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Letter from THE EDITOR

By Debby Zelman Rapoport

At the start of the new year, my daughter, Julie, shared with me the "Circle of Life," a resource from the Institute for Integrative Nutrition (IIN). It was introduced to her when she completed IIN's program to become a certified health coach. According to IIN, "The circle represents imbalances in primary food and provides a starting point for determining how you may wish to spend more time and energy to create balance and joy in your life. The rounder and wider the circle, the healthier and happier you are!"

When we think of health, we generally focus on food, but optimal health includes so much more. IIN breaks down health into two types of food, primary and secondary. Primary food, the main focus of IIN, includes: spirituality, creativity, finances, career, education, health, physical activity, home cooking, home environment, relationships, social life, and joy. Secondary food is the actual food we eat.

Primary food fills our soul and brings balance to our lives. It is interconnected with overall health. If our primary foods are balanced and secondary food choices lack nutrition, we will still feel better than if we're eating a nutritious diet and are imbalanced or unhappy with primary foods in our life.

Just a month into the new year, when, according to *Forbes*, nearly 80% of people abandon their New Year's resolutions, I introduce this tool because its results provide us with a visual image of where we're thriving and where we may want to focus our attention.

Place a dot within each section to mark how satisfied you are with that area of your life. A dot placed toward the center of the circle indicates dissatisfaction, while a dot placed toward the outside indicates happiness. Then,

connect the dots to create your Circle of Life at this point in time. This shows where you may want to focus attention to obtain more balance and happiness. I encourage you to do this exercise because the visual is powerful. You may fill in the circle on this page or complete it online at www.integrativenutrition.com/circle-of-life.

When I did this exercise, education stood out as an area on which I may want to focus. Although I regularly read books and articles, listen to podcasts, take online art lessons and attend workshops, it's been a while since I selected a new topic of interest to immerse myself in fully. The last time was about 20 years ago, when I completed a graphic design program at Tri-C, where I learned the skills required to create the layout of this magazine.

I believe in the law of attraction, a philosophy that suggests that our thoughts create our outcomes. I also believe in the power of the universe, and that when our energy is open, we are receptive to answers that come our way; and as I analyzed my circle, the solution to what I want to learn was staring me in the face!

Julie speaks highly of IIN's program and I'm always interested in learning more about

health and wellness, so this was it! Although it's pulling me out of my comfort zone and the first step was hard, each small step moving forward will add up to big results. I look at this as a form of play, which will help me tackle each module with enthusiasm.

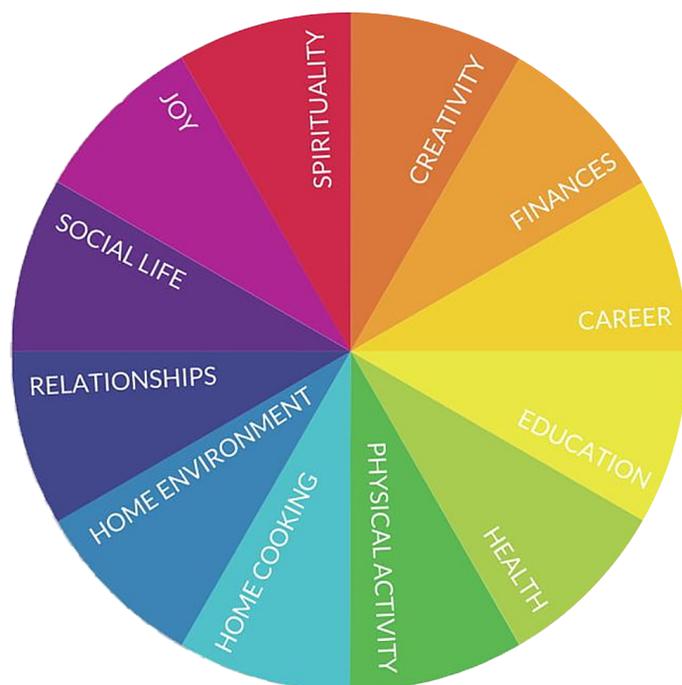
My crystal ball doesn't show a clear vision of health coaching in my future, yet it does show

opportunities to spark positive change and spread the ripple effect of health and happiness.

How will you use your Circle of Life to create more happiness and better health? Feel free to provide feedback and share your successes. I'm cheering you on all the way!

"We don't stop playing because we grow old, we grow old because we stop playing."

- George Bernard Shaw



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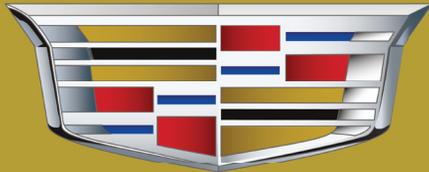
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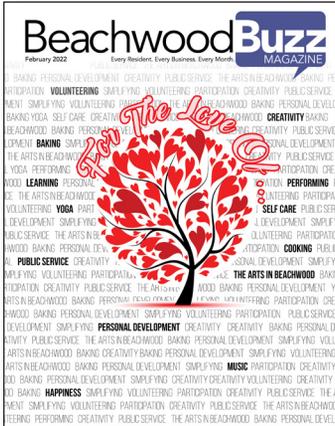
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Beachwood Buzz
Every Resident. Every Business. Every Month.

For The Love Of ...



Since February is the month of love, we share local stories that relate to the subject. From creativity to public service to music, cooking, education, the arts – and so much more – we’ve touched on something for everyone. We wish you a month filled with love and inner peace.

For The Love Of _____. How do you fill in the blank? If you have a story that you would like to share, please send it to beachwoodbuzz@gmail.com.

We send our deepest condolences to family and friends of Tybee and Sheldon Zuckerman. Tybee, a valuable asset to our team as a proofreader for more than a decade, passed away on January 14, just after her husband, who passed away on December 20.



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For the Love of Public Service

On January 3, 2022, the City of Beachwood held its Organizational Meeting, at which Mayor Justin Berns and elected officials were sworn in, City Council president and vice president were elected, and directors and commissioners were reappointed. The in-person program was live-streamed and may be viewed at www.beachwoodohio.com. We welcome and thank all public officials and employees who work so hard to make Beachwood shine. Be sure to see the *City Insider*, starting on page 26, for additional details.

Excerpts from Mayor Berns' speech on January 3, 2022:

I am both thrilled and humbled to be here tonight, engaging in the protocols to serve as mayor. It is an honor and enormous responsibility to lead our residential and business communities.

In some ways, I feel that I may have been destined to hold this office. I can trace the first indication back to my childhood, when the weight of leadership and stewardship was thrust upon me. I was in fifth grade at Fairmount Elementary School, and my teacher, Ms. Simon, needed to select a student for the role of Safety Patrol Captain. The position carried with it the duty to help fellow students cross the nearby streets, including Fairmount Boulevard and Deborah Drive. When Ms. Simon picked me, I was overjoyed, yet a bit daunted, because this was a serious job.

I have indelible memories from growing up in Beachwood, many of which awaken my sense of history, connection, and awareness of what's transpired in this city for the past 40 years.

I remember watching my father, Sheldon, eat an early dinner on Monday nights before he left to attend Beachwood City Council meetings. For seven years, he served as a councilperson. I also remember accompanying him as he knocked on doors to deliver campaign literature. That is when I learned about composure, compassion, and effective campaigning.

I also learned a bit on my own during my attempts for a spot on City Council. I was appointed to my first term. Then, I ran for a seat, and lost. I ran again, and lost. Then, I won, and I've been winning in this city ever since then.

These experiences clearly reflect my commitment to Beachwood. They also demonstrate a track record of service and hard work, and show the community's support.

My plan as we move forward is to work carefully on both micro and macro levels. Regarding the former, you can count on me to work closely with City Council members. Our efforts will not be about any one person. Instead, there will be many heroes because we'll accomplish our goals by addressing issues

collaboratively. When problems arise, we'll solve them together.

On the macro level, I will work to maintain warm relationships with our neighboring communities.

To offer you more insight, I share my practice of running, which started in 2016. My wife, Lisa, used to speed walk in Beachwood City Park. I tried to keep up, but it was uncomfortable, so I started to run. I quickly worked up to 3 miles, then 5. Then, I thought about a 10K race, which is 6.2 miles. Within a few months, I was able to run 13.1 miles, which is a half-marathon. I then learned about The Dopey Challenge, Disney's annual 4-day marathon weekend. It features a 5k run on the first day, a 10k the next day, a half-marathon, and then a full marathon. I completed all four races in 2018, 2019, and again 2020, which took a lot of discipline.

I love running because it gives me time away from everything. It's a peaceful, mental activity that clears my mind. The key to being successful is to take an incremental approach.

Managing a city is very much like running a marathon because taking a gradual approach

is often a solid strategy. Therefore, I expect similarities between running and my work as mayor. Plus, I'll undoubtedly be breaking a frequent sweat!

We're all in this together, and I am eager to get started. I welcome what the next four years will bring.

Beachwood means a tremendous amount to me and my whole family. Lisa strongly supported me throughout my campaign, as did my children, my parents, and my siblings. I sincerely thank them for their time and energy. I have this opportunity to be mayor because so many residents voted for me, and I will work very hard every day to validate their choice.

Lastly, I share a message I received a few weeks ago from former Beachwood Mayor Merle Gorden. He texted, "Hope you're enjoying your last two weeks of freedom, have a great day!"

We're all in this together, and I am eager to get started. I welcome what the next four years will bring.



Mayor Justin Berns with Judge Francine B. Goldberg (second from left) and his family. Pictured from left: Caleb, Lisa, Allie, Sheldon, Barbara, and Sarah.

Excerpts from Judge Francine B. Goldberg's speech on January 3, 2022:

Oprah Winfrey said, "Your calling isn't something that somebody can tell you about. It's what you feel. It's a part of your life force. It is the thing that gives you juice. The thing that you are supposed to do. And nobody can tell you what that is. You know it inside yourself."



Mayor Justin Berns, sworn in by Judge Francine B. Goldberg, with his wife, Lisa, by his side.

Justin Berns' calling, his juice, is public service. He attended Beachwood City Council meetings at 23-24 years old on a regular basis on Monday nights after going to volunteer firefighter training. Former Councilman Bob Bloom asked Justin, "Don't you have something better to do?"

He served as a member of the City's Planning & Zoning Commission, Cable TV Commission, and various other city commissions. He also served as a Beachwood volunteer firefighter, for 12 years, starting at age 22. His dream of being a councilmember, and now, mayor, was to make a difference in his beloved hometown.

I called your dad, Sheldon Berns, to ask him what advice he has for you. He said, "Justin doesn't need my advice." He described your devotion, integrity, and dedication to Beachwood. He then told me that you are dogmatic about getting things done, and you get along with everyone.

When I said, "You must be so proud of Justin becoming mayor," your dad replied, "I am more proud that he always does the right thing."

Your wife, Lisa, shared with me that you are "loyal and honest, and that you bring passion to the mayor's job. It's not about the title for Justin." All of your children have learned the true meaning of persistence and sacrifice - and that anything is possible.

I know that you will apply your business skills in the mayor's office - the ability to get things done, to listen, to communicate, to engage, and to be the "People's Mayor."

You told me you are not a politician, saying, "This is not about me, it's about working with me. It's about **US**. This will not be an **I** administration, it's a **WE**. There is no **I** in Berns."

I know that you will strive to be the kind of mayor that exemplifies qualities of resilience, awe, connection, compromise, gratitude, and possibility - for the entire Beachwood community and for Cuyahoga County.

Mayor Berns, you are about to begin your dream job, the job that you have been in training for 30 years, the best job in politics.

Writer William Arthur Ward wrote, "Greatness is not found in possessions, power, position, or prestige. It is discovered in goodness, humility, service, and character."

I know that you will strive to be the kind of mayor that exemplifies qualities of resilience, awe, connection, compromise, gratitude, and possibility - for the entire Beachwood community and for Cuyahoga County.

Judge Francine B. Goldberg was honored to perform the Oath of Office to Mayor Berns. She's close with his family, and also administered his Oath of Office for City Council in January 2016.

Red Cross Has Urgent Need for Volunteers and Blood Donors

The Red Cross encourages individuals in the community to become volunteers or donate blood. Volunteers carry out 90 percent of the organization's humanitarian work, and the Northern Ohio Region has an urgent need for volunteers in the following roles:

- **Disaster Action Team Members** respond to local disasters and provide immediate assistance, including shelter, food, and comfort following a home fire or other emergency.
- **Blood Transportation Specialists** transport and deliver lifesaving donated blood.
- **Blood Donor Ambassadors** greet, check in, and thank blood donors at blood drives.

To explore these opportunities and others, and to fill out an application, visit www.redcross.org/volunteer, call 216.431.3328, or email NEOVolunteer@redcross.org.

The Red Cross also continues to face historically low blood supplies, as fewer donors come forward to give. The need for blood never stops and it is only through the generous giving of people in the community that the needs of local hospitals can be met. To find a blood drive near you

and make an appointment to donate, visit RedCrossBlood.org, call 1.800.RED CROSS (1.800.733.2767) or download the free Blood Donor App.

Follow Red Cross Northern Ohio Region on Social Media

- redcross.org/noh
- nohredcross.org
- facebook.com/NOHRedCross
- twitter.com/RedCrossNOH
- instagram.com/NOHRedCross

The need for blood never stops and it is only through the generous giving of people in the community that the needs of local hospitals can be met.

Message to the Community:

"No One Fights Alone"

Beachwood teen leads Leukemia & Lymphoma Society fundraising campaign during the month of February to help save lives

Cancer affects people from all walks of life and touches people in every community. Due to its physical and emotional effects, it is life changing and life threatening.

To help combat blood cancers, I'm participating in The Leukemia & Lymphoma Society Student of the Year Campaign, a seven-week student-led fundraising campaign that runs from January 29 to March 19 to support LLS research, education, patient services, and community services.

Participation in this initiative is rewarding because it provides opportunities for professional growth and development. Most importantly, it has deepened my appreciation and interest in helping others.

My team name is "No One Fights Alone," because it reflects the sense of community,

"Support from friends, family and community helped me get through a really difficult time in my life and I want to do what I can to help others. When my brother died four years ago from sudden cardiac arrest, it was the support from others, not sympathy, that helped me get through it."

teamwork, and support needed when cancer is the opponent. As you know, everyone wins when cancer loses! The candidate whose team tallies the most votes earns the prestigious title of Student of the Year.

I ask for your support because every dollar raised counts as one vote for my campaign, and I'm working to earn that title! Over the years,

support from people like you has helped double, triple, and in some cases quadruple the survival rate for some people with blood cancers.

If you wish to make an online donation, please visit <https://events.lls.org/noh/nohsoy22/omooore>, or if you wish to donate through the mail, please make your check payable to The Leukemia &



Lymphoma Society, and print our team name, "No One Fights Alone," in the memo section. Your tax-deductible donations will help get us closer to our goal of a world without blood cancers, and are greatly appreciated!

Thank you,
Olivia "Liv" Moore
Hathaway Brown Class of '22

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For the Love of Art

Artist is Quick on the Draw

by Arlene Fine

Give Blaise Eitman a fresh set of fine-point Sharpies and magic happens. For the past ten years, Blaise, 28, the daughter of Cheryl Eitman and Scott Eitman, has been using brilliantly colored Sharpies to create fetching, whimsical pieces of art that she lovingly gifts to friends and family. "Almost everyone who knows Blaise has a piece of her artwork somewhere in their home," said Scott.

Blaise, who has Down syndrome, graduated from Beachwood High School in 2012. Among her many gifts, Blaise has an eye for beauty. Using Sharpies, she creates designs on graph paper squares, and then decoupages her signature work onto items like picture frames, large alphabet letters, paperweights and magnets. She also colors grid patterns on fabrics that she transforms into beautiful aprons, potholders, pillow cases, scarfs, backpacks, and clothing.

Munch, a vegetarian restaurant in Solon, has its name on an indoor sign made with 3D metal letters decorated by Blaise. And a whole display of her pieces can be purchased at The Funky Junkyard in Ashland, Ohio.

"Blaise learned the process of decoupage from my late mother and established artist, Ginny Eitman," said Scott, a professional handyman who custom designed Blaise's home art studio. "When my mother passed away, the lessons she patiently taught Blaise enabled her to continue making decoupage pieces."

Cheryl, a cantorial soloist at The Temple-Tifereth Israel, is proud of her daughter. "Blaise continually takes risks and applies her art in different ways," she said. "The encouragement and instruction Blaise has received from Amy Bennett, owner and teacher of pARTners Project Studio, where differently abled artists produce unique work, has been invaluable. Her

art is for sale at Arful21, a unique gift shop filled with treasures created by artists with Down syndrome."

Almost everyone who knows Blaise has a piece of her artwork somewhere in their home.

Prior to the pandemic, Blaise, who is very social and loves being with people, was an active participant in Beachwood Community Theater, Stagecrafters Broadway Buddies Musical Theater Program (a program that pairs children with special needs with a theater buddy during rehearsals and performances), The Temple-Tifereth Israel, JCC, Down Syndrome Association of Northeast Ohio (formerly the Up Side of Downs), JFSA's YouthAbility, and the Beachwood library.

But COVID has made Blaise's world much smaller. "The pandemic crushed Blaise," said Scott. "My daughter thrives on being engaged with people and the community, and until it's safe to do so, she can no longer hug her friends or participate in group settings. It's been rough. Thank goodness she has her art to keep her busy, and our dog, Gabe, who Blaise takes for walks every day."

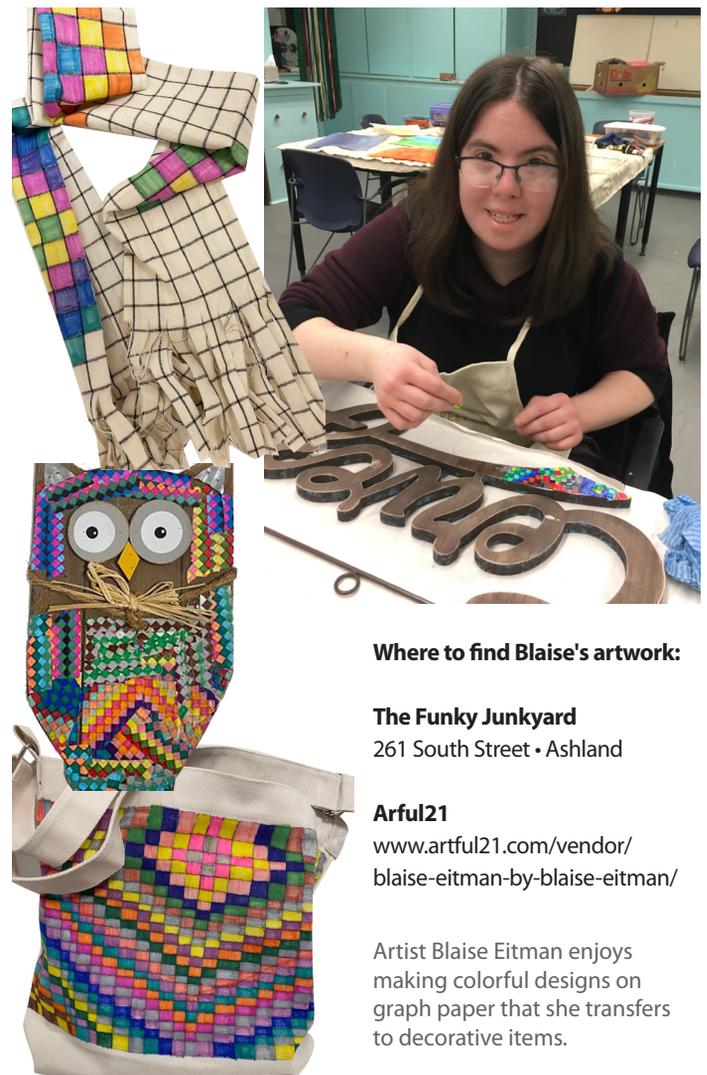
Even if they can't be there for a hug, Blaise's many community friends stay in touch, including

Cantor Kathy Wolfe Sebo of The Temple-Tifereth Israel. "Blaise has the kindest and most caring heart," said Cantor Sebo. "She is a dear friend and a treasured member of our temple community. Blaise shows her affection and her love through her hugs and her artwork. If you are among those who have received one of Blaise's hugs or have been gifted a piece of her artwork, then you understand."

Blaise divides her time between her parents' condos at The Fairmount. She also gets a lot of support from family and friends.

"Blaise's sisters and dad, all gifted artists, encourage Blaise in everything she does," said Cheryl. "The sky is the limit for our talented daughter."

To learn more, follow Blaise on Facebook.



Where to find Blaise's artwork:

The Funky Junkyard
261 South Street • Ashland

Arful21
www.artful21.com/vendor/blaise-eitman-by-blaise-eitman/

Artist Blaise Eitman enjoys making colorful designs on graph paper that she transfers to decorative items.

For the Love of Music

Beachwood Middle School and High School choir students sang their hearts out at the fifth annual Cabaret Night, which took place on December 2 at Beachwood High School. Although aspects of the show differed this year because of the pandemic, performers, instructors, and support staff were grateful that the show was LIVE!



Masters of Ceremonies, including Miriam Aschkenasy, Kayla Allamby, Sawyer Borland, Mackenzie Dobens, Jace Hall, Dalilah Harrison, Tamar Klein, Sophia Nagy-Oleski, Rama Salami, Samira Shabazz, Savanna Shields, Sami Stimpert and Adeline Wohl, introduced each performance, stating its relevance and meaning; and back-stage crew members Kenadi Adams, Dashon Gilmore, Alex Lee, and Austyn Stout, made sure that everything ran smoothly.

All of the choir students sang the opening song, "The Greatest Show," which was followed by nineteen acts. Students chose their groups and songs, and created their own choreography during choir classes. Their teamwork, creativity, and talent are commended, and their hard work paid off.

It was a night to remember, as you can see on YouTube at <https://tinyurl.com/BeachwoodCabaret>.



Top row:
Ellie Lauer performing "I'll Be There," by Walk Off the Earth.

Zohar Wolach singing "Holy Ghost Fire," by Larkin Poe.



Center:
Showstoppers Show Choir performing "I Want You Back/ABC," by The Jackson 5.
From left: Mackenzie Dobens, Kayla Allamby (choreographer), JD Henz, Gigi Ribeiro Duraes, Daverlyne Lugo, Jean Pierre, Rachel Isaacson, Arynne Chang, Rivers McKinney, Kawther Alnahwi, Kara Houston, Raen Johnson, and Addy Wohl.



Bottom row:
Sano Karamaga singing "You'll Be Back," from *Hamilton the Musical*, by Lin-Manuel Miranda, a performance that received a standing ovation! It can be seen at 54:06 on the YouTube video.

Alex Lee singing "Halo (Cover by Alexander Stewart)," by Beyonce. The audience shone lights on their phones while he sang.



Kara Houston and JD Henz singing and performing to "Freaks," by Surf Curse.

Kamryn Nolden singing "Back and Forth," by Aaliyah.



Top:
Dalilah Harrison, Ela Sasmaz, Sami Stimpert, Sawyer Borland, Allie Rindsberg, Samira Shabazz, and Savanna Shields singing and dancing to "Tok Tok," by Kesha.

Bottom:
Gigi Ribeiro Duraes singing "A Thousand Years," by Christina Perri. She performed with Juan Coz, Grace Duan, Kaleena Huynh, Rivers McKinney, and Victoria Philip.

Alexia Roush singing "This Side of Paradise," by Hayley Kiyoko.

Photos by TJ Jaeger

"Please let us introduce our first act, JD and Kara singing "Freaks," by the band Surf Curse.

This song went viral on TikTok. It is a song is for people who feel alienated and gives them the courage to believe in their dreams."

– Tamar Klein

Coming Soon at Beachwood High School:

Beachwood High School Musical:
Little Shop of Horrors
March 11 • 7 p.m.
March 12 • 1 p.m. and 6 p.m.

Middle School and High School Choirs
Spring Concert
April 28 • 7:30 p.m.



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Fall in Love with Learning

by Preeti Venkataramani

In two short years, the way we shop, meet, and work have dramatically changed; so have student learning and preparation for life beyond high school. Young people, as well as adults, are faced with new ways to consider career and other professional preparation. To help with that process, Beachwood Schools Foundation underwrote an Early Career Preparation Residency for juniors and seniors at Beachwood High School.

During the residency, Cathy Posner, career coach, (www.transitionconsultingandcoaching.com), presents workshops and meets with students to discuss key career issues, including resumes, social media for career, self-promotion, and identifying strengths and interests.

I recently spoke with Cathy to discuss career strategies as we start 2022. We talked about how this rapid transformation has created an abundance of opportunities in different industries and vocations. She offered a few tools and suggestions to explore how anyone can make use of this moment in time to pivot, expand, and upgrade skills, and enhance your career.

Cathy stressed the importance of focusing on two types of skills: hard skills, what you know; and people skills, how you interact with others. To thrive in any career, there should be a concerted effort to improve both.

Here are some sought-after skills and attributes for 2022:

Hard Skills

- **Healthcare**
Pharmacy technicians, Medical Record Management, Urgent Care
- **IT**
Cloud Computing, Artificial Intelligence, Data Science
- **Operations**
Strategy, Supply Chain, Forecasting
- **Finance**
Compliance, Reporting, Financial modeling

- **Remote Communication**
Zoom, MS Teams, Slack

People Skills

- **Emotional Intelligence**
- **Adaptability**
- **Critical thinking**
- **Leadership**
- **Interpersonal skills**
- **Relationship building**
- **Teamwork**

People skills hold more weight when employers are considering a hire. Will you fit into an organizational culture? Will you get along with the team? Additionally, the more you advance in your career, those people skills become even more critical. When it comes to managing people, decision making, or relationship building, these skills can neither be outsourced nor performed by a computer. They make you highly valuable and indispensable. The trust, loyalty, and camaraderie you bring to the table are truly priceless. People want to work with and do business with people they trust and like.

A good way to assess your people skills is to start by determining your emotional intelligence. You may want to take the quiz offered online at www.mindtools.com/pages/article/ei-quiz.htm. This will give you a starting point of where you are in understanding how you relate to others and what areas need improvement.

For courses on critical thinking, leadership, interpersonal skills etc., visit www.dalecarnegie.com, www.coursera.com, www.udemy.com, www.skillssoft.com, or www.youtube.com.

When it comes to building hard skills, northeast Ohio offers a wealth of resources for learning. Tri-C Eastern Campus offers both in-person and online courses in accounting, business management, healthcare, engineering technology, information technology, strategy, supply chain, etc. For details, visit www.tri-c.edu/programs/programs-a-z.html or www.tri-c.edu/corporatecollege/professional-development/online-courses/index.html.

There are also a number of online course providers, including www.coursera.org, www.udemy.com, and www.skillshare.com. These resources offer both free and paid courses.

Whether entry level, mid-career, or late stage, it is imperative to keep an eye on current and upcoming trends. The following links provide information about hiring trends and career resources: www.forbes.com/future-of-work/, and www.themuse.com/advice.

To learn more, download the detailed 2022 Workplace Learning Trends Report by Udemy Business at <https://business.udemy.com/2022-workplace-learning-trends-report>, or simply do a search on your browser to see what new work trends are for 2022.

If you are feeling stuck in your career, it is a good time to make a change. Below are some questions to ask yourself in order to narrow down where you may want to shift your focus:

- What do you enjoy doing?
- What are your current priorities?
- What skills do you already have that can be easily transferred to a new role?

The thrill of learning something new never grows old. This year, gift yourself with the rose of learning!

There are more resources available now than ever before. Use them! If you prefer to work one-on-one with a coach to help you with your career transformation, you can reach out to Cathy at cathy@transitionconsultingandcoaching.com, or another career-specific coach.

Just like we budget time and money for celebrating different holidays, we benefit when we budget time and money for learning and growth. The thrill of learning something new never grows old. This year, gift yourself with the rose of learning!





For the Love of Supporting Students

Nicholas Petty Named Award Recipient by National Resource Center for The First-Year Experience and Students in Transition

Nicholas Petty, M. Ed., grew up in Beachwood, attended Beachwood Schools through 10th grade, and graduated from University Schools in 1992, after being recruited to play football. A current Beachwood resident, Nick is executive director of student success at Cleveland State University, where he was named a 2021-2022 Outstanding First-Year Student Advocates award recipient by the National Resource Center for The First-Year Experience and Students in Transition.

Nick also serves as director of Undergraduate Inclusive Excellence Coaching Academic Programs, and director of both the Parker Hannifin Living Learning Community and Summer Bridge Enrichment Academy at CSU. In these roles, he transforms programming to ensure equitable educational opportunities and empowerment for all students – particularly first-generation students and those from traditionally marginalized backgrounds.

“What he has done here has been nothing short of phenomenal,” said CSU president Harlan Sands. “Nick is a difference maker and a believer in every student, regardless of challenges. He will move mountains to help a student in need.”

Prior to his arrival at CSU, Nick spent six years as principal of Cleveland’s innovative Ginn Academy, which earned a School Innovation Award from former Ohio Governor John Kasich in recognition of its “life coach” mentoring program and commitment to developing workforce skills. Nick has earned national notice for his innovative approaches to behavioral intervention and student motivation.

“He has a remarkable relational ability to make each student feel valued, loved,

important, special, heard and seen. His service is informed by his compassion and love for young people,” said Tachelle Banks, Ph.D., presidential fellow, associate vice provost for academic innovation and initiatives, and professor and associate dean, faculty and external affairs in the College of Education and Human Services. “His compassion and commitment to be of service to others is unmatched. While a professional endeavor, this work is personal for him,” Dr. Banks added. “There is a sense of urgency in how he goes about his work. In his words, ‘Their lives depend on it.’”

Nick established CSU’s Graduation Coaching Office and works with student support units across campus to enhance services for students from traditionally marginalized backgrounds – often who are also first-generation students identified as being at-risk for dropping out of college.

With the goal of enhancing persistence, retention, and graduation rates, his work has helped retain 93% of first-generation minority students with whom he works.

“Mr. Petty is a great role model. I grew up without a father in my life, and he fits that role of someone I aspire to be,” said Gary Grant Thompson III, a third-year CSU student.

“Nick’s passion for helping and serving students is so apparent and his energy so contagious that one can hardly be in his presence without developing an acute, comprehensive awareness of the impact and value of our work as educators,” said Student Success Graduation Coach Andrew Taylor.

“What he has done here has been nothing short of phenomenal,” said CSU president Harlan Sands. “Nick is a difference maker and a believer in every student, regardless of challenges. He will move mountains to help a student in need.”

“He stands as a beacon, emblematic of the hope and potential for every student, regardless of their circumstances, to succeed in higher education,” Andrew added. “I am a better person for knowing him, and am a more passionate and intentional educator because of him.”

Nick is currently completing a philosophy doctoral program in urban education at CSU. His dissertation is

titled, “Improving Persistence and Completion for Black and Brown Post-Secondary Students: Examining the Efficacy of Living Learning Communities.”

Anchored at the University of South Carolina, the National Resource Center for the First-Year Experience and Students in Transition serves as the trusted expert, internationally recognized leader, and clearinghouse for scholarship, policy, and best practice for all postsecondary student transitions. Their annual awards are given to college and university leaders who set a standard of excellence for supporting student transitions and facilitating educational success for a diversity of students.

Nicholas and the nine other recipients will be honored at the Annual Conference on The First-Year Experience, February 12-15, in Orlando, Florida.

Nick is humbled to receive this award. He shared two quotes, by which he lives: “No one stands so tall as when he stoops to help a child,” by James C. Dobson; and, “It is better to build strong children than to repair broken men,” by Frederick Douglas.

Information and photos courtesy of Cleveland State University.

For the Love of Cooking

by Arlene Fine

No need to travel to a county fair to sink your teeth into a sugar-glazed donut burger complete with smoked bacon and American cheese – just head over to No Fork Restaurant at 3365 Richmond Rd., Suite 125.

Owned and operated by business partners Calvin Willis, Jason Houser and Josh Farr, the dining spot serves up a menu ranging from breakfast specials like Apple Cobbler French Toast made with brioche bread, topped with caramelized apples, gobs of whipped cream and powdered sugar to healthier options like grilled chicken breast atop a fresh house salad.

Calvin, who has been cooking ever since he was old enough to crack an egg, learned his way around the kitchen from his Cleveland grandma whose cheesy grits, prime rib, and mac & cheese still make his mouth water.

"Food has always been a big part of my life," said Calvin, a graduate of the Pennsylvania

Culinary Institute. "I worked as a private chef and in top restaurants. But working 80-90 hours a week was getting to me, so I decided to open a place of my own where I could control my hours."

A few years ago, Calvin and his business partners opened No Fork Cafe in a Warrensville Heights office building. The Beachwood location followed. "Beachwood is an awesome community," said Calvin. "I like the way everyone is so family oriented. We have customers from all walks of life, and we welcome everyone."

The restaurant has been doing a brisk business since its October 23, 2021 ribbon cutting. Although there are

tables in the restaurants, Calvin said the bulk of their business is take-out. Plus, Door Dash is delivering their food all over town, which has helped keep sales up during COVID.

"Word about our Shaved Rib Eye Sandwiches, Steak Philly, and Strawberry Cheese Cake French Toast is getting out there real fast," said Calvin. "We invite new customers to stop in and see firsthand what people are talking about!"

No Fork is located next door to Archie's Bakery, where Calvin smells cookies baking all day.

Despite his success, Calvin never loses sight of the advice

his grandma gave him as a youngster: "Cook from the heart and it will come out right."

Just one bite of No Fork's famous Flaming Mac & Cheese or Big Boy BLT and you know it sure has.

**No Fork Restaurant –
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Calvin Willis and Jason Houser display their Strawberry Cheesecake French Toast, along with the Sugar-glazed Donut Burger and 10 pc. Shrimp Basket. Photos by Scott Morrison, Discovery Photo. Following the photo shoot, Calvin and Jason sent Scott home with the Sugar-glazed Donut Burger. When he submitted the photos, he said, "It was amazing! I will definitely go back!"

For the Love of Soul and Comfort Food

By Arlene Fine

You can take the cook out of the South, but you can't take the South out of the cook. Just ask Taylor Davis, the owner of Krave, a mouth-watering soul and comfort food restaurant located at 3365 Richmond Rd., Suite 225.

Taylor, who has lived with good cooks all her life, grew up tasting, stirring, frying, and fixing all the recipes her Alabama-born grandmother passed on to the women in her family.

"Southern soul food is part of my family's DNA," she said. "Everything we do revolves around the kitchen – where no one has to be asked twice to come to the table."

With a repertoire of tried-and-true family recipes, featuring beans, greens, cornmeal, and pork, Taylor opened soul-food popups in Cleveland restaurants and bars beginning in 2018. The success of her word-of-mouth business propelled Taylor to open Krave, a year ago.

"My aunt joined me in the kitchen and it's a joy to cook my grandmother's recipes together," said Taylor. "We like teaching younger cooks what we do, so we can pass this knowledge down to the next generation."

National media personality Geraldo Rivera and his daughter, Solita, join a growing list of fans who line up for Taylor's succulent dishes like smothered turkey chops, mac & cheese, candied yams, black eyed peas, mashed potatoes, fried chicken wings, collard greens, banana pudding, and peach cobbler. After Geraldo's first taste of Taylor's cooking, he invited her to be a guest on his radio show at WTAM

1100. "Geraldo is a big fan who appreciates downhome soul and comfort food," Taylor said.

Opening Krave in Beachwood, in the city's "restaurant row," has been a blessing for Taylor. "Other restaurant owners, like Brad Friedlander of Blu and Cut 151 have been so helpful and friendly," she said. "This is a great community that has welcomed us with open arms. We all feel right at home and hope to keep serving platters of fried shrimp and dishing out bowls of our warm peach cobbler for many years to come."

Krave
2-8 p.m.
3365 Richmond Road
Suite 225
216.342.4095



Geraldo Rivera poses with Taylor after enjoying a meal at Krave.

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For the Love of the Buckeyes by Shana Wallenstein

In a city filled with its share of Buckeye enthusiasts, Evy Pomerantz Davis and her husband, Jim, stand out. From Evy's personalized license plate, BCKI4LF, to scheduling their Saturdays around game time, Evy and Jim are committed members of the Buckeye Nation. A corporate recruiter, Evy even finds that a mutual admiration for the Buckeyes often helps her connect to a potential employer or employee.

"It's such a universal calling – Buckeye Nation is alive and well across the country. No matter where you go, you're a part of a large fraternity of people who get it. You'll hear the call of O-H from across the room and of course you have to respond I-O!"

Evy and Jim met at Ohio State at the end of her freshman year. She grew up in a football-loving family; she recalls watching Browns games with her dad on Sundays. He and two of her three brothers are OSU graduates.

Evy laughs as she recalls her own college days. "I always bought my student-section season tickets. But honestly, I sold a lot of my game tickets for shopping money."

By the time she graduated, however, Evy's commitment to the scarlet and gray was forged for life. "You start going to games, and you get to know the players and the coaches. Even then, the Buckeyes were a winning program."

And win they have. Eight national championships, 41 conference championships, 10 division championships, 10 undefeated seasons, and six perfect seasons. Seven players have received the coveted Heisman Trophy.

The Buckeyes, through this season, have a win percentage of .731 and an all-time record of 942 wins (330 losses and 53 ties). They're third in the nation for total number of wins.

Thirty-five years after their days as students at Ohio State, the Davises still reserve fall Saturdays for Buckeye games, and when COVID hit in 2020, they enhanced their backyard patio to feature soft seating and a large television so they could watch safely with friends.

"We never miss a game. Our Saturday schedules are built around OSU football. We are at a point in our lives now where we can look at the game schedule in advance and



choose the games we want to attend with our sons and our friends. We usually go to at least one or two home games and select one away game to attend," Evy enthusiastically shared. "Buckeye fans represent! It's rare to be at a game

where our fan base isn't the biggest, the loudest, the most dominant."

When this year's Rose Bowl game was announced, Evy, who has family in Los Angeles, knew they needed to be there. "Attending The Rose Bowl isn't just going to a bowl game, it's a bucket list item! Even though it didn't have significance in the College Football Championship rankings, we wanted to be there". After trailing for nearly the entire game, Ohio State came back to win with 9-seconds remaining. "We were outnumbered at the game, but by the end, you couldn't tell! The fans were going insane."

As her sons, both of whom would go on to attend Ohio State, were growing up, seeing the Buckeyes through their eyes was even more special than her own experience.

"Jimmy would take them to games at the Shoe when they were younger. Each of us has friendships forged in football. I have a group of girlfriends who text back and forth during games."

They also have their own superstitions and rituals, including where they sit, what they eat and what they wear. "One year, we ate subs for every game because when we did, the team would win! Sometimes, if a game isn't going our way, I make people change their seats."



"The Buckeyes are a connection I have with my husband, my kids, my siblings, and complete strangers. At the end of every game, when the players and fans come together and sing 'Carmen Ohio,' you can't help but be moved."

The camaraderie amongst fans is real. Evy tells a story about the Big 10 Championship two years ago. "There was this guy behind us and he was loud and excited and I could tell Jimmy was annoyed by him, but by the end of the game, we were all high-fiving! There's just a karma among the fans. We celebrate together when the Buckeyes win, and mourn the losses or injuries when they happen".

"The Buckeyes are a connection I have with my husband, my kids, my siblings, and complete strangers. At the end of every game, when the players and fans come together and sing 'Carmen Ohio,' you can't help but be moved."

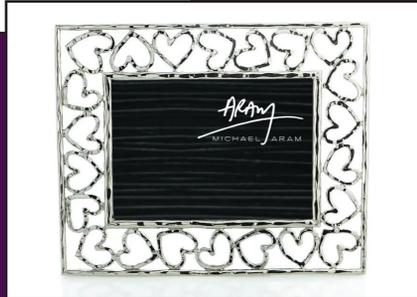
Evy remembers the words to "Carmen Ohio" and the fight song. "We had to learn them in our sorority. And some things you just never forget". She admits to even getting a little teary when The Best Damn Band in the Land takes the field.

The football season may have wrapped up for now, but come Saturday, September 3, 2022, you can guarantee that Evy, Jim, and the rest of Buckeye Nation will have their eyes on the prize as the Buckeyes open the season against Notre Dame in the Shoe. They may be there in person or watching the game at home, but one thing is for sure - the Davises will be ready for Ohio State football!

Pictured: Evy and Jim Davis at the 2022 Rose Bowl Game, OSU vs. Utah, in Pasadena; Evy and her kids, Andrew and Zach, at the 2014 rivalry game, of OSU vs. Michigan.



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Do You Have a Child Entering Kindergarten?

If you have a child who will be entering Kindergarten in the Fall of 2022, please visit Beachwood's website, www.beachwoodschoools.org, and click on the Kindergarten Registration link.

Registration begins February 8.

Kindergarten Parent Orientation

Kindergarten Parent Orientation (virtual) is scheduled for Thursday, May 19, from 4-5 p.m.

Should you have any questions about registration, please contact Grace Perryman, district registrar, at gperryman@beachwoodschoools.org or 216.464.2600, ext. 244.

Thank you!

For the Love of Building

by Shana Wallenstein

Growing up, Michelle Mayer was a fan of the bucket of bricks. She didn't have the kits, like the kids do now, but she had a bucket of Lego blocks that she and her creative father would use to build houses, characters, and stories. When the opportunity came for Michelle to have a Lego Club at Bryden Elementary School, she knew she wanted to bring that to life for the kids at school. The literacy specialist at Bryden, Michelle is known for her creative ways of developing the reading skills of Beachwood's youngest learners. Her Lego Club embraces the concept that play is educational when it is joyful, meaningful, engaging, and interactive. Plus, it's a ton of fun!

The Lego Club is a five-week session in the spring, for second graders only. Michelle runs three clubs with 12 students each, so that more of the grade can participate. Each week, they start with five minutes of free play. After the kids get warmed up, the challenges begin. Each session includes a mini-challenge and a "mega" challenge. The mini challenge might include something like building with one color or building with your eyes closed. Once the

kids complete that and share their creation, they begin the "mega" challenge. Participants work together to create something substantial, like a skyscraper that can withstand an "earthquake" or a bridge that can support a toy car.

"The creativity that bubbles up from the kids is astounding! During one challenge, I had the teams build their own vehicles and then they had to build something for that vehicle. I got parking lots, garages, one team even built a car wash!"

"We don't get to play in school as much, so the opportunity for them to come in and be loud, and laugh and create is so wonderful to watch."

There's no doubt that there is learning to be gained through play. Experts have long validated that learning through play supports the development of early literacy and numeracy, while also cultivating social, emotional, and creative skills in children. Playing with Legos requires planning, hypothesis, and testing. The participants

run the gamut of emotions as well, from elation and excitement when they create something extraordinary to frustration when it doesn't quite come to fruition.

Her Lego Club embraces the concept that play is educational when it is joyful, meaningful, engaging, and interactive. Plus, it's a ton of fun!



Phineus builds an observation deck on his skyscraper



Julianna went for a slim and sleek design



Subtle math measurements are captured in Lynn's build.

"Frustration is a natural part of the experience. We talk about working through disappointment, team work, and expectations versus reality."

There's lots of learning happening during Lego Club, but Michelle's focus is on the fun, and the big bin of bricks ready to be built into something magical.

Donations are always appreciated! To contribute to the Bryden Lego Club, please drop off new or gently used Legos at Bryden Elementary School, to the attention of Michelle Mayer.



Remembering Cleveland Inventor Garrett Morgan

by State Representative Kent Smith

This month is Black History month. Together, let's salute Garrett Morgan, an African American businessman, inventor, and community leader. Garrett was born in Kentucky and moved to Cleveland in 1895, at the age of 18. Although he was not formally educated beyond the sixth grade, he was a mechanical genius with a savvy, entrepreneurial spirit. After working in the garment industry, Garrett opened his own shop on West 6th Street, where he repaired and sold sewing machines, and patented an improved sewing-machine model.

In 1914, Garrett patented the safety hood, a breathing device that provided a safer breathing experience in the presence of smoke, gases, and other pollutants. It was marketed to fire departments, and then became the prototype for the gas masks used during World War I to protect soldiers from toxic gas used in warfare. It was also used in the 1916 rescue mission that followed the Cleveland Waterworks tunnel explosion under Lake Erie.

As a result of this invention, Garrett's wealth led him to be the first African American in Cleveland to purchase a car,

which led to his next great invention.

While driving, he witnessed a terrible accident between an automobile and a horse drawn buggy. That was when Garrett knew he needed to improve upon the two-light traffic signal that was in use at the time. He then created the design with a third light, the cautionary signal between "stop" and "go," and sold his three-light traffic signal to General Electric in 1923 for \$40,000.

Please drive safe this month, and the next time you safely navigate an intersection, take a moment to remember this African

American businessman, inventor, and community leader, Garrett Morgan.

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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Stop and Smell the Roses

by Jennifer Stern



I recently read the following post by Rabbi Yisroel Bernath: *In Washington DC, at a Metro Station, on a cold January morning in 2007, a man with a violin played six Bach pieces for about 45 minutes. During that time, approximately 2,000 people went through the station, most of them on their way to work.*



No one knew this, but the violinist was Joshua Bell, one of the greatest musicians in the world. He played one of the most intricate pieces ever written, with a violin worth \$3.5 million dollars. Two days before, Joshua Bell sold-out a theater in Boston where the seats averaged \$100 each to sit and listen to him play the same music. This is a true story. Joshua Bell, playing incognito in the D.C. Metro Station. It was organized by the Washington Post as part of a social experiment about perception, taste, and people's priorities.

Sunrises, sunsets. Pink morning skies. Snowflakes falling upon branches as the sun shines against a beautiful winter sky. The perfect cup of dark roast to start the day. There is beauty all around us. Do we stop? Notice? Appreciate? Savor?

to be present and aware of all that exists beyond to-do lists, deadlines, life's ordinary stressors. This intentional pause in gratitude throughout the day reduces stress and agitation, while increasing feelings of calm, positive awareness, and an overall sense of well being.

We often start and end our day with little pause to appreciate that which makes life special.

For one week, try journaling at the end of each day (notes in your cell phone works too):

- Something I saw that made me pause in appreciation
- Something I heard that inspired or made me smile
- Something I felt that brought comfort
- Something I smelled that filled me with joyful nostalgia or calm
- Something I ate that brought pleasure

We often start and end our day with little pause to appreciate that which makes life special.

Do we mindfully engage our senses in ways that bring moments of contentment, paying attention to the sights, sounds, tastes, smells, and feels that comfort, thrill, reassure?

It costs nothing to pause, exhale, appreciate the clouds gently rolling by, a beautiful blue bird trusting the branch beneath, fresh snow falling.

Meditation does not require us to sit quietly on a mat, but

*"The beauty of life is in each precious moment!
Stop and smell the roses!"*

– Tanja Christine Jaeger,
Spiritual Life Coach

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Photos by Debby Zelman Rapoport

For the Love of the Sport

Ronnie Bryant has been a dedicated employee at the Beachwood Public Works Department for 9 years. He's also been a dedicated coach/mentor for 30 years; 20 at Glenville High School. His niche is training young men to be their best – both on and off the field.

Ronnie's efforts pay off with his students – and his children, both of whom excel in athletics. Coby plays cornerback for the University of Cincinnati Bearcats football team as a fifth year senior, and recently won the Paycom Jim Thorpe Award for being the best defensive back in college football. This is the first time a player on the team won this award.

Coby is following in the footsteps of his older brother, Christian, who played for Ohio State, and then professionally for the St. Louis Rams as a safety.

Coby and Christian both played football at the Ginn Academy, under legendary coach Ted Ginn.

Coby's coach, Luke Fickell, also earned accolades this year. He was awarded the Home Depot Coach of the Year title. Plus, the Bearcats earned a place in this year's playoff semifinal Goodyear Cotton Bowl Classic, facing Alabama (#1 ranked). They were defeated, 21-6.

Coby is working on his master's degree in communications. He credits God for all of his blessings, sets a good example for others, and plans to set up a foundation to help children when he has the opportunity.

"Both kids are attracted to sports and I'm proud of how they shine, both on and off the field. They're humble and hungry," Ronnie shared. "Coby is working hard to prepare for the NFL draft, and Christian is excelling in commercial real estate. You have to love what you do and be disciplined every day of your life to achieve success. It also takes humility and spirituality, and giving back is part of the formula. We're obligated to give back."

Editor's note: Watch for a more in-depth story about the Bryant family after the NFL draft. We wish Coby success!

Pictured: Coby Bryant with his parents, Tanisha Bryant and Ronnie Bryant.



Orange Place Family Dentistry Welcomes New Dentist joining Dr. Jed Koops, Dr. Jerome Faist & team!



Dr. Thanh Mollica was born and raised in Cleveland, Ohio.

She completed her undergraduate studies at Case Western Reserve University with a Bachelor's degree in Biology and Psychology.

She then received her Master of Medical Science degree from the Physician Assistant Program at Arcadia University near Philadelphia, PA. She is a certified Physician Assistant at Cleveland Clinic Fairview Hospital since 2005.

Passionate about combining her love for art and science, Dr. Mollica decided to switch careers to become a dentist.

She earned her Doctorate of Dental Surgery at The Ohio State University in 2016. Following her graduation, she did a General Practice Residency at Mercy Medical Center in Canton. Today, she can't be happier with her career change! She loves getting to know patients and helping them achieve their oral health goals.

Dr. Mollica is a member of the Greater Cleveland Dental Society (GCDS), Ohio Dental Association (ODA), and American Dental Association (ADA).

She enjoys spending time with her husband and three boys, as well as camping, traveling, and achieving "Splat Points" at Orangetheory.



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BAKED by Abbie

For the Love of Baking

Chocolate Soufflé

Those who love chocolate don't need a special holiday to indulge. Cold February days seem like a perfect time to enjoy one of the ultimate chocolate desserts – a chocolate soufflé, eaten warm, just out of the oven. These dramatic dishes – either savory (like potato, carrot, and spinach, with or without cheese or herbs) or sweet (caramel, lemon, and strawberry) – deeply satisfy. While this confection has an intimidating reputation, it's easy to make with a good recipe in hand.

Antoine Beauvilliers, owner of the first high-end restaurant in Paris, is often credited with creating the soufflé in the early 1880s. When this

treat enjoyed a renaissance in upscale American restaurants in the 1960s, I believe it became a mainstay *showstopper*. **Bon appétit!**

Chocolate Soufflé

Adapted from Sally's Baking Addiction

Ingredients

- 4 Tablespoons unsalted butter, cut into 4 equal pieces
- 4-ounce semi-sweet chocolate bar, coarsely chopped, or 4 oz. morsels
- 3 large eggs, separated
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/8 teaspoon cream of tartar
- 3 Tablespoons granulated sugar

Preparation for One 1-1.5 Quart-Sized Baking Dish or Four 6-ounce Straight-Edged Ramekins

- 1 Tablespoon unsalted butter, extra soft
- 4 teaspoons granulated sugar

Instructions

- Adjust oven rack to the lower third and preheat to 400°F.
- Melt 4 Tablespoons of butter and chocolate in a double boiler or in a large heatproof bowl in the microwave, microwaving in 20 second increments, stirring after each, until completely melted and combined. Cool for 3-5 minutes.
- Whisk egg yolks, vanilla and salt into chocolate mixture. Set aside.
- In a medium bowl, using a handheld mixer or stand mixer with whisk attachment, beat egg whites and cream of tartar together on high until soft peaks form, about 2 minutes. With the mixer running on high, slowly add the sugar in 3 additions, about 1 Tablespoon at a time, beating for 5 seconds before



adding more. Beat until stiff glossy peaks form, about 2 minutes.

- Gently fold egg whites into the chocolate mixture, one-third at a time, combining completely before folding in more.
- Refrigerate batter for 5-10 minutes.
- Brush baking dishes with softened butter. Sprinkle in the granulated sugar, then shake/rotate to ensure even coating. Discard excess sugar. Place on a baking sheet.
- Spoon batter evenly into dishes. Using a knife or icing spatula, smooth surfaces and run tool around each rim, creating a channel.

- Place dish(es) in oven. Immediately reduce temperature to 375°F. Bake – ramekins 13-14 minutes and quart dish 26-30 minutes – till edges set.
- Remove from oven. Serve immediately. Enjoy plain or with seasonal fruit, ice cream or caramel sauce.

Let's Bake!

Abbie Nagler Sender, a licenced, award-winning baker, is the owner of BAKED by abbie, a 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.



For the Love of Self Care

The pandemic has forced us all to make changes and sacrifices in our lives for the sake of staying safe and healthy. But sometimes those measures can have unexpected adverse consequences. With vaccines getting broader use and new treatments for COVID on the horizon, it's time to start addressing the unhealthy habits and behaviors that, for many of us, have become part of a pandemic lifestyle.

Dr. Michael Groesch, a physical therapist and board-certified specialist in orthopaedic physical therapy at the Peter B. Lewis Aquatic & Therapy Center, noticed that the pandemic shutdown interrupted some clients' therapies.

"COVID has been very disruptive to both therapy for our clients and the exercise routines of our members at the Center. During the initial stay-at-home orders in Ohio, our facility was closed for six weeks. Luckily, we were still able to provide our services through telehealth – but this was a big adjustment for clients."

Sharon Leak has been going to the Center for about twenty years to manage her arthritis. She saw a significant change in her lifestyle at the beginning of the pandemic.

"Before COVID, I used to exercise six days a week," Sharon said. "Once the pandemic shut the Lewis Aquatic Center down, I went from exercising six days a week to not exercising at all, because one of the things that you'll find with people who do a lot of aquatic aerobics and aquatic exercises is that we really can't do that much on land without it hurting."

"A lot of people had difficulty making adjustments to their routines, leading to decreased activity levels, which caused increases in weight and pain levels as well as decreases in strength, balance, endurance, and an overall decline in mobility," Dr. Groesch explained. "These declines also put a lot of our clients at an increased risk of falling."



Sharon Leak is grateful to be back to her exercise routine.

In fact, that's exactly what happened to Sharon. "I slipped and fell, and injured my back. For a good little while, I was in the bed, mostly, or in a chair, and sedentary. And then I gained weight."

Now that the Center has opened back up for therapy and exercise, Dr. Groesch offers some advice for anyone looking to improve their health.

"An evaluation with a physical therapist is a great way to get back on track if someone is unable to do so on their own. The therapist will help to customize a treatment program to help them get on the road to recovery with the long-term goal of returning to those previous exercise levels and routines."

Sharon took his advice to heart. She said, "I was so weak, I really could not walk 200 feet without stopping and sitting down. But now, after several sessions with Dr. Groesch, I can go to Giant Eagle, I can go to Nordstrom. It improves the quality of life. As you age, what you really want is quality of life. I am very grateful that I can walk, that I can do the exercise classes in the pool. When I leave there, I always feel stronger, I feel more energetic, and it definitely helps with my balance. It also helps with weight and trying to stay as healthy as possible."

For advice on how to empower your independence, contact the Center at 216.595.7345 or visit www.MenorahPark.org.

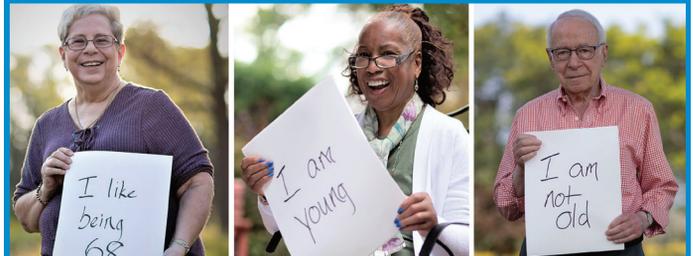
Age isn't chronological. IT'S PERSONAL.



At Menorah Park, we think that the age on your driver's license is only a small part of who you are. It doesn't tell the whole story. We believe you're never too old to be young. That's why we're here: to help keep you dreaming, learning, living. To help you keep being you.

Menorah Park is dedicated to offering a wide variety of programs and support to meet each individual's needs . . . from therapy to brain health, to residential care and more.

Join our community today. Explore our many residential options for a place that's perfectly you!



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PARK

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MenorahPark.org
216-831-6500

Locations in Beachwood and Chagrin Valley

For the Love of Yoga

by Shana Wallenstein

Carolyn Miller, a yoga devotee for more than a decade, began her yoga journey as a form of exercise prior to having children. Her former home had a studio that she loved. With marriage came a move, but her commitment to yoga remained.

Carolyn has a master's degree in education and was teaching students with multiple disabilities in a nearby district when her children were young. Then, she chose to stay home with her children, Robby and Julia, when they were young. Throughout this time, her love of yoga remained strong. She completed 200 hours of yoga teacher training to become a registered yoga instructor and was looking for a way to combine yoga with her background in elementary education. When the opportunity to teach a class to preschool students in the Orange School District was presented, she knew she'd found her calling: To bring her love of yoga to young people.

Yoga has significant benefits for children. It helps them manage anxiety, improve emotional regulation, and boost self-esteem. It also provides a sense of personal empowerment, increases body awareness and mindfulness, enhances concentration and memory, teaches discipline, and reduces impulsivity – all while developing physical and mental strength and flexibility.

To further spread her love of yoga, Carolyn reached out to Pete Conces and Frank Vicchiarelli at the Beachwood Community Center to see if the city would support an after-school program. With their support, Carolyn began teaching yoga at Fairmount and Bryden during the 2019-2020 school year. She introduces children as young as three years old to the basic concepts of yoga, and her classes are a huge success.

"At Fairmount, we have themed weeks including beach yoga, superhero and seasonal yoga," Carolyn told us. "During beach week, we practice chair pose,

and call it 'beach chair', and the kids and I attempt to throw and catch the beach ball with our hands and feet.

"By the time the children get to the Bryden school age program, many repeat students transition easily to the new yoga poses, flows, and games," she added. "There is a saying in yoga: Yoga is not about perfection, it's about practice, and I think that's such an important concept for children. It's one of the few activities that children can participate in that isn't about competition, scoring points, or being the fastest. Often times when someone is having a difficult time with a pose or they're getting tired, I simply say, 'it's just yoga,' and we take a shimmy shake to shake off whatever negative feelings were building up. Then, we either move on or try it again with a focus on our breath.

"During class, the kids can go at their own pace and do their own thing – it's really not that serious," she continued. "Some kids like their own space on their mat where they can meditate and breathe without interruption, and others want to show me and their friends the newest pose they've mastered."

Although COVID put a pause on the afterschool yoga classes, they're back now, with four six-week sessions at Bryden and Fairmount. Please refer to the Beachwood recreation guide for session dates and times.

Next school year, yoga will most likely be offered at Fairmount, Bryden, and Hilltop Elementary Schools. "I love teaching the range of ages at Bryden and Fairmount. At Bryden, you are able to see the second graders take a leadership role with the kindergarteners. They show such compassion toward the younger ones and it's a chance for them to develop their own leadership skills. We play a lot of yoga-centered games, where the children work together to succeed."

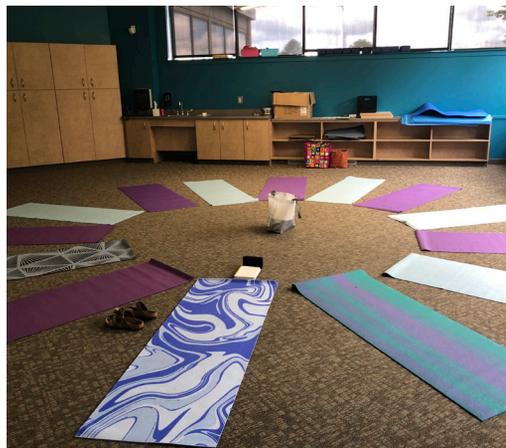
Carolyn also volunteers in her children's classes, leading a short yoga session weekly during the school day. Wendy Leatherberry, whose son, Ian, was in class with Carolyn's son, Robby, last school year, recalls Ian excitedly creating a yoga space for himself during one of Carolyn's virtual yoga sessions.

"We use 'belly breathing' as a way of taking a break when

things get to be overwhelming," Wendy said. "With the added stress of the pandemic, I'm grateful that Ian has embraced some of the key elements of yoga in his everyday life."

"There is a saying in yoga: Yoga is not about perfection, it's about practice, and I think that's such an important concept for children.

Carolyn is thoughtful about the take-aways she hopes each student achieves. "Yoga is good for so many practical applications. It builds confidence, mindfulness, flexibility, and balance. Every "body" can do yoga. Sometimes it's a mental block between being able to try and succeed with something. I remind the students to focus on breathing – it's a skill not only for reaching yoga poses, but also a tool for anxiety, frustration, and everyday life. The goal at the end of every yoga class is for each child to leave and say they had fun."



Pre-COVID pics: Carolyn Miller's artsy yoga room; and Carolyn with her daughter, Julia, practicing yoga.

Deadline Approaching:

Stop the Hate Contest Essays Due February 2022

6th – 12th Graders in Northeast Ohio Will Win Big
\$100,000 in Scholarships, Prizes, & Awards

The Maltz Museum of Jewish Heritage reminds Northeast Ohio 6th to 12th grade students and schools that the 14th annual Stop the Hate Youth Speak Out essay writing contest is closing soon.

The prestigious contest, which annually awards \$100,000 in scholarships, prizes, and grants, invites middle and high school students to reflect on discrimination they have experienced or witnessed, and share what they have done or would do to create change in an essay of 500 words or less.

The theme for this year's contest is courage, inspired by Cambodian-born American human-rights activist, author, and Cleveland resident, Loung Ung, who famously said, "Courage is when you dare to be yourself, in whatever ways you want to be – to not be afraid, to just do it."

Deadlines

- Grade 6-10
Thursday, February 10
- Grade 11-12
Thursday, February 17

Official Rules and Judging

Criteria

- Visit www.maltzmuseum.org and click on the Education link.

Top Scoring Students Receive Individual Awards and Their Schools Receive Anti-Bias Education Grants

Top Ten Awards for Grades 11 and 12

- Grand Prize Winner
\$20,000 scholarship
- Student's School
\$5,000

- First Runner Up
\$10,000 scholarship
- Student's School
\$2,000

- Second Runner Up
\$5,000 scholarship
- Student's School
\$2,000

Seven Honorable Mentions

- \$1,000 cash prize
- Students' Schools
\$500 each

Top Awards for Grades 6 – 10

- 1st-place Winners
(in each grade)
\$400 cash prize
- 2nd-place Winners
(in each grade)
\$100 cash prize

- All winning students receive a free family membership to the Maltz Museum for one year.
- Everyone who participates receives recognition.
- Participating students and schools receive congratulatory upstander certificates that can be printed.
- All participating schools receive money.

Every Northeast Ohio school within the 12 country radius that participates in a workshop package or uses the Stop the Hate learning guide in their classroom is eligible to receive anti-bias education grant money from a pool of \$30,000 that will be split evenly. There is still time to let the museum know if your school has or will use the learning guide!

Contact education@mmjh.org for more information, or visit www.maltzmuseum.org/STH.

maltz museum of jewish heritage

STOP THE HATE



STOP THE HATE ESSAY CONTEST

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?

CONTEST ENDING SOON

Essays due for Grades 6–10:

Thur, February 10, 2022

Essays due for Grades 11–12:

Thur, February 17, 2022

ENTER AT MALTZMUSEUM.ORG/STH

CITY OF Beachwood Insider

February 2022

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

AUDITOR
216.595.3712

**BUILDING & COMMUNITY
DEVELOPMENT**
216.292.1914

CLERK OF COUNCIL
216.595.5493

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE
216.292.1913

FIRE & RESCUE
216.292.1965

LAW
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE
216.464.1234

PUBLIC WORKS
216.292.1922

CITY OF BEACHWOOD 2022 ORGANIZATIONAL MEETING

On January 3, the City of Beachwood held its Organizational Meeting. Mayor Justin Berns and elected officials were sworn in; City Council president and vice president were elected; and directors and commissioners were reappointed. The in-person program was live-streamed and aired on Spectrum channel 1020 and AT&T U-Verse channel 99. We welcome and thank all public officials and employees who work hard to make Beachwood shine! For more information, see pages 6 and 7.

To view this meeting as well as other recorded Council meetings, please visit www.BeachwoodOhio.com, click on *Watch Council Meetings* in Quick Links.



Mayor Justin Berns, sworn in by Judge Francine B. Goldberg, Mayor Berns wife, Lisa, is at his side.



Councilperson Joshua Mintz, sworn in by Judge Anne Walton Keller



Councilperson Alec Isaacson, sworn in by Cheryl Isaacson (left) beside Emily & Noah Isaacson



Councilperson Eric Synenberg, sworn in by Judge Joan Synenberg (Eric's Stepmom) with his son Ari



LIKE US ON FACEBOOK
[Facebook.com/BeachwoodOH](https://www.facebook.com/BeachwoodOH)
[Facebook.com/BeachwoodPolice](https://www.facebook.com/BeachwoodPolice)



FOLLOW US ON TWITTER
[Twitter.com/BeachwoodPolice](https://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
MayorBerns@beachwoodohio.com



ALEC ISAACSON
216.291.2797
COUNCIL PRESIDENT



ERIC SYNENBERG
216.401.0074
COUNCIL V.P.



MIKE BURKONS
216.832.6771



Alec Isaacson, City Council President, sworn in by Law Director Stewart Hastings



Eric Synenberg, City Council Vice President, sworn in by Council President Alec Isaacson

Council President Alec Isaacson and Mayor Justin Berns swore in the following directors, clerks, chiefs, and commission members:



From left: Whitney M. Crook, Clerk of Council; Harvey S. Rose, Audit Director Rhonda R. Smith, Asst. Clerk of Council; Nathalie E. Supler, Asst. Law Director Matthew A. Kurz, Assistant Law Director; Stewart Hastings, Law Director



Orry Jacobs, chair, Planning and Zoning Commission; Bryan P. Zabell, member, Planning & Zoning Commission. Not pictured: Pete Smith, Chair, Civil Service Commission



From left: Katherine Dolan, Chief of Police; Larry A. Heiser, Finance Director Steven Holtzman, Chief of Fire; Chris Arrietta, Public Works Director Derek Schroeder, Community Services Director William Griswold, Building & Community Development Director

Ordinances were then passed for Veronica Muth and Alison Ingham-Smith to serve as Assistant Clerks of Council.

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

UPCOMING MEETINGS

CITY COUNCIL

Monday, February 7 at 7:00 PM
 Tuesday, February 22 at 7:00 PM
 Questions? Call 216.595.5462

PLANNING & ZONING COMMISSION

Thursday, February 24 at 6:30 PM
 Questions? Call 216.292.1914

ARCHITECTURAL BOARD OF REVIEW

Monday, February 7 at 4:30 PM
 Tuesday, February 22 at 4:30 PM
 Questions? Call 216.292.1914

**BARBARA
 BELLIN JANOVITZ**



216.406.5914

JOSHUA MINTZ



650.464.6788

JUNE TAYLOR



216.533.7640

BEACHWOOD LAUNCHES NEW MOBILE APPLICATION

The City of Beachwood's NEW mobile app is now available for iOS and Android. Its original mobile app was removed from both app sources on New Year's Day due to issues with the back-end architecture. The new app is available at:

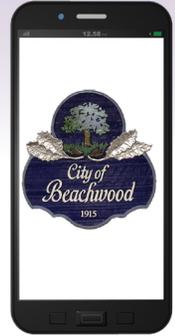
- iOS Store:

<https://apps.apple.com/us/app/beachwoodoh/id892905782>

- Google Play Store:

https://play.google.com/store/apps/details?id=com.civicplus.oh_beachwood

The new mobile app features a streamlined design and includes immediate access to Beachwood's new TextMyGov function, city departments, activity registration, government updates and more. The app was coded by CivicPlus, and we encourage people who live, work and play in Beachwood to download it!



SENIOR RUBBISH ASSISTANCE

Are you 80+ years of age or disabled with no one in your single-family home to assist you with your rubbish & recycling bins? We can help. Call 216.292.1922 to register.

HOLIDAY HOURS

City Hall will be closed on Monday, February 21, in observance of Presidents' Day. Rubbish collections will be delayed one day through the week. Regular Monday collections will shift to Tuesday, regular Tuesday collections will shift to Wednesday, and so on.

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



SEVERE WEATHER

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

CONGRATULATIONS TO OUR AWARDED OFFICERS

Congratulations to the following officers who were recognized for specific talents and actions that benefit the City of Beachwood and help keep our city safe. Police Chief Kate Dolan said, "I'm so proud to present these awards to these well deserving officers who went above and beyond serving and protecting the City of Beachwood."

- #1 LaCameron Workman – Life-Saving
- #2 Cory Screni – Life-Saving
- #3 Aaron Lieb – General Commendation Award
- #4 Patrick Szuhay – Merit for Excellent Arrest
- #5 Luis Reyna – Life-Saving Award (2)
- #6 Jordan Spelman – General Commendation Award
- #7 Russell Bell – Life-Saving Award
- #8 Chris Atterbury – (Not Pictured) Life Saving-Award



Thank you
FOR YOUR
SERVICE
TO OUR
COMMUNITY

RESIDENTIAL EXTERIOR MAINTENANCE PROGRAM

The Residential Exterior Maintenance Program helps to protect the property value for your home, your neighborhood and the entire community. Inspections are based on a 4-year rotation schedule. Point of Sale Inspections are not performed by the City of Beachwood, so this program helps residents recognize the repairs necessary for keeping their property in top condition.

STREET NAMES

Beachwood Blvd. (2350-2505)
 Beacon Drive
 Belvoir Blvd.
 Blossom Lane
 Brentwood Road
 Bryden Road
 Buckhurst Drive
 Concord Drive
 Edgewood Road
 Elmhurst Drive
 Fairmount Blvd. (23101-24161)

Farnsleigh Road
 Fernwood Drive
 Greenlawn Avenue
 Halburton Road (20954-23200)
 Halworth Road
 Havel Drive
 Hermitage Road
 Larchmont Road
 Ranch Road
 South Green Road (2315-2667)
 Timberlane Drive



IMPORTANT EMERGENCY MEDICAL INFORMATION FROM OUR FIRE DEPT.

In 2021, the Beachwood Fire Department responded to 4,801 calls, up 321 calls from 2020. The COVID-19 crisis continues to tax our health care systems beyond their capabilities and wait times at all levels of emergent and non-emergent health care are extremely high, especially at emergency rooms. This overtaxing of emergency rooms is primarily due to patients with non-emergent care needs. We can alleviate some of the strain on the health care system by knowing where and when to go for care. This chart is a tool to guide you in making an informed decision about your healthcare needs. Please understand that utilizing the emergency medical system for transport to the emergency room will not secure you a shortened wait time. If your situation is not medically urgent, you will be placed in the waiting room. This information is not meant to take the place of professional medical advice, diagnosis, or treatment. It is intended to help you make the best decision for care. If you feel your situation is life threatening, please go to the nearest emergency room or call 911.

WHERE SHOULD I GO?

PRIMARY DOCTOR

- Check-ups or physicals
- Common illnesses
- Flu shots and other vaccines
- Health advice
- Medication refills or changes
- Referral to a specialist
- Routine tests
- Your regular medical issues

URGENT CARE

- Allergic reaction
- Animal or insect bite
- Back pain
- Bad cold or flu
- Cuts requiring stitches
- Ear aches
- Eye infection or irritation
- Mild fever
- Minor burns
- Nausea, vomiting & diarrhea
- Skin conditions
- Sore throat
- Sprains or strains
- Suspected broken bone, not shifted or out of place
- Urinary tract infection

EMERGENCY DEPARTMENT

- Broken bone, shifted out of place
- Coughing or vomiting blood
- Chest pain
- Difficulty speaking
- Head or eye injury
- Poisoning or overdose
- Severe abdominal pain
- Severe burns
- Signs of stroke, such as numbness or weakness of limbs
- Shortness of breath
- Sudden loss of consciousness
- Uncontrolled bleeding

NEW ART EXHIBIT

BEACHWOOD COMMUNITY CENTER



PORTALS INTO PRINT MAKERS & PAINTERS

Now - February 13

FEATURED ARTISTS:

Karen D. Beckwith
Kelly Pontoni
John Saile



BEACHWOOD ARTS COUNCIL ILEEN KELNER JURIED HIGH SCHOOL ART SHOW

February 22 - March 18

This special exhibit will feature inspiring artwork by students who represent more than 20 regional high schools. Judges are well-known local artists Augusto Bordelois, George Kozmon, and Susan Cone Porges.

View exhibit:

Monday — Friday, 9:00 AM — 4:00 PM

For weekend appointments, please call 216.292.1970.

STORYWALK IN CITY PARK EAST



The 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.



HELP KEEP IT BEAUTIFUL!



Barkwood is beautiful and we need your help keeping it as an award winning park. We added an additional poop bag dispenser to assist you with picking up after your pet.

FEBRUARY FREEZE



February Freeze

Sunday, February 27 • 6:30 — 8:00 PM

City Hall Parking Lot

Join us for a fun night to celebrate winter and make the night sky GLOW. Kids should be ready to dance, create art, take selfies, and make themselves glow. Please wear UV reactive (blacklight) accessories... just Google it to find out how to make yourself glow. We will have accessories on hand as well. The night will conclude with a fantastic firework show to make the sky light up! Please dress for the weather. 'Like' the Beachwood Recreation Facebook page to keep up with all the latest event details. Or visit, [Facebook.com/BeachwoodOhRec](https://www.facebook.com/BeachwoodOhRec)



Admission: We are asking all attendees to provide canned goods/nonperishable food items that will be donated to Harvest for Hunger.

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!



NOW HIRING!

Looking for a FUN summer job with competitive wages?

Join the Community Services Team as a DAY CAMP COUNSELOR or a LIFE GUARD!

For job descriptions and to apply, visit www.BeachwoodOhio.com/jobs



Be
PART
of our
TEAM!



COMMUNITY GARDEN REGISTRATION

Returning resident Gardeners may start to register beginning February 1 for their same plot. Any remaining plots will be available for residents to register on March 1.

Come grow with us!

BEACHWOOD VAN SERVICE



The Beachwood Community Services Department provides van service to disabled and senior residents for medical appointments and to pick up pre-paid grocery and pharmacy orders. For more information, please call 216.292.1971.

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.

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* under Quick Links. 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 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.



BEACHWOOD FAMILY AQUATIC CENTER PASSES

Passes go on sale March 14 at Beachwood City Hall, Monday through Friday from 8:00 AM – 4:15 PM. Please remember to bring your driver's license and a current utility bill as proof of residency.



SAVE 20% ON MEMBERSHIPS IF PURCHASED AT CITY HALL PRIOR TO POOL OPENING!

Rates	Prior to May 28	May 28 or later
Per Person	\$ 60	\$ 72
Family of 2	\$115	\$138
Family of 3	\$165	\$198
Family of 4	\$175	\$210
Each additional member	\$ 25	\$ 30
Senior (60+ years of age)	\$ 35	\$ 42
Governess	\$ 70	\$ 84
Employed in Beachwood*	\$110	\$132



* Restrictions apply

BEACHWOOD RUBBISH REMINDERS

Rubbish and Recycling Can Placement

Cans should be placed on your tree lawn within three feet of the curb or street. Keep the cans three feet away from each other and any stationary objects like mailboxes, fire hydrants and utility poles. Can handles should face away from the street.

Rubbish Placement Times

Rubbish should be placed on the tree lawn no sooner than 6:00 PM the evening before the collection day and no later than 7:30 AM on the day of collection. Empty cans must be removed no later than 9:00 AM the day after collection.

Special Pickups

Additional rubbish pickups on a day other than your regular collection day are available. Call the Public Works Department at 216.292.1922 to schedule a pickup. Please call before noon to ensure same day collection.

Holiday Rubbish Schedule

When the Public Works Department is closed on holidays, except on Thanksgiving, rubbish collection will be delayed one day after the respective holiday for that week only. Thanksgiving Day's collection will be picked up on the Wednesday before Thanksgiving.

Holidays Recognized by The Public Works Department

New Year's Day	Martin Luther King Jr. Day
President's Day	Memorial Day
Juneteenth (New 6/19)	Independence Day
Labor Day	Thanksgiving Day
Day after Thanksgiving	Christmas Day



Rubbish Can Storage

Rubbish cans should be stored behind your front setback line (behind the front of your house) when not out for collection.

Hazardous Household Materials

Do not place any hazardous household materials in your rubbish. Hazardous household wastes require special disposal. Beachwood residents can drop off hazardous household wastes at the Public Works Department year-round between 7:30 AM and 3:30 PM, Monday through Friday. The Public Works Department is located at 23355 Mercantile Rd. The City cannot accept hazardous wastes from commercial businesses.

For additional rubbish and recycling information, visit www.BeachwoodOhio.com/PublicWorks or www.cuyahogarecycles.org.

University Hospitals Harrington Heart & Vascular Institute Brings Highest Level of Cardiovascular Care to UH Ahuja Medical Center

Beachwood and Surrounding Areas Benefit from Top-Notch Cardiovascular Services Close to Home

University Hospitals (UH) Harrington Heart & Vascular Institute provides the highest level of cardiovascular care to Beachwood and surrounding communities at UH Ahuja Medical Center. Patients will see both familiar and new faces, as surgeons and specialists grow their services.

UH Ahuja Medical Center continues to advance cardiovascular medicine through the cardiac surgery program, comprehensive care for advanced heart failure, and advanced techniques for vascular disease and limb salvage.

Current and newly recruited physicians perform surgeries and see patients at multiple UH locations, including UH's academic medical center, UH Cleveland Medical Center in downtown Cleveland.

Cardiac Surgery and Comprehensive Care for Advanced Heart Failure

UH Ahuja Medical Center has recruited physicians with advanced heart failure, transplant, vascular, and interventional training to support the institute's mission of bringing the highest level of cardiovascular care across Northeast Ohio to our communities.

"At UH Ahuja, we are destined to perform over 240 open heart surgeries this year," emphasized Mehdi Shishehbor, DO, MPH, PhD, President, UH Harrington Heart & Vascular Institute. "The breadth and growth of the cardiac surgery program under the leadership of Drs. Pelletier and Markowitz



Mehdi Shishehbor
DO, MPH, PhD

has been really incredible. We are bringing top notch surgeons to an already successful team, and continuing to bring high-end, complex procedures closer to our patients in Beachwood and surrounding neighborhoods."

New addition to the cardiology team, David Zhuo, MD, has been trained in both advanced heart failure and heart transplant, and is also an assistant clinical professor at Case Western Reserve University School of Medicine. Dr. Zhuo will not only support the cardiac surgery program, but will bring expertise as it relates to heart failure into the community.

"We are very excited about bringing advanced heart failure care to our Beachwood community, especially to UH Ahuja," added Dr. Shishehbor. "Bringing an expert in advanced heart failure and transplant to our community hospital is unique and provide services that in most community hospitals in the United States doesn't exist."

Advanced Techniques for Vascular Disease and Limb Salvage

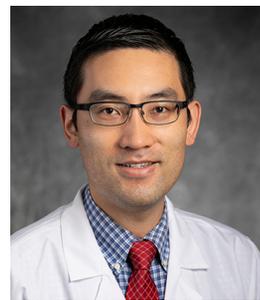
When it comes to dealing with a wounded limb, we are prepared to help patients with the vast needs required, which

include taking care of the wound, monitoring potential infection, adhering to proper nutrition, and ensuring patients receive appropriate follow-up appointments needed.

"UH created the Limb Salvage Advisory Council (LSAC), because saving people's legs takes a village," explains Dr. Shishehbor. "It's not about one individual, one doctor, or one specialty. We created a multidisciplinary team of vascular surgeons, interventional cardiologists, podiatrists, wound care specialists, and others who work together to achieve a common goal."

UH is committed to education and public health, and Dr. Shishehbor has trained more than 400 physicians across the United States in advanced techniques for limb salvage.

Dr. Tarek Hammad, a new addition to the interventional cardiology and endovascular team who was trained by Dr. Shishehbor, brings expertise in advanced techniques for vascular disease and limb salvage to UH Ahuja Medical Center.

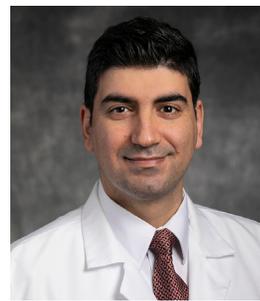


David Zhuo, MD

Drs. Zhuo and Hammad join an already robust team of cardiovascular surgeons and specialists at UH Ahuja Medical Center, including Drs. Alan Markowitz, Joseph Sabik, Marc Pelletier, William Wolf, and Norman Kumins.

Recruiting new physicians into UH Harrington Heart & Vascular Institute is a key component of its strategic plan. In an effort to help those physicians assimilate and

ensure a smooth transition, new recruits are paired with a seasoned physician who works to support their practice and introduce them to the institute's vision. A collaborative team effort is key to providing the best care to patients.



Tarek Hammad, MD

To make an appointment with UH Harrington Heart & Vascular Institute physicians at UH Ahuja Medical Center, please call 216.810.4999.

BOARD OF EDUCATION

Mrs. Megan Walsh, President, (216) 287-4657 • mwalsh@beachwoodschoools.org
Mrs. Jillian DeLong, Vice President, (216) 509-3514 • jdelong@beachwoodschoools.org
Mrs. Kim Allamby, (216) 533-3358 • kimallamby@beachwoodschoools.org
Ms. Wendy Leatherberry, (216) 409-2211 • wleatherberry@beachwoodschoools.org

BEACHWOOD CITY SCHOOLS

New Board of Education Members and Leaders

Beachwood’s Board of Education welcomed new members **Kim Allamby** and **Wendy Leatherberry**, and returning member **Jillian DeLong**. In addition, board member **Megan Walsh** was voted by the board to serve as president and Jillian DeLong as vice president. Among the very first tasks of the new board members was the appointment of the fifth board member to the seat vacated by **Josh Mintz** when he joined City Council. The board facilitated an application process for interested Beachwood citizens and will have approved the appointment at their January 24, 2022 meeting. Look for an introduction to the new member in the March *Buzz*!



Message from the Board President

On January 10, 2022, I had the honor and privilege of being sworn in as president of the Beachwood Board of Education, alongside Vice President Jillian DeLong and newly elected board members Kim Allamby and Wendy Leatherberry. That night, I chose to wear a bracelet with the inscription, “Your Voice is Your Vote.” None of us would be able to serve the community in these roles without your voice, and I am grateful you have entrusted us with our community’s most treasured resources: our children.

In the coming year, my priority for the Board is onboarding and training to ensure cohesive leadership and effective oversight of the district. As a board, we are committed to uphold our district’s mission to develop intellectual entrepreneurs with a social conscience through reinforcing our three focus areas of academic achievement, emotional well-being, and intercultural awareness, while continuing to navigate the pandemic and its impact on students and staff.

One of our priorities is to increase Board engagement, visibility, and accessibility. Once the fifth member of the board is identified (anticipated January 24, 2022), each of us will serve as a liaison to one of our school buildings. In addition, we plan to hold several “coffee chats” as informal opportunities to ask questions or discuss topics you are interested in with regard to our schools. We welcome and value “your voice.”

I firmly believe we are stronger together and look forward to meaningful community collaboration in the months ahead.

Thank you,

Megan Walsh
President



Kim Allamby

A beneficiary of a strong public-school education herself, Kim was a 1988 graduate of neighboring Shaker Heights High School and went on to earn a Bachelor of Science degree from the University of Michigan and a Master of Physical Therapy degree from the University of Pittsburgh. For more than 25 years, Kim has dedicated herself to improving the quality of life for countless patients as a licensed physical therapist, and she currently works at a local nursing home.

Kim moved to Beachwood in 2015 with her husband, Carl, and their two daughters, Kayla and Kennedy, because of the schools. Kim is honored and excited to serve her Beachwood community, and is passionate about optimizing educational excellence for all students, while embracing the diverse and unique background of every family in the school district.



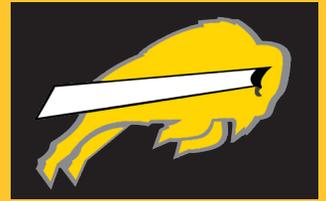
Wendy Leatherberry

Wendy has more than two decades of experience as a non-profit professional and passionate advocate for public education and social justice. She holds a BA in English from The George Washington University and a Masters in Science in Urban Studies from the Maxine Goodman Levin College of Urban Affairs at Cleveland State University. Since 2017, Wendy has served as the Director of Grants and Contracts at Cleveland Rape

Crisis Center, supervising a team and raising millions of dollars to support the work fo the Center across its four-county footprint. Wendy previously served on the Cleveland Heights/University Heights Board of Education – the district that educated her – from 2004-2008. She served as president for one year and vice president for two. Wendy is married to Dr. Carl Horowitz, and they have lived in Beachwood since 2011. They have two children, one a 2021 BHS graduate and one a 2nd grader at Bryden Elementary School.

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 239 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 230 • kev@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, (216) 464-2600 ext. 234 • ljb@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 x237 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 289 • lhl@beachwoodschoools.org
Valerie Parker, Pupil Services Coordinator, (216) 464-2600 x264 • vparker@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 240 • ks@beachwoodschoools.org



Megan Walsh



Jillian DeLong



Kim Allamby



Wendy Leatherberry

– Megan, Jillian, and Kim were sworn in by Treasurer Michele Mills and Wendy was sworn in by The Honorable Francine B. Goldberg, BHS Class of '82

Beachwood Wins Model U.N. Conference

Cleveland Council on
WORLD AFFAIRS



Beachwood High School's Model United Nations team earned **1st Place in the Big School Division** at the December 2021 Cleveland Council on World Affairs Conference. Ten team members won top awards! Seniors **Greg Perryman** and **David Kuang**, junior **Ben Lawrence**, and sophomore **Cordelia Ames** won Gavel Awards. Freshmen **Radha Pareek** and **Amy Zhou** won Superior Delegation awards. Sophomores **Shreya Chellu** and **Probir Mukerhee**, and freshmen **Ana Khan** and **Ezrin Saltzman** won Excellent Delegation awards. **Radha Pareek** also won a Best Position Paper Award.

Board of Education NEWS

Recent:

- Swearing in of new Board Members
- Approve Board President and Vice President
- Appointment of new Board Member to vacant seat
- Approve membership in Ohio High School Athletic Association
- Recognition of Beachwood Schools Support Organizations
- PTO presentation of "Beaming Bison" Awards

Future:

- Approval of 2023-2024 School Calendar
- Approve End-of-Year Retirements of Certificated Staff Members
- Presentation on Elementary Facilities Maintenance and Future Plans
- Approval of Continuing Contracts for Certificated Staff

Board Meeting Calendar:

- Monday, February 14, 2022 @ 7 pm
- Saturday, February 26, 2022 @ 10 am (OSBA Training)
- Monday, February 28, 2022 @ 7 pm

Drive-Through COVID Test Clinic Proves Valuable

On January 3, 2022, just before Beachwood Schools reopened after the winter break, the district hosted a drive-through COVID test clinic in the Beachwood High School parking lot. Spearheaded by Assistant Superintendent Ken Veon, the clinic attracted more than 500 student and staff test takers who used PCR test kits provided free by the federally-funded Midwest Coordination Center (MCC), of which Beachwood Schools is a member. The tests were self-administered, collected, and processed by Beachwood Schools staff, then shipped overnight to the MCC lab. In the midst of the Omicron variant surge, our families and staff were able to obtain accurate

results about their status BEFORE returning to school on Thursday, January 6, 2022. The district continued to provide this test process for two additional weeks in order to thwart the spike in local cases. Thankfully, by mid-January, cases in Beachwood Schools declined dramatically. The difficult weeks around the new year provided valuable lessons about how we can respond to future variant surges so students and staff are able to stay in school, be safe, and remain informed.

COVID-19
Drive-Thru
Testing Clinic



Visit us at www.beachwoodschoools.org
www.facebook.com/BeachwoodBison



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

BEACHWOOD DAY CAMPS

Kidz Camp	Grades K-2
Bison Camp	Grades 3-6
Theater Camp	Grades 2-8
Sports Camp	Grades 4-8
Teen Travel	Grades 6-8

Before/After Camp Care available
Camps begin June 13

Resident registration available NOW!
Non-resident registration on Sunday, March 6
See page 15 of Winter Recreation Guide
at www.BeachwoodRec.com for details!

Be sure to check out our Specialty Camps
in our upcoming Spring/Summer Guide
due out in mid-March!



**Enroll
Now**

Questions? Call 216.292.1970

CITY OF
Beachwood

**BEST.
SUMMER.
EVER.**



**Summer
Programs
START
June 13**

Hathaway Brown offers a wide array of summer programming for boys and girls, toddlers through college.

Browse through academic, athletics, adventure, theatre, and specialty camp options to create your own one-of-a-kind experience.

Visit hb.edu/summer



HathawayBrown



Michael & Anita Siegal One Happy Camper Program Offers Incentive Grants for Overnight Jewish Camp

Families with children attending one of over 160 nonprofit Jewish overnight camps for their first summer may be eligible for a grant of up to \$1,000, regardless of need.

Grants are also available for 2nd year campers attending denominational camps, such as Ramah camps, URJ Goldman Union Camping Institute (GUCI), and Camp Stone.

Summers at overnight camps are packed with a wide range of activities – aquatics, arts and crafts, sports, dance, music, cooking, archery, drama, outdoor adventure and hiking, podcasting, and much more! Campers are encouraged to discover new skills and interests they never knew they had.

At camp, Jewish and Israeli culture is celebrated through song, food, art, and dance.

Jewish camp weaves Jewish values, culture, and traditions into the fabric of camp, helping campers to connect to their own identity and the larger Jewish community. Dynamic staff members use experiential learning to reveal what makes Jewish religion and culture special in today's world. At camp, Jewish and Israeli culture is celebrated through song, food, art, and dance.

Families can find camps and apply for grants by visiting www.jecc.org/onehappycamper.

FAIRMOUNT

Early Childhood Center



Ohio's Tiered Quality Rating & Improvement System



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

SUMMER CAMP

FOR CHILDREN

AGES 3-7 YEARS

(entering preschool through entering 2nd grade)

7 Weeks of Fun in the Sun!

June 13th – July 29th

For more information on the program
please contact Karen Leeds

216-464-2600

24601 Fairmount Blvd.

www.beachwoodschoools.org/fairmount.aspx

The Michael & Anita Siegal
One Happy Camper Program

CAMP IS SO COOL!
(SO IS GETTING A GRANT OF UP TO \$1,000!)

Go to www.onehappycamper.org

Choose a Jewish overnight summer camp and
receive up to \$1,000 for a first-time experience.

- Agudah Midwest Camps • Camp Stone
- Camp Wise • Emma Kaufmann Camp • Ramah Camps
- URJ Goldman Union Camp Institute (GUCI)
and many more!

Restrictions may apply. Visit www.onehappycamper.org
for more information, or contact Emily Jennings
at campgrants@jecc.org or call 216-371-0449.



The Odyssey Program: Filmmaking Summer Camps for Teens

Established through a generous gift from Lee and Ageleke Zapis, the Odyssey Program at Cleveland State University's School of Film & Media Arts offers a summer of fun, friends, and filmmaking for students (13-18 years of age) who are interested in learning about the wonderful world of film.

Students can choose between four sessions of in-person camps during June and July. With options for both day camp and residential students, the summer includes an experiential three-week camp from June 13-July 1, followed by three one-week intensive camps that focus on acting and directing (July 11-17), documentary production (July 18-24), and screenwriting (July 25-31).

Through interactive workshops, film screenings, focused activities, special guest speakers, and site visits to real-world media

environments, Odyssey participants will learn storytelling, screenwriting, acting, directing, cinematography, editing, and much more as they create their own original films in a fun and collaborative environment.

During these activity-packed days, students will experience behind-the-scenes opportunities and learn how the film industry actually works.

Outside of class, residential students will get a preview of college life by staying in Cleveland State University dorms and experiencing Cleveland's robust cultural

offerings through scheduled trips and activities.

During these activity-packed days, students will experience behind-the-scene opportunities and learn how the film industry actually works.

With access to the film school's professional soundstages, Mac editing labs, and vast inventory of film production equipment, students will also work with expert instructors and CSU

camp counselors to hone their skills, find their creative community, and make friends along the way.

Lia Polster, age 15, who attended last year's three-week experiential program, had this to say about the program: "I thought it was a really awesome and informative experience! Everyone there was interested in some aspect of film, so I loved being in a group of people whose interests aligned with mine."

To learn more about The Odyssey Program or to register, visit www.csufilmodysey.com.

Residential and day camp options — Choose to commute or stay in CSU dorms!

ODYSSEY PROGRAM

2022 FILMMAKING SUMMER CAMPS FOR TEENS

CREATE YOUR OWN ORIGINAL FILMS AND EXPLORE ACTING, DIRECTING, EDITING AND MORE WITH THE STUDENTS AND FACULTY AT CSU'S SCHOOL OF FILM & MEDIA ARTS!

- Four sessions for ages 13-18
- 1-week and 3-week camps

Call 216.687.5087 or email odyssey@csuohio.edu to register today!

Odyssey Program Experiential 3-Week Camp
June 13 – July 1

Odyssey Intensive: **Acting And Directing**
July 11 – July 17

Odyssey Intensive: **Documentary Production**
July 18 – July 24

Odyssey Intensive: **Screenwriting**
July 25 – July 31

MAKE FRIENDS AND GAIN SKILLS FOR LIFE!



CLEVELAND STATE
UNIVERSITY

CSUFILMODYSSEY.COM

An Unforgettable Summer Experience



Ohio's Only Jewish Overnight Camp for Kids Entering Grades 2-12

Camp Wise, located on 325 acres in Chardon, provides campers with opportunities to disconnect from the day-to-day demands and connect with new people, new opportunities and gain a feeling of accomplishment.

A summer at Camp Wise is filled with:

- Challenging yourself on the ropes course and rock climbing wall
- Gaining confidence at performing arts, dance and theatre programs
- Trying new things such as horseback riding, archery, podcasting and a variety of sports
- Kayaking and jet skiing on a private lake
- Enriching experiences supported by Jewish values



FOR MORE INFORMATION AND TO SECURE YOUR SPOT VISIT

www.campwise.org



wisekids@mandeljcc.org • 216-593-6250

FIND YOUR SUMMER AT J-DAY CAMPS 2022



Anisfield Day Camp

Grades K-1 • Mandel JCC, Beachwood
Campers are treated to an experience where they get to try it all! Each day is filled with fun and adventure, where campers will explore activities such as arts, sports, swimming lessons and free swim, outdoor adventure and more!

Grades 2-8 • Halle Park, Burton
Campers customize their individual camp experience by signing up for majors. Majors include creative arts, athletics, outdoor adventure, fishing and boating and more. Drop-off and pick-up in Beachwood.



Performing Arts Camp

Grades 2-8 • Mandel JCC, Beachwood
Campers of all experience levels can stretch their imaginations, gain confidence on and off the stage, find their voice and build lifelong friendships. Every day, campers participate in specialty classes such as dance, improv, singing, arts & crafts and rehearsal. Our performing arts curriculum also includes time for traditional camp activities like swimming, yoga, archery and more.

mandeljcc.org/daycamps

216-593-6249 • daycamps@mandeljcc.org



Special Camp Grant Program for Russian-Speaking Jews Going to Jewish Camp

A new scholarship is available for campers from the Russian-speaking Jewish community attending a Jewish camp.

This grant is available through a partnership between the Foundation for Jewish Camp, the Genesis Philanthropy Group, the Jewish Federation of Cleveland, and the Jewish Education Center. Cleveland is one of the first communities to be included in this initiative.

“Russian-speaking Jews make up an important part of our community, but are often underrepresented at Jewish camp,” said Emily Jennings, grants processor at the Jewish Education Center. “We’re hoping to connect with families and demonstrate what a great value Jewish camp can be for their child’s development.”

“At camp, besides arts and crafts, swimming, sports, and Hebrew, campers learn skills like leadership, teamwork, independence, and problem solving, skills that are extremely important and applicable to life year-round. In addition, campers have the opportunity to connect with Jewish peers and role models,” Emily added.

Genesis Philanthropy Group (GPG) aims to advance Jewish engagement into the 21st century to create a more diverse and connected global Jewish community. Its work is inspired by its founders’ deep commitment to:

- Strengthening Jewish identity of Russian-speaking Jews worldwide.
- Fostering bonds and common understanding among Jews living in Israel and in the Diaspora.
- Developing innovative formats geared toward the expansion of Jewish engagement opportunities.
- Expanding local and global Jewish connection opportunities in the UK and Spain.

“At camp, besides arts and crafts, swimming, sports, and Hebrew, campers learn skills like leadership, teamwork, independence, and problem solving, skills that are extremely important and applicable to life year-round.”

Greater Cleveland-area campers with at least one Russian speaking grandparent are eligible for the grant, which is for up to \$2,000 per camper. Priority will be given to first- and second-time campers. Both overnight campers and day campers are eligible.

Families should contact Emily Jennings at campgrants@jecc.org to learn more and apply.

SUMMER CAMP SCHOLARSHIPS AVAILABLE

ДОСТУПНЫЕ СТИПЕНДИИ
ДЛЯ ЛЕТНЕГО ЛАГЕРЯ



Apply now for a scholarship for your children to attend Jewish summer overnight camp this year.

This new scholarship program is a unique opportunity for Russian-speaking Jewish children living in Greater Cleveland to have fun outdoors and make new friends, while learning about Jewish values and traditions.



This scholarship program has been made possible with the generous support of Genesis Philanthropy Group and the following:



Email Emily Jennings at campgrants@jecc.org for more information

Need Help?

Do you know someone who is living with dementia and needs help, but can't afford to pay for private duty homecare?

A typical conversation might sound like this: "I'd love to get out of the house and meet you, but I'm afraid I can't leave my loved one here all by himself/herself for more than a few minutes."

Please let them know that free help might just be a phone call away. The Alzheimer's Association recently received a million dollar grant from Jan Castora to provide a trained caregiver once or twice a week for a four-hour respite visit. Available aides are dispatched from Right at Home or another service in our area.

For more information, call Right at Home at 216.752.2222 or the Alzheimer's Association at 800.272.3900.

Yarn Over Beachwood

Members of Yarn Over Beachwood knitting and crochet group normally meet at the Beachwood Library the first Friday of each month, from 10-11:30 a.m. Upcoming meetings are February 4 and March 4. Because of COVID, these meetings may take place on Zoom.

The group, which continues to grow, is making shawls, scarves, baby caps, baby blankets, veterans' lapghans, dolls, and blue caps for the anti-bullying project.

Participation is very rewarding! For details, contact Iris November at lbertyclub@gmail.com or 216.375.9111.



SilverSneakers Classes Offered at Beachwood Community Center

SilverSneakers classes are available at no cost for adults 65+ through select Medicare plans, and now, eligible participants can enjoy Tim Carney's fitness classes at the Beachwood Community Center.

Tim, a former firefighter, built his career around health and wellness. "I started to teach exercise programs because once I retired, I wanted to stay in the fitness business," he told us.

Tim first became certified with SilverSneakers because he wants to help seniors stay healthy and fit.

"I've seen how many seniors, including my parents, who spiraled down after accidents," he explained. "Many seniors who fall and break bones have a limited lifespan. Our SilverSneakers programs are designed keep legs and hips strong, which helps prevent falls and injuries."

The goal of SilverSneakers is to help you stay strong in body, mind, and spirit. Regular physical activity keeps your heart, brain, bones, muscles, and joints healthy. If you have a chronic condition like

arthritis, diabetes, or osteoporosis, safe exercise can help you feel better. Plus, staying social is vital to good health.

According to the SilverSneakers website, the programs work. "In fact, 94 percent of members rate their health as excellent, very good, or good. And 88 percent say SilverSneakers has improved their quality of life."

The following classes are offered, in four-week sessions:

SilverSneakers Classic Tuesdays and Thursdays 10-10:45 a.m.

This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are recommended. This low-impact training is suitable for all fitness levels.

Participants bring their own hand weights, elastic tubing with handles,

and exercise balls. Most people bring one- to three-pound weights. Tim recommends that participants challenge themselves by lifting heavier weights, which builds muscle.

SilverSneakers Chair Yoga Tuesdays and Thursdays 11-11:45 a.m.

This workout guides you through seated and standing yoga poses to increase flexibility, balance, and range of motion. A chair is used to meet a variety of fitness levels.

"We're enthusiastic about rebuilding the SilverSneakers program in Beachwood," Tim said.

"Exercise is a key part of maintaining a healthy lifestyle. It also supports a healthy immune system."

"We're enthusiastic about rebuilding the SilverSneakers program in Beachwood," Tim said. "Exercise is a key part of maintaining a healthy lifestyle. It also supports a healthy immune system."

SilverSneakers members can take classes wherever they're offered, and the Beachwood Community Center is a great place to start. Social-distance protocol based on city regulations is maintained. For details, refer to your winter Recreation/Upperclassmen Guide, or view the guide online at www.beachwoodohio.com. You may also call 216.292.1970 for details.



Regular physical activity ...

- Reduces your risk of a heart attack
- Helps manage your weight
- May lower blood cholesterol levels, blood pressure, risk of type 2 diabetes, and some cancers
- Helps build stronger bones, muscles, and joints, and lowers risk of developing osteoporosis
- Lowers your risk of falls
- Builds immunity
- Lifts your mood and helps you feel better
- Provides more energy
- May block negative thoughts or distract you from daily worries
- Provides socialization, when exercising with others
- May change chemical levels in your brain, such as serotonin, endorphins, and stress hormones.

For the Love of the Arts



Beachwood Arts Council Presents Its First Concert of 2022!

Sunday, February 27 • 2-3 p.m.
Beachwood Community Center



Singer Lori Cahan-Simon will perform tunes from "The Great American Songbook." She will be accompanied by pianist George Foley and bassist George Lee. The program will include unforgettable music from the first half of the 20th century. Masks are required. This free concert is made possible by grants from Cuyahoga Arts & Culture and Ohio Arts Council.

Ileen Kelner Juried High School Art Show

Tuesday, February 22 – Friday, March 18
Beachwood Community Center

This special exhibit will feature inspiring artwork by students representing 24 regional high schools. Judges will be well-known local artists Augusto Bordelois, George Kozmon, and Susan Cone Porges. Gallery hours will be Mondays through Fridays, 9 a.m. - 4 p.m. For information on extended hours, please call the City of Beachwood at 216.292.1970. Masks are required.

Beachwood K-12 Art Show

Thursday, March 24 – Thursday, April 21
Beachwood Community Center
Open House: Thursday, March 24 • 6-7:30 p.m.

View the creative talents of Beachwood K-12 students at this exhibit of collages, paintings, drawings, and sculptures.

For more information about these events, please call Beachwood Arts Council at 216.595.3400, or visit www.beachwoodartscouncil.org.

Beachwood Arts Council Thanks Its Sponsors!

Marshall Carpet • Diamond Auto Lease • O'Brien Law Firm
Paladar Restaurant • En Garde Deer Defense • Martin Horwitz
Beachwood Buzz • Mimi Vanderhaven • Big Frog
Ohio Arts Council • Cuyahoga Arts & Culture

Steven Greenberg Appointed Chair of Cleveland Israel Bonds

Steven Greenberg was named general chair of the Israel Bonds Cleveland Advisory Council. He is responsible for leading lay leadership activities for the Israel Bonds campaign for northern Ohio.

Steve, a CPA, serves as the managing partner of Greenberg Apartment Communities, a multi-family property management company operating in Ohio, Mississippi, and Florida. He is a past president of Green Road Synagogue, past trustee of the Jewish Federation of Cleveland, past assistant treasurer of JFSA, and past financial vice president of Fuchs Mizrahi School. He presently serves on the board of Jewish Community Housing and on the audit committee of the Jewish Federation of Cleveland.

As dedicated members of the Jewish Community of Cleveland, he and his wife, Edith, actively support pro-Israel causes,

regularly visit Israel, and are proud long-term investors in Israel bonds.

"I am honored to accept this position to help Israel Bonds achieve its goals, which strengthen Israel's economy," Steve declared.

Thomas Lockshin, executive director for Ohio and Kentucky, stated, "Lay leaders have helped drive our success since our founding in 1951. Steve is a proven leader in our community, and I have no doubt he will use his energy and experience to achieve our mission for the State of Israel."

Steve and Edith reside in Beachwood, and have four married children and seven grandchildren.

About Israel Bonds

Israel bonds start at \$36 and terms as short as 2 years. They are available as investments in portfolios and IRAs, as gifts for family and friends, and as donations to charitable organizations. Development Corporation for Israel/Israel Bonds ranks among Israel's most valued economic and strategic resources, with a record of proven success spanning 70 years.

Praised for its dependability, Israel Bonds has helped build every sector of Israel's economy. Partnering in Israel's success story through



investment in Israel bonds is global in scope. U.S. sales of Israel bonds exceeded \$1 billion for the 9th consecutive year. Worldwide sales have exceeded \$46 billion since

the first bonds were issued in 1951. Proceeds from the sale of Israel bonds have played a decisive role in Israel's rapid evolution into a groundbreaking, global leader in high-tech, greentech and biotech. It is a FINRA member.

For more information, contact the Israel Bonds office at cleveland@israelbonds.com or 216.454.0180.

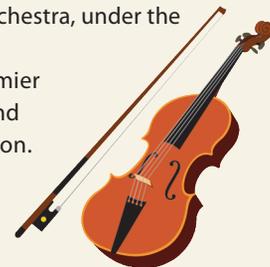
Suburban Symphony Orchestra's February Concert Features Young Soloist Concerto Competition Winners

Suburban Symphony Orchestra invites the community to attend a free concert on Sunday, February 13, that will feature winners of its Young Soloist Concerto Competition. The concert will take place at Beachwood High School at 3:30 p.m.

The Young Soloist Concerto Competition is a prestigious event for the most ambitious and talented student artists in the region that has taken place annually since its inception in 1955. Renowned musicians such as Orion Weiss, Eliesha Nelson, Diane Mather, and more have been named winners of this competition in past years. Congratulations to this year's winners: Marina Ziegler (17, violin), Matthew Chang (15, piano), and Isabelle Liu (16, violin). These talented young musicians were selected out of a number of participants, aged 13-18, based on their performances during the

November 14, 2021 competition. At the upcoming concert, each of them will perform a concerto with the orchestra, under the direction of Maestro Domenico Boyagian.

Suburban Symphony Orchestra is the premier community orchestra in the greater Cleveland area, presenting five free concerts each season. Donations are encouraged and masks are required. For details, visit www.SuburbanSymphony.org.



Marina Ziegler (17, Copley High School) will perform the first movement of Violin Concerto No. 3 by Camille Saint-Saëns. She began piano study at the age of four with her mother Mayumi Kikuchi. At the age of five, Marina began violin study at the Sato Center for Suzuki Studies at the Cleveland Institute of Music (CIM), where she studied with Stephen Sims. Marina has also studied violin with Isabel Trautwein from the Cleveland Orchestra and Eugenia Postyрева at CIM. She currently studies

with David Bowlin from the Oberlin Conservatory of Music. Marina has placed in or won many competitions in both violin and piano, including the Sigma Alpha Iota String Competition, State Buckeye Piano and Violin Auditions, and the 2020 Suburban Symphony Young Soloist Concerto Competition. She has performed in many venues in Northeast Ohio and in 2018 performed on both instruments in Japan. In the past few summers, she has attended the Tanglewood Institute Violin Workshop, Credo Music Festival, and Bowdoin International Music Festival. She currently plays in the Cleveland Orchestra Youth Orchestra as Assistant Concertmaster.



Matthew Chang (15, Hawken School) will perform the first movement of Piano Concerto in F by George Gershwin. He has been playing piano for nine years, beginning his studies with Olga Radosavljevich. Currently, Matthew studies with Derek Nishimura in the Preparatory Division of the Cleveland Institute of Music (CIM). Matthew has been awarded the Olga Radosavljevich piano

scholarship for the last two years. In addition to piano, he studies music theory with Dr. Allen Yueh at CIM and has also studied with Adeline Huss. Matthew currently participates in a chamber music group at CIM with his coach, Carolyn Warner. His past piano experiences include Baldwin Wallace Piano Camp, Summer Sonata Piano Camp at CIM, the

Intermediate Piano Camp at Interlochen, where he received a merit scholarship and participated in a piano trio chamber group, and CIM Composers Camp. Most recently, he attended the Indiana University Piano Academy, where he also received a merit scholarship. Matthew has participated in masterclasses with Sean Schulze, Antonio di Cristofano, Orion Weiss, Shai Wosner, Edward Auer, and Caroline Oltmanns. He has been selected to participate in honors recitals at CIM in addition to the Preparatory Showcase Recital in the spring of 2021. Recently, he was selected as one of the winners of the 2021 CIM preparatory concerto competition. His other musical experiences include playing clarinet in the Cleveland Youth Wind Symphony and Contemporary Youth Orchestra. He runs cross country for Hawken and, in his free time, enjoys solving math problems.



Isabelle Liu (16, OHDELA) will perform the first movement of Violin Concerto in D Major by Johannes Brahms. Isabelle began studying violin at the age of 6 and currently studies under violin professors Ilya and Olga Kaler in the Young Artist Program at the Cleveland Institute of Music. Her previous teachers include Jory Fankuchen, Helen Kim, and Fabiola Kim. She has also participated in masterclasses with violinists Yu-Chien Tseng and Evgeny Bushkov.

Isabelle has won several competitions, including the Elite International Music Competition where she performed at Weill Recital Hall in Carnegie Hall, the Palo Alto Chamber Orchestra Concerto Competition, and the Silicon Valley Youth Music competition in 2015 and 2016, winning Grand Place in 2018. In 2021, she was a finalist of the Ann Arbor Symphony

Young Artist competition and winner of the Suburban Symphony Orchestra Young Artist competition. Isabelle has participated in many orchestras such as the Palo Alto Chamber Orchestra and California Youth Symphony Associate Orchestra, and CIM orchestra as a part of her YAP program. In the summers, she has attended chamber music camps at Crowden Chamber Music, Palo Alto Chamber Orchestra, and the C'est Bon Chamber Music Academy. In 2019, she passed the first round of the auditions for the San Francisco Youth Symphony, but could not attend the final round because of relocation to Los Angeles, where she attended the Colburn Community School of Performing Arts. Besides violin, Isabelle plays piano as well, passing Certificate of Merit for piano in levels 4 to 8 and receiving Branch Honors in 2016 and 2018. She has accompanied her school's choir groups with violin and piano and participated in string orchestra throughout her school years.

Menorah Park Welcomes Administrator Diane Liliestedt

Upon the recent retirement of Richard Schwalberg, please join Menorah Park in welcoming Diane Liliestedt as the administrator of Menorah Park skilled nursing residence and rehabilitation center.



Richard Schwalberg, a compassionate and dedicated leader who devoted 31 years to his role," stated Diane. "I find his longevity and the longevity of so many of our staff members to be rooted in a

rich foundation of an extended family, all passionate about Excellence in Caring®." Diane also shared that her immediate goals are to continue to strengthen these important bonds and to continue to cultivate a strong and respectful community. She also looks forward to meeting the many individuals in our community and family.

She has 21 years of experience leading senior care communities. In fact, she is actually returning to the Menorah Park family with previous roles as marketing and admissions manager at Montefiore, and as the first leader of The Weils.

"I am honored to be a member of this wonderful Menorah Park community and humbled to fill the shoes of

Richard Schwalberg, a compassionate and dedicated leader who devoted 31 years to his role," stated Diane. "I find his longevity and the longevity of so many of our staff members to be rooted in a rich foundation of an extended family, all passionate about Excellence in Caring®." Diane also shared that her immediate goals are to continue to strengthen these important bonds and to continue to cultivate a strong and respectful community. She also looks forward to meeting the many individuals in our community and family.

Thank You!

The Jewish Federation of Cleveland recently delivered gift bags to thank area police departments, including Beachwood's, for their service. Contents of the bags were

donated by community members for Jewish Volunteer Network's December Monthly Mitzvah Collection. We are grateful for first responders across Cleveland who keep us safe each and every day!



From left: Keith Winebrenner, JFC Security, LLC; Det. Mike Acker, Officer Rich Kemer, Det. Aaron Lieb, Captain Richard Lessick, and Det. Matt Alandt.

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

Cleveland Chapter of Music for Food to Hold Free Benefit Concert for Cleveland Kosher Food Pantry

The Cleveland Chapter of Music for Food, in association with the Cleveland Institute of Music Student Government Association, will be presenting a concert to benefit the Cleveland Kosher Food Pantry. 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 pick-up serve approximately 250 local families. The Pantry also provides bi-monthly food deliveries to 1,500 seniors in 10 low-income apartment buildings.

The free concert will be livestreamed on Wednesday, February 23, at 7 p.m. and rebroadcasted on Sunday, March 13, at 7:30 p.m. and Sunday, March 20, at 4 p.m. Music of Debussy, Komitas, Ysaÿe, Piazzolla, Bozza, and Brahms will be featured.

Limited in-person tickets will be available for the February 23 performance (subject to change). Reservations are required. Those in attendance must be vaccinated and masked. Proceeds from an online auction of works by Cleveland Institute of Art students will also support the effort.

Devorah Alevsky, director, commented, "We are thrilled that, once again, Music for Food and the CIM Student Government Association are putting together a beautiful concert to support the work

of the Cleveland Kosher Food Pantry. They recognize the critical need we meet in helping to provide food to our neighbors who are suffering the impact of the ongoing pandemic."

Sharon Robinson, president of the Cleveland Chapter of Music for Food, said, "We believe wholeheartedly in the mission of the Cleveland Kosher Food Pantry and are delighted to join with the CIM Student Government Association and the Cleveland Institute of Art to support them."

Founded in 2010, Music for Food supports local hunger-relief efforts in 18 U.S. cities. Over 350 international artists have participated in concerts benefiting nearly 100 organizations.

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. People experiencing food insecurity, especially during the winter months, rely on the Kosher Food Pantry's door-to-door distributions and drive-through pick-ups.

To make your reservation to attend the live performance, visit <https://musicforfood.net/cleveland/cleveland-institute-of-music-faculty-and-student-concert>. To view the free performance online, visit www.cim.edu/concerts-events/music-food-benefit-concert-2.

All donations through www.musicforfood.net/donate will go to the Cleveland Kosher Food Pantry.



General donations throughout the year may be sent to 2004 South Green Road, South Euclid, Ohio, 44121.

The Cleveland Kosher Food Pantry was established over 40 years ago by Devorah's parents, Rabbi and Rebbitzin Zalman and Shulamit Kazen, as part of their efforts to help Russian Jews settle in Cleveland through the Semach Sedek Russian Immigrant Aid Society (RIAS).

The Cleveland Kosher Food Pantry Advisory Board is co-chaired by Muriel Weber and Chuck Whitehill.

Class of 1970 Reunion



A block of rooms is being held at the Hyatt Place at Legacy Village in Lyndhurst. To make a reservation, call 888.492.8847. There will be

June 24, 2022
Friday Night • Time TBA
Rustic Grill at StoneWater Golf Club in Highland Heights

June 25, 2022
Saturday Night • Time TBA
Beechmont Country Club

a shuttle from the hotel to both venues. The Beachwood Class of '70 Reunion website is www.beachwood70.com.

Federation Young Families Events

PJ Tumbles (at home) with The Little Gym
Sunday, February 20
10:30 – 11:30 a.m.
Virtual

Join us for a morning of movement with The Little Gym of Shaker Heights. Let's jump, roll, tumble, and hop at home! Register at www.jewishcleveland.org.

Sing & Swing with PJ Library®
Sunday, February 27
10 – 11:45 a.m.
Virtual

You're invited to a special class with Sing and Swing, just for PJ Library®. This class introduces music and movement to children ages 7 and younger. Join us as we sing, move to the rhythm, and bond as a group. Register at www.jewishcleveland.org.

LAST CHANCE TO VIEW "Stories of Survival"

Closing February 27 at
The Maltz Museum of Jewish Heritage

February is the last month for Cleveland area audiences to bear witness to the phenomenal special exhibition now on view at the Maltz Museum of Jewish Heritage in Beachwood. "Stories of Survival: Object. Image. Memory." is a landmark exhibit that showcases more than 60 never-before-seen personal items brought to America by Survivors of the Holocaust and genocide.

Exploring the relationship between objects, their meaning to the original owner and subsequent significance, each artifact is dramatically paired with oversized photographs by renowned documentarian Jim Lommasson, with handwritten responses by Survivors or their family members. The objects are as every day as a baby doll and a black suitcase, and as symbolic as a young mother's cookbook and a wedding announcement that were saved by local Survivors from genocides around the world.

Although the objects and memories start from very different origins – from Germany to Belgium

to Armenia to Syria – common threads bind them all together. These are the threads that bind us all, the common story of moving to a new land and building a new life, yet holding on to the past.

We are all connected to these stories; we have them in our own families. They are the commonality of an immigrant experience, an American experience.

The museum is open Wednesday through Sunday, 10 am to 5 pm. Online tours are offered the first and third Tuesday of the month at 2 p.m., registration required. Visit www.maltzmuseum.org for more information.

Friends of Beachwood Library Scholarship

Friends of Beachwood Library invite Beachwood high school seniors who are Beachwood residents to apply for a scholarship. First place will be awarded \$1,250, 2nd place \$750, and 3rd place \$500.

Each applicant is required to write an essay, not to exceed 1,500 words, based on one of the two questions below:

- If all of the books in the world were about to disappear, but you could save one, what would it be and why?
- Library service is recognized as an essential community need. Describe and elaborate on how libraries are fulfilling community needs.

Essays will be evaluated on mechanics/structure, purpose, style, idea development and format. A separate cover letter should include the student's name, home address, email address and phone number.

The deadline for all entries is Friday, April 1, by 5 p.m. Directions and guidelines are available at the Beachwood Library's Teen desk.

Entries can be dropped off at the library or sent to friendsofbeachwoodlibrary@gmail.com, with Friends Scholarship on the subject line.

LAST CHANCE: CLOSING SOON

ON VIEW THROUGH FEBRUARY 27

Stories of Survival

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Beachwood Library Programs

To 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. Be sure to check with the library before attending in-person programming.

Tuesday Book Chat

Virtual
Tuesday, February 8
7-8 p.m.
"The Music of Bees,"
by Eileen Garvin
Event #5572097

Third Thursday Book Discussion

Virtual
Thursday, February 17
2-3 p.m.
"Revival Season,"
by Monica West
Event #5585286

Through the Eyes of the Artist

Virtual
Friday, February 18
10:00-11:00 a.m.
Art historian Felicia Zavarella Stadelman will present a program on Andrew Wyeth.
Event #5834360

Knit and Lit

In Person
Monday, February 21
6:30-8 p.m.
Join us at the Beachwood branch for knitting and informal chats about what everyone is reading. Event 5592579

The Harvard Computers

In Person
Thursday, February 24
7-8 p.m.
Gary Kader, director of the Burrell Observatory, presents "The Harvard Computers: Women Who Launched Twentieth Century Astronomy."
Event #5587256

Baby & Me Storytime

In Person
Thursdays, February 17 – March 17
10-10:30 a.m.
Caregivers with babies, birth – 18 months
Join us for rhymes, songs, fingerplays and books.

Pajama Storytime

Virtual
Thursdays, February 17 – March 17
6:30-7 p.m.
Family
Put on your pajamas and join us for rhymes, songs, fingerplays, and stories.

Little Artists

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

Who Was...?

Monday February 7
7-7:45 p.m.
Virtual
Grades 2-5
Test your knowledge of the "Who Was/Is?" series with other fans. Questions will focus on famous African-Americans, such as Martin Luther King Jr., Ida B. Wells, Barack Obama, Serena and Venus Williams, Aretha Franklin, and George Washington Carver.

STEAM Tuesday

Tuesday, February 15
3:30-4:15 p.m.
Virtual
Grades 2-5
Learn, build, experiment, and create during each month's fun activity. Supported by the Friends of the Beachwood Library.

Little Artists

Tuesday, March 1
3:30-4:15 p.m.
In Person
Grades K-2
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.

Carnival Masks

Thursday, March 3
3:30-4:30 p.m.
In Person
Grades 2-5
Decorate your own Carnival masks and learn about the celebration from Brazil. Supported by the Friends of the Beachwood Library.



Shaker Arts Council Seeks Artists for Art Competition for Utility Box Designs

Building on the success of several years of traffic utility box projects, Shaker Arts Council (SHAC) is pleased to announce this year's project: Painting the Town. SHAC is sponsoring a juried art competition for the design of utility boxes located in Shaker Heights.

SHAC is looking for artists, 21 years or older, who live or work in Shaker Heights, or are a member of SHAC. Designs and applications must be submitted

no later than Friday, March 4, 5 p.m. For more information and to download information, visit www.shakerartscouncil.org.

Shaker Arts Council's Painting the Town Art Competition for Utility Box Designs is made possible in part by state tax dollars allocated by the Ohio Legislature to the Ohio Arts Council (OAC). The OAC is a state agency that funds and supports

quality arts experiences to strengthen Ohio communities culturally, educationally, and economically.

SHAC is sponsoring a juried art competition for the design of utility boxes located in Shaker Heights.

Shaker Arts Council is a volunteer nonprofit

organization whose mission is to enrich the cultural fabric of Shaker Heights by establishing the arts as a vibrant and integral part of the community. Its purpose is best described as, "Building the community through the arts and building the arts through the community." SHAC also presents Shaker visual and performing artists in events throughout the year.



**BEACHWOOD
DEMOCRATS**

Beachwood Democrats invite you to join them the second Wednesday of each month at 7 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.

CCPL Receives Highest Rating

For the 12th consecutive year (2010-2021), Cuyahoga County Public Library (CCPL) has received the highest overall score among its peers in Library Journal's Index of Public Library Service (Index). CCPL has also received the Index's prestigious five-star rating for 13 consecutive years (2009-2021).

Published annually, the Index compares U.S. libraries with their peers based on per capita output measures. Ratings of five, four and three stars are awarded to libraries that generate the highest combined per capita outputs among their spending peers. Within its peer group – which includes America's largest library systems – CCPL earned the Index's highest overall rating, scoring 1,932 total points.

At Cuyahoga County Public Library we are committed to our mission of being at the center of community life by creating an environment where reading, lifelong learning and civic engagement thrive and our vision to be the most convenient library system in the country. For more information, visit www.cuyahogalibrary.org.

The Community is Invited to:

Faith and Climate Change: A View from the Vatican

**Featuring Rabbi Daniel Swartz, Executive Director of the Coalition on the Environment & Jewish Life
February 10 • 7:30 p.m. • Zoom**

Rabbi Swartz recently attended a global multi-faith effort, led by the Vatican, to bring together diverse faith leaders to address climate change in advance of the COP26



climate negotiations. Rabbi Swartz will share with us his take on those negotiations, what needs to happen next, and the role of faith communities in general, and the Jewish community in particular, as we try to address the climate crisis.

Please join us for what should prove to be a stimulating evening. The program, which is free and open to the community, is co-sponsored by B'nai Jeshurun, Kol Halev Congregation, and Park Synagogue.

Pre-registration is required by February 8 to receive the Zoom link. Please register at www.parksynagogue.org, or by contacting Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

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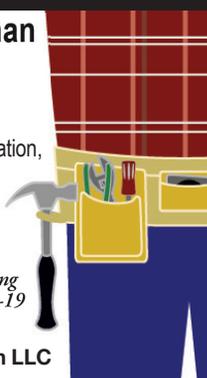
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