Beachwood Police Department at 216.464.1234 or 9-1-1.

GOT AN ISSUE? TEXTMYGOV!

When you need to report a pothole, request a special rubbish collection, etc., use our new TextMyGov communications system by texting "Hi" (no quotes) to 216-545-0041.



SENIOR DAY OUT (SDO)

January 20 • Rockin' with Ron • Noon February 17 • Ya Gotta Have Heart • Noon See Recreation/Upperclassmen Guide for details!



RX DRUG DROP BOX

A prescription drug drop-off box is located in the Police Department lobby. Residents can deposit unused, unwanted or expired prescription pills at the Drug Drop Box at the Police Department, Monday — Friday between 8:00 AM and 4:30 PM. No liquids or needles are allowed.



SEVERE WEATHER:

When Beachwood City Schools are closed due to severe weather, all Beachwood Recreation and Upperclassmen programs will be cancelled.



Don't Crowd THE PLOW



Give snow-plow operators space to work. A loaded snow-plow vehicle can weigh between 20–40 tons and cannot easily stop. In a contest between a snow plow and a car, the snow plow will be the clear winner. Stay at least 100 feet behind the plow when driving.

SNOW ORDINANCE



Beachwood Ordinance states when snow falls over a 24-hour period to a depth of 2" or more, an emergency is declared and parking may be prohibited on all City streets. We will make an attempt to notify the public on social media. Vehicle owners are responsible for complying with emergency-parking regulations.

Power Outage Information



If your power goes out due to an accident or storms, please call First Energy at 888.LIGHTSS (888.544.4877), not 911. This will allow the

power company to track and repair outages while leaving our dispatchers free to handle emergency calls. You may also report outages by texting REG to 544487 (LIGHTS). You will need your account number and ZIP code.

SENIOR GAMES - FREE & OPEN TO THE PUBLIC

BEACHWOOD COMMUNITY CENTER 12:30 — 3:30 PM

Every Monday & Wednesday Mahj & Canasta
Every Tuesday Duplicate Bridge
Every Wednesday Party Bridge

RECYCLING:BACK TO THE BASICS

Recycling contamination is an issue across the nation. It happens when well-intentioned recyclers put prohibited items in their recycling, which can ruin the recycling process. The best way to avoid contamination in your recycle bin is to **only recycle these five items**:

- CANS: Empty and rinse.
- CARTONS: Empty, rinse and replace the cap.
- GLASS BOTTLES & JARS: Empty and rinse.
- PAPER & BOXES: Flatten cardboard items.
- PLASTIC BOTTLES & JUGS*: Empty, rinse and replace cap.



Place these items loose, not bagged, in your recycling bin. All items should be clean, empty and dry.

*Plastic bottles and jugs include items with an opening or neck that is narrower than the body.

The following items are prohibited from your recycle bin, per the Solid Waste District:

- Plastic bags and wraps
- Wrapping paper or cardboard boxes with metallic inks
- Cords, hoses, chains, wires, holiday lights, or other things that may get tangled
- Textiles and clothing
- Takeout containers (Styrofoam, plastic)
- Yard waste
- Durable plastic items
 (furniture, toys, PVC pipes, flower pots)
- Clothes hangers (plastic, metal)
- Ceramics

0

(pottery, dishes, bakeware)

- Tempered glass
- (window panes, drinking glasses)Wood and construction debris
- Batteries and hazardous materials

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Save the Date

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> Casino Night

More details to follow www.beachwood.org

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BEACHWOOD CITY SCHOOLS

Hilltop Recognized by Cleveland Cavaliers



The Cleveland Cavaliers honored Hilltop School for winning a 2021 National Blue Ribbon award at their home game on December 11, 2021. More than 260 Hilltop students, families, and staff attended the game (another Cavs win!) and were honored shortly before tipoff. Beachwood's current 6th and 7th graders were also invited, as their amazing performances over the past several years were considered as part of the Blue Ribbon honor.



Beachwood band and choir students recently prepared pieces of solo repertoire from the Ohio Music Education

Association and recorded a video of their performance for adjudication. All submitted videos were viewed and assessed for a rating and feedback. Congratulations to band seniors **David Kuang** (Violin Solo Class A - Superior Rating) and Alexander Lahti-Thiam (Alto Saxophone Solo Class A - Superior Rating), and choir sophomore Ja'Niya Rahman (Mezzo-Soprano Solo Class B - Superior Rating). The band is directed by David **Luddington** and the choir by **Darlene Haight**.

Bryden Students send Holiday Greetings to Troops

As they do every year, Bryden students recently sent holiday greetings to members of the United States military to express their gratitude for these brave Americans' service to our country. It was an awesome surprise for our students to receive letters back from U.S. Navy Intelligence Specialists Cheyenne Kennedy, Sarah Cordell, and Brandon Collins, stationed in Tampa, FL, and U.S. Army Staff Sergeant **Katie Garnett.**

Student-led Pre-Med Club Offers Monthly Programs



Led by senior **Hiba Ali** and junior **Audrey Hardis**, the high school Pre-Med Club has offered interested students an impressive array of programs since the start of this school year. Monthly programs have featured Dr. Rita Pappas, Medical Director of Hospital Operations for the Cleveland Clinic; Dr. Lisa Hanna, Internal Medicine and Pediatrics at the Cleveland Clinic; Olivia Loeblein, student at CWRU's School of Dental Medicine; and **Dr. Prasad Bodas**, Pediatric Hematology-Oncology Specialist at Akron Children's Hospital. In addition, club members volunteered on Saturday morning, December 11, 2021, at MedWish International, the Cleveland not-forprofit organization that repurposes unused medical supplies and equipment, distributing it locally and internationally to communities in need, while promoting better health and environmental stewardship. The club is advised by **Director of** Curriculum & Instruction Linda LoGalbo.



My name is Kate and I am in the United States Anny and have been for a long time, about M years I will be heading to a country called Kowart shortly after the New Year Kowart is located right next to Saud Artha which is shaped like a big wide boot. This will be my third the heading over to the Middle East.

I would really like to hear from you and your classmates if possible while in Kuwait I will be there for a little over a year.

We have traveled throughout the country and Europe with our children. They have seen 6g 6en and even walked up the Erifel Tower. Dut you know the Erifel Tower has LOTS of steps and it sparkles at night? It is very pretty

Well, I better get back to work and to my studies. Remember it is every important to study

I hope you all have a great holiday season!

Yours sincerely, SSG Katie Garnett



Dear Students of Bryden Elementary School,

We cannot thank you enough for taking the time to send some holiday cheer our way this season! We really appreciate your kind and thoughtful words and amazing illustrations.

So, please accept the biggest thank you all of the way from Tampa, FL, from us to youl We hope you have a happy holiday season and the best new yearll

(From the left of the photo) ISI Cheyenne Kennedu, ISI Sarah Cordell, and IS2 Brandon Collins



ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschools.org
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Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschools.org
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Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschools.org





Board of Education NEWS

Recent:

- Recognized outgoing members:
 Dr. Brian Weiss, Josh Mintz, and
 Maria Bennett
- Approved HS & MS Science Olympiad team trip to Univ. of Michigan
- Renewed contract for James G.
 Zupka, C.P.A., Inc. for annual audits
- Approved Fairmount Preschool Camp Director

Future:

- Swearing in new Board Members
- Electing Board President and Vice President
- PTO presentation of "Beaming Bison" Awards
- Approve membership in Ohio High School Athletic Association
- Identify Beachwood Schools Support Organizations

Board Meeting Calendar:

- Monday, January 10, 2022 @ 7 pm
- Monday, January 24, 2022 @ 7 pm



Drama Club Kills with "Clue"

Beachwood's Drama Club did much worse than break a leg performing "Clue," the classic murder mystery/comedy in November. Audiences were thrilled to return to the high school theater after a long hiatus to see the mixed-grade production led by student director Jonah Kaminsky, and staff advisors Marc Chalice and Casey DeMay. Watch for information about the club's spring musical, "Little Shop of Horrors."





Menorah Park Honors Those Who Make a Difference

he Menorah Park community is a broad, generous and supportive one, filled with leaders who make it possible to provide unsurpassed services for those in our care. Each year, we use the occasion of our annual meeting to honor some of those leaders.

The Harley I. Gross Presidential Award was established in 1992 by Mort and Toby Gross in honor of their son, Harley. The award recognizes a trustee or community leader who has displayed extraordinary leadership, involvement, vision, and devotion to Menorah Park's mission and success, or to broader community services that are aligned with that mission. This year, the award was presented to the Jewish Federation of Cleveland

Harley Gross said, "The leadership of the Federation reminds all of us of the importance of taking collective action and embracing our responsibility to make the world a better place."

He expressed his special appreciation of the Federation's support for the affiliation of Menorah Park and Montefiore during the unprecedented crisis of the pandemic.

Menorah Park President and CEO Jim Newbrough agreed, "Their continued support through this COVID pandemic really exemplifies the Federation's leadership in this community and their commitment to making sure that everyone is taken care of."

In his acceptance, the Jewish Federation of Cleveland's Board Chair, J. David Heller, said, "Everyone at Menorah Park, from the leadership, the staff, the team, the board – everyone stepped up, coming together and taking care of the people who are most at risk in our community. I'm just amazed."

The Dr. Arnold L. Heller Memorial Award, named after Menorah Park's first full-time medical director. It honors his tradition of highly skilled, compassionate, geriatric medical care. This year, the 37th annual award was presented to two recipients.

Dr. Sara Stein, chair of the Heller Committee, explained that a special award was given to recognize "the entire staff of Menorah Park for their extraordinary bravery, dedication, and patient care over the last two years. Every single person who worked to maintain the Menorah Park Mark of Excellence – compassionate care – is a hero and deserves this honor."

The second honoree was geriatrician Dr. Amanda Lathia. Dr. Barbara Messinger-Rapport, medical director of Menorah Park's Palliative Care and Hospice Program, described Dr. Lathia as the ideal honoree who "really did epitomize all of the values and the criteria of the award." Dr. Kenneth Rosenfeld, specialist, Hospice and Palliative Medicine, added, "her commitment to the field of geriatrics, clinical care, education, and community service is limitless."

Dr. Lathia accepted the award, saying, "I was not expecting to fall in love with the field. But every single day I am thankful to be able to work with incredibly caring, generous, interdisciplinary care providers. I truly feel that together, we are making a difference in improving the quality of life for both older patients and their caregivers."

The Irving I. Stone
Leadership Award has
become the highest honor
the Menorah Park Foundation
bestows. It gives tribute to
a Menorah Park supporter
who has demonstrated
commitment to our mission
by supporting and/or leading
projects that enhance our
excellent services. The
awardee may be a principal
donor, a campaign leader, a
solicitor or a champion of
such projects.

Rick Rivitz, chair, Menorah Park Foundation, presented the award to this year's recipient, Martin (Marty) Marcus. Marty's contributions to our community were attested to by Erika Rudin-Luria, president, Jewish Federation of Cleveland; Harvey Scholnick, Marty's friend and cousin; and Greg Marcus, Marty's son, who said, "My dad has always been a very caring person. My grandparents instilled in him the value of giving back to the community."

In his acceptance, Marty said, "Menorah Park holds a very special place in my heart. It's been part of my family for as long as I can remember. The award is particularly meaningful for me because I knew Irving Stone very well. He was a special person. I learned a great deal from him about philanthropy and service to the community."

Congratulations to all of this year's honorees, who continue to support Menorah Park and the indispensable care it provides. Together, our impact on the community is immeasurable.



J. David Heller, Federation Board chair, accepts the Harley I. Gross Presidential Award on behalf of the Jewish Federation of Cleveland.



Dr. Amanda Lathia, Dr. Arnold L. Heller Memorial Awardee



Martin (Marty) Marcus, Irving I. Stone Leadership Awardee

Congratulations to all of this year's honorees, who continue to support Menorah Park and the indispensable care it provides. Together, our impact on the community is immeasurable.

Jewish Federation of Cleveland Fundraising Campaign

he Jewish Federation of Cleveland announced that the community raised \$34,023,524 from 11,379 donors, representing 8,398 gifts in the 2022 Campaign for Jewish Needs, the annual fundraising campaign that serves Jewish Cleveland and the global community. These totals were shared at the virtual Campaign Closing Celebration on December 8.

"The Campaign for Jewish Needs is the time of the year when Jewish Clevelanders come together to fund all the programs and services that make our community a special place," said Bradley A. Sherman,

outgoing general chair of the 2022 Campaign for Jewish Needs. "We've been through a lot in the past two years, and we will come out of the pandemic stronger because of the generous community support of the annual campaign. It is amazing what we can do when we work together!"

In addition to celebrating the success of this year's campaign, the event also announced that Beth Wain Brandon (pictured) will serve as chair for the 2023 and 2024 Campaign for Jewish Needs. In this volunteer role, Beth will be responsible for providing leadership, vision, and strategy for the Federation's annual fundraising effort.

Beth, a dedicated community volunteer, currently serves as a Federation Board of Trustees vice chair. She previously served as chair of the Allocations Committee, Government Relations Committee, and Women IN Philanthropy. In addition to her involvement with the Federation, Beth has served on numerous other Jewish organization boards. She was named a Woman of Achievement



by YWCA of Greater Cleveland, is involved at Planned Parenthood, and is a past board chair of Recovery Resources.

"Beth has been a dedicated leader within the Cleveland community for

many years, and her steadfast commitment to the Campaign for Jewish Needs is evident through the leadership roles she has taken on. We are thrilled to have her lead this critical community initiative," said J. David Heller, Federation board chair. "On behalf of our board of trustees and our community, I sincerely thank outgoing Campaign Chair Bradley Sherman for leading Jewish Cleveland with enthusiasm, optimism, and unprecedented success during these uncertain times."

"Becoming chair is truly an honor, and I am grateful to serve our community in this manner," Beth said. "My father, of blessed memory, also served in this capacity in the 1990s. It's an incredible privilege to continue the tradition of leading a successful fundraising effort, just as my dad did, and the many others before him. I look forward to working together with Federation's leadership team and dedicated volunteers to change and improve thousands of lives."

For more information. visit www.jewishcleveland.org.



Jewish Federation OF CLEVELAND

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2022 CAMPAIGN

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jewishcleveland.org









#JEWISHCLEVELAND

Temple Emanu El Selects New Rabbi

emple Emanu El has chosen Rabbi Matt Cohen to lead the Reform congregation as senior rabbi after Rabbi Steven Denker retires at the end of May 2022. Rabbi Cohen will begin his role at the temple on July 1, 2022.

Rabbi Cohen has been serving Congregation B'nai Israel in Galveston, Texas, since 2018; prior to that, he served a congregation in Jacksonville, Florida, from 2012 to 2018. He was ordained as a rabbi in 2012 at the Hebrew Union College -Jewish Institute of Religion in Cincinnati, and received his BA degree from The Ohio State University. A native Clevelander, Matt grew up in Beachwood, and his wife, Erin, grew up in Akron. They live with their son, Ayden, in Galveston.

"My wife and I embarked on my rabbinic journey nearly 15 years ago and it has come full circle!" Rabbi Cohen said. "I am honored to return home and give back to a community that has always been a significant part of our lives – even from a distance. And I am grateful and blessed to guide the souls of this congregation and to be part of a new chapter in the history of TEE, one that we will write together."

An announcement from the Rabbinic Search Committee's president and co-chairs, Susan Krantz, Mitchell Cronig, and David Sperling, was recently emailed to the congregation. "We are so grateful to our entire congregation and our staff for the energy and engagement they have shown during our search process," they wrote. "Your input guided our search process throughout

and led to this successful result. We are excited about our future at TEE under Rabbi Cohen's rabbinic leadership.

"We are also very grateful to Rabbi Denker for his 18 years of rabbinic service to our TEE community. We look forward to continuing to work with him through the end of his current contract on May 31, 2022, and beyond," they added.

Rabbi Denker came to Temple Emanu El as interim rabbi in 2004 and became the permanent rabbi in 2006. He led the congregation through a transition from its previous home in University Heights to a new building in Orange Village.



"I am honored to return home and give back to a community that has always been a significant part of our lives – even from a distance."



Rabbi Matt Cohen with his son, Ayden, and wife, Erin

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Happy New Year from Beachwood Arts Council!

Watch for our exciting 2022 art exhibits, concerts, workshops, tours, and other programs!

Yarn Over Beachwood

Members of Yarn Over Beachwood knitting and crochet group meet at the Beachwood Library the first Friday of each month, from 10-11:30 a.m. Upcoming meetings are January 7 and February 4.

The group, which continues to grow, is making shawls, scarves, baby caps, baby blankets, veterans' lapghans, and dolls. Most recently, they worked with Fairmount Temple and National Council of Jewish Women to create scarves and

caps for Project Warm-Up.
A bunny-making workshop will be held at the January meeting, instructing knitters to create adorable bunnies from 6 x 6-inch squares. Through September 2022, knitters will create blue caps for the antibullying project.

Participation is very rewarding! For more information, contact Iris November at lbrtyclub@gmail. com or 216.375.9111.



Alan Papa, FACHE, COO, UH East Market

Building the Future of Health Care in Beachwood

UH Ahuja Medical Center Looks Forward to Serving the Community in 2022 and Beyond



or nearly two years, caregivers at University Hospitals (UH) Ahuja Medical Center have worked relentlessly to serve the community and provide high quality care for patients, while contending with a global pandemic and monumental changes in the world.

"Our team has been able to not only take care of Coronavirus patients, but all patients who seek care with us, because of their dedication and expertise," said Alan Papa, FACHE, Chief Operating Officer, UH East Market. "I continue to be amazed by their clinical skills and work ethic, and am so grateful to them for continuing to give every ounce of effort to keep our patients and community safe."

In the New Year, the team at **UH Ahuja Medical Center looks** forward to continuing to grow and change along with the community's healthcare needs. The \$236.1 million UH Ahuja Phase 2 expansion project is currently underway and is expected to be open to patients by the second quarter of 2023. The 216,000 squqare-foot, three-story hospital pavilion addition and the 78,000 square-foot Drusinsky Family Sports Medicine Complex will expand the medical center's footprint by more than 68 percent.

"As an anchor healthcare institution on Cleveland's east side, we look forward to evolving to fit the needs of our patients as we move into 2022 and beyond," said Papa. "We are not only expanding services that are outgrowing our original configuration, we are designing new buildings from the ground up to allow our caregivers to efficiently provide high quality

healthcare services and enhance our patients' experience."

UH Ahuja Phase 2 paves the way for a number of new health and wellness initiatives, including:

- Women & Newborn: A family-focused home for expectant mothers and newborns, the Steve and Loree Potash Women & Newborn Center will include the Danielle and Michael Weiner Maternity Suite and the Richard Horvitz and Erica Hartman-Horvitz Neonatal Intensive Care Unit. Patients will also have access to UH Rainbow Babies & Children's Hospital and UH MacDonald Women's Hospital specialists. It is estimated that the center will deliver approximately 2,400 babies annually.
- Breast Health: Empowering patients through comprehensive care, the Breast Health Center will deliver the full spectrum of services, from preventive and wellness care to breast cancer treatment.
- Sports Medicine: Delivering unmatched care for every athlete, the world-class Drusinsky Family Sports Medicine Complex will feature a sports performance center,

outpatient rehabilitation space, a sports walk-in clinic and dedicated high-tech imaging. In its first year, the complex expects to serve more than 1,350 sports performance patients.

- Men's Health: Motivating men to prioritize their health through prevention and wellness care, the innovative Cutler Center for Men will deliver a full range of coordinated services, ranging from preventive to specialty care.
- Emergency and Short-Stay: Delivering expert care in the moments you need it most, the UH Ahuja Emergency Department will be expanded and add Level II trauma care to accommodate increases in Emergency Room visits. In addition, a new 23 bed Short-Stay Unit will provide dedicated observation services.
- Service Expansion: Eight operating rooms will be added, increasing OR capacity by 80 percent. With added surgical, endoscopic, imaging and dialytic services, Phase 2 will promote same-day care, allowing patients to recover from the comfort and safety of home.

For more than ten years, UH has prioritized utilizing a diverse range of suppliers for construction projects, and UH Ahuja Phase 2 continues these efforts. The expansion is currently exceeding project goals for minority participation, local workforce utilization and female business enterprise engagement.

While the community will continue to see construction projects taking place on the UH Ahuja Medical Center campus this year, the hospital is still open and serving patients with high quality and compassionate care. Caregivers are working hard to keep patients healthy through universal masking, handwashing, social distancing in waiting rooms and virtual waiting rooms in vehicles prior to appointments, and enhanced cleaning procedures.

Kick off the New Year in a healthy way by attending upcoming community health and wellness virtual events.

To learn more, visit

UHhospitals.org/HealthTalks.
You don't have to travel far from home to receive excellent care. To schedule an appointment with a provider at UH Ahuja Medical Center, please call 216.765.3852.

Crestmont Builds Community Through Philanthropy

restmont Cadillac has been a staple in Beachwood since 1973, and Crestmont Buick GMC since 2020. They also have Hyundai and Genesis stores in Brunswick. Crestmont is a family-run business, led by Jay Park (CEO), Alex Park (president), and Andrea Park Zadd (executive vice president). Crestmont is proud to have exceptional people on their team who provide excellent products and service to customers in Beachwood and beyond. In addition, they proudly support local organizations throughout the Cleveland area.

"We believe we have the responsibility to donate and give back to the communities in which we work and live," Andrea told us. "This year we have donated more than \$50,000. We have long-standing partnerships with organizations like American Cancer Society, Beachwood Chamber of Commerce, and Hyundai Hope on Wheels. We also dedicate some money for other causes. In 2021, we chose two organizations that continue to make a large impact on our city: May Dugan Center and Seeds of Literacy.

"I am happy to get the word out about both organizations as they are doing so much to enhance our communities," she added.

May Dugan Center

May Dugan Center, located at 4115 Bridge Avenue, Cleveland, was created in 1974. The facility was named to honor the late May Dugan, a longtime resident who had been a one-person advocate and counselor for her neighbors in need. Today, the center continues the tradition of its namesake by providing basic and enhanced programming to improve people's quality of life and, in doing so, strengthen their community.

Inspired by President Lyndon B. Johnson's War on Poverty and the mandate of the Kennedy-Johnson Economic Opportunities Act, the owners made a strong commitment to helping individuals and families become self-sufficient, contributing members of their community. Today, the agency is an independent, not-for-profit organization, governed by 17 trustees from both the private and not-for-profit sectors.

May's compassion was legendary. At one time, she provided shelter in her own home for as many as 25 people in need. Countless other times, when neighbors needed food for their children, they came to May, who always provided assistance. In addition, whether someone was charged justly or unjustly, May knew where to go downtown and whom to see.

The late Abe Dudnick, one of Cleveland's most eminent attorneys, described May as having "a combination of intelligence, tenacity, and charity, unmatched in her fight for the down and out and the forgotten." In 1932, May opened the first of a series of Irish neighborhood taverns, with the last one, known as Dugan's, established in 1940 on West 58th and Detroit. Under May's proprietorship, these establishments filled an important social need in the community; equally important, they offered a venue for May to help her neighbors find jobs, food, clothing, and legal advice.

Did you know that 30% of Cleveland residents live at or below the poverty line? That means that a family of 3 is living on \$21,700/year or less. The May Dugan Center is a lifeline for 6,500 individuals and families. It helps clients break down barriers by offering adult education, behavioral health counseling, trauma recovery services, food and clothing distribution, and assistance to seniors and teenage moms.

Programs and services are made possible through generous financial support from many Cleveland area individuals and companies, as well as grants from private foundations, funding from government entities, and in-kind donations, as well as donations of food, clothing, furniture, and household items. Plus, many volunteers donate their time and expertise, assisting the center with its mission.

Seeds of Literacy

Seeds of Literacy is the only adult literacy program in Ohio that is nationally accredited by ProLiteracy. According to Seeds of Literacy, 66% of Cleveland adults are functionally illiterate. As a result, adults may struggle with medication and healthcare instructions, navigating public transportation, budgeting, and running a household. They may also struggle to advance at work and may not even qualify for gainful employment. Although they may get by, they are often unable to thrive.

Recognizing that it is never too late to graduate, Seeds of Literacy offers personalized GED and basic adult education through free one-to-one tutoring, both inperson and online. Last year, with more than 275 volunteers, it served more than 1,100 adults.

"Seeds of Literacy delivers quality education that inspires a desire for a lifetime of learning," Andrea explained. "With respect, inclusiveness, excellence, compassion, and integrity, Seeds is influential in breaking the cycle of poverty by strengthening our community through the transformed lives of its students."

Tutoring and non-tutoring volunteer opportunities are available. You don't have to be an educator to become a tutor. Donations of any amount are also welcome.

"At Crestmont, we believe it is important to raise awareness about organizations that build people, which builds our communities," Andrea reiterated. "We are happy to make an impact and give back. It feels good to work with local organizations that help alleviate poverty and break down barriers."

If you'd like to learn more about May Dugan or Seeds of Literacy or how to get involved, please visit their websites at: www.maydugancenter.org, and www.seedsofliteracy.org.



From left: Alex Park, Andrea Park Zadd, and Jay Park. Photo by BThomasHart Photography.

New Location, New Name, Same Quality Service

aist & Koops Family Dentistry recently relocated to its new state-of-the-art office in the Orange Professional Center at 3755 Orange Place, Suite 101.

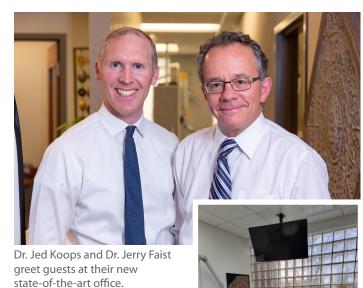
"Over the last several months we have been carefully putting together an optimal plan to ensure our patients get the best care possible," said Dr. Jed Koops. "A few of the new office features include filtration and temperature-controlled water, private operatories, an air filtration system, ultrasonic cleaning, an in-office lab, and nitrous."

Along with the new office came a new name: Orange Place Family Dentistry. "While our new name reflects our new location, it also emphasizes our continued commitment to treating patients as if they're a part of our family," he continued. "As always, we love taking time to connect with our patients, and to share our passion for providing the highest level of dentistry."

"Furthermore, we'll never push treatments that we don't believe will improve our patients' oral health, and we always provide multiple care options," added Dr. Jerry Faist.

The new name does not reflect change of ownership, staffing, or the business model. Dr. Faist, Dr. Koops, and their team remain the same, and they continue to be committed to providing comprehensive, patient-centered dental care.

Orange Place Family
Dentistry will have a
community open house in the
Spring of 2022. If you would
like to see the office before
then, please feel free to stop
in and one of their team
members will give you a tour.



There is parking right outside their front door, which is on the first floor, with a direct entrance from the parking lot.

For more information, visit www.bestdentalteam.com.





3755 Orange Place Suite 101 | Beachwood Ohio 44122

Art Studio Open For Craft Creation

By June Scharf

Beachwood now has a new, one-of-a-kind place where crafts can be created. For those who claim to have no skills but just want to have fun with art, and for those with artistic talents, plenty of options and opportunities exist at Cre8 Sparks DIY Studio at LaPlace, in the spot formerly occupied by Pottery Barn Kids. This 9,000-square-foot shop, which also sells educational toys, games, puzzles, DIY kits and other merchandise not available at big box retailers, opened in November.

"We are a walk-in studio for children and adults where you can create personalized gifts and crafts," says Asira Mathew, store co-owner and Beachwood resident. She also emphasizes that the studio is well suited for private parties and corporate team building events. It is equipped with handicap accessible bathrooms and a play area for young children as well. The bright, inviting space features lots of tables and seating.

"Our biggest goal is to encourage everybody to get their hands on different projects. People will be surprised by what they can do – you'll never know until you try," Asira remarks. She also notes that "in the Beachwood area, there aren't many familyfriendly places you can go where you can do an activity and have some fun."

She says she has drawn great satisfaction from seeing people's excitement when they complete their projects, most of which can be taken home the same day they are created. Her own background in art began in Tajikistan where she attended fashion school. She reports that she "fell in love with DIY art and house decorations while growing up."

Asira moved to the U.S. in 2005, and most recently worked as an imports/purchasing manager at a local company. Previous to that job, she was a manager at the Pandora jewelry store at Beachwood Place. She is the mother of daughters Selah, 5, and Amia, 7.

Walking through Cre8 Sparks is the equivalent of walking through a candy store because there's great variety and many choices. You have to visit to understand the scope of all it has to offer.

On December 18, Asira and her team held an official ribbon-cutting ceremony to mark the store's official opening. In recognition of this new Beachwood business, Mayor Martin Horwitz and City Council proclaimed the day "Cre8 Sparks Day" in the city of Beachwood. Beginning this month, scheduled classes are being offered. Visit www.cre8sparks.com for details.

One source for additional creativity: Guests are permitted to bring alcohol and glasses. for events.



DETAILS

Project options:



- Ceramic painting
- Pour painting
- Stencil enhanced painting
- Rock painting
- Mosaic design
- Painting/tie dye on wearables: aprons, t-shirts, pajama sets and shoes
- Wine and beer glass decorating (fairy lights and frosting for bottles)
- Ornaments

Hours:

Tuesday – Saturday, 11 – 7 Sunday, 12-6 Monday, closed

Website:

cre8sparks.com

Contact:

216.545.4010 Cre8sparks@gmail.com

Location:

LaPlace

Space: Separate event room, accommodates about 16; total store space, accommodates 50

Ages:

3 - 93

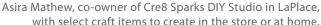
Projects: 1-2 hours to complete; smaller projects, 20-25 minutes

Price range:

\$5 - \$55 (includes all materials and studio time)











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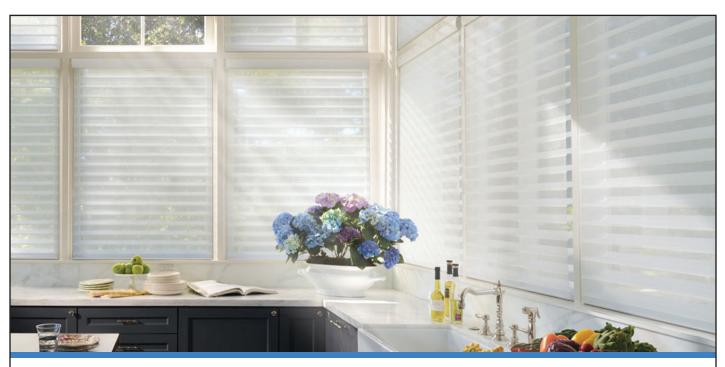


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Barry Feldman to be Honored by Israel Bonds

Barry Feldman will be presented the Shalom Award at the Israel Bonds International Prime Minister's Club Dinner on January 30 at the JW Marriott Miami Turnberry Resort in Aventura, Florida.

Barry will be recognized for his dedication to Israel and Israel Bonds, along with seven other honorees from throughout the United States. The event is the culmination of the 70th anniversary of Israel Bonds and will celebrate the Abraham Accords and a new era of peace. Yousef Al Otaiba, ambassador of the United Arab Emirates to the United States, will be a special guest, along with Avi Berkowitz, the previous administration's lead negotiator on the Abraham Accords.

Barry serves as president of Kottler Metal Products, a steel-fabricating company located in Cleveland. He is a passionate Zionist, community leader, philanthropist, and ardent supporter of Israel Bonds. He believes that giving back is a privilege, not an obligation, as demonstrated by his dedication to the Greater Cleveland community, the global Jewish community, and to the betterment of children's lives. Alan Gottlieb, past general chairman of Cleveland Israel Bonds, declared, "Barry is one of the most caring persons I know. He is passionate about Israel, and I can think of no one else who is more deserving of being honored by the State of Israel. I am proud to call Barry my brother."

Barry serves on the national board of American Friends of Magen David Adom, and the executive boards of B'nai Jeshurun Congregation and the Jewish Federation of Cleveland, where he chairs the St. Petersburg Subcommittee. He also serves on the boards of Jewish National Fund,

Cleveland Chapter, Cleveland Jewish News Foundation, Cleveland Playhouse, and University Hospitals Art Council.

Steven Greenberg, general chair of the Israel Bonds
Cleveland Advisory Council, stated, "Barry's passion for Israel, and his leadership and generosity make him one of the great leaders of the Cleveland Jewish community.
His long-time investment in Israel bonds sets an example of

support for a strong State of Israel."

"Israel Bonds is thrilled to honor Barry at our most prestigious event," said Thomas Lockshin, Israel Bonds executive

director for Ohio and Kentucky. "Barry's friends and supporters are invited to attend the event and invest in Israel bonds in Barry's honor."

Israel bonds start at only \$36 and are easy to buy as investments, gifts to charities, and gifts to family and friends.

For event information or to purchase Israel bonds, contact Thomas at cleveland@ israelbonds.com or call 216.454.0180.



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Make New Friends!

By Preeti Venkataramani

What's on your New Year's resolution list for 2022? Is it the standard weight-loss goal or a desire to quit drinking? Here is an idea that will help you to achieve your goals and be emotionally satisfying, to boot!

This year, resolve to make new friends! Not just generally, but in specific and different categories.

Research has consistently shown that we are heavily influenced by the people we know and hang out with. As social animals, we subconsciously pick up the habits and standards of our friends. These can then reinforce social proof and put us on an upward habit spiral. The emotional support provided by friends during your improvement journey becomes the cherry on your resolution cake.

To begin:

- 1. Write down three areas where you want to improve.
- 2. Find out which groups are already out there working toward the same goals.
- 3. Join and start participating in those that match your schedule and lifestyle.
- 4. If a group doesn't exist, ask around or start your own meetup group!

When you join a group that has similar goals, it has the following advantages:

- Structure New habits need consistency to take root in your lifestyle. A group has an existing rhythm of when, what, where, and how to learn and grow. You just have to fall into rhythm with them.
- Learning curve Learning is much faster when you can ask questions directly and get advice in return.
- Friendship Shared activities bring people closer much quicker and more intensely than, say, a casual party.

"You are the average of the 5 people you spend the most time with" - Jim Rohn

Let's say your goals are:

- 1. Being outdoors
- 2. Belonging to a community
- 3. Having fun with fitness

Here are some groups and resources in and around Beachwood where you can start your resolution journey:

If you like being outdoors:

- Barkwood Dog Park
- Beachwood Community Gardens
- Fastside Runners CLF

If you like to feel the sense of community, join and mingle with:

- Beachwood School PTO
- Beachwood Garden Club
- Classes and events at the Beachwood Community Center
- · Beachwood Family **Neurodiversity and Special Education Support Network**
- Beachwood Library

If you enjoy fun with fitness:

- · Beachwood Tennis and **Pickleball Courts**
- Swim lessons at the newly renovated natatorium at Beachwood High School
- Beachwood Family Aquatic
- Beachwood Community Center

These are just a few groups and resources that can match your resolutions. To learn more about what may interest you,

- www.beachwoodohio.com
- · www.beachwoodschools.org
- www.meetup.com

I hope this motivates you to set up your friendship resolution date. I'm confident that it will bring you great joy!

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Therapy Dogs Visit Hilltop Elementary School

tudents at Hilltop Elementary recently interacted with therapy dogs from Therapy Dogs International (TDI®), a volunteer group organized to provide qualified handlers and their therapy dogs for visitations to institutions, facilities, and any other place where the dogs are needed. The experience was initiated when Hilltop Elementary School students and staff expressed an interest in having more shared opportunities to engage in social, emotional, and mental wellness as a community. It was a blend of learning and fun.

Therapy dogs have proven to be a happy distraction, to reduce stress and anxiety, and regulate mood. Animal-assisted therapy can help people to relax, provide comfort, reduce loneliness, and provide mental stimulation.

After interacting with the dogs, the students had the opportunity to reflect and write about their feelings. Beachwood Schools have three focus areas:

mental health, intercultural awareness, and student achievement. This opportunity's synergy increased student achievement and mental health; they were overjoyed with their time spent with these dogs and asked when they would be returning. Hilltop staff and students thank Therapy Dogs International (TDI®) for such a wonderful day!

When you see a dog, you might get many emotions or feelings like "Cute!" or "Aww!" or even "EWW" but when I saw Blaire (Nurse Kelley's dog), I felt fascinated. Even though I am not a dog person, it doesn't mean I didn't want to see them. To know that Blaire is working to help children with stress or problems is truly amazing. I find it interesting how a dog can understand us so well, and know what we're

talking about and even how we feel. I also felt relaxed knowing that Blaire is doing her part in the world by helping children, just being herself, and really changing lives. This may seem like an over exaggeration, but I have knowledge about the things around me. When Blaire walked into our classroom, about every face lit up like a lightbulb.

Submitted by Noor Alsadah

On Wednesday, I was very happy because Therapy Dogs came over! They gave me a huge smile right over my face. They really "Sharpened my Saw." That is one of our seven habits. When I met them, I felt emotionally happy. I was with a nice small black dog named Reilly. She is five years old,

years. She could do all kinds of tricks: shake, high five, fist bump, walk, and jump through a hoop. She was an amazing dog. Finally, I think every dog is amazing. You just have to trust that they are amazing.

Submitted by Lianna Karah

which is 35 years old in dog Therapy dogs hear you **H**elper dogs **E**motions Ruff Ruff when they are excited Are you excited about the dogs? **P**eople own Therapy Dogs You can get help from Therapy Dogs

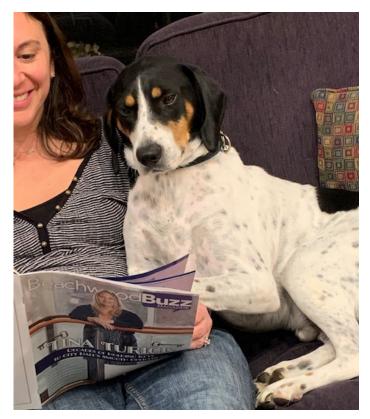
> Dogs can make you happy O.M.G. There are Therapy Dogs at Hilltop! **G**erman Shepards Sharpen your Saw

Submitted by Jonah Klein

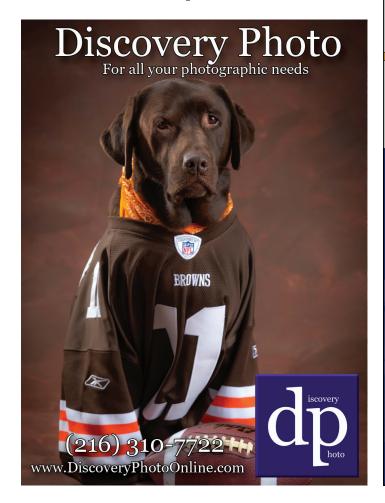








Aspiring Instagram influencer Boone gets local scoop from Beachwood Buzz. He looks forward to reading it every month with his #1 human, Lisa Cynamon Mayers. Follow him @boone.the.coonhound on Instagram!



Preschool and Camp Registration

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

Preschool/Camp Parent Information Night

Thursday, January 6, 2022 • 7 p.m.

Per district policy, all visitors are required to wear a face mask.

The Fairmount Early Childhood Center Non-Categorical (Special Education) Preschool is seeking typical peers (role models) for the 2022-2023 school year.

This program offers four afternoons per week.

Preschool and Camp Registration Residents

Wednesday, January 12, 2022 • 8:00 a.m.

Open Enrollment

Wednesday, February 2, 2022 • 8:00 a.m.

CLASSES AVAILABLE

- Preschool
- Pre-Kindergarten
- Integrated
- Young 5s



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

Beachwood Library Programs

o register for these programs or learn more, visit http://attend.cuyahogalibrary.org/events or call 216.831.6868. Online registration is required for all programs to allow for social distancing.

New Wave Music Trivia • Virtual

Thursday, January 6 • 7-8 p.m.
Test your music trivia
knowledge with other experts.

Tuesday Book Chat • Virtual Tuesday, January 11 • 7-8 p.m. "Rules for Visiting," by Jessica Francis Kane

Through the Eyes of the Artist: Edgar Degas • Virtual

Friday, January 14 • 10-11 a.m. Art historian Felicia Zavarella Stadelman's series on the lives and works of beloved artists.

Knit and Lit Knitting Group

In-Person

Monday, January 17 • 6:30-8 p.m. Join us for knitting and informal chats about what everyone is reading.



Third Thursday Book Discussion

Virtual

Thursday, January 20 • 2-3 p.m. "Say Nothing," by Patrick Radden Keefe.

Lunar New Year Concert

In-Person

Wednesday, January 26 7-8:30 p.m.

Ring in the Year of the Tiger with the Cleveland Chinese Music Ensemble.

Meet author Michaël Ferrier

In-Person

Monday, January 31 • 7-8 p.m. Author Michaël Ferrier visits to discuss his novel, "Over Seas of Memory."

Baby & Me Storytime • In Person Caregivers with babies,

birth - 18 months

Thursdays, January 6 – February 3 10-10:30 a.m.

Enjoy rhymes, songs, fingerplays and books.

Zoom Virtual Pajama Storytime

Families

Thursdays, January 6 – February 3 6:30-7 p.m.

Put on your pajamas and enjoy rhymes, songs, fingerplays, and stories.

Art Explorers

Grades 2-5 (Virtual) Tuesday, January 4 3:30-4:30 p.m.

Get creative while learning something new! At each session, you will explore the life and creative style of an artist, and create your own work of art based off of what you learned.

Supported by the Friends of the Beachwood Library.

STEAM Tuesday • Virtual

Grades 2-5

Tuesday, January 18 3:30-4:15 p.m.

Learn, build, experiment, and create during this fun activity.

Supported by the Friends of the Beachwood Library.

Dragon Pearl Trivia · Virtual

Grades 3-8

Wednesday, January 19 7-7:45 p.m.

Test your knowledge of Yoon Ha Lee's "Dragon Pearl" with other fans of the series. Questions will focus on "Dragon Pearl," with some bonus trivia from book two, "Tiger Honor."

Little Artists · Virtual

Grades K-1

Tuesday, February 1 3:30-4:15 p.m.

Get creative while learning something new. Hear about the life of a famous artist and get inspired to create your own works of art. Supported by the Friends of the Beachwood Library.



Bikur Cholim's Festive Chanukah Holiday

Bikur Cholim of Cleveland was in full force to bring light to others during Chanukah. They hosted a Chanukah display that included a beautiful large-scale menorah for all staff, patients and visitors to enjoy at UH Ahuja Medical Center. Bikur Cholim also distributed close to 1,000 donuts throughout the community, made by Unger's Kosher Bakery, to frontline staff in appreciation and gratitude for their dedication to caring for the sick in Cleveland. This initiative was made possible by the generosity of Michele Joseph-Kaminsky, president and owner of Mika's Wig Boutique for Women.

"It's an honor to be a part of this initiative and to thank the frontline workers who help to keep us safe," stated Michele.

"We are so fortunate to live in Cleveland where we have such a robust medical community. The dedication of these institutions and the close relationships we have with them is what allows Bikur Cholim to fulfill its mission every day," stated Rabbi Alan Joseph, executive director, Bikur Cholim of Cleveland. "We felt it so appropriate to tie messages of Chanukah – those of hope and determination – as a way of thanking our frontline

Additionally, Bikur Cholim hosted its annual #pushkaweek drive during Chanukah, which provided an opportunity for people in the community to gather their loose change and help to heal the sick, "One Penny at a Time." This initiative was made possible by Nathan Heifetz of Tip Top Cleaners.

"I believe in the work of Bikur Cholim and how they are helping the Cleveland Jewish Community," stated Nathan. "This was my way of giving back."

To learn more or to make a donation, visit www. bikurcholimcleveland.org.

Bikur Cholim of Cleveland is dedicated to be an inviting,

easy accessible resource to the local and international Jewish community by providing assistance to improve health and well-being. We strive to help young and old by offering comfort, shelter, and support through a variety of services. We accomplish this through the coordinated efforts of dedicated volunteers who selflessly perform the mitzvah of bikur cholim – literally visiting the sick - with all the nuances of care and concern which this concept embraces. Our vision is to offer services of the highest quality, tailored to the unique needs of the individual and his or her family.

Cleveland Kosher Food Pantry Announces Appointment of Pamela Goodwin

The Cleveland Kosher Food Pantry announces the appointment of Pamela Goodwin to the position of Director of Development. The Pantry is recognized as one of the busiest food relief agencies in Northeastern Ohio and is a partner agency of both the Greater Cleveland Food Bank and the Hunger Network. Its weekly drive-through distribution and open pantry serve approximately 250 area families. The Pantry also provides bi-monthly food deliveries to 1,500 seniors in 10 low-income apartment buildings.

Pamela said, "I am thrilled to have this professional opportunity to share with the community the amazing work done by the Cleveland Kosher Food Pantry. We are a well-kept secret, doing much to battle the food insecurity experienced by so many in our community. I look forward to expanding the resources of the pantry so that we can help even more seniors, children and adults in need."

As a former senior editor at American Greetings, Pamela brings creativity and attention to detail to the development role. She holds a BA in Communications from John Carroll University and is a longtime resident of Beachwood.

Devorah Alevsky, director, commented. "Pam has a wealth



of experience and, more importantly, a passion to fulfill the mission of the Pantry. We serve all who are in need, both by providing food, and the extra touches of Yiddishkeit that are part of our legacy and mission. We are very excited about new opportunities to share our story with the community at large."

While in regular times the Kosher Food Pantry served over 4,000 people per month, because of the COVID-19 pandemic, the numbers have swelled to over 5,200 per month. Each week, volunteers pack and distribute bags of nutritious fruits, vegetables, dry goods, staples, and dairy products. Especially during the winter months, people experiencing food insecurity rely on the Kosher Food Pantry's doorto-door distributions and drivethrough pick-ups. Donations may be sent to 2004 South Green Road, South Euclid, Ohio, 44121. Donations are also accepted online at kosherfb.org.

Beachwood Democrats invite you to join them the second Wednesday of each month at 7:00 pm to learn more about Democratic candidates who will be on our ballot. There is no fee to attend. To vote at meetings, you must be a member.



Membership is \$20 per year. For more information, email beachwooddemocrat@ gmail.com or follow the group on Facebook at BeachwoodDems.



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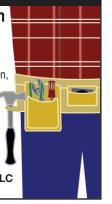
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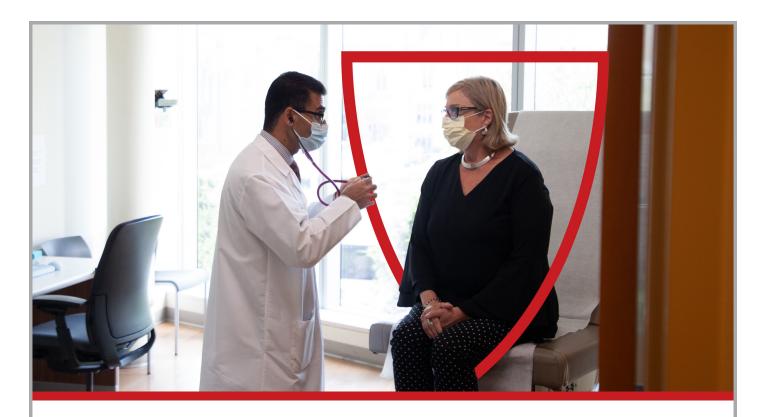
- Marc and Angel Chernoff



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