

News

Happy Tears

By Lauren Sachs

Lauren holds a bachelor's degree in English and Psychology, and a Master's Degree in Social Work, from the University of Michigan. After completing advanced clinical training at Yale University, Lauren worked as a therapist and consultant in a variety of settings. During her time in Jewish Toledo, Lauren has received the Harry Levison Young Leadership Award and the Shining Light Award, and is currently serving as the Chair for the 20th Annual NW Ohio Jewish Book Festival. In addition to her involvement within the local Jewish community, Lauren serves as a volunteer for Hospice of Northwest Ohio. Lauren is also the author of a forthcoming book about her late husband, his joyful approach to life and work as an oncologist, and how examining his life helped her better cope with her grief. To learn more about Lauren's journey and her work on living well after loss, visit www.literally-lauren.com.

Though March is known for unpredictable weather, buffering winter as we slowly turn toward spring, its meaning differs in my home. After all, meteorological events are not the only mercurial beast in March. In the Sachs household, emotions run high for me and my daughters as the season of “madness” takes hold. If you know me well - or just happen to be a college hoops fan - you obviously know I am referring to March Madness. Despite the fact that I matriculated at the University of Michigan and my older daughter is now a freshman attending The Ohio State University as a Stamps Eminence Scholar, our hearts bleed green and white in honor of my late husband and the Michigan State Spartans basketball team.

During our time together over winter break, my daughters and I had the chance to come together to watch several Spartan men's basketball games. As we have done innumerable times since their father's death, we reflected on how much Tom Izzo reminds us of their father with his passionate coaching, willingness to push players to be their best, and tendency to wear his emotions on his sleeve. Seeing Coach Izzo put his arm around a player on the sidelines or listening to his analysis post game, my girls could again see echoes of their dad. As the three of us discussed our take on any given game or on Coach Izzo himself, we all missed sharing these moments with their father and simultaneously felt reconnected to him through space and time.

Beyond the comparisons to Izzo, watching this year's Spartans had us reflecting on other aspects of loss. Whether it was a strong drive to the basket from Jaden Akins, a beautiful pass by Jeremy Fears, or an exhilarating slam dunk from Coen Carr, we could all sense that this season was different from those in the recent past. Since Brad was such a die-hard Spartan fan, the three of us spoke about how much we wished he could



see the chemistry of this particular team. Given that he died over four years ago, at one point we realized that Brad never got to watch a majority of the current team's players. Registering this fact made us all feel a bit melancholy, though it somehow gave greater weight to our fandom. Those of us who are bereaved hold a bittersweet truth, knowing we are living in a future in which our beloved cannot participate. Yet we also know that we honor the memory of our lost loved ones by keeping traditions like these alive.

This March, my daughters and I will most likely not be among the millions of fans filling out tournament brackets, nor will we be studying all the impending lineups with the hopes of winning money through our predictions. Still, we will be amongst the most devoted viewers of gameplay, especially when it comes to the Michigan State Spartans. Since Brad is no longer here to cheer on his beloved alma mater, we will continue to do so on his behalf and as a tribute to him and his memory. Every time the Spartans show their patented brand of defend-rebound-and-run basketball, we will be on the edge of our seats cheering as loudly and passionately as Brad would have done himself. And every time Michigan State wins a game, on some level, we will feel as though they are winning it for him.

MARCH PROGRAMS



PJ PLAYDATE

Ages 0-4 plus grownup(s)
Gan Yeladim Preschool

Sunday, March 2
9:30 - 10:30 a.m.

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SENIORS LUNCH & THEATRE

Seniors
Chelsea, MI

Thursday, March 6
11 a.m. - 6 p.m.

sold out

INTL WOMEN'S DAY CELEBRATION

Women
Temple Shomer Emunim

Sunday, March 9
3 p.m.

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SCHMOOZE WITH STEPHEN

Community
Tekela

Wednesday, March 12
noon

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CREATE & RELATE 2025 SESSION 2

Community
Sekach Building

Thursday, March 13
noon

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COMMUNITY PURIM CARNIVAL

Community
Temple Shomer Emunim

Sunday, March 16
10 a.m.

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ANNUAL HIGH SCHOOL DIVERSITY DAY

Local High School Students
Valentine Theatre

Tuesday, March 18
9 a.m.

JCRC MODEL SEDER

Community
Temple Shomer Emunim

Sunday, March 23
1 p.m.

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SENIORS PEARL SHUCKING/NECKLACES

Seniors
Sekach Building

Tuesday, March 25
10 a.m.

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*All information subject to
change with updates posted on

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