

# Beachwood Buzz

January 2025      Every Resident. Every Business. Every Month.      MAGAZINE

## 50 YEARS STRONG

### Beachwood Soccer's Record-Breaking Season

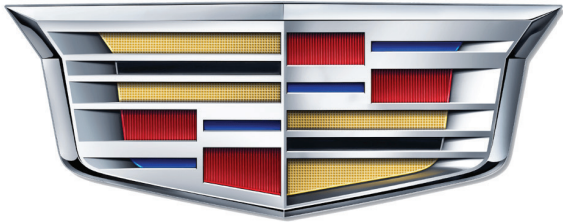


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- Strenth. Grit. Gratitude.
- Kindness Grows*
- Beachwood Chamber Programs
- ... and so much more!

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**A**s we start the new year, it's the perfect opportunity to pause, reflect, and refresh our morning routines. Jay Shetty, host of *The Daily Jay*, a seven-minute meditation on the Calm app, always leads his meditations in a relatable manner, blending practical wisdom with guided reflection.

Recently, Jay talked about his morning routine, for which he uses the acronym T.I.M.E., for **T**hankfulness, **I**nsight, **M**editation, and **E**xercise. He chose that acronym to emphasize that time is one of our most valuable resources and how we spend it directly influences the quality of our lives.

According to Jay, the first hour after we wake up is pivotal, as it sets the tone for the entire day. His T.I.M.E. framework, which can be practiced in as little as 20 minutes, lays a solid foundation for feeling more energized, focused, and motivated. By dedicating this small amount of time to ourselves each morning, we enhance our productivity and well-being, effectively adding the equivalent of an extra hour to each day.

### **T – Thankfulness**

A dose of daily gratitude produces feel-good hormones and increases our mood. Gratitude doesn't have to stem from grand gestures; even the smallest moments can hold immense power. A kind smile from a stranger, the warmth of your morning coffee, or the beauty of sunlight can all be sources of thankfulness. These simple acknowledgments, when practiced daily, create a ripple effect that shifts your perspective toward abundance. You may also consider keeping a gratitude journal where you write down three things each day for which you are

thankful. This simple practice can boost your mood, improve relationships, and cultivate a more positive outlook.

### **I – Insight**

Tap into a mindset of learning and growth. It doesn't matter what you do, as long as it expands your mind or broadens your perspective. Whether it's reading a book, listening to a podcast, exploring a new skill, or engaging in meaningful conversations, the goal is to consistently seek opportunities for enrichment. Insight isn't about mastering everything; it's about staying open to life's lessons and discovering something new each day.

### **M – Meditation**

Meditate every morning. Just like tuning an instrument before a concert, meditation helps you align mentally and emotionally before facing the day. It provides a moment of stillness where you can check in with yourself and become aware of your thoughts and feelings. This self-awareness empowers you to approach the day with purpose, setting intentions for what's to come. Meditation grounds you, helping you stay centered amidst the busyness of life, so you can navigate challenges with a calm, focused mind. By starting your day with this practice, you're setting yourself up to perform at your best.

### **E – Exercise**

Exercise in the morning boosts energy levels, reduces stress, and activates your body's natural chemistry. Any form of movement, whether it's stretching, walking, or a full workout, triggers the release of endorphins, which improves mood and sets a positive tone for the day. Regular exercise enhances physical health, sharpens mental focus, and supports emotional well-being by reducing anxiety. Starting your day with movement helps regulate energy and increases productivity, making it a powerful practice for overall well-being.

As we step into 2025, let's embrace **T**hankfulness to recognize all for which we're grateful, seek **I**nspiration to learn and grow, **M**editate to align our mind and body, and **E**xercise to boost and balance our energy.

When we start our day with T.I.M.E., we set ourselves up for a more focused, purposeful, and energized year ahead.

Please take a moment to check out the bios of this magazine's contributors on page 4. It truly takes the effort of our entire team to bring each issue of *Beachwood Buzz* to life, and I'm deeply grateful to collaborate with such a dedicated and talented group of individuals.

Also, be sure to read *I Believe* on page 15. This heartfelt piece was originally read by my sister, Darcy Alter, at her daughter Sadie's bat mitzvah on Oct. 3, 2015. Rabbi Rob Nosanchuk later re-read it at Darcy's funeral on Dec. 3, 2015. Darcy would have celebrated her 64th birthday on Jan. 6.



"With the new day comes new strength and new thoughts."  
~ Eleanor Roosevelt

# Beachwood Buzz Contributors

Gratefully showcasing our amazing team

## Elaine Cicora



Elaine, a stellar proofreader with an eye for perfection, has been an invaluable asset to our team since 2020. Outside of work, she enjoys cooking, exploring the Cuyahoga

Valley National Park, and volunteering with the Portage County Park District. Among her goals for 2025 is resuming her yoga practice.

## Arlene Fine



Arlene, a creative, resourceful journalist, has been a team member for eight years. She continues to live life to the fullest by enjoying family, friends, good books, and the great

outdoors. Her top goal for 2025 is to laugh easily, be a good listener and treat others with kindness, empathy and respect.

## Adam Jacob



Adam, our director of sales and a senior account executive at the Cleveland Jewish Publication Company, is attentive to customer needs and plays a key role in driving our

continued success. Adam enjoys playing pickleball, and spending time with his wife and two cats. He plans to travel more in 2025.

## Ryan Kennedy



Ryan, graphic designer for the City of Beachwood, brings creativity and precision to every visual project to effectively communicate the city's messages and enhance its public image. Ryan enjoys

golf, Cleveland sports, and spending time with his family. In 2025, he will continue elevating the city's visual communications strategy.

## Ben Lombardi



Ben, communications manager for the City of Beachwood, is the dynamic force behind the city's public messaging and community outreach efforts. He enjoys going to Cleveland Guardians

games and exploring the Metroparks with his family. A top goal is to strengthen community ties and engagement.

## Lauren Meade



Lauren, director of communications for Beachwood City Schools, strategically advances two-way communication between the schools and community. Outside of work, she enjoys

spending time outdoors with her family. A 2025 goal is to continue serving as an advocate for public education.

## Scott Morrison



Scott, photography director, has been bringing stories to life with his unique vision and expertise since 2013. Scott also serves as vice president of the board for Beachwood Chamber

of Commerce and participates in producing independent films. A top goal this year is to travel and capture epic images of nature.

## Ananya Rao



Ananya, a Beachwood resident and Hathaway Brown sophomore, is new to our team in 2025. Her column, *Moments That Matter*, features diverse topics that coincide with monthly

events. Ananya enjoys reading, watching films, and spending time with her family. A top goal this year is to become a better writer.

## June Scharf



June, an intrepid, resourceful journalist who delivers insightful, revealing feature stories, has been a driving force on our team since 2015. She travels frequently with her boyfriend, reads

three newspapers daily, and enjoys hanging with family members. A top goal for 2025 is to continue crafting compelling articles.

## Senator Kent Smith



Kent is the Ohio Senate Democratic Whip for the 21st District, who hosts a weekly video update about state government called *In Case You Missed It: Statehouse Edition*. Additionally,

he is a roller derby announcer for Cleveland's Burning River Roller Derby team, a cat dad, an apple farmer, and an art and music fan.

## Jennifer Stern



Jennifer, LISW, a loss and bereavement specialist, has been empowering readers by presenting optimistic perspectives on challenging circumstances since 2015. She loves cooking, gardening,

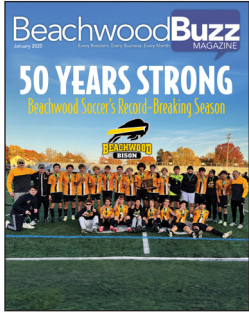
reading, photography, and time shared with family and friends. A top goal is to focus her energy on what brings peace and fulfillment.

## Stephen Valentine



Stephen, our art director and the creative director at the Cleveland Jewish Publication Company, is the driving force behind advertising designs and striking cover-story layouts. He enjoys

watching stand-up comedy, playing golf, and making memories with his family. One of his top goals is to visit the Pacific Northwest.



Cover photo: Beachwood High School soccer team makes school history! Story starts on page 7. Cover photo by Ryan Peters. Story photos by Lifetouch.

### Recycle Broken Holiday Lights and Power Cords



The Public Works Department accepts broken holiday lights and power cords dropped off for recycling, Monday through Friday, 7:30 a.m. - 3:30 p.m.

### Important Phone Numbers

City of Beachwood • 216.464.1070

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City Council Office • 216.595.5493

Beachwood Recreation • 216.292.1970

Beachwood City Schools • 216.464.2600

Beachwood Library • 216.831.6868

Beachwood Chamber of Commerce • 216.831.0003

Beachwood Arts Council • 216.595.3400

Police Department Emergency • 911 | Non-Emergency • 216.464.2343

Fire Department Emergency • 911 | Non-Emergency • 216.292.1965



## Warm Wishes for the New Year!

As we step into the new year, we extend our heartfelt gratitude to everyone who contributes to the success of this magazine: the City of Beachwood, Beachwood City Schools, our advertisers, content contributors, loyal readers, and the talented individuals who work tirelessly each month to bring *Beachwood Buzz* to life.

*Beachwood Buzz* has always been about our community, for our community, and by our community, and we are proud of all we've accomplished together in the past 28 years.

We're excited to continue this journey – sharing stories that inspire, offering insights that empower, and creating moments that connect us all.

**Happy New Year!**  
We wish you a joyful, healthy, and prosperous 2025.

## Who We Are

**Debby Zelman Rapoport**  
Editor/Publisher

**Adam Jacob**  
Director of Sales

**Scott Morrison**  
Photography Director

**Elaine Cicora**  
Proofreader

**Stephen Valentine**  
Art Director

**Catherine Biertman**  
**Kent Smith**

**Jen Stern**  
Contributing Writers

### Calendar Section

Please send information about clubs, organizations, events and meetings to [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com). The deadline is the 10th of each month.

### Article Submissions

If you have a story idea or photos you would like to share, email [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com).

### Subscriptions

*Beachwood Buzz* is distributed via the U.S. Post Office to every resident and every business, every month. If you live outside our distribution area, subscriptions are available by sending your name, address and a check for \$36 (12 issues) to Beachwood Buzz P.O. Box 22194 Beachwood, Ohio 44122

### General Information

*Beachwood Buzz* is a privately owned, independent community magazine that supports the City of Beachwood and Beachwood Board of Education. We reserve the right to accept or decline any advertising or content.

### Editorial Information

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P.O. Box 22194  
Beachwood, Ohio 44122  
216.315.1827



# Beachwood 100 Annual Fundraising Campaign

*Supporting the Safety Forces That Protect Our Community*

## What is Beachwood 100?

Beachwood 100 is a volunteer-run organization, founded in 1969, with the mission of giving back and supporting Beachwood first responders in times of need

## MEMBERSHIP • JOIN OR RENEW TODAY

Individual Membership is only \$50 per year  
Corporate Membership is only \$100 per year  
Members receive two membership cards and  
two vehicle decals, which display your support

## HELP US SUPPORT OUR FIRST RESPONDERS

- Awarding annual academic scholarships to children of our Police and Fire Department personnel
- Assisting the city's safety forces and their families with loans or donations when unforeseen personal emergencies occur
- Supplying safety and fitness equipment to the city's first responders
  - Recognizing those who keep our city safe

Sponsorship Opportunities Available

## PLEASE DONATE



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The Beachwood 100 is a 501(c) (3) entity and dues are tax deductible

## THANK YOU FOR YOUR SUPPORT!

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ISON

ATHLE



# 50 YEARS STRONG

## Beachwood Soccer's Record-Breaking Season

By Debby Zelman Rapoport

The Beachwood High School boys soccer team made school history this year, clinching their fourth consecutive Chagrin Valley Conference (CVC) Metro Division title and setting multiple records. They scored a school-best 105 goals in a season and became the first Beachwood team in any sport to advance to the state semifinals.

Grant Keilin, named First Team All-Ohio and Division IV Player of the Year and 2024 United Soccer Coaches Association High School All American, set new records with 113 career goals and 45 assists. Alongside co-captains Kyle Bennett and Josh Rosenblitt, Grant led the team to an unprecedented 19-2-2 record – the best in school history.

Josh also made his mark by recording 22 career shutouts as goalie. All-District honors were awarded to Grant, Kyle, Asher Gearity, and Daniel Park, while First Team CVC honors went to Grant, Kyle, Asher, Daniel, and Leo Wang. Josh, Nathan Brecher, Avi Golubitsky, and Jaycob Zabell earned Second Team CVC honors. Head Coach Brian Greene was recognized as both CVC Coach of the Year and Greater Cleveland Coach of the Year.

Brian had high hopes for the season. "The senior leadership this year was exceptional. They believed they could win every game, no matter the opponent. With that mentality, you know you're going to have a special year."

One standout moment was finally winning the Regional Final after two previous near misses. "We'd been there the last two years but couldn't get it done," he said.

### Coaching Philosophy

Brian emphasized that players win games and coaches need to know when to let their talent shine. "My biggest role is nurturing the team environment and building mental toughness. Teaching emotional resilience is the hardest and most critical aspect of any sport."

Ryan Peters, director of athletics, highlighted the team's strong chemistry as a defining factor. "These players always supported each other and played as a unit. There was no finger-pointing when things went wrong. Our senior leadership was outstanding and the underclassmen followed their example.

"The players' dedication was evident in their commitment to extra training. They showed for early morning workouts during the summer and before school, and often stayed late on the field, all focused on a common goal.

"The coaching staff, deeply committed to Beachwood soccer, established high standards and held players accountable. Brian, Josh Lowe, and the rest of the coaching team worked tirelessly to help each player reach their full potential."



Bison former and current coaches celebrate 50 years of Bison Boys Soccer. **From left:** Josh Lowe, assistant coach; Eric Rozsits, assistant coach; Joe Burwell, former head coach; Jon Dunger, former head coach; Brian Greene, head coach; Kirk Morgenstern, former head coach; and Ryan Peters, director of athletics.

A heartfelt thank you to all the coaches who came together as a team to support these athletes. Brian, BHS class of '85, celebrated his 29th year as head coach, while Eric Rozsits, assistant varsity coach, completed his fifth year with the program. Josh Lowe, BHS class of 2000, marked his 20th year as assistant varsity coach. Mitchell Kirk, head junior varsity coach, wrapped up his second year on staff, and Connor Umpleby, BHS class of 2020, completed his first year on staff. Their dedication and leadership have been invaluable to the success of the program.

Ryan emphasized the team's formula for success: "When everyone shares the same goal, works hard, and trusts each other, success follows. This team demonstrated that."

### Celebrating 50 Years

This season also marked the program's 50th anniversary, celebrated on Oct. 5, with Jets Pizza and the East Coast Custard food truck after a 3-0 win over Open Door Christian Academy. Former coaches, alumni, and community members attended the event, with all but one former head coach present. Kirk Morganstern, Jon Dunger, Joe Burrell, and Brian Greene spoke about the program's legacy and tradition.

For Brian, a Beachwood alumnus, the milestone held special meaning. "These coaches were my mentors and shaped my life. I played on the Beachwood team for four years, which led me to become a coach."

"This celebration was a chance to reflect on our journey," Ryan added. "We're fortunate to have had only a few head coaches, all of whom remain connected to the program."

Ryan reiterated that all of the coaches are extremely proud of this year's players, as they have become the benchmark of success. "This program has always functioned at a high level of success, but this year's team did what no other team has done in the past. Others need to take notice of their success and how they accomplished it. I am very proud of our boys soccer program."

### Mentoring and Reflections

Brian stays in close contact with former coaches and players. "Joe Burwell has mentored me through life. My success is his to share."

"I strive to mentor former players, much like Joe mentored me," he added, sharing that he coached Grant Keilin's father, Brent. "Seeing alumni and former players in the stands during our playoff run was amazing. Once a Bison, always a Bison!"

"I am going to miss these amazing seniors. They made history and should be very proud of their legacy. They have made an indelible impact," Brian added. "We're grateful for the support of our school and community. Special thanks to Ryan Peters, Paul Chase, Aubrei Erkins, Bob Harris, and everyone who stood by us this season. It was a great year."

"If you have a goal and work toward that goal, and everyone on the team believes they can accomplish the same goal, then your goals can be achieved," Ryan said. "Everyone on this team worked hard, in season, off season, before and after practice. All players were committed to the process and trusted one another. This is how you obtain success."

### Looking Forward

Although the most talented group of seniors that the program has developed is graduating, Beachwood Bison has a very deep group of young, dedicated players who have been waiting to step up and prove themselves. The coaching staff will continue to develop student athletes and expects to maintain the Bison soccer winning tradition.



Bison varsity boys soccer team huddles together prior to kickoff.



# Standout Players

Grant, a three-time All-Ohio selection (2022-2024), was named a United Soccer Coaches All-American in both 2023 and 2024 and earned the OSSCA Division IV Player of the Year title in 2024. He set multiple school records, scoring 113 career goals and providing 45 assists, with 35 multi-goal games. In the 2024 season alone, Grant scored a record-breaking 42 goals, added 18 assists, and netted multiple goals in 15 games – a school record. He also scored in 20 games this season. A four-year starter at attacking midfield, Grant's impact on the field was unmatched.

**Grant's Reflections:** Beachwood soccer was more than just a team to me – it felt like a second family. I learned so much about soccer and life, and the coaches were a huge part of my life. I was devastated when it was over but so happy for all we accomplished. The greatest lesson I learned was that things don't come easy: You have to work for everything you want, from soccer to life.



Grant Keilin



Kyle Bennett

Kyle, a four-year starter on defense and a center back for the past three seasons, was named Second-Team All-Ohio in 2023 and First-Team Greater Cleveland in both 2023 and 2024. His career stats include five goals and five assists, with two goals and two assists in his senior season. During his time on the team, Beachwood achieved 37 shutouts, including 29 over the past three seasons and a school record-tying 12 shutouts this year.

**Kyle's Reflections:** Being a part of Beachwood soccer has been a remarkable experience in my life and I do not think I will ever forget it. I made a multitude of unique memories with my friends, and getting to do it while representing the area I grew up in produced an even greater feeling of pride. The greatest lesson I learned was it's not about how you start, it's about how you finish.

Jaycob, a two-year starter at forward and three-year varsity letter winner, scored 29 career goals with 14 assists. In the 2024 season, he contributed 16 goals and 10 assists – both the second-highest on the team. He also ranked second in goals during the 2023 season, scoring 12.

**Jaycob's Reflections:** Beachwood soccer meant a lot to me. It created a bond that could not be broken and allowed me to make so many new connections with people I never expected to get to know. I learned so many different life lessons over the years on how to fight through adversity and work as a team. It was very sad when it was all over but I was so proud of how much the team and I have grown over the years and everything we accomplished. The greatest lesson I learned from Beachwood soccer is to put trust into your teammates, especially when the odds aren't in your favor.



Jaycob Zabell

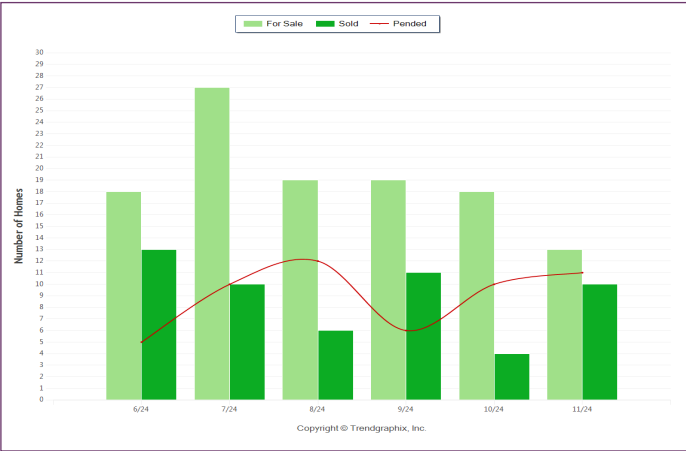
Josh, a three-year starter at goalie, set a school record with 22 career shutouts, contributing to the team's 29 shutouts over the past three seasons. He recorded 170 career saves, including 67 during the 2024 season.

**Josh's Reflections:** Beachwood soccer has been an experience that I will look back on with great memories. Coach Greene and his assistants were more than just coaches for our team: They were role models, too. We learned valuable life lessons that we can carry on forever. The biggest lesson is to push through even when things aren't going like we wanted. We all worked really hard, and set records for BHS in the process.



Josh Rosenblitt

# Real Estate Statistical Update by Sharon Friedman



Happy New Year to all of my Beachwood Clients, Friends, and Family! Prospects for real estate in 2025 are very good: "Homebuying momentum is building after nearly two years of suppressed home sales," says NAR Chief Economist Lawrence Yun. "Even with mortgage rates modestly rising, continuous job additions and more housing inventory are bringing more consumers to the market."

In Beachwood, the number of sold listings increased 150% month over month in November, with an average of 95% sold to list price over the past six months. Northeastern Ohio continues to be a desirable location, attracting new residents from out of state, while Beachwood remains very competitive due to the quality and age of the housing stock and the excellence of schools and community amenities.

— Sharon Friedman

## Homes SOLD in Beachwood

Sept. 14, 2024 – Dec. 13, 2024

Street	Days	List	Sold	LP/SP%	Bed	Bath	Built
S Green	4	\$ 175,000	\$ 150,000	86%	3	2	1953
Cedar	52	\$ 275,000	\$ 277,000	101%	3	2	1956
E Silsby	69	\$ 299,000	\$ 285,000	95%	3	2	1952
E Baintree	43	\$ 324,900	\$ 315,000	97%	4	2	1950
Beachwood	137	\$ 379,000	\$ 345,500	91%	3	3	1949
Halcyon	55	\$ 369,000	\$ 370,000	100%	3	2	1958
Hazelmere	49	\$ 399,900	\$ 375,000	94%	3	2	1955
Timberlane	88	\$ 455,000	\$ 400,000	88%	3	3	1955
Hilltop	43	\$ 499,999	\$ 427,000	85%	3	2	1956
Tunbridge	3	\$ 475,000	\$ 450,000	95%	3	3	1956
Wimbledon	46	\$ 475,000	\$ 457,000	96%	4	4	1949
Halburton	27	\$ 479,900	\$ 465,000	97%	3	2	1955
Brucefield	5	\$ 475,000	\$ 480,000	101%	4	3	1976
Wimbledon	25	\$ 549,000	\$ 485,000	88%	4	3	1977
Elmhurst	4	\$ 515,000	\$ 495,000	96%	4	4	1950
Fairmount	24	\$ 525,000	\$ 495,000	94%	4	3	1975
Letchworth	53	\$ 645,000	\$ 575,000	89%	5	4	1962
Dianne	4	\$ 645,000	\$ 645,000	100%	4	5	1964
Lyndway	36	\$ 725,000	\$ 685,000	94%	5	4	1955
Somerset	39	\$ 675,000	\$ 694,000	103%	4	5	1939
Bernwood	63	\$ 744,000	\$ 716,000	96%	4	5	1987
Brentwood	178	\$1,175,000	\$1,060,000	90%	5	5	1953
Hawthorne	86	\$1,099,999	\$1,100,000	100%	5	6	2024
Elmhurst	5	\$1,395,000	\$1,395,000	100%	6	7	2024

### Beachwood Market Update

This data was provided by Sharon Friedman, courtesy of NEOHREX. Data provided was accurate at the time of reporting. The source for the spreadsheet is MLS Now. The market data is from Trendgraphix, Inc. Information is believed to be accurate, but not guaranteed. Data does not reflect sales of property not included in MLS. Consult a Realtor® if you have questions about the market.

## SHARON LISTS AND SELLS BEACHWOOD!

**PENDING!**



**25405 Halburton Road**  
List price \$975,000  
5 Bed, 3.5 Bath COLONIAL

**PENDING!**



**26800 Hurlingham Road**  
List price \$800,000  
4 Bed, 4.2 Bath CAPE COD

**PENDING!**



**4 Haverhill Court in The Village**  
List price \$599,000  
4 Bed, 3.5 Bath FREE STANDING HOME

**PENDING!**



**2141 Halcyon Road**  
List price \$419,900  
4 Bed, 2.5 Bath COLONIAL

**SHARON SOLD A RECORD 27 BEACHWOOD HOMES IN 2024!**

**Sharon's Recent Beachwood Sales & Listings**

**PENDING:** 3 Bennington Court in The Village list \$449,900  
**PENDING:** 23512 E Baintree Road list \$395,000  
**PENDING:** 3272 Richmond in Baywood Estates list \$359,900  
**JUST SOLD 10/24:** 25053 Letchworth Road list \$645,000  
**SOLD 9/24:** 24418 Hazelmere Road list \$399,900  
**SOLD 9/24:** 6 Stratford Ct in The Village list \$599,000  
**SOLD 9/24:** 27500 Cedar Road in Point East list \$265,000  
**SOLD 8/24:** 2166 Lyndway Road list \$499,900  
**SOLD 8/24:** 15 Saratoga Ct in The Village list \$439,900  
**SOLD 8/24:** 3094 Richmond in Wedgewood list \$325,000  
**SOLD 8/24:** 24001 Glenhill Drive list \$275,000  
**SOLD 7/24:** 25129 Maidstone Lane list \$650,000  
**SOLD 7/24:** 25019 Hazelmere Road list \$449,000  
**SOLD 7/24:** 2350 Beachwood Boulevard list \$415,000  
**SOLD 7/24:** 9 Dorset Ct. in The Village list \$345,000  
**SOLD 6/24:** 23700 Bryden Road list \$1,395,000  
**SOLD 6/24:** 25236 Bridgeton Drive list \$749,900



**Happy New Year!**  
**Best Wishes**  
**In 2025!**

**Sharon Friedman**  
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# Jewish Federation of Cleveland Campaign Results

The Jewish Federation of Cleveland announced that a record \$38,087,175 has been raised by 9,206 gifts representing 12,275 donors in the 2025 Campaign for Jewish Needs. The Federation's annual Campaign provides the critical dollars necessary to help keep our diverse, local community safe, strong, vibrant, and welcoming, as well as serve the needs of the global Jewish community.

Additionally, the Jack, Joseph and Morton Mandel Foundation matched all new gifts dollar for dollar, and matched every additional dollar when gifts were increased by 10% or more. During the period of Sept. 8 through Nov. 1, 2,447 donors qualified for the "Mandel Match." Likewise, Brunswick Companies donated an additional \$1,000 to the 2025 Campaign in honor of every woman who became a new Lion of Judah Society member and every Lion of Judah who advanced to the next recognition level. Sixty-five women took advantage

of the Brunswick Challenge this year. Lion of Judah Society celebrates women who make individual gifts of \$5,000 or more to the annual Campaign for Jewish Needs.

All of these totals were shared at the Campaign Closing Celebration at Joseph and Florence Mandel Jewish Day School on Dec. 11.

"As we reflect on the Campaign for Jewish Needs and the impact we've had this year, I feel pride, gratitude, and awe at what we've accomplished together," said Amir Jaffa, general Campaign chair. "In a time when so many of us face challenges and uncertainties, we

have witnessed an outpouring of support like never before. I have seen firsthand how much this community cares about helping others, and I am grateful to know that we can rely on one another to support our shared values and mission."

Amir will remain general chair for next year's Campaign for Jewish Needs. In this volunteer role, he is responsible for providing leadership, vision, and strategy for the Federation's annual fundraising effort.

In addition to highlighting the community's various accomplishments during the 2025 Campaign, attendees also recognized Ryan



Levine, recipient of the 2024 Ambassador Milton A. and Roslyn Z. Wolf Young Campaigner of the Year Award (see page 21).

For more information about the Jewish Federation of Cleveland and the Campaign for Jewish Needs, visit [www.jewishcleveland.org](http://www.jewishcleveland.org).

— **2025** *Presented by the Beachwood Chamber of Commerce* —

# STATE OF THE CITY

— **BEACHWOOD, OHIO** —

Wednesday, February 19, 8:00-9:30 a.m.


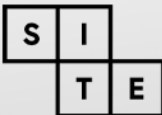

**Location: SITE Centers**  
(3300 Enterprise Pkwy.)

**Program Cost:**  
Chamber Members - \$20/person  
Non-Members - \$25/person

*8:00 a.m. - Networking*  
*Light breakfast and refreshments*

*8:30 a.m. - Program*  
*Mayor Berns addresses 2024 city achievements and 2025 objectives*

Registration beginning Jan. 1 at [public.beachwood.org/events](http://public.beachwood.org/events).  
Open to residents and the business community. No walk-ins. Register by Feb. 14.

Event will be recorded and made available at [BeachwoodOhio.com](http://BeachwoodOhio.com).



**Balance Solutions**  
Physical Therapy



**FACTS**

**MYTHS**



# Debunking the Top Five Myths About Physical Therapy

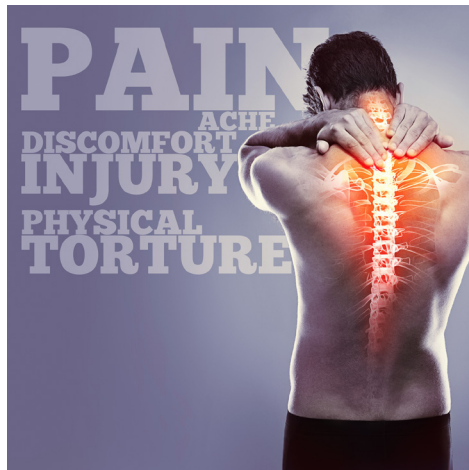
**Don't Let Myths Hold You Back—Discover the Truth About  
Physical Therapy and Take Charge of Your Health!**

Make 2025 the year you move freely, live pain free, and achieve your wellness goals with the proven benefits of physical therapy.

Whether you're tackling a lingering ache, recovering from an injury, or simply wanting to stay active, now is the time to take the first step.

Schedule a consultation with Balance Solutions Physical Therapy today and kick off your healthiest year yet!

**We Accept Most  
Medical Insurances!**



**The start of a new year  
is the perfect time to  
leave physical therapy  
misconceptions behind  
and prioritize your  
health!**

**Breaking Myths, Building  
Strength: The Truth About  
Physical Therapy  
Unlock Your Best Self!**

Physical therapy often gets misunderstood. Many people delay seeking treatment because of misconceptions about what physical therapy (PT) is and what it can achieve. Let's set the record straight and bust some common myths that might be holding you back from living pain free and achieving your health goals.



**440-449-3400**

**BalanceSolutions.com**

**BalanceSolutions@sbcglobal.net**

**23175 Commerce Park - Beachwood - Ohio**

# Debunking the Top Five Myths About Physical Therapy



## Myth #1: "You Only Need PT After Surgery or a Major Injury"

While PT is crucial for post-surgery and injury recovery, it's also highly effective for everyday aches, chronic conditions, and preventative care.

- PT can help with issues like neck pain from desk work, arthritis, or even improving your balance to prevent falls.
- Therapists address the root causes of discomfort before they become major problems.

**Truth:** PT isn't just reactive; it's proactive. Whether you're managing minor discomfort or striving to stay active, PT has a role to play in your wellness journey.

## Myth #2: "Physical Therapy Is Painful"

A common fear is that physical therapy will make pain worse. While there may be some discomfort during certain movements, the goal of PT is to reduce pain, not cause it.

- Techniques like manual therapy, laser therapy, and myofascial release are designed to ease discomfort.
- Therapists adjust treatments to suit your comfort level and recovery stage.

**Truth:** Physical therapy is about working with your body, not against it. Any temporary discomfort leads to long-term relief and improved function.

## Myth #3: "I Can Do the Exercises on My Own at Home"

It's tempting to think you can skip the clinic and rely on online videos for recovery, but DIY therapy isn't the same as working with a professional.

- Physical therapists tailor exercises to your specific condition, ensuring proper form and progression.
- Without supervision, you might worsen your injury or delay recovery.



**Truth:** The guidance of a trained therapist ensures that you're doing the right exercises the right way for optimal results.

## Myth #4: "Physical Therapy Takes Too Long to See Results"

Patience is important, but you might be surprised how quickly PT can make a difference.

- Many patients notice improvements in pain, mobility, and strength within a few sessions.
- The timeline depends on the condition, but consistent effort yields consistent results.

**Truth:** PT is an investment in your long-term health, and progress often comes faster than expected when you stick to your treatment plan.



## Myth #5: "Physical Therapy Is Only for Athletes or the Elderly"

There's a misconception that PT is exclusive to sports injuries or age-related issues, but it benefits people of all ages and lifestyles.

- PT can help young professionals dealing with poor posture, new parents recovering from childbirth, or weekend warriors aiming to prevent injuries.
- Everyone can benefit from improved mobility, strength, and balance.

**Truth:** Physical therapy is for anyone looking to live a healthier, more pain-free life, no matter their age or activity level.



Physical therapy is a versatile, personalized approach to health and wellness, but myths often prevent people from reaping its benefits. By understanding the truth, you can make informed decisions about your care and take the first step toward feeling your best.

Don't let myths hold you back from achieving your health goals! Contact Balance Solutions Physical Therapy in Beachwood, Ohio, to schedule a consultation and discover how PT can transform your life.

- Kelly Beaudoin, CEO  
Balance Solutions Physical Therapy, Inc

# Touching Base with BHS Star Pitcher, Josh Rosenblitt

by Arlene Fine

**B**eachwood High School senior Josh Rosenblitt, 18, has struck it big in college recruiting. The all-star pitcher signed with Oakland University in a package deal that includes a scholarship and the opportunity to display his natural talent on the university's pitching mound.

Baseball has been Josh's passion from the moment he first slipped on a mitt. His pitching acuity and love of the game was soon apparent to his family and coaches. At age 7, he was invited to play on his first traveling team and has been at it ever since.

"My childhood revolved around baseball," Josh said. "By the time I was 12, my parents, Jessica and Paul, and sister, Madison (BHS class of '22), spent countless weekends taking me to tournaments throughout the Midwest."

A competitive player, Josh found his groove as a winning pitcher when he realized that "a huge part of pitching is the mental game, where I need to be completely focused to stay one step ahead of the hitter," he said. "Just like a quarterback, a pitcher touches every ball in play. So, you need to have a special awareness of what is going on around you and have total command and control of the action. Pitchers dictate the pace of the game."

A lifelong Cleveland baseball fan who has attended countless games, Josh especially admires pitchers Shane Bieber and Tanner Bibee from this year's Guardians roster. "I like to watch them pitch to see if our styles are similar," he shared. He's also a big fan of Brad Goldberg, a standout BHS pitching alum from the Class of '08, a former professional pitcher for the Chicago White Sox, and now the bullpen coach for the Guardians.

Josh attributes his passion for the game and his refined pitching style to the guidance of his exceptional coaches. Among them are Ryan Rua, his

summer travel team coach and a former MLB player for the Texas Rangers; Matt Lamovec, who has coached him during his junior and senior years at BHS; and Ben Shepherd, who mentored him throughout his freshman and sophomore seasons.

Matt speaks highly of the BHS pitcher. "Josh is a fantastic talent who is set to break multiple school records when he graduates," he said. "What makes him stand out is his ability to balance his fierce competitiveness with a calm, composed demeanor on the mound. This not only instills confidence in his teammates but also makes him an outstanding leader. His deep knowledge and understanding of the game allow him to anticipate plays in any situation, giving him a unique edge. As a coach, it's amazing to witness – it's like watching Neo read *The Matrix* in real life."

To stay at peak performance, Josh, who is also a goalie for the BHS varsity soccer team, eats a healthy diet and works out at Velocity Sports in North Canton, where he trains and lifts weights twice a week.

Josh envisions a future in professional baseball, potentially as a coach, scout, or analyst. For aspiring high school athletes, his advice is simple: Take one day at a time and go after what you want. "You can't get upset if you are not perfect every game," he shared. "Getting good at your sport is a long process that takes time, patience, and a lot of practice. If you want to excel, you have to be willing to put in the work."

A dedicated member of the National Honor Society, Josh credits baseball with teaching him valuable lessons that have carried over into his academics and contributed to his impressive 4.0 GPA. "Stay calm and stay focused under pressure," he said. "And always remember that school and homework take top priority over everything else – even baseball!"

---

"Stay calm and stay focused under pressure," he said. "And always remember that school and homework take top priority over everything else – even baseball!"

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◀ Josh Rosenblitt as a young pitcher eager to play the game.

The BHS pitching wunderkind on the pitching mound.



# I Believe

Referenced on page 3 - In memory of Darcy Alter  
(January 6, 1961 - November 30, 2015)

**I believe** that we don't have to change friends if we understand that friends change.

**I believe** that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.

**I believe** that true friendship continues to grow, even over the longest distance.

**I believe** that you can do something in an instant that will give you heartache for life.

**I believe** you can keep going long after you think you can't.

**I believe** we are responsible for what we do, no matter how we feel.

**I believe** that either you control your attitude or it controls you.

**I believe** that sometimes the people you expect to kick you when you are down will be the ones who help you get back up.

**I believe** that my best friend and I can do anything or nothing and still have the best time.

**I believe** I have the right to be angry, but it doesn't give me the right to be cruel.

**I believe** that maturity has more to do with the types of experiences you've had and what you've learned from them, and less to do with how many birthdays you've celebrated.

**I believe** that it isn't always enough to be forgiven by others. Sometimes you have to forgive yourself.

**I believe** that our background and circumstances may have influenced who we are, but we are responsible for who we become.

**I believe** that even when you think you have no more to give, when a friend needs you, you will find the strength to help.

**I believe** that credentials on the wall don't make you a decent human being.

**I believe** the happiest of people don't necessarily have the best of everything, they just make the most of everything they have.

**I believe** that you should always leave loved ones with loving words. It may be the last time you see them.



## Fairmount Early Childhood Center Preschool and Camp Registration

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

### Parent Information Night

Thursday, January 9, 2025 • 7 p.m.

### Preschool and Camp Registration

#### Residents

Wednesday, January 15, 2025 • 8:00 a.m.

### CLASSES AVAILABLE:

**3 & 4 Year Olds  
Young 5s Class**



**Call Karen Leeds today  
for more information,  
216-464-2600**

Learn how Fairmount Preschool will prepare your child for kindergarten and Ohio's 3rd Grade Reading Guarantee.



**Fairmount Early Childhood Center  
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[www.beachwoodschoools.org/fairmount.aspx](http://www.beachwoodschoools.org/fairmount.aspx)**

# From Beachwood Arts Council

## Leaf Printing on Tea Towels

**Saturday, Jan. 25 • 10 a.m. - noon • Beachwood Community Center**  
**\$20/BAC member, \$25/non-member • Supplies are included**

Led by artist and art instructor Mandy Spisak, from Mindfully Made Arts, students will learn about using botanicals in art by creating leaf imprints with acrylic paint onto a tea towel. Techniques, such as two-tone print, ghost print, and radial symmetry, will be introduced to enhance one's design.

Reservations (*limited capacity*) and checks are required by

Monday, Jan. 20. Call 216.595.3400 to make your reservation. Send checks (payable to Beachwood Arts Council) to Beachwood Arts Council, 25225 Fairmount Blvd., Beachwood, OH 44122.



## "Rakhis for Friendship" Bracelet Making Workshop

**Sunday, Feb. 9 • 1-3 p.m.**  
**Beachwood Community Center**  
**\$5/BAC member, \$8/non-member**  
**Supplies are included**

**This event is appropriate for kids as young as 3 years old; adults will enjoy it, as well!**

Join us in making *Rakhis*, or friendship bracelets, for those you cherish. Based in the Hindu celebration of *Raksha Bandhan*, the occasion means *the tie or knot of protection*, where *Raksha* stands for the protection and *Bandhan* signifies the verb "to tie." Together, the custom symbolizes the eternal love of the brother-sister relationship.

Sisters tie beautiful amulets made of strings adorned with ornate decorations on the wrists of brothers to express affection. Brothers, in return, pledge to uphold the sibling bond by protecting their sisters from any



difficulty that comes their way in life. This custom has evolved in modern times to connect communities of different religious and cultural backgrounds. Through this guided activity, these beautiful creations will help you express your love and friendship for the persons who hold a special place in your heart.

Reservations and checks are required by Wednesday, Feb. 5. Call 216.595.3400 to make your reservation. Send checks (payable to Beachwood Arts Council) to Beachwood Arts Council, 25225 Fairmount Blvd., Beachwood, OH 44122.

### BAC Sponsors

*Beachwood Buzz*



Berkshire Hathaway Home Services, Sharon Friedman  
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 Cuyahoga Arts & Culture • Eileen Dorsey Studio  
 Lawn Doctor • Goldfarb Weber Creative Media  
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**Happy New Year!**  
**We look forward to serving you in 2025**

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## Ileen Kelner Juried High School Art Show

**Sunday, Feb. 23 – Saturday, March 29**

**Beachwood Community Center**

**Gallery Hours: Monday – Friday • 8 a.m. – 4 p.m.**

**Weekends: Call 216.292.1970 for available hours**

This special exhibit will feature inspiring artwork from students representing 23 high schools in Northeast Ohio.

Judges will be professional local artists Joyce Morrow Jones, Stuart Pearl, and Susan Cone Porges.

## Upcycled Mini-Bird Collage Workshop

**Saturday, March 15 • 10 a.m. – noon • Beachwood Community Center**  
**All Skill Levels**

**\$20/BAC member, \$25/non-member • Supplies are included**

Led by artist and art instructor Mandy Spisak, from Mindfully Made Arts, participants will learn to create a bird from upcycled textiles and wallpaper. They will have a selection of bird templates from which to cut the materials and form them into a unique and whimsical collage.

Reservations (*limited capacity*) and checks are required by Friday, Feb. 28. Call 216.595.3400 to make your reservation. Send





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JFSA's **Caring at Home** services can help you help your parents with cooking, shopping, laundry, housekeeping, as well as their bathing, grooming, and dressing needs. We can also help with post-hospital recovery and rehabilitation. You don't need to do this alone.

**We can help.**

Call **216.378.8660** today for a free assesment, or visit [jfsa-cleveland.org](http://jfsa-cleveland.org).



JFSA Cleveland helps individuals and families with **solutions** to face life's **challenges** with **confidence**.

# Moments that Matter

by Ananya Rao

## Martin Luther King Jr. Day: A Celebration of Legacy and Progress

Every year, Martin Luther King Jr. Day is celebrated on Jan. 20 to commemorate the birthday and lasting legacy of one man whose dream and deeds transformed America. In 2025, this federal holiday falls on a Monday, which means a long weekend with no school or work for many of us.

The idea for this holiday came just four days after King's assassination on April 4, 1968. Rep. John Conyers introduced the proposal to commemorate King's transformative impact on Congress. It wasn't until 1979, after years of advocacy, that Martin Luther King Jr. Day became a federally recognized holiday.

The most memorable moment in King's life was his speech, *I Have a Dream*, which he gave during the 1963 March on Washington. It was a call for racial and economic equality through nonviolent resistance that moved millions to take part



in the civil rights movement. Under his leadership came the Civil Rights Act of 1964, which outlawed segregation, and the Voting Rights Act of 1965, which prevented the suppression of African-American voters.

Even after his death, King's influence brought about further progress. The Fair Housing Act, passed just a week after his assassination, aimed to eliminate discrimination in housing for suppressed minorities. The Black Power movement, led by figures like Stokely Carmichael,

who led multiple nonviolent integration actions on trains and cafeterias in Jackson, Mississippi, continued King's work of seeking political empowerment for African Americans.

King's legacy did not stop at the United States. His nonviolent perspective on justice inspired the anti-apartheid movement in South Africa to struggle for the end of racial segregation and contributed to the fight for Indigenous rights in Australia.

He became an international symbol of peaceful resistance

and equity. Because of his transformative influence, King received the Nobel Peace Prize in 1964. At the age of 35, he became the youngest person to win a Nobel Peace Prize, based on justice and human equality.

King was not only a proven political leader, but he was also a person of great intelligence. His capacities for learning and leadership were recognized early, when he was accepted to Morehouse College at the age of 15, without ever having attended high school.

We remember Martin Luther King Jr. on Jan. 20 for his vision of equality, his tireless pursuit of justice, and his impact on the world. Though we have a day off and are probably using it to catch up on extra work or relax, let's approach this day as an opportunity to commemorate a Nobel Peace Prize winner and his dream for a better America.

## Support the Bags of Kindness Donation Drive

Beachwood Schools African American Affinity Group invites the community to take part in its Bags of Kindness donation drive in honor of Martin Luther King Jr. Day of Service. Donations will be accepted until Jan. 15 at the Beachwood Library and Beachwood Community Center (please label donations as "Bags of Kindness").

Needed items include toothpaste, toothbrushes, body wipes, lip balm, pocket tissues, hats, socks, gloves, and pads. You can also contribute by purchasing items directly through the Amazon Wishlist

at <https://tinyurl.com/BagsOfKindness>.

The goal is to assemble 500 care bags for The City Mission of Cleveland during a Martin Luther King Jr. Day of Service event on Jan. 19, 2-4 p.m., at the Beachwood High School Community Room.

The Beachwood Schools African American Affinity Group's mission is to provide guidance and support to our African American community. Its goal is to keep our community aware academically and socially. Its hope is to build a village for families to feel welcomed to Beachwood.



## Beachwood Community Book Club

You are invited to join the Beachwood Schools Foundation and students from Beachwood High School for a Community Book Club.

Launching in January 2025, the club's first selection is *The Hate U Give*, the 2017 debut novel by Angie Thomas. Beachwood community members, school and city employees, students, alumni, and members of the business community are invited to read the novel and then join us in early March for a community dialogue led by Beachwood High School students. To sign up, scan the QR code below and you will



be notified of the date and location for the book club dialogue. Happy Reading!



BSF's primary mission is to obtain funds from individuals, families, and corporations to provide scholarships to graduating seniors who are continuing their education. Additionally, an "Above and Beyond" program has been initiated to raise money to enhance educational programming in the Beachwood School District.

# Enjoy Free Admission to the Maltz Museum When You Join Us During Our Annual Martin Luther King Jr. Day Celebration

The Maltz Museum will host a day-long celebration on Martin Luther King Jr. Day (Jan. 20), offering free admission to the public. The Museum invites the community to experience all it has to offer and join in festivities planned throughout the day.

"Martin Luther King Jr. Day is a significant occasion here at the Maltz Museum," said Aaron Petersal, executive director. "It's an opportunity to honor this iconic civil rights leader along with everyday people who stand up against discrimination and intolerance. We look forward to bringing the community together and reflecting on the lessons learned from this great person and the civil rights movement in America."

## Program Schedule

### 11 a.m. – 5 p.m.

See the treasures and ritual objects in The Temple-Tifereth Israel Gallery. Share in the Jewish immigrant experience that makes up *An American Story*. Explore the Maltz Museum's special exhibition, *DEGENERATE! Hitler's War on Modern Art*.

### 11:30 a.m. and 3:30 p.m.

Beverly Lloyd and Kwanza Brewer of the Black Storyteller Association share civil rights stories.

### 1 – 3 pm

Watch filmmaker Larry Dubin's landmark documentary, *A Lawyer Made In Heaven: The Virgil Hawkins Story*. Mr. Hawkins paved the way for black students to enter Florida State University's Law School. Following the film, share in a discussion led by Larry. See the full schedule at [www.maltzmuseum.org/MLK](http://www.maltzmuseum.org/MLK).

### About the Maltz Museum

Opened in 2005 in a collaboration between The Maltz Family Foundation, the Jewish Federation of Cleveland's Centennial Initiative, and The Temple-Tifereth Israel, with research support from the Western Reserve Historical Society, the Maltz Museum is rooted in the Jewish value of respect for all humanity, building bridges of tolerance and understanding by sharing Jewish heritage through the lens of the American experience.

The Maltz Museum is dedicated to exploring diverse stories of courage from history and today, with a commitment to education and learning so there can be a more inclusive tomorrow. Learn more at [www.maltzmuseum.org](http://www.maltzmuseum.org).

ON VIEW THROUGH APRIL 20!

**DEGENERATE!**  
**HITLER'S WAR ON MODERN ART**



# FREE MLK DAY CELEBRATION

**Monday, Jan. 20**



## FILM & TALKBACK: A LAWYER MADE IN HEAVEN: THE VIRGIL HAWKINS STORY

1:00pm

## CIVIL RIGHTS STORYTELLING

11:30am, 3:30pm

## HANDS-ON ACTIVITIES FOR YOUNG FAMILIES

11:00am-5:00pm

Sponsored by the Jewish Federation of Cleveland's  
Community Relations Committee.

[MALTZMUSEUM.ORG/MLK](http://MALTZMUSEUM.ORG/MLK)

# Start the New Year with a Clear Vision

**S**herri Kitzberger, founder and CEO of Olympia Wealth & Life Management and a partner with Stratos Wealth Partners, is dedicated to inspiring individuals to take charge of their lives. Whether helping her clients crush their goals, giving financial education presentations at colleges, or guiding women to achieve financial independence, Sherri channels her passion into helping others define their goals and take actionable steps toward achieving them.

In alignment with her mission, Sherri organizes community-focused events throughout the year. Her most recent event, *Wine, Women, & Wealth*, brought together women in the community with the goal of fostering connections, sharing inspiration, and empowering one another through meaningful conversations and shared experiences.

Kicking off 2025, Sherri is hosting one of her most highly anticipated annual events, *Vino & Vision: 2025*, on Thursday, Jan. 23. This inspiring and free community program will feature goal-setting techniques, wine, networking, and vision board creation, offering participants the tools and inspiration to make 2025 their best and most successful year yet.

“Get ready to uncork your potential as we guide you through the art of making your goals crystal clear, setting the stage for an extraordinary 2025,” Sherri said.

Last year’s *Vino & Vision* event drew approximately 40 attendees who delved into their goals across five categories: Career, Health & Wellness, Relationships, Spirituality, and Fun & Happiness. Participants were encouraged to reflect on areas they might typically overlook, challenging themselves to step outside their comfort zones and craft a holistic vision for success.

Sherri highlights the transformative power of visualization, describing it as a bridge between dreams and making things happen. “By creating crystal clear goals, you

align your thoughts and actions, transforming possibilities into actual outcomes,” she explains.

“Our success starts with mindset,” Sherri explained. “People generally operate with either a scarcity or an abundance mindset. With an abundance mindset, we can envision the life we want and release that vision into the universe with intention.”

Sherri speaks from personal experience. Over the course of more than a decade, she has completed countless self-improvement courses, learning to master her own mindset. “It didn’t happen overnight,” she admits. “It took time and dedication to develop, and now I’m inspired to help others build their own confidence and embrace growth.”

She also sheds light on the challenges many people face when stuck in a fixed or a scarcity mindset, such as insecurity and limiting beliefs. “It’s not because they can’t do it,” she emphasizes. “It may stem from the way they were raised, a lack of encouragement, or setbacks they’ve experienced along the way. The key is recognizing that we each have the power to choose how we think and to take intentional steps toward the outcomes we desire.”

Mark, a participant from last year’s event, will return this year to share how his vision for 2024 became a reality. “Because of the special night that Sherri hosted, I have lost 55 pounds, taken a two-week Baltic cruise, bought a beautiful new home in Naples, Florida, planned a trip to South Africa, and truly show up as my authentic self in relationships,” he said.

Sherri eagerly anticipates helping participants build the foundation for their dreams at *Vino & Vision: 2025*. “It’s amazing how things start falling into place when we set crystal-clear goals and a clear vision – it brings us closer and closer to our dreams,” she said.

Sherri’s commitment extends beyond her clients and community members. She also mentors college students and young adults, equipping them with skills in saving, investing, job negotiations, and retirement planning.



Sherri Kitzberger, founder and CEO of Olympia Wealth & Life Management and a partner with Stratos Wealth Partners. Below: Photos from last year’s *Vino & Vision* event.



“We provide wealth and life advice for every stage of life,” Sherri explains. “Many people lack confidence in their financial decision making often stemming from a lack of education. Our goal is to educate and empower them to build confidence in their financial choices.”

Sherri is also a Certified Divorce Financial Analyst (CDFA), supporting women before, during, and after divorce by offering clarity on their financial future.

To attend *Vino & Vision: 2025*, RSVP at [www.olympiawlm.com](http://www.olympiawlm.com) or email [McKayla.Hajjar at mckayla@olympiawlm.com](mailto:McKayla.Hajjar@mckayla@olympiawlm.com).

## Event Details:

Take the first step toward a brighter future by envisioning your goals and creating a plan to achieve them. “Confidence is empowering,” Sherri reminds us. “When you can see it, you can achieve it.”

**Thursday, Jan, 23 • 6 p.m.**  
**3750 Park East Dr., Unit 200,**  
**Beachwood • 440.505.5746**



# Take Virtual Tour of The Synagogues of India

Join Park Synagogue for a virtual tour of The Synagogues of India, Wednesday, Jan. 22, at 1 p.m. on Zoom. Rahel Musleah, Indian-American journalist and tour guide (*pictured*), will lead this virtual tour of India's synagogues that are wondrous spaces as diverse as its communities.

Visit the four fascinating synagogues of the Baghdadi and Bene Israel communities in Mumbai. In Cochin, the resplendent colors of the Paradesi and Kadavumbagam synagogues will enthrall your senses. And in Calcutta, the soaring spiritual spaces of the Maghen David and Beth El Synagogues will captivate your heart.

Learn about the history of each community as we tour their synagogues on Zoom.



Registration is required for this event, free and open to the community, by Jan. 20. Register at [www.parksynagogue.org](http://www.parksynagogue.org) or by emailing Ellen Petler at [epetler@parksyn.org](mailto:epetler@parksyn.org). For more information, contact Ellen at 216.371.2244, ext. 122 or the email address above. This event is sponsored by the Park Synagogue Senior Adult Group.

# Ryan Levine Honored by Federation

Beachwood resident Ryan Levine has been named the recipient of the Jewish Federation of Cleveland's 2024 Ambassador Milton A. and Roslyn Z. Wolf Young Campaigner of the Year Award.

Ryan has proved himself to be a great campaign volunteer and someone with terrific leadership skills. In 2022, he was the Young Leadership Division board chair; and since then, he has continued to contribute to the success of the Federation as a volunteer leader, with an outstanding ability to recruit others to become involved in the campaign.

"The more you see of the Federation and what they do, the more the impact on yourself. And it makes you want to be more involved and give more," he said. "Just to have my name in the company of the past Wolf Award

winners is such a high honor and is very gratifying. As the newest winner, it's now on me to continue my Federation journey."

The Wolf Award acknowledges a young, exemplary leader of the Federation's annual Campaign for Jewish Needs who emulates the principles of leadership, dedication, and hard work on behalf of others. To learn more, visit [www.jewishcleveland.org](http://www.jewishcleveland.org).



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## Sharon Agin Rosenberg

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# Strength. Grit. Gratitude

by Jennifer Stern

**P**ositivity counters negativity. By savoring positivity, we connect more deeply with the good around us, fostering a healthier, more balanced awareness of life.

People with a growth mindset tend to be more positive, open, flexible, persistent, and curious. They learn from mistakes. They practice realistic optimism, understanding that most setbacks are temporary and that it is possible to pivot, to try differently, to grow through and beyond at any time.

Carol Dweck's mindset theory emphasizes the importance of observing, learning, and improving.

People with a set mindset tend to feel stuck, powerless, and incapable of change. They may struggle with flexibility and perseverance, seeing themselves

as victims in their own life stories. They often lose sight of their own strengths and ability to grow beyond challenging circumstances.

People with a growth mindset embrace challenges, learn from criticism, persist when setbacks are experienced, and find inspiration in the success of others. They are aware of their capacity to change, to grow, to overcome, to learn, and to persevere.

Realistic optimism allows for people to acknowledge the negative, yet find ways to grow, change, overcome, and evolve. They have grit.

Grit is the ability to set goals and pursue them relentlessly, no matter the challenges. It's about

pivoting when necessary and refusing to give up when faced with defeat, criticism, or frustration. Grit is that inner voice urging you to keep going, to persevere, and to rise above obstacles.

Life is full of unexpected challenges, disappointments, and losses. Grit helps us believe that we can endure, overcome, and begin again.

Post-traumatic growth is possible when you intentionally find your purpose, accountability, and routine in conjunction with strengths awareness. It is the ability to notice what is okay, and what personal strengths exist that can be built upon. It is the ability to act beyond circular thinking, which keeps you stuck in the problem. You must take intentional action steps to get unstuck.

**Ready! Aim! Fire!** is a strategy that can help you become unstuck.

**Ready: Identify personal/professional goals.** Define how you would like for your life to look and feel different.

**Aim: Plan action steps to grow forward.** Start with small, achievable steps and build upon them, one at a time.

**Fire: Take action.** Use your coping strategies. Be resourceful and utilize support. Connect to your strengths. Move forward, one step/task at a time.

It is human nature to have automatic thoughts that filter positive or negative awareness. Most of our automatic responses are unfortunately in response to frustrations, subconscious entitlements, and disappointments rather than appreciation, gratitude awareness, or the intentional awareness of what is okay.

Practicing gratitude awareness is a self-care strategy that creates intentional space for positive thinking, moving you forward in life, instead of limiting beliefs that keep you stuck in the negative.

Reframing from what is going wrong to what is going right creates forward momentum. Try attaching two positive awarenesses to every one negative awareness.

On a snowy, cold day, do a personal gratitude inventory: Do you have heat, food, warm blankets, a coat, boots? Can you turn on your faucet and have clean water? Do you have access to safe transportation? Healthcare? Are there people or animals that care about you? Indoor plumbing? You get the point.

So much of what we take for granted others pray for. Take the time to begin to notice what is working, helpful, okay. Practice a gratitude checklist as a strategy to amplify positive awareness.

Maya Angelou wisely said, "I can be changed by what happens to me, but I refuse to be reduced by it. If you don't like something, change it. If you can't change it, change your attitude."

May 2025 be the year that you practice connecting to strengths, grit, and gratitude in order to live your life with a growth mindset.

*Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243, or visit [www.transformativegrief.com](http://www.transformativegrief.com) and sign up for monthly posts.*



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# Will Ohio Finally End its Death Penalty in 2025?

By State Senator Kent Smith

Ohio reinstated its death penalty punishment in 1981. Since that time, our state has executed 56 individuals, and 11 death row inmates have been exonerated. Those 11 people were incarcerated on average 21 years before being set free for crimes they did not commit.

One of the arguments for maintaining the death penalty is that it deters violent crime. But according to the Death Penalty Information Center, states that have the death penalty in place have a higher murder rate than states without a death penalty punishment.

Death penalty punishment cases also cost Ohio taxpayers more. On average, they cost Ohioans \$3 million dollars per case whereas life without parole cases cost \$1 million dollars per case.

It is also impossible to ignore the racial imbalance of death penalty cases in Ohio. A 2020 study published in the *Columbia*

*Human Rights Law Review* found that Black defendants with white victims in Hamilton County were 3.79-5.33 times more likely to receive a death sentence. Black people are the majority on Ohio's death row, despite comprising 14% of the state's population.

The majority of the men exonerated from death row are Black; of Ohio's 11 death row exonerees, eight are Black. In fact, we have come perilously close to executing an innocent Black man. Derrick Jamison, who spent 20 years on death row for a crime he didn't commit, came within 90 minutes of an execution. He ordered his last meal and made

arrangements for his body. It is worth noting that Derrick was convicted in Hamilton County. If not for strong outside advocacy, he may well have been wrongfully executed.

The 2023-2024 Ohio General Assembly term saw the strongest push in recent memory to eliminate Ohio's death penalty. The legislation was heard in the Ohio Senate Judiciary Committee where more than 90 individuals testified in support of ending the death penalty in Ohio. Only five people testified in opposition to its elimination. Yet the bipartisan legislation was not passed into law.

The United States of America is the only NATO-Member country that still maintains a death penalty. Twenty-three states, plus the District of Columbia, have eliminated the death penalty. Now is the time to eliminate the death penalty in Ohio as the majority of Americans favor ending it. Will 2025 be the year that Ohio ends the death penalty? It could be. It should be.

*State Senator Kent Smith represents Ohio's 21st Senate District which includes most of the East Side suburbs of Cuyahoga County and about 33% of the City of Cleveland.*

## Whatever the Reason, Whatever the Season... Beachwood Can Count On Smylie One!



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## The Mayor's Message

### Building on 2024; Looking Ahead to 2025

#### Dear Beachwood Residents,

Happy New Year! As we enter 2025, I am enthusiastic and optimistic for the year ahead. Beachwood continues to shine as a forward-thinking community. I am confident that we will build on our strengths together, overcome challenges, and achieve even greater success in the coming year.

February will be a month of activity and celebration in our city. I invite you to join us for the Fourth Annual February Freeze on Thursday, Feb. 13, from 6:00 to 8:00 p.m. at the Beachwood Community Center. This year's event will feature indoor and outdoor activities for all ages. It's an excellent way to enjoy the winter season while connecting with neighbors and friends.

I also encourage you to attend the State of the City Address on Wednesday, Feb. 19, from 8:00 a.m. to 9:30 a.m. at SITE Centers (3300 Enterprise Pkwy.), proudly sponsored by the Beachwood Chamber of Commerce. During this event, I will provide a comprehensive report on Beachwood's accomplishments over the past year and outline our goals for 2025. This Chamber-sponsored event offers a unique opportunity to hear firsthand about our city's progress and plans for the future while connecting with others passionate about Beachwood's success. Seating is limited to this event; the city will share a video of the address on our website so those unable to attend can watch the State of the City event.

As we welcome new opportunities, I also want to recognize those who have served Beachwood with dedication. Congratulations to former City Council member Eric Synenberg on his recent election to the Ohio House of Representatives for District 21. Over his seven years on City Council, Eric demonstrated a dedicated commitment to our community, and I am confident he will represent Beachwood residents' interests effectively at the state level. We wish him the best in this new chapter of public service.

I am also proud to announce that the Ohio Chapter of the American Academy of Pediatrics named Beachwood the first Store It Safe City. This designation reflects our commitment

to firearm safety and protecting children and adolescents from injuries and firearm-related suicides. The Store It Safe program, launched in 2015, fosters education, advocacy, and community initiatives to promote responsible firearm storage. This recognition would not have been possible without the dedication of Police Chief Dan Grispino, City Council Member Ali Stern, and her husband, Dr. Noam Stern, Division Chief in Pediatric Palliative Care at Rainbow Babies and Children's Hospital. Their collaboration was instrumental in implementing this initiative. Thank you for prioritizing the safety and well-being of our residents.

Looking ahead, I'm excited about redeveloping the Fairmount Temple property, an opportunity to create something meaningful for our community. On Dec. 16, Beachwood City Council approved the administration's process for this project. Residents expressed strong support for housing on the site, and we are now moving forward with plans for an age-targeted residential housing development that aligns with our shared vision. This project represents an essential step in meeting our evolving community's needs while preserving our city's character.

As always, I am grateful for the opportunity to serve as your mayor. Together, let's make 2025 a year of continued progress, making Beachwood an even better city to work, live, learn, and thrive.

Sincerely,



**Mayor Justin Berns**

MayorBerns@beachwoodohio.com



## Beachwood City Council



How To Email A Council Member: [FirstName.LastName@BeachwoodOhio.com](mailto:FirstName.LastName@BeachwoodOhio.com)



**Alec Isaacson**  
Council President  
216.291.2797



**Danielle Shoykhet**  
Council V.P.  
216.212.9212



**Jillian DeLong**  
216.509.3514



**Joshua Mintz**  
650.464.6788



**Ali B. Stern**  
240.706.7478



**June E. Taylor**  
216.533.7640





**AUDITOR**  
216.595.3712

**BUILDING DEPARTMENT**  
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**  
216.464.2343

**PUBLIC WORKS**  
216.292.1922

**EMERGENCY**  
Dial 9-1-1 or  
216.464.1234

# Legislative Update

November 18, 2024 - December 16, 2024

The city is focusing on six key areas essential for the city's advancement, which serve not only as a roadmap, but as a guiding light for our city's progress. Each legislative update highlights ordinances and resolutions within these critical focus areas, underscoring the measures we are undertaking within each.

## Nov. 18 City Council Meeting

### Public Safety:

City council has approved the purchase of a new ambulance (squad). Due to long lead times, the Beachwood Fire Department will not have the vehicle in service until 2026.

### Public Safety:

The Beachwood Police Department will add the first all-electric vehicle to its fleet. The 2025 Ford Mustang Mach-EGT Police Vehicle will be a traffic enforcement tool and boost community engagement during city-sponsored events.

### Infrastructure Improvements:

A renewed contract has been approved for Signal Service Company to monitor and maintain traffic signals within the City of Beachwood.

## Dec. 16 City Council Meeting

### Economic Development:

City Council has authorized the city to move forward with a process to redevelop the Fairmount Temple property with age-targeted residential housing on the 17-acre parcel of land.

### Fiscal Responsibility:

City Council has approved the City Of Beachwood's 2025 budget after three readings and discussions between the Finance Director, City Administration, and City Council.

### Innovative Partnerships/Public Safety:

Council Members voted to approve a commitment for the City of Beachwood to become designated as the first "Store It Safe" city. This collaboration with the Ohio Chapter of the American Academy of Pediatrics (Ohio AAP) will provide education on proper firearm storage and proactive efforts to protect children and adolescents from firearm-related injuries and suicides.

## View Live & Recorded City Council Meetings



Scan the QR code with your mobile device or visit our website at [BeachwoodOhio.com/WatchMeetings](http://BeachwoodOhio.com/WatchMeetings).

## STAY ENGAGED IN YOUR COMMUNITY:



Meeting agendas, minutes including legislation, live and recorded meetings are available on our website at [BeachwoodOhio.com](http://BeachwoodOhio.com) or please attend an upcoming meeting.



# 2025 STATE OF THE CITY

Presented by the Beachwood Chamber of Commerce

BEACHWOOD, OHIO

Wednesday, February 19, 8:00-9:30 a.m.



Event will be recorded and made available at [BeachwoodOhio.com](http://BeachwoodOhio.com).

**Location: SITE Centers**  
(3300 Enterprise Pkwy.)

### Program Cost:

Chamber Members - \$20/person  
Non-Members - \$25/person

8:00 a.m. - Networking  
Light breakfast and refreshments

8:30 a.m. - Program  
Mayor Berns addresses 2024 city achievements and 2025 objectives

Registration beginning Jan. 1 at [public.beachwood.org/events](http://public.beachwood.org/events).  
Open to residents and the business community. No walk-ins. Register by Feb. 14.

## UPCOMING CITY MEETINGS

**City Council:**  
Jan. 6 at 7:00 p.m.  
Jan. 21 at 7:00 p.m.

**Planning & Zoning:**  
Jan. 30 at 6:30 p.m.

**Architectural Board of Review:**  
Jan. 6 at 4:30 p.m.  
Jan. 21 at 4:30 p.m.

# Work - Live - Learn - Thrive

## City Council Approves Fairmount Temple Redevelopment Process

Beachwood City Council voted to approve the administration's process for redeveloping the Fairmount Temple property during its meeting on Dec. 16. This significant step follows extensive community engagement, during which residents identified housing as the preferred use for the site.

The entire process is expected to take approximately nine to 12 months, from issuing the RFQ to finalizing the agreement. The City Council's approval will enable staff to begin implementation immediately.

The redevelopment of the Fairmount Temple property represents a valuable opportunity to meet community housing needs and align with public input. City Council's vote to approve this process marks the beginning of a carefully planned process moving this vision forward.



The proposed process focuses on developing an age-targeted residential housing project that aligns with the community's priorities. The outlined steps include:

- 1. Issuing a Request for Qualifications (RFQ):** The city will release an RFQ to attract development firms qualified to design and construct the proposed residential project.
- 2. RFQ Review and Shortlisting:** A team comprising City Council and administration members will evaluate submissions to identify two to three top candidates.
- 3. Request for Proposals (RFP):** The shortlisted firms will submit detailed proposals addressing project requirements, including incorporating elements of the existing Fairmount Temple structure, community impact considerations, and sustainability goals.
- 4. Proposal Evaluation:** Proposals will be assessed based on their alignment with the city's vision and community feedback.
- 5. Developer Selection:** The firm that best meets the city's goals will be selected, and the city will develop a formal agreement.

### HOLIDAY RUBBISH COLLECTION:

Due to **New Year's Day** on Jan. 1, Wednesday and Thursday collections will be delayed one day.  
Due to **Martin Luther King Jr Day** on Jan. 20, collections will be delayed one day that holiday week.

## Beachwood Becomes State's First "Store It Safe City"



The City of Beachwood proudly announces its designation as the first Store It Safe City by the Ohio Chapter of the American Academy of Pediatrics (Ohio AAP). This recognition highlights Beachwood's commitment to firearm safety and its proactive efforts to protect children and adolescents from unintentional injuries and firearm-related suicides.

The Store It Safe program, launched in 2015 by Ohio AAP, brings together diverse perspectives on firearm safety to develop unified, nonpartisan messaging and resources. Over the years, it has grown to encompass a variety of education, advocacy, and community initiatives aimed at reducing gun injuries and deaths among children and adolescents.

As a Store It Safe City, the Beachwood Police Department will initiate community education efforts on the importance of securely storing firearms within the home. The department will deliver these educational initiatives through various channels as proactive prevention for both intentional and unintentional firearm injuries and deaths.

"We are honored to be recognized as the first Store It Safe City," said Mayor Berns. "This designation highlights Beachwood's commitment to protecting our residents, particularly children and adolescents, through education and proactive safety measures," he stated. "We aim to create a safer community for all families by fostering awareness and encouraging responsible firearm storage."

The city will officially launch the program during this year's February Freeze event.

# New Frontline Service for Residents

Through the support of Mayor Berns and Chief Grispino, the Beachwood Police Department announces a new service designed to enhance convenience and safety for our residents. In partnership with FRONTLINE Public Safety Solutions, the department now offers an online platform for requesting overnight parking and vacation checks. This service is not to be used during emergencies; if you have an emergency, call 9-1-1.

Our new online system is designed with your convenience in mind. It's simple to use and can be accessed securely from any device. Whether you need overnight parking or want to ensure your home's safety during a trip, this platform makes the process straightforward and quick.

Residents can access the service at <https://www.frontlinepss.com/beachwood-oh>. The link is also available on the city's website and social media channels.

For those who prefer not to use the online system, requests can still be made by calling the Beachwood Police Department's non-emergency line at 216.464.1234.



# Nominate A Hometown Hero

The Beachwood Historical Society and the City of Beachwood announce the return of our Hometown Heroes celebration in 2025! We're calling on the community to help us honor those who make a difference. Nominate your hero online today by visiting [BeachwoodOhio.com/HeroNominations](https://BeachwoodOhio.com/HeroNominations). Submissions are open online through Feb. 28 - here's your chance to shine a spotlight on someone extraordinary!

A successful nominee actively displays the following characteristics in their everyday life:

- Must be a resident or individual who works in the city
- Makes a positive impact on the city
- Helps improve the city and society
- Shows dedication to helping others
- Displays courage, care and concern
- Contributions and accomplishments have enhanced Beachwood

Heroes will be celebrated in May with a special ceremony at the Hometown Heroes garden display in Beachwood's City Park West on Shaker Boulevard.



The 2024 Class of Hometown Heroes



# Protect Your Home and Family: Smoke Alarm Safety Tips

Working smoke alarms are a critical part of home safety. A properly functioning smoke alarm can cut your risk of death or injury in a home fire by half! Unfortunately, nearly all smoke alarm failures are caused by missing or dead batteries. Regular maintenance and proper placement can save lives.

## Installation and Placement

- For the best protection, install a combination of hard-wired alarms with battery backup.
- If you are unsure where to install smoke alarms, use the guide from First Alert.
- If anyone in your home is hard of hearing, consider alarms with strobe lights or bed shakers.

## Maintenance Tips

- Test Monthly: Press the test button on your alarms every month to ensure they work properly.
- Change Batteries: If your alarms use regular batteries, replace them at least once a year. A chirping sound means it's time for a fresh battery.
- Replace Alarms: Smoke alarm sensors wear out over time. Replace each alarm at least every 10 years or sooner if there's no manufacturing date on the label.
- Keep Them Clean: Dust and cobwebs can interfere with the sensors.

# Clear The Way: Winter Snow Reminders

Winter has certainly arrived and as we progress through the coming months, please keep the following in mind for parking, permits, and safety.

**Street Parking Bans:** Per Beachwood City Ordinances, when snowfall reaches 2 inches or more within 24 hours, the city declares a snow emergency, and parking is banned on all city streets.

**Plow Permit Reminder:** Beachwood Ordinance 725.01 requires all private snow removal contractors to secure a permit from the Beachwood Police Department before operating in the city. Please take a moment to confirm this with your contractor.

**Snow-Covered Hydrants:** Snow-covered fire hydrants are a hazard in an emergency. If you have a fire hydrant on your property or near your home and are able to clear a few feet around it, please do. In an emergency situation, every second counts.



# January Recreation Guide

## February Freeze to Warm Hearts with Pajama Drive

Beachwood's fourth annual February Freeze, presented by Crestmont, promises to go beyond simply brightening up winter with its signature lineup of activities, entertainment, and family fun. This year, the event takes on a meaningful cause: warming hearts through new pajama donations benefiting Sweet Dreams for Kids.



In partnership with resident Dalya Berezovsky, this donation drive encourages attendees to bring a new pair of kids' pajamas to donate at the entrance. These donations will provide comfort and a feeling of home to pediatric hospital patients. To date, Sweet Dreams for Kids

has donated nearly 25,000 pairs of pajamas. This family-run organization is dedicated to replacing the constant reminder of illness with a smile.

The City of Beachwood looks forward to welcoming the community to February Freeze on Thursday, Feb. 13, from 6:00 to 8:00 p.m. at the Community Center and hopes you will consider supporting this worthy cause. For those unable to attend the event, new pajama donations will be accepted at the Community Center, located at 25325 Fairmount Blvd., through Friday, Feb. 21. Questions? Contact Community Services at 216.292.1970.



## Celebrating Black History Month through Art

The Beachwood Art Gallery is proud to announce its latest exhibit, *Celebrating Black History Month*, an inspiring showcase honoring Black history through the lens of creative expression. Running from Jan. 8 through Feb. 14, this exhibit highlights culture and heritage as seen through the works of talented local artists.

Admission is free, and all are welcome to experience this powerful collection. Don't miss the opportunity to meet the featured artists at a special reception on Sunday, Jan. 12, from 1:00 to 2:30 p.m.



# Bingo Night: A Blast for All Ages

Dec. 12 was not your average bingo night at the Beachwood Community Center! Over 130 players, ranging in age from 5 to 95, enjoyed the excitement of bingo enhanced with trivia, lights, and an energetic family-friendly atmosphere. Even those who didn't walk away with prizes were all smiles, enjoying an entertaining and unforgettable evening from start to finish.

Two additional Beachwood Bingo Nights remain on Thursday, Jan. 30, sponsored by Burns Pool Management, and Feb. 27 from 6:00-8:00 p.m. Given the popularity of the initial event, these dates are subject to selling out and pre-registration is highly recommended. Only \$2 to \$5 per person. Sign up at [BeachwoodRec.com](http://BeachwoodRec.com) or call Community Services at 216.292.1970.



Beachwood Bingo Night on Dec. 12.



# Youth Programs

- **Youth Theater *SugarTown Follies* (Ages 7-17)**  
Wed, Jan. 8-Feb. 26, 5:00-7:00 p.m.  
Beachwood Community Center  
Residents \$300, Non-Residents \$360  
\*Performances on Mar. 1 and Mar. 2.
- **Storybook Dance (Grades K-2)**  
Fri, Jan. 10-Feb. 7, 3:15-4:15 p.m.  
Bryden Elementary  
Residents \$100, Non-Residents \$120
- **After School Pickleball (Grades 3-5)**  
Thurs, Jan. 16-Mar. 6, 2:45-3:45 p.m.  
Hilltop Elementary  
Residents \$94, Non-Residents \$113  
\*New Instructor: The Little Leagues
- **Upcycle Academy Creative Crafters (Grades K-5)**  
Fri, Jan. 17-Feb. 21, 3:15-4:15 p.m. (Grades K-2)  
Fri, Jan. 17-Feb. 21, 2:40-3:40 p.m. (Grades 3-5)  
Bryden & Hilltop Elementary  
Residents \$150, Non-Residents \$180
- **Creative Movement (Ages 1-5)**  
Tues, Jan. 21-Mar. 4, 9:30-10:15 a.m. (Ages 1-2)  
Tues, Jan. 21-Mar. 4, 10:30-11:15 a.m. (Ages 3-5)  
Beachwood Community Center  
Residents \$125, Non-Residents \$150  
\*No class on Jan. 28
- **Emotional Explorers Club (Ages 5-10)**  
Wed, Jan. 22-Feb. 26, 5:45-6:45 p.m.  
Beachwood Community Center  
Residents \$100, Non-Residents \$120

# Beachwood Seniors

## Upcoming Programs

- **Trivia Practice for The Mind Challenge**  
Thursday, Jan. 9, 1:00-2:00 p.m. & Monday, Jan. 27, 11:00 a.m.-12:00 p.m.  
Beachwood Community Center  
  
Now in its seventh year, The Mind Challenge is a trivia competition for seniors! Come join us to practice, learn about joining Team Beachwood, and more. Practice is open to all at no cost. Preregistration required.
- **Drawing Class**  
Tuesday, Jan. 21-Feb. 25, 10:00 a.m.-12:00 p.m. or 1:00-3:00 p.m.  
Beachwood Community Center  
  
The first winter session will be inspired by master paintings throughout history. All skill levels welcome. Register by Jan. 14. Open to residents (\$79) and non-residents (\$89). Led by instructor Marlene Weinstein.
- **Unleashing the Fun Side of A.I.**  
Thursday, Jan. 30, 1:00-2:00 p.m.  
Beachwood Community Center  
  
Steve Pelton of hChoices Classes returns by popular demand! Explore Artificial Intelligence with laughter, learning, and a few surprises to leave you smiling. Register for just \$5 by Jan. 22.

## Jan. Meet & Eat

**The Amazing One-Man Band**  
Thursday, Jan. 16, at Noon  
Beachwood Community Center

Residents \$13  
Non-Residents \$16  
Program Only \$5

Register by Jan. 9

Tom Todd, the amazing one-man band, will have you clapping your hands and chasing away the winter blues! Tom sings and performs on up to nine different instruments and has a song list from Buffett to Beatles, jazz to chart toppers; Tom plays it all! Join us for this upbeat afternoon!

Meal choices include chicken pot pie or tuna noodle casserole. All entrees include a side salad, beverage and dessert.

**Feb. Meet & Eat (2/20):** Debbie Darling, singer/songwriter, and David Strieter, pianist, introduce you to the Nat King Cole you didn't know!  
Register by Feb. 13.

Register for events at [BeachwoodRec.com](http://BeachwoodRec.com),  
City Hall or call 216.292.1970.

# WHERE BUSINESS IS BOOMING!

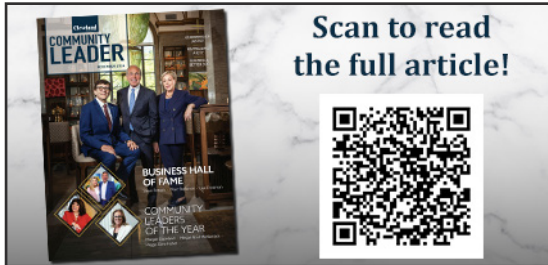
THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

## City Reaps Rewards from Renewing Older Real Estate

The City of Beachwood was recently spotlighted in *Cleveland Community Leader Magazine* for its progress on three major commercial revitalization projects. These initiatives transform underutilized spaces, attract businesses, create jobs, and boost the city's economy.

"Beachwood's strategy of optimizing under-used sites has been a catalyst for growth, increasing real estate values and spurring improvements in surrounding areas," said Catherine Bieterman, Beachwood's Economic Development Director.

One standout project is a partnership with Industrial Commercial Properties (ICP) that revitalized a Commerce Park property. ICP and Millennium Control Systems are expected to jointly invest upwards of \$5.5 million to modernize the building, adding over 70 anticipated new jobs and generating significant new tax revenue.



View the full feature from *Community Leader Magazine*.

Additionally, a new 65,000-square-foot Porsche dealership has opened along the I-271 corridor, creating 50 jobs and adding substantial tax revenue. Meanwhile, Skoda-Gordon Dentistry replaced an outdated building with a state-of-the-art medical and dental office, and Dr. Britini Skoda noted the city's support in realizing the project.

Other developments include Trailhead Bio-Systems, Sika, and new offices for MasterBrand Cabinets, which have contributed to over \$40 million in commercial investments. Beachwood's revitalization efforts are diversifying its income base and reshaping the city's economic environment.

## Building Connections

Start 2025 by prioritizing networking to enhance your business. Networking isn't just exchanging cards - it's about building relationships that open doors, spark opportunities, and growth.

Connect with potential customers, collaborate with like-minded professionals, and forge lasting partnerships. Networking amplifies your reputation, boosts visibility, and positions you as a leader in your field.

The **Beachwood Chamber of Commerce** is a top resource for networking. Their events foster business growth, offering opportunities to connect with local entrepreneurs and professionals. Membership is cost-effective - often cheaper than local advertising - and provides a full year of valuable opportunities.

Gain a competitive edge by joining the Chamber. Meet Executive Director David Lapiere and Economic Development Director Catherine Bieterman on **Jan. 22 at 8:30 a.m. at LifeTime Fitness**. Over coffee, discover the benefits of membership. Register for this event online via the Chamber's website at [Beachwood.org](http://Beachwood.org).

## Beachwood Launches Podcast to Empower Local Businesses



The City of Beachwood's Office of Economic Development announces the launch of its new podcast, *The Beachwood Business Compass: Your Guide to Local Business Growth*. Set to debut on Jan. 21, 2025, this resource is tailored to local entrepreneurs, small business owners, and established enterprises seeking growth and innovation in the Beachwood community.

With its mission to empower businesses and foster a thriving local economy, *The Beachwood Business Compass* offers practical strategies, expert insights, and success stories from local business leaders. The podcast will also highlight resources, programs, and partnerships available through the Office of Economic Development, ensuring listeners receive actionable advice and insights to enhance success.

Whether you're a new entrepreneur, a small business owner aiming to scale, or an established leader looking to stay connected, *The Beachwood Business Compass* is your go-to guide for growth and community connection.

Listeners can subscribe to the podcast starting Jan. 21, and chart their course toward innovation, growth, and a connected Beachwood business community.

*Always Be An Insider,  
Stay Connected!*

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# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

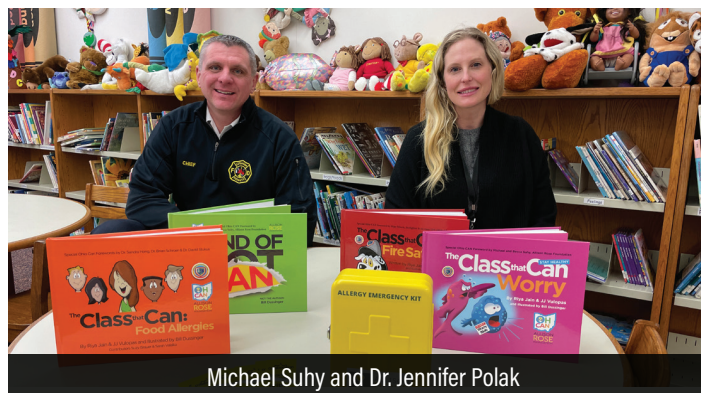
## Allison Rose Foundation Partnership Enhances Food Allergy Safety and Awareness

Food allergies affect an estimated one in 13 children in the United States, making safety and preparedness a critical priority for schools. To address this need, Beachwood Schools has partnered with the Allison Rose Foundation to enhance food allergy safety across the district.

Each school now has a bright yellow allergy emergency box, donated by the Allison Rose Foundation, installed near the automatic defibrillator cases by the building entrances or cafeterias. These boxes contain one adult and one child epinephrine auto-injector for quick access during an anaphylactic emergency.

"Every second counts," says Michael Suhy, co-founder of the Allison Rose Foundation and Fire Chief of the Cuyahoga Heights Fire Department. "Having these boxes as accessible as an AED or fire extinguisher makes it safer when someone has an anaphylactic reaction."

In addition to donating the allergy emergency boxes, the Allison Rose Foundation provided copies of *Land of Can* books, written by Riya Jain and J.J. Volopas and illustrated by Bill Dussinger. These picture books will be used in Hilltop's third-grade classrooms to teach students about food allergies and safety practices such as properly washing hands, reading



Michael Suhy and Dr. Jennifer Polak

food labels, and preventing cross-contact when allergens are accidentally transferred between foods.

"It's an empowerment book for kids," says Chief Suhy. "It helps them understand why some classmates need to carry medication or avoid certain foods. Starting that awareness early builds their empathy and reduces the stigma of food allergies."

The Allison Rose Foundation, established in 2018 by Michael and Rebecca Boroff Suhy (Beachwood class of 1995), is dedicated to improving the lives of families affected by food allergies through education, awareness, research, and advocacy. The foundation honors the memory of their daughter, Allison, who passed away from a severe food allergy reaction while attending Ohio University. Its physician-driven, evidence-based programs provide allergy and anaphylaxis education to schools, restaurants, and organizations nationwide. These efforts have resulted in the passage of the Allison Rose Act, which promotes food allergy education and training in Ohio schools.

In recognition of her impactful work, Rebecca Boroff Suhy was inducted into the Beachwood Schools Gallery of Success in April 2024.

The Allison Rose Foundation has been a long-time partner of Beachwood Schools by providing food allergy education to high school students as part of the health curriculum. Students take the "Allison Rose Challenge" to gain firsthand insight into the challenges of living with a food allergy and learn about the dangers of anaphylaxis and how to use auto-injectors.

"We are deeply grateful to Rebecca and Michael for their generosity," says Dr. Jennifer Polak. "Their support allows us to create a safer and more supportive school environment for students, staff, and community members who are navigating the challenges of food allergies."

## EVENTS CALENDAR



### ElderClass

Jan. 9, 12-2:15 p.m.

Beachwood High School, 25100 Fairmount Blvd.

### African American Affinity Group Presents: Martin Luther King Day of Service

Jan. 19, 2-4 p.m.

Beachwood High School, 25100 Fairmount Blvd.

### Lunar New Year Celebration

Feb. 2, 5-8 p.m.

Beachwood High School, 25100 Fairmount Blvd.



**VIEW THE  
FULL CALENDAR**  
[www.beachwoodschoools.org/calendar](http://www.beachwoodschoools.org/calendar)

The Allison Rose Foundation is hosting its annual Yellow Brick Road fundraiser Feb. 1, 2025 at the Embassy Suites by Hilton Cleveland Rockside in Independence.

Learn more at [e.givesmart.com/events/sRe/](http://e.givesmart.com/events/sRe/).



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## Smart Money Moves: Inside Beachwood High School's Financial Literacy Class

For high school social studies teacher Joseph Petraiulo, a trip to Costco is like a treasure hunt. With constantly rotating deals stacked floor-to-ceiling on wooden pallets, you never know what you'll find. But when he pulls out his membership card at checkout, he holds his breath and braces for the hefty total that comes from buying in bulk.



It turns out, Mr. Petraiulo's Costco habit is the perfect opportunity to teach retail strategy and smart consumer habits in his financial literacy class. "Costco wants you to look around and search while you're in the store," he tells students. "They move items around on purpose to keep you in the store so you'll load up your cart."

Launched last school year, the financial literacy course fulfills Ohio's graduation requirement while preparing students in grades nine through 12 for the financial decisions they'll face as adults. The curriculum covers topics such as budgeting, saving, retirement planning, credit, loans, and taxes.

"Many students will need to start making important financial decisions as soon as they turn 18," says Mr. Petraiulo. "These decisions will impact their futures and doing so without understanding how the systems work can cause severe financial hardships."

Gen Z, he notes, faces unique challenges. Inflation has driven up the cost of goods, while wages have not kept pace. Social media also contributes to financial pressure by promoting a higher standard of living. "In order for students to survive in the world we live in, they cannot afford any significant financial mishaps along the way. This course strives to prepare students to be financially successful," says Mr. Petraiulo.

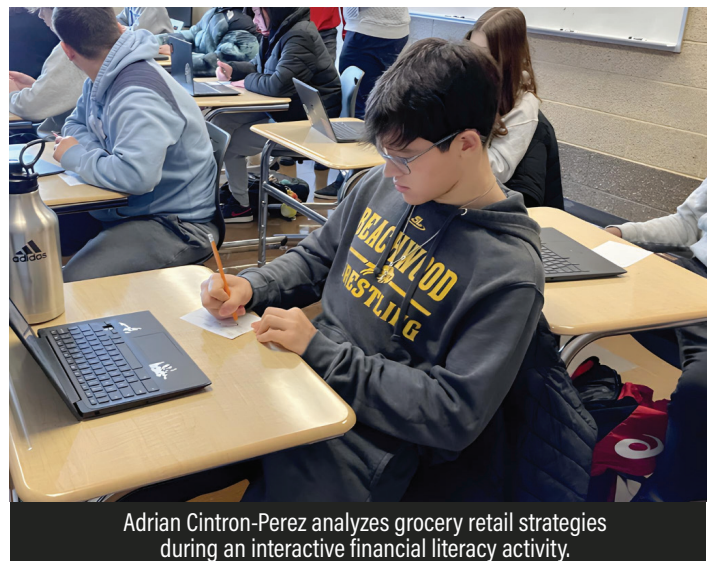
Mr. Petraiulo tailors his lessons to be both relevant and engaging for teens. For example, students create sample budgets based on average salaries for career paths that interest them. They explore what kind of homes they could afford, the cars they might drive, and how to manage living expenses while meeting other financial needs. During the credit and loans unit, students calculate the costs for down payments, closing fees, and monthly mortgage payments for a home. They also analyze how long it would take to pay off \$10,000 in credit card debt using their budget projections.

Beyond budgeting, students examine strategies used by retailers such as Amazon and Target to encourage spending and discuss the impact of the social media influencer economy, which drives billions of dollars in impulse purchases annually. These exercises give students a deeper understanding of how financial systems operate and how to make informed decisions as consumers.

Mr. Petraiulo has been teaching at Beachwood High School for three years, following six years of teaching experience in Washington, D.C. Along with financial literacy, he has taught Ancient World History, Modern World History, U.S. History, and U.S. Government. His passion for financial literacy is rooted in his own experiences as a high school student.

"I took a financial literacy class during my Excel TECC program at Mayfield High School," he says. "I felt ahead of the curve when I graduated and started earning a consistent income after college. I've always wanted to teach this topic because it had such a huge impact on my life."

For 11th grader Adrian Cintron-Perez, the class has been eye-opening. His favorite activity was a mock stock market simulation, where he made strategic investments in Nvidia Corporation and other tech companies. "This class is really important for students to have," he adds. "When you get older, it's important to know how money works and how to maximize your budget."



Adrian Cintron-Perez analyzes grocery retail strategies during an interactive financial literacy activity.

# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

## Board Members Reflect on OSBA Capital Conference Experience

At the Ohio School Boards Association Capital Conference in November, Beachwood Board of Education members participated in professional development and shared their expertise with school leaders from across Ohio. Board President Megan Walsh and Rini Ghosh led a presentation on the district's innovative community engagement, while Kim Allamby represented Beachwood in the OSBA Delegate Assembly. In this Q&A, board members reflect on their experiences and insights from the conference.

### Megan Walsh, President

*How did your presentation highlight the district's approach to community engagement, and what do you hope others took away from it?*

It was an honor to lead a presentation entitled "A Seat at the Table: Gathering All Voices to Develop an Effective Community Engagement Plan" alongside Superintendent Dr. Robert Hardis; Kevin Houchins, Director of Equity and Community Engagement; Vicki Sheng, Chinese Family Affinity Group Liaison; and my colleague Rini Ghosh. Our goal was to provide Ohio school leaders with a practical template for engaging the unheard voices in their communities. The presentation



included a brief history of Beachwood, an overview of our community's changing demographics, and the Board's focus on prioritizing stakeholder engagement. Rini and Vicki also shared how their involvement with the district's affinity groups has positively impacted their children's sense of belonging. We hoped attendees would leave with an understanding of how the dimensions of diversity present in their own districts could inform new ways to engage families and students more effectively.

*Why is attending the OSBA Capital Conference important for the Board?*

Our board and administrators are committed to being lifelong learners. While we each have expertise in a variety of areas, we recognize the need to seek out new information, learn from our peers, and apply new learning to benefit Beachwood Schools' students. We are always striving for continuous improvement.

### Wendy Leatherberry, Vice President

*How will the insights gained from the conference influence the Board's priorities moving forward?*

Learning how other boards approach goal setting, implement their plans, and actively work toward their objectives was especially instructive. While we already excel in this area as a district, these strategies will help us further refine our approach. The conference also included important discussions on legal protections for transgender students amid efforts to exclude or target them. Ensuring that all students feel safe, supported, and valued remains a top priority for the Board.

### Kim Allamby

*What was your role in the OSBA Delegate Assembly?*

It was an honor to represent Beachwood in the OSBA Delegate Assembly meeting. Delegates received updated information on how the OSBA supports members so that we can better serve our communities. We also learned about OSBA's advocacy efforts, voted for the organization's next president-elect, and deliberated on potential amendments to OSBA's legislative platform, which outlines the organization's positions on key issues.

## BOARD OF EDUCATION NEWS



### Recent Resolutions

- Heard Nutritional Standards Report
- Approved New and Revised Board Policies
- Held Ohio School Boards Association Capital Conference Study Session

### Upcoming Board Actions

- Appoint Board of Education President
- Appoint Board of Education Liaison to the Audit Committee
- Hear Presentation on the Pupil Services Department's Community-Based Learning Program

### Board Meeting Calendar

- Monday, Jan. 13 @ 7 p.m.
- Monday, Jan. 27 @ 7 p.m. (Beachwood High School)



**VIEW AGENDAS & MINUTES**

[www.beachwoodschoools.org/BOE](http://www.beachwoodschoools.org/BOE)

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### ***How might these activities and discussions impact Beachwood?***

The OSBA wants to expand board member services to enhance engagement and improve collaboration among members. Another key priority is to help districts find ways to raise student voices and garner their input on how to improve their school experience and achievement. Furthermore, the OSBA voiced the importance of promoting student accomplishments that reflect the impact of their education in our schools. These activities and discussions align closely with Beachwood's priorities and will inspire us to continue elevating student voices, celebrating their success, and strengthening achievement.

### **Dr. Josephine Chan**

#### ***Can you share a session that resonated with you, and how it will support student success in our district?***

Keynote speaker Anne Marie Anderson shared a powerful story about how her son's participation on the high school water polo team helped him overcome social isolation and academic challenges. Her message was a strong reminder that students need to have a sense of belonging at school for their overall development and well-being.

### ***Did any specific events or exhibits at the conference stand out to you?***

I enjoyed exploring the student achievement fair, which showcased a variety of extracurricular clubs and programs from districts across the state. I was struck by the students' pride and confidence as they explained their projects. I hope our students will have the opportunity to participate in the future and share their own accomplishments and passions.

### **Rini Ghosh**

#### ***As a presenter, how did sharing our district's work on community engagement enhance your perspective on governance?***

I was truly honored to be a part of the team from Beachwood that presented our experience with affinity groups to a wider audience. Everyone in the room was very engaged and interested in hearing about how we find strength and value in the diversity present in our district. I believe the most impactful takeaway we shared was that any district can replicate our approach to affinity groups. Even districts with limited diversity can identify the voices missing from the conversation and create meaningful opportunities for engagement through affinity groups.

## **Alumni Spotlight: Dr. Jessica Tall (Class of 2016)**

For Dr. Jessica Tall (Class of 2016), helping families navigate the healing process for their children is what drives her every day. She is a first-year pediatric resident at Maria Fareri Children's Hospital, part of a combined pathway with Boston Children's Child Neurology Residency Program. "I love my patients," says Dr. Tall. "Being able to aid families and support children on their healing journey are among the greatest joys and beauties of life."

Dr. Tall describes her career path as both "intense and rewarding," filled with many opportunities to explore her wide range of interests and make a meaningful impact on her community. After graduating from Beachwood High School, she attended Emory University, where she majored in Anthropology and Human Biology and minored in Spanish. Serving as a teaching assistant for both biology and organic chemistry deepened her curiosity about science and medicine and set her on the path to earning her medical degree from the Joan C. Edwards School of Medicine at Marshall University.

During medical school, Dr. Tall embraced her passion for service. She mentored underrepresented students through the Fairfield University Mentoring program, volunteered with the Huntington Quick Response Team to support families affected by the opioid crisis, and worked to reduce health disparities among vulnerable populations at Marshall University's Minority Health Institute.



Dr. Tall credits Beachwood Schools with helping her develop the confidence to take on challenges and advocate for herself and others. She balanced rigorous Advanced Placement coursework with extracurricular activities. Fond memories include participating in the White & Gold talent show, being crowned Prom Queen, and placing at the state Science Olympiad competition.

Outside of work, Dr. Tall finds joy in painting, writing, and mentoring students underrepresented in STEM fields. Her TEDx Talk "Weaving Identities Through Connections" highlights the importance of building connections and supporting others in their journeys.

Her advice to current students? "Be yourself and enjoy the journey," she says. "Being honest and your authentic self is so important."

To watch Dr. Tall's TEDx Talk, visit:  
[www.youtube.com/watch?v=jE9kovuDzsA](http://www.youtube.com/watch?v=jE9kovuDzsA).

# Passion for Fashion Propels BHS Grad Into Luxury Fashion

By June Scharf

If you have a passion for fashion, luxury brands can offer appealing opportunities for all kinds of immersion. If you are Alexa Millstein, you are someone whose professional and personal interests align well within this sector. And if you follow the Alexa Millstein playbook, you pursue with great persistence your dreams and you watch them all come true.

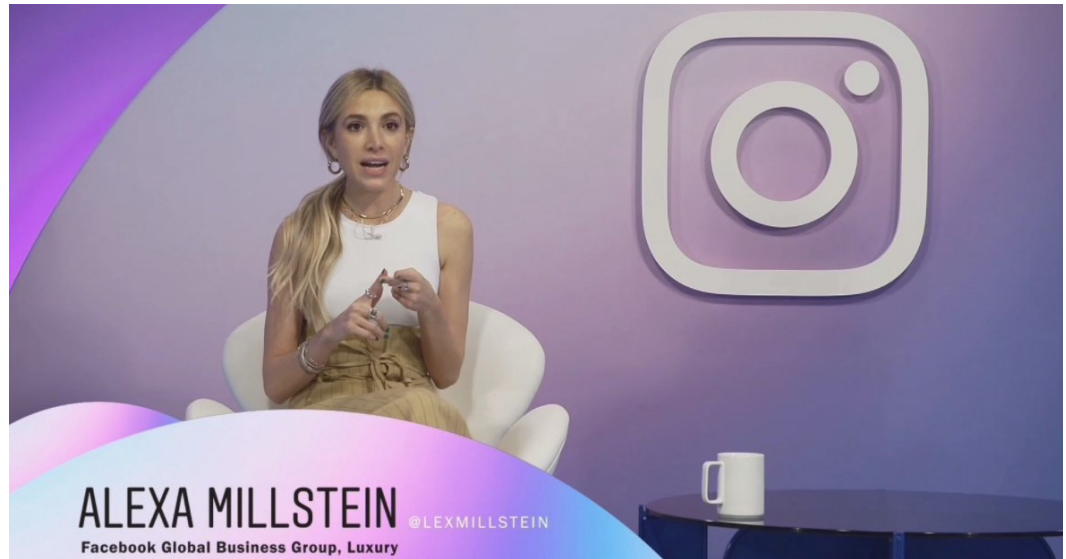
Or something like that. But having LVMH (Louis Vuitton Moët Hennessy) as your primary client and playing an advisory role to all of its brands (Christian Dior, Tiffany & Co., Givenchy, Bulgari, Louis Vuitton, and Marc Jacobs, to name a handful) certainly qualifies as hitting a major fashion bullseye.

Millstein, a 2010 Beachwood High School graduate, now lives in New York City where she is employed by Meta and works primarily for Instagram (which Meta owns). In this capacity, she serves clients through the lens of a chief marketing officer, advising them on how best to handle their marketing efforts and increase revenue, particularly by maximizing Meta's platform.

"Everything that a client's actual CMO cares about, I care about," she explained in a recent phone interview. "It could be helping figure out the right product assortment to push out during a key period or it could be how to use targeted tactics to drive revenue between online and in store."

She has carved out a unique role for herself where she's leading Instagram's Gen Z efforts. "I offer trends and insights, like the best ways to maintain that 'cool brand' factor."

She also provides strategic advice, often focusing on how to determine the best creative mix from among reels, broadcast channels, and stories, aside from still shots. Also, she imparts any new developments at Instagram that can be added to their creative approaches.



Building and maintaining client relationships is an essential part of her work, too, so key elements on her calendar are breakfasts, lunches, and dinners for which she always carefully prepares.

She also works closely with the Council of Fashion Designers of America (CFDA), which hosts Fashion Week in New York. Brands will consult with Alexa on ways to support their marketing efforts during this big industry event.

She doesn't, however, create content. Instead, she tips the balance toward offering guidance on content and other areas like increasing revenue and brand equity to public relations, brand and marketing teams, and even CFOs.

Alexa heads to the office roughly three days per week at Meta's primary space in the Hudson Yards mixed-use complex. Each day begins with an exploration of fashion, beauty trends, and insights, as reported by a range of sources.

"I've always had a vested interest in fashion and not just in the sense of liking to go shopping. I've always been drawn to finding out what the trends are and what people are interested in all over the country."

"I keep a finger on the pulse of everything that's happening in the luxury fashion industry." That means plugging into Tik Tok, Substack, Vogue Business, Glossy, and Women's Wear Daily, to name a few outlets. She crunches all of this info and data points and creates thought capital for retailers which often relates to influencers and Gen Z consumers, her primary niche.

Alexa claims one of her big career moments was identifying the streetwear trend that consumed fashion during COVID, reaching its peak in 2022.

"People weren't dressing for the office anymore."

So she developed a perspective on the topic for Instagram since it was a key fashion pivot point. With the platform serving as a powerful "hub of fashion and retail," she delivered guidance by creating a narrative and playbook customized for different verticals, including luxury fashion, as well as brands like Coca-Cola, Dell, and Estée Lauder.

Now her expertise is regularly tapped by numerous companies which has led her to deliver presentations on stages before C-suite teams and other key decision makers.

One noteworthy thread running through Alexa's work history is that she has nearly no experience in fashion and minimal time in retail. She did, however, always work while in high school, at the encouragement of her parents, Julie and Michael Millstein. She believes her jobs at Abercrombie & Fitch, a snack bar, and her

uncle's sandwich shop all helped her develop a work ethic and taught her the value of a dollar.

But fashion beckoned to her.

"I've always had a vested interest in fashion and not just in the sense of liking to go shopping. For a long time, I've been drawn to finding out what the trends are and what people are interested in all over the country."

She aspired to work in luxury specifically because "it sits at the intersection of arts, culture, and trends."

Alexa first started at Facebook (Meta's former name) by working for its consumer-packaged goods department in Chicago, addressing the needs of clients including Smuckers, PC Cereal, and Land O'Lakes butter. She says she would strategically seize opportunities to attend meetings in New York and spend time with the luxury fashion team there, making a point to network. Later, she accepted a role working for DSW, JC Penney, and Ann Inc. accounts, and dedicated a year and half to gaining retail marketing experience while still in Chicago.

Simultaneously, she very intentionally sought the mentorship of a member of the luxury fashion team and scaled up her knowledge, while also positioning herself as top-of-mind, in case a position opened up. It worked.

**W**ith so much exposure to fashion, one might wonder how she describes her own style.

"Classic with a twist."

She elaborates: "I love to style the basics. For example, I have my basic uniform which is a white t-shirt, jeans, a belt, and heels or ballet slippers or sneakers." But she adds some "edge to it."

She also leans into the "quiet luxury" trend, which dodges

bold branding and loud labels that afford a less chic "brand ambassador" appearance.

Instead, she conforms to the ethos, "if you know, you know." Some of her favorite brands that adhere to this aesthetic include The Row, Khaite, and Totême, together forming "a trifecta that has really exploded."

She admits that appearance is important.

"Since I work in luxury, I'm expected to present in a certain way." One of her style influences is the late Carolyn Bessette Kennedy who favored understated looks. Another influence is the streets and bars of New York City itself, specifically those in SoHo and the Upper East Side, along with the private club Zero Bond. Just going anywhere at night essentially can deliver a fashion show, she notes.

When people ask Alexa about how to "get it right" on Instagram, she has some straightforward answers. Trends now point toward photo dumps that are a mix of stills and videos that feel a little raw and authentic.

"What resonates well right now is subtracting the glamour element and not using highly sanitized images. People don't want to see the overproduced content anymore. They want more of the lo-fi, day-in-the-life type material, even from brands like Dior and LV. Sometimes these brands even shoot on cell phones, but they still point toward aspirational themes."

Artificial intelligence is another tool in the platform's kit, she mentions, to help with automation and efficiencies.

"It could be as simple as allowing an algorithm to determine the best background for an ad that will resonate with users." She also recommends checking comments and seeing what people are asking for. Polling is another method to engage one-on-one with audiences.



Alexa Millstein, presenting before 200-plus merchants and brand marketers.

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Alexa aspired to work in luxury specifically because "it sits at the intersection of arts, culture and trends."

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**W**hen Alexa reflects on her time at Beachwood High School, one stand-out memory is a "very interesting life moment" that she believes probably set her up for the way she approaches her present day-to-day life, and why she's "so scrappy and a hustler."

She was "dead set" on attending Ohio State University, and she believed she had the qualifications to be accepted – AP and honors classes, many activities, and good grades. She learned in October of her senior year that she was not wait-listed but flat-out denied.

Her drive and persistence found a new home. "I had to figure out a way to go. I didn't want to go anywhere else." She consulted with her counselor, Carolyn Beeler, who suggested crafting a letter describing what's changed since she applied and gathering some more reference letters. It worked and Alexa attended OSU as a freshman. The experience delivered lessons in the virtue of solid persistence.

She connects direct dots from that outcome to the drive needed to secure a job with Meta.

"I applied knowing I wasn't going to get it, and I was denied the first time, but I kept the recruiter's email and I kept following up with her over an eight-month period. Finally, a job opened up, and my familiarity to the recruiter enabled me to get an interview."

She adds that "persistence and grit can't be taught." She says she learned them by way of her challenges.

When Alexa thinks about her professional future, she feels certain that Meta is the best place to work. "What you get at Meta are great people and top brands to work with – the opportunities are just unmatched."

So ... Has she ever met Mark Zuckerberg, founder, chairman, and CEO of Meta? Well, not exactly. She sat about two feet away from him during a meeting in San Francisco when he hosted a company Q&A session.

In the more distant future, she can imagine serving as brand consultant or possibly starting her own fashion line with her sister, Isabel. In the foreseeable future, she will be getting married early next year. Of course, the occasion offers an incredible fashion moment, along with a massive social media opportunity, and she will undoubtedly maximize both.

## Beachwood Boosters Membership Drive

The Beachwood Schools Athletic Boosters promote the growth and success of student athletes and teams. They support special projects and programs for each team, and foster community spirit.

"In order for the Boosters program to thrive, we rely on support from parents and our community through memberships," said Michael White, treasurer. "We also offer sponsorships and initiate fundraising efforts to better serve the needs of the Beachwood Athletics Department, our athletes, and teams."

"We need community support to be successful," reiterated Sam Malek, Boosters board member. "While we spend countless hours raising funds and supporting athletics, true success comes from the commitment of our entire community."

Boosters memberships allow families to enjoy Beachwood Schools' sporting events at no cost, while supporting student-athletes and their teams. Funds are also used for facilities upgrades, as needed.

"Becoming a member isn't just about free entry to home events, though the savings are significant," Michael added. "We put funds to work to support every team's unique needs – covering the Athlete of the Week, senior recognition, youth programs, and equipment and facility upgrades."

"About 95% of Beachwood students participate in at least one sport," he added. "Our goal is to create an unforgettable experience for each and every one of them."

The Boosters are pushing for memberships now because of ambitious goals. Please scan this code to support the Boosters. The Beachwood Athletic Boosters are part of the Beachwood Schools Support Organization, recognized as a 501(c).



Take my photo

## Kindness Grows

Presented by JFSA's Horvitz YouthAbility Program,  
Tuesdays, Feb. 4, 11, 18, and 25



Jewish Family Service Association's Horvitz YouthAbility program empowers exceptional youth – those with disabilities and/or at-risk conditions – through volunteerism.

Through this program, staff and participants focus on kindness and ability.

February is Jewish Disability Awareness and Inclusion month, which was established in 2009 as an initiative aimed at raising awareness, fostering inclusion, and encouraging community support for people with disabilities within the Jewish community.

In celebration of Jewish Disability Awareness and Inclusion Month, YouthAbility will present *Kindness Grows*, an original musical show that champions kindness, inclusivity, and community. Performances will be held every Tuesday evening in February at 7 p.m., at The Kindness Center, located at 23900 Commerce Park Rd., home to JFSA's Day Support, YouthAbility, and PLAN of Northeast Ohio programs.

*Kindness Grows*, free and open to the public, is a 30-minute upbeat musical, with heartwarming anecdotes and engaging choreography about the history, science, and benefits of kindness.

Through this program, YouthAbility ambassadors will make you smile and recognize that kindness starts within each individual, as they share historic acts of kindness and the health benefits that kind acts can provide.

In the process of creating the performance, ambassadors learned that kindness is contagious and they hope that everyone who sees the show "leaves with some kindness today!"

As they say in their program, "Kindness starts with each of us and we hope to share our kindness with you."

"Through this program, participants focus on their abilities as they spread the message of kindness," said Heidi Solomon, YouthAbility program director. "It's heartwarming to see our ambassadors working together to bring joy to others. We're so proud to present this show to the community and encourage everyone to support our talented team."

Special thanks to participating ambassadors Brittany, Theresa, Ted, Anthony, Erin, Brandon, Doug, Andrew, Stephen, Matt, Evan, Scott, Connor, Emilie, Karina, Alex Kaleb, Irene, William, Alan, Jared, Thomas, Maya, Ben, Sean, Omar, and Jake.

JFSA's Horvitz YouthAbility program serves disabled and at-risk youth by engaging them in volunteer service, vocational activities, and social enrichment. YouthAbility participants help themselves by helping others.

More information about JFSA YouthAbility can be found at <https://www.jfsa-cleveland.org/horvitz-youthability>.



# Beachwood Skaters Compete in Ohio High School Competition

The Ohio High School Team Figure Skating Championship is an annual highlight at the Thornton Park Ice Rink, proudly hosted by the Shaker Figure Skating Club. From Feb. 7 to 9, Beachwood's team will join forces with the Twinsburg and Orange teams to compete in this exciting event against other high school teams.

Beachwood's talented skaters include Natalia Aguelo, Abby Gourley, Dominik Herjan, Jacob

Isaacson, Anna Tonyushkin, Masha Tonyushkin, and Lorena Tovanche.

The competition features a variety of events, including individual performances and team events, with the thrilling group showcase and team maneuvers scheduled for Saturday, Feb. 8.

The community is warmly invited to come cheer on the team and show their support throughout the weekend!



From left: Natalia Agudelo, Jacob Isaacson, Lorena Tovanche, and Dominik Herjan. Not pictured: Anna Tonyushkin, Masha Tonyushkin, and Abby Gourley.

## Share What You Wear

Share What You Wear (SWYW), a project by National Council of Jewish Women/Cleveland (NCJW/CLE), supports children in need by providing clothing and essential toiletries. The initiative collects new and gently-used clothing and toiletries, which are sorted and packaged into personalized bags based on the child's gender and size. These bags include seasonal clothing, shoes, and hygiene products.

The goal is to ensure children in crisis or from low-income families have the basics to feel dignified and confident. NCJW/CLE volunteers organize, launder, and sort donations to fulfill orders from school and agency partners.

Most-Needed Items are gently used or new children's toddler-to-teen tops, bottoms,

outerwear, and footwear; and toiletries, including

toothpaste, toothbrushes, shampoo, soap, deodorant, baby wipes, pads, tampons, diapers, and more.

"Every child deserves to feel confident, regardless of their circumstances," said Heather Schlang, chair of SWYW. "Thanks to our community's generosity, we can provide quality donations that make a meaningful difference in these children's lives."

Drop off donations at the NCJW/CLE Warehouse: 26055 Emery Rd., Suite L, Warrensville Heights, Monday-Friday, 9 a.m. - 4 p.m. Please mark "SWYW" on bags or boxes. To learn more, email [swyw@ncjwcleveland.org](mailto:swyw@ncjwcleveland.org).



From Our Hearts   
to Your Home



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To ensure a better quality of life for seniors and their families by providing dependable, affordable care. To maintain an independent lifestyle for loved ones, regardless of age and health issues.

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Transportation, escorted outings and errands

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**[nadine@rentadaughter.org](mailto:nadine@rentadaughter.org)**

# From the Beachwood Chamber of Commerce

The Beachwood Chamber of Commerce's mission is to connect and engage the Beachwood community through business development, networking, and monthly signature events. One of the biggest reasons businesses join the chamber is to interact with other businesses in the area.

BCC offers member-only benefits for businesses, non-profits, non-business residents, and government agencies, all at a reasonable cost. Plus, members are eligible for discounts in

health insurance, workers compensation premiums, office supplies, energy savings, marketing, FedEx shipping, payment system services, and technology services.

Additionally, being a chamber member brings credibility to your business as research shows that a consumer is more likely to purchase goods and services from a chamber member.



## **Chamber Coffee Hour: Business Learning Initiative Tuesday, Jan. 7 • 8:30-9:30 a.m. Beachwood Library**

Beachwood Chamber of Commerce and the Beachwood Library present the Small Business Education Series.

Join David Lapierre, BCC executive director, and other Chamber members to learn about the benefits of being part of a Chamber of Commerce, and how membership can help you grow your network and business.

This event is free and open to the community.

## **Chamber Coffee Hour All Members Welcome Wednesday, Jan. 22 • 8:30-9:30 a.m. Lifetime Fitness**

Join Chamber members for a coffee hour, networking, and a tour of Lifetime Fitness, which is located at 3850 Richmond Rd., Beachwood.

Members are free. There is a \$10 fee for non-members.

## **Beachwood State of the City Address, Presented by Mayor Justin Berns Wednesday, Feb. 19 • 8-9:30 a.m. SITE Center**

Join us for a light breakfast at 8 a.m., followed by Mayor Berns's State of the City Address at 8:30 a.m. SITE Center is located at 3333 Richmond Rd.

The cost is \$20 for members and \$25 for non-members.

## **Women of the Beachwood Chamber Coffee Hour Guest speaker: Amy Simon Topic: Misconceptions When It Comes to Your Health Thursday, Jan. 9 • 8:30-9:30 a.m. Beachwood Library**

Amy, health and nutrition consultant, Omnitrition, will discuss the importance of consuming foods and supplements that help us feel healthy and look amazing because good health begins from the inside with what you consume. Members are free. There is a \$10 fee for non-members.

For more information or to register for these programs, visit [www.beachwood.org](http://www.beachwood.org).



# Beachwood Resident Iris November Publishes *Goodnight, Shoebox: A Memoir Activity Book*

At 91, Beachwood resident Iris November published her second book, *Goodnight, Shoebox: A Memoir Activity Book*. This unique creation invites readers to collect photos of people in their lives and capture the stories behind those faces through words or drawings. The result is a personal history to treasure and share for years to come.

The idea stems from a family tradition. When Iris's daughter, Anita, had her first child in New York City, far from family, she used a shoebox of photos to introduce her daughter to relatives. Each night, Anita would show a picture to Holland and say goodnight to that person. This ritual built a connection, culminating in Holland greeting her grandmother by name when

they met in person. "She knew exactly who I was," Iris recalled. "It was such a joy!"

Iris's book expands on this simple yet powerful concept. It serves not only as a way for children to connect with loved ones but also as a meaningful tool for individuals with memory challenges, such as seniors with dementia or children with learning disabilities. The act of saying "goodnight" to a photo provides a calming exercise and gently prompts memories of the people who have shaped their lives. "In this digital age of Zoom and FaceTime, holding a photo in your hand creates a special moment," Iris noted. "It doesn't flutter by; it's always there."

The book's creation was a nine-month "labor of love." Iris partnered with illustrator Antonisa Scott to bring her vision to life through whimsical artwork.

"In this digital age of Zoom and FaceTime, holding a photo in your hand creates a special moment."

This isn't Iris's first foray into publishing. Her debut book, *The Fine Art of Schnooring*, showcased her wit and wisdom in a humorous exploration of resourcefulness. Now, with *Goodnight, Shoebox*, Iris has crafted something deeply personal and universally meaningful.



*Goodnight, Shoebox* is available on Amazon, making it easy for families, caregivers, and friends to create their own keepsake of love and memories. As Iris reflects on her accomplishment, she hopes the book will inspire others to cherish the moments and people who make life so rich. "This project took a lot of work," Iris said with a smile. "And it was absolutely worth it."





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Breastfeeding medicine

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(ENT)

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(EEG)

Gastroenterology

Lab

Neurology

Orthopedics

Outpatient surgery  
(ENT, Orthopedics,  
Gastroenterology)

Perioperative surgical  
home

Radiology

# Model United Nations Wins Fall Conference



Beachwood High School's Model United Nations team has once again demonstrated excellence by winning the Cleveland Council on World Affairs fall conference for the fifth consecutive year.

Held Nov. 18-19 at Case Western Reserve University, the conference brought together leading schools from across Northeastern Ohio to simulate a United Nations summit. Students represented assigned countries as delegates and negotiated resolutions on global issues, such as human rights, global health, economic development, poverty, and climate change.

Delegates were judged on how effectively they represented their countries' interests and collaborated with others to present solutions. This year, Beachwood's team took home an impressive 17 awards in total.

## Best Delegate (Gavel)

Ida Chang  
Shreya Chellu  
Karina Krishnan  
Lyndia Zheng

## Superior Delegation

Harlan Flake  
Radha Pareek

## Excellent Delegation

HariKeshav Coimbatore  
Antoni Hinczewski  
Srishti Ithychanda  
Sasha Kheyfets  
Ezrin Saltzman  
Eliana Worku  
Amy Zhou

## Honorable Mention

Eden Cohen  
So Eun Kang  
Nimisha Kasliwal  
Josh Korah

Join us in congratulating these talented leaders of tomorrow!



*Front row:* Arel Magence, Evan Tew, Samuel Park, Ida Chang, Karina Krishnan, Sasha Kheyfets, and Maria Zarjetskiy.  
*Second row:* Ilu Thal, Siddhant Makkar, and Clarence Ouyang.  
*Third row:* Harlan Flake, Srishti Ithychanda, and Adam Hamzah.  
*Fourth row:* Shreya Chellu, Tony Zheng, Mirica Woodley, Eliana Worku, Antoni Hinczewski, and Sasha Wachsmann.  
*Fifth row:* Lyndia Zheng, Sarah Zhou, and Cameron Feuerman.  
*Sixth row:* Ezrin Saltzman, Nirvana Bhusal, Stella Roller, and Radha Pareek.  
*Seventh row:* So Eun Kang, Amy Zhou, Charley Soroka, and Eden Cohen.  
*Back row:* Nimisha Kasliwal, Josh Korah, Ritika Iyer, Kevin Zhang, Arpith Prasad, HariKeshav Coimbatore, and Mayer Bergman.

## Kickstart the New Year with Style: Why Shopping at Beachwood Place Beats Online Browsing

The new year is here, and it's the perfect time to refresh your wardrobe, upgrade your home, and discover the latest trends. While online shopping might seem convenient, nothing compares to the experience of shopping locally at Beachwood Place. Here's why:

### • Try Before You Buy

Shopping in person means no guessing about sizes, colors, or quality. At Beachwood Place, you can feel the fabrics, try on the latest styles, and walk away knowing your purchases are exactly what you wanted.

### • Instant Gratification

Why wait for shipping delays? When you shop at Beachwood Place, you take home your finds the same day. Whether it's a cozy sweater from Nordstrom or the perfect accessory from Kendra Scott, your treasures are yours immediately.

### • Unique Finds and Personalized Service

From boutique shops to upscale stores, Beachwood Place offers a curated shopping experience. Plus, the knowledgeable store associates provide personalized recommendations you can't get online.

### • Support Local Economy

Every purchase you make at Beachwood Place supports local jobs, businesses, and the community. Shopping locally helps strengthen the economy right here in Beachwood, Ohio.

### • Stress-Free Returns and Exchanges

Need a different size or changed your mind? At Beachwood Place, returns and exchanges are hassle-free – no shipping fees or long waits involved.

### • Experience More Than Shopping

Beachwood Place isn't just about shopping – it's an experience. Enjoy the food court, stroll through beautifully designed spaces, and enjoy the energy of being around others as you start your year off fresh.

### • Beat the Winter Blues

Escape the January chill by spending a cozy day indoors, exploring the latest collections, and finding inspiration for a stylish new you.

This January, make Beachwood Place your destination for shopping, connection, and inspiration. Step into the year ahead with confidence, knowing you've supported your community and found exactly what you needed – and more!

**BEACHWOOD PLACE**

# Ruach on the Run: Spreading Spirit Through Song

Chuck Fink is a versatile singer, acoustic guitarist, harmonica player, cantorial soloist, song leader, educator, and performer who first became interested in music at the age of 10 when he picked up a guitar. His father, also a guitarist, served as his mentor until his passing during Chuck's teenage years. With deep sentiment, Chuck shared that he still treasures his father's 1963 Silvertone guitar.

"Music became my saving grace during my teen years," he recalled. "After my dad passed, Rabbi Daniel Roberts from Temple Emanu El told me about Kutz Camp, a Jewish fine arts camp in Warwick, New York. He insisted I pack my bags because I was going. When I returned, I would become one of the congregation's youth group song leaders."

That's exactly what happened; Chuck first led as a song leader, then as a regional leader, and then an educator, co-leading religious services.

"Whether I'm leading a creative worship service, teaching guitar, or facilitating community programs, my goal is to create meaningful, engaging experiences that strengthen Jewish identity and community bonds," Chuck shared. "My approach combines traditional knowledge with contemporary musical styles, creating a bridge between ancient wisdom and modern expression."

For years, Chuck has worked with congregations, schools, camps, and organizations throughout the Beachwood area and beyond, tailoring each experience to meet the community's unique needs and vision.

Now, at the start of the 2025, Chuck is expanding his vision through *Ruach on the Run* ([www.ruachontherun.com](http://www.ruachontherun.com)) to bring the spirit of Jewish music and education wherever it's needed, one song at a time.

"Although I've never been especially high-tech, creating a website provides the opportunity to expand my mission through our community and beyond," Chuck said. "I've always worn a lot of hats and I want people to know that I'm one for all seasons.

"*Ruach* means spirit or breath of G-d, or wind, in Hebrew," he added. "*Ruach on the Run* embodies everything I strive to bring to each event: the living, breathing spirit of Jewish tradition expressed through worship and song.

"The name is pretty much a play on the Paul McCartney and Wings song, *Band on the Run*," he added, with a smile.

Although much of Chuck's foundation is based on Jewish traditions, he also has a passion as an acoustic guitarist, singer, and songwriter, covering the best-loved popular artists and groups of all time, with songs spanning the genres of pop, folk/rock, folk, classic rock, and country music.

"No event is too large or small, and no audience too young or old," he said.

In fact, after a Peter, Paul and Mary concert at the Front Row Theater in 1980, Chuck had a memorable encounter. When Peter Yarrow came out to sign autographs, Chuck mentioned he was a guitarist, too, although admittedly, fairly amateurish at that point. To his surprise, Peter asked if he'd like to play for him. Without hesitation, Chuck said, "Yes!"

"It was getting late, so Peter wrote down his address and phone number," Chuck recalled. "He asked me to send him a tape of my playing, promising he would listen and provide feedback."

For the next year, Chuck sent tapes to Peter and received thoughtful feedback. Then, in April of '81, Peter invited Chuck to a show in Toledo. He told Chuck to bring his family, and come backstage to play and sing for him, which he did.

Since then, Peter's been a lifelong friend and mentor. "I love performing folk music, for the lessons and messages inherent in the songs," Chuck said. "This relationship has been a huge part of my development."

Along with *Ruach on the Run* comes forward momentum. In addition to working with synagogues, rabbis, and cantors, Chuck is expanding his independent business within the community.

"I aim to become a key resource for cultural programming in senior communities," he said. "I also plan to return to booking and promoting other talent, something I did for over a decade."

In senior communities, Chuck connects with his audience through familiar songs, like *You Are My Sunshine* and *What a Wonderful World*. These timeless tunes are recognized by most and help stimulate memory recall for those who are memory impaired.

Additionally, he is creating a "go-to" resource for senior communities, their life enrichment coordinators, and performers, which will provide each with greater access to cultural programming opportunities. "As a liaison, I plan to introduce talent to organizers, sparking opportunities that neither may have even considered," Chuck explained.



With decades of experience, Chuck also leads Shabbat services on Fridays at Rose Senior Living Beachwood, and Tot Shabbat every Friday morning at B'nai Jeshuran, at 10:30 a.m., which is open to the community. He also co-leads periodic intergenerational and interfaith services, works in the Park Synagogue Religious School, and is cantorial soloist for Celebrating Jewish Life.

Overall, Chuck is a connector, bringing his patrons' visions to life. "I care about people," he said. "I find joy in helping improve their outlook and well-being through music. My passion comes from enriching people's lives, and *Ruach on the Run* provides a platform to cast a wide net.

"Live music always provides something special. It moves, stirs, and soothes the soul," he added. "My tagline is, 'The Spirit of G-d, Ruach Elohim: To lift up the soul, and have it sing!' That's the real payoff!"

For more information, call 216.410.8111, visit [www.ruachontherun.com](http://www.ruachontherun.com), or email [thinkfinkent@yahoo.com](mailto:thinkfinkent@yahoo.com). The website for Chuck Fink Entertainment, the parent company, is forthcoming.

## Available Programs

- Creative Worship
- Life Cycle Events
- Song Leadership
- Hebrew Music Instruction
- Guitar Lessons
- Musical Mentoring
- Retreats and Camps
- Leadership Programs
- Musical Programming
- Birthday Parties
- Singing Telegrams
- Festivals

# At the Beachwood Library

To view the library's full list of events and to register, visit <https://cuyahogalibrary.org> or call the library at 216.831.6868.

## Digital Navigator at Beachwood

Monday, Jan. 6 and  
Wednesday, Jan. 8  
9:30 a.m. - 6 p.m.

Call 216.749.9420 to make an appointment for a one-on-one technology help session.

## Small Business Education

### Series: Beachwood Chamber of Commerce

Tuesday, Jan. 7 • 8:30-9:30 a.m.

Join David Lapierre, Beachwood Chamber of Commerce executive director, and other chamber members to learn about the benefits of being part of a Chamber of Commerce. Register at <https://attend.cuyahogalibrary.org/event/10852008>.



## The Secret to Well-Being, Weight Loss, and Financial Freedom

Tuesday, Jan. 7 • 7-8 p.m.

Discover the secrets of well-being with life coach Natalie Rudd. Register at <https://attend.cuyahogalibrary.org/event/11718453>.

## Through the Eyes of the Artist: Amadeo Modigliani

Friday, Jan. 10 • 10-11 a.m.

Art historian Felicia Zavarella Stadelman will present on the life and works of Italian artist Amadeo Modigliani. Register at <https://attend.cuyahogalibrary.org/event/11795760>.

## Tuesday Book Chat

Tuesday, Jan. 14 • 7-8 p.m.

Enjoy a discussion of *Rednecks*, by Taylor Brown. Registration is not necessary.

## Third Wednesday Book Discussion

Wednesday, Jan. 15 • 2-3 p.m.

Enjoy a discussion of *The Extinction of Irena Rey*, by Jennifer Croft. Register at <https://attend.cuyahogalibrary.org/event/11732117>.

## The Music of Peggy Lee with Debbie Darling

Friday, Jan. 17 • 2-3 p.m.

Join Debbie Darling as she sings her way through the life and works of American singer/songwriter Peggy Lee. Register at <https://attend.cuyahogalibrary.org/event/11795806>.

## Knit & Lit

Monday, Jan. 20 • 6:30-8 p.m.

Knit and participate in informal chats about what everyone is reading. Register at <https://attend.cuyahogalibrary.org/event/11009709>

## Author Jodi Wellman

Thursday, Jan. 23 • 7-8 p.m.

Enjoy a discussion of *You Only Die Once*, when Jodi Wellman visits to discuss her book. Register at <https://attend.cuyahogalibrary.org/event/11977733>.

## Civil War Camp Cleveland and Cleveland Ghost Stories

Wednesday, Jan. 29 • 7-8 p.m.

Local historian and medium Kit Whipple will share fascinating tales of Cleveland's previously unknown history. Register at <https://attend.cuyahogalibrary.org/event/11719044>.

## Did you know?

Kanopy, an on-demand streaming video platform, offers films, TV shows, educational videos, and documentaries. The service is free when you register at [kanopy.com](https://kanopy.com) with your library card.

## StoryWalk™

The January StoryWalk™ is *Twinkle, Twinkle, Winter Night*, by Megan Litwin, illustrated by Nneka Myers.

Whether it's the moon in the crisp, cool sky, flickering candles in a neighbor's window, or the dazzling lights strung up about town, winter is a time of glowing warmth and cozy closeness. Celebrate winter with this magical twist on a beloved nursery rhyme that captures this charm, making it perfect for days when the sun goes to sleep early – and winter wonders shine bright.

## Children's Storytimes

January 6 – April 30

Children's storytimes are back with a new schedule:

- Mondays, 10 a.m.  
Family Music & Movement  
All ages with caregiver

- Wednesdays, 10 a.m.  
Baby & Toddler Storytime  
Birth-35 months  
with caregiver
- Thursdays 11 a.m.  
Baby & Toddler Storytime  
Birth-35 months  
with caregiver

## Hebrew Language Storytime

Wednesday, Jan. 8

4:30-5 p.m.

Families

Join us for stories, songs, movement, and rhymes in Hebrew and English. Presented in collaboration with Cleveland Shin Shinim and the Mandel Jewish Community Center.

## Read & Wonder Book Club

Tuesday, Jan. 7

4-4:45 p.m.

Grades 1-4

Join us for a fun chat and themed activities about a

different chapter book genre each month.

- January: Historical Fiction  
Recommended titles: *A Long Road on a Short Day*, by Gary D. Schmidt and Elizabeth Stickney; *In the Year of the Boar and Jackie Robinson*, by Bette Bao Lord. Registered event.

## Kindergarten Countdown

Thursday, Jan. 2

4-5 p.m.

Children entering kindergarten next fall and their caregiver

Join us as we help your child build kindergarten readiness skills in a program aligned to Ohio's Early Childhood Standards. This month's theme is Community. Registered event.

## STEAM Club

Tuesday, Jan. 14

4-4:45 p.m.

Grades 2-5

Each month we will have a fun STEAM activity to learn about science, technology, engineering, art, or math. Registered event.

## Art Explorers

Thursday, Jan. 16

4-4:45 p.m.

Grades K-5

Get creative while learning something new. Hear about the life of a famous artist and get inspired to create your own works of art. Registered event.

## Read with a Therapy Dog

Friday, Jan. 24

4-5 p.m.

Grades 1-5

Practice reading judgement free with a certified therapy dog. Reading slots are limited to 10 minutes each, with five slots per event. Registered event.

# The Life-Saving Impact of Blood Donations

by Ananya Rao

Every two seconds, someone in the United States needs blood. To meet this demand, approximately 38,000 blood donations are required each day. Even more astonishing, a single blood donation has the power to save up to three lives.

January is National Blood Donor Month, a time dedicated to raising awareness about the critical need for blood donations, honoring those who give, and inspiring new donors to join this life-saving mission.

## Why January Was Selected

On Dec. 31, 1969, President Richard Nixon declared January National Blood Donor Month to highlight the importance of blood donation and address a unique challenge: January is one of the most difficult months for blood banks. The combination of winter weather and holiday schedules often results in fewer donors, creating shortages that can jeopardize lives. For example, in January 2024, the American Red Cross declared a national blood emergency due to critically low supplies.

## Why Blood Donations Matters

Blood donations are simple, powerful acts of kindness that can save millions of lives. They can save people with severe injuries, chronic illnesses, or life-threatening conditions. Blood is essential. Despite this, less than 5% of the eligible U.S. population donate

blood annually, leading to blood shortages.

Imagine the impact just one person can make in their community. Not only does donating blood save lives, it also benefits the donors. Blood donations can help maintain cardiovascular health, prevent hemochromatosis, and may even reduce the risk of certain cancers. Organizations like the American Red Cross and the Association for the Advancement of Blood and Biotherapies (AABB) work tirelessly to host blood drives and encourage donations because of these reasons.

## How to Get Involved

You may be wondering, "How can I donate blood?" The process is simple and takes just eight to 10 minutes of your time. You're eligible to donate if you're a healthy adult, at least 16 years of age (with parental consent if under 18), and weigh at least 120 pounds. In Northeast Ohio, the American Red Cross is hosting several blood drives in January.

Additionally, the Warzel Blood Donation Center, located at 3747 Euclid Ave., is open almost every day in January from 7 a.m. to 3 p.m.

## The Power of Your Donation

Blood donations truly transform lives and the need for them is constant. Whether you're a first-time donor or someone who donates regularly, your contribution makes an enormous impact. Consider doing more research on the benefits of donating blood and encourage your friends and family to join this life-saving effort.

## Select January Blood Drives

- Friday, Jan. 3 • 10 a.m. - 3 p.m.  
University Hospitals  
Ahuja Medical Center
- Saturday, Jan. 4 • 8 a.m. - 2 p.m.  
Solon Community Center
- Tuesday, Jan 7 • 12-6 p.m.  
Mayfield Library
- Thursday, Jan. 9 • 12-6 p.m.  
Beachwood Community Center
- Saturday, Jan. 11 • 10 a.m. - 3 p.m.  
Orange Library
- Wednesday, Jan. 15 • 12-6 p.m.  
Mandel JCC

To find more blood drives near you, visit [redcrossblood.org](http://redcrossblood.org) and use the "Find a Drive" tool.



**American Red Cross**

## 2025 Mahjongg Cards

### A Fundraiser in Support of Congregation Shaarey Tikvah (CST) Sisterhood

Shaarey Tikvah Sisterhood is now selling 2025 Mahjongg Cards – at no additional cost – and invites your support!

"We encourage all mahjongg players to order their cards through us," said Sisterhood president Irit Rawraway. "It is an easy way to get your cards, and it also supports our community."

Cards will be shipped directly by the Mahjongg League around April 1. Standard-font cards are \$14 and large-font cards are \$15. You can order for yourself, family, and friends anywhere in the U.S.

The deadline to place your order is Jan. 20. To order, please contact Irit at [gingit4@aol.com](mailto:gingit4@aol.com). Payments are accepted via Venmo or check.



## Yarn Over Beachwood

Participants of Yarn Over Beachwood knit, crochet, and loom items for different organizations and charities throughout Northeast Ohio. The group shares ideas, patterns, projects, websites, links to patterns, and more. Meetings are held the first Friday of

each month from 10-11:30 a.m. at the Beachwood Library. Upcoming meetings are Jan. 3 and Feb. 7.

Participants create varied projects, including hats, scarves, bunnies, bears, lapghans, soap sacks, and more. Winter items are needed and yarn donations are always welcome.

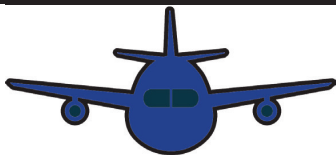
For more information or to donate yarn, contact Iris November at 216.375.9111 or [lbertyclub@gmail.com](mailto:lbertyclub@gmail.com).

Warm thanks to everyone who attends our meetings, donates items, and/or donates yarn and accessories. All of your efforts make a difference!



# BEACHWOOD "BUZZ"NESS DIRECTORY

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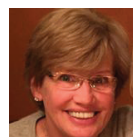
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