

Beachwood Buzz

Buzz
MAGAZINE

October 2014

Every Resident. Every Business. Every Month.



Coming of Age



Scott Remer
Jumps for Joy

Beachwood's
1st
Presidential
Scholar

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We're 18!

In celebration of *Beachwood Buzz's* 18th birthday, I'm dedicating this column to the story of how it all began.

There's a lot going on in our community, and I am grateful to have the opportunity to pull it all together. When starting *Beachwood Buzz*, Andy and I agreed that this would always be a magazine about Beachwood, by Beachwood and for Beachwood. Today, I stick to that premise . . .

First, I thank everyone who supports this local magazine. I am grateful for the support of the City of Beachwood, Beachwood Board of Education, the Beachwood Chamber of Commerce, Beachwood Convention and Visitors Bureau, advertisers, readers, and contributors.

I also thank everyone who works with me each month to compile everything necessary to publish this magazine. We are a great team, and I thank you all!

Finally, I thank each of you who continues to read *Beachwood Buzz* and patronize our advertisers. Without your support, we wouldn't have made it to this "coming of age" milestone.

Rolling back the hands of time, here's how it all began. In August of 1996, I was a stay-at-home mom raising two children, both in elementary school. I had come to a crossroad in my life, thinking about what to do to earn a few dollars.

Enter Andy Shupp, my cousin's husband. I was home, washing dishes, when he came over and said to me, "I have an idea. Let's start a magazine."

I responded by saying, "What's this 'we' business, and what do we know about magazines?"

His explanation amounted to a business plan in its most simplistic form. He had been working in his wife's family business and, as a side job, was doing the layout for another community paper. He explained that it would be easy. We would share the responsibility of selling ads to cover our costs, I would be responsible for the editorial side, and he would do the layout.

Without breaking stride, I said we should call it *Beachwood Buzz*. The next day, Andy came over with four logo designs. We agreed on one, sold enough ads to cover our costs, and published our first issue in October, 1996.

Once it was published, I met with Mayor Gorden, who liked the idea and wished us success – teaching me a valuable lesson. He told me his name is spelled Gorden, not Gordon, the way I spelled it in that very first issue.

After about two years, Andy no longer had the time to continue with this venture because of the demands of his full-time position. He said we could shut down, or he would wish me success to continue. I chose the latter.

Shortly thereafter, I built relationships with the City of Beachwood, the Beachwood Board of

Education, Beachwood Chamber of Commerce – and now – the Beachwood Convention and Visitors Bureau. Our advertising base is strong. Circulation goes to every resident and every business, every month, and our feedback is positive. Status quo is never alright, and I've learned many valuable lessons since publishing that very first issue. Each month is a learning experience, and in spite of what Andy said 18 years ago, it's not always easy – but it is always worthwhile.

There's a lot going on in our community, and I am grateful to have the opportunity to pull it all together. When starting *Beachwood Buzz*, Andy and I agreed that this would always be a magazine about Beachwood, by Beachwood and for Beachwood. Today, I stick to that premise and ask you to please email your contributions, photos and ideas to beachwoodbuzz@gmail.com. Also, as of August, *Beachwood Buzz* can now be read online at www.beachwoodbuzzmag.com, and, as of last month, we have a Facebook page so please be sure to like us and watch for updates. Once again, THANK YOU and have a great month.



Beachwood Buzz

Every Resident. Every Business. Every Month.

Buzz
MAGAZINE



Cover:

Beachwood Buzz reached its “coming of age” milestone. First published in October 1996, it is officially 18 years old.

So much has happened in Beachwood over the past 18 years. Be sure to see the timeline on pages 6-8 to view some of the highlights.

Omission:

Last month's photos of Larry Zilbert were taken by Scott Morrison.

City Council Update • Pages 26-31

Beachwood is Financially Fit

Senior Police Academy

Chris Arrietta Named Assistant Public Service Director

Upcoming Meetings

Commander Keith Winebrenner is now Beachwood Police Chief

Hear Sirens? Pull Over

Beachwood Fills the Boot for Muscular Dystrophy

American Red Cross Blood Drive

Trick-or-Treat Official Hours

Beachwood Fire Dept. Ranks At Top

Hydrant Flushing

Beachwood Historical Society

Art Exhibit

Princesses and Pirates

Fall Leaf Pick-Up

Veterans Day Program

Jump Back Jog

Heritage Home Program

Power Outages

Beachwood Launches Mobile App

Exploring Beachwood Streams

You and Your Schools – Page 33-35

Letter from Beachwood Board of Education President Mitchel Luxenburg: Administration Recommends Elementary School Consolidation

District Report Card is Beachwood's Best Ever

New “Quality Profile” Highlights The Student Experience

Superintendent Markwardt to Retire; Hardis Named Successor

Celebrate Beachwood Homecoming!

Homecoming Festival and Bonfire

Homecoming Football Game

Beachwood's Golden Pumpkin Patch

Who We Are

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Letters to the Editor

Write to us and tell us what you think. Beachwood Buzz magazine welcomes all Letters to the Editor.

Please send all letters via email to beachwoodbuzz@gmail.com.

Letters must have the contact's name and phone number. Phone numbers will not be published.

Calendar Section

Please send information about clubs, organizations, events and meetings. The deadline is the 10th of each month. Email information to beachwoodbuzz@gmail.com

Article Submissions

Beachwood Buzz welcomes your story ideas. If you have a story idea or photos you would like to share, email beachwoodbuzz@gmail.com. All articles and photos will be reviewed by the publisher, and the person submitting the information will be contacted.

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 \$30 (12 issues) to Beachwood Buzz, P.O. Box 22194, Beachwood, Ohio 44122

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Letter to the Community

Food, Fun & Fashion Week, October 23-26, will celebrate a community appreciative of great food, fine wine and good living. With amazing events scheduled in and around our community, I invite you to take advantage of all it has to offer!

The event kicks off at the Maltz Museum of Jewish Heritage where Sean Martin, associate curator of Jewish History for the Western Reserve Historical Society, will be presenting the "A Twentieth Century Story: The Garment Industry in Northeast Ohio." Martin will discuss the impact and legacy of the garment industry on Beachwood and the surrounding area. Before his presentation, you can enjoy the "Building the City Tour" at the museum. Please stay and enjoy a light reception following the program, sponsored by the Beachwood High School Excel TECC Culinary Arts program. The museum will also have a drawing for a special gift and offer 10% off any store purchases.

For those who would like to hear Martin's presentation while enjoying wine and appetizers, please join us at Flemings. If you're interested in The Art of Fashion & Martinis, stop in at Fringe Boutique where Zdenko Zovkic, proprietor of XO Prime Steaks, will discuss how to create an extraordinary

entertainment experience for your guests while enjoying a specialty martini. Additionally, Fringe has some fashion tips and promos as well.

These are just some of our kick-off events. We have events scheduled for the "foodies" and the lovers of fine cuisine; others for the serious sophisticated shoppers; and even more for those interested in entertainment, music, education and hands-on activities. And, for those who want to learn about wine, beer or tequila, we've got you covered! Additionally, we invite you to join us as we celebrate healthcare in the Cleveland Clinic's 5K run, which takes place October 26.

Take some time to rediscover Beachwood during Food, Fun & Fashion Week. For details and event dates, visit our website at Visit-BeachwoodOhio.com.

Sincerely,
Patty Lampert
President
Beachwood Convention and Visitors Bureau

Dear Beachwood Buzz Staff:

I thank you very much for the honor you have bestowed upon me by publishing last month's cover story. I am very touched. The photos that Scott Morrison took were beautiful and the fabulous story that Doug Guth wrote is as I would want it. In addition, it has been very heartwarming to receive calls, emails, and overwhelming comments from many friends and acquaintances. You have truly given me wonderful feelings for all that I have done. I am glad to be part of the Beachwood community.

Hooray for Beachwood!
Ileen Kelner

League of Women Voters Candidates' Forum

Tuesday, October 21 • 6:45 p.m.
Beachwood Library

The League of Women Voters is
NONPARTISAN and does not endorse,
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Beachwood

TIMELINE

So much has happened in Beachwood over the past 18 years. Here are some highlights reported since the inception of **Beachwood Buzz**:



1999

- City installed the first-in-Ohio Reverse 911 System.
- City entered agreement with Beachwood Chamber of Commerce to focus on economic development.
- *Beachwood Buzz* started publishing City Council Update and You and Your Schools.

2000

- E-Copp (Children's On-Line Protection Program) was developed by the Beachwood Police Department.
- City Park West was developed.
- Nordstrom came to Beachwood Place.
- City spearheaded and implemented a multi-community bike route.
- Beachwood Post Office was designated as the Larry Small Post Office Building.
- City installed new playgrounds on Fairmount Blvd.

2001

- Eight new tournament-style tennis courts were built.
- Beachwood Arts Council held its last show, titled "Celebrate! Honoring Our Past, Looking to Our Future," in the Beachwood Center for the Arts building.
- Fire Department #1 was completed.
- City added a pre-school play system to the playground in front of the outdoor pool.

1996

- City of Beachwood introduced Senior Police Academy to educate senior adults.
- Beachwood Schools Foundation was created.

1997

- City passed legislation to decrease municipal income taxes to residents who work outside of the city by increasing the residential tax credit to 100%.

1998

- City Hall 15-20 year master plan was designed.
- Senior Transportation Program was implemented.
- Fairmount Elementary School and the Beachwood Board of Education opened its new building.
- City hired a certified arborist.

2002

- City installed mobile data terminals in all cruisers and the dispatch center.
- City launched its Summer Music Concert Series.

2003

- The Beachwood Family Aquatic Center was completed.
- City obtained steel from Twin Towers which is on display at Fire Station #1.
- Brand new Beachwood Middle School building opens.

2004

- Beachwood City Park East was developed.
- Beachwood Business Development Center opened, with help from the Beachwood Chamber of Commerce and CSU.
- Paul Williams retired as Beachwood Schools superintendent; Dr. Richard A. Markwardt was named superintendent.

2005

- Mayor Gorden was named one of the "Power 100" in Northeast Ohio by *Inside Business Magazine*.
- Beachwood was ranked #1 Best Place to Live by *Cleveland Magazine*.
- The Beachwood Municipal Complex opened.
- The Maltz Museum of Jewish Heritage opened.
- The community passed a 5.9-mill operating issue. The schools have not had an operating levy since.

2006

- Beachwood City Park West was constructed.
- University Hospitals Ahuja Medical Center was announced.
- Beachwood was the first city in the county to have an automated rubbish pick-up system.
- The Beachwood Community Center held its grand opening celebration with a ribbon-cutting ceremony and art exhibit by Peter Max.
- Beachwood Library gets a face lift.



- Beachwood Place announced expansion plans.
- Beachwood implemented its 50-Year Resident Salute.

2007

- City launched its bi-annual "Shred Program."
- Mayor Gorden is named one of the "100 Most Influential People" in Northeast Ohio by *Inside Business*.
- Beachwood Police and Fire Departments gained simultaneous accreditation status.
- City became a permanent location for American Red Cross blood drives.
- City worked with the Cuyahoga County Library to bring wi-fi to the Beachwood City Park and Beachwood Family Aquatic Center.
- Beachwood Chamber of Commerce introduced Taste of Beachwood.
- Cleveland Clinic purchased former MBNA property.

2008

- Beachwood Library launched its "Music at the Library" series.
- Eaton announced plans for Beachwood headquarters.
- City updated noise ordinance to allow work on Saturday and Sunday after 9 a.m. and before 7 p.m.
- City enacted ordinance for rental occupancy to protect homes and neighborhoods.
- Beachwood Middle School named one of two Ohio middle schools to watch.
- Beachwood Historical Society, in cooperation with the city, installed a "Photo Gallery of Historical

- Pictures" inside City Hall.
- The City of Beachwood and the Beachwood Chamber of Commerce received "Innovation Zone Award" for work in Economic Development.
- The Beachwood High School marketing class introduced it's first Green Dream eco-friendly business showcase.

2009

- Beachwood was rated #6 in nationwide study of top places to retire.
- DDR, the Beachwood Arts Council and the City of Beachwood hosted "Britto in Beachwood," with pop artist Romero Britto.
- City of Beachwood brought Economic Development in house.
- Beachwood lead Northeast Ohio public schools with highest percentage of students earning national merit semifinalist distinction.
- Beachwood placed first in Cuyahoga County for recycling efforts.
- *U.S. News & World Report* ranked Beachwood High School as one of the best in the United States.

2010

- Jewish Federation of Cleveland opened its headquarters in Beachwood.
- Beachwood was named "Recycling King" by Cuyahoga County Solid Waste District.

2011

- The community broke ground on the \$35.6 million Beachwood High School Improvement Project.
- Beachwood Chamber of Commerce named DeVore Technologies as Business of the Year, Richard "Dick" Adler as Citizen of the Year, posthumously, and Maltz Museum as Civic Organization of the Year.
- Beachwood Historical Society moved artifacts to its new archives at the Beachwood Service Department.
- Beachwood Arts Council held its first Diversity Show.

- Beachwood Arts Council established the Si Wachsberger Scholarship Fund.



2012

- *Beachwood Buzz* was converted from black and white to color.
- Beachwood Convention & Visitors Bureau was established to place an emphasis on attracting and growing the number of leisure and business travelers coming to the city.
- Beachwood Chamber of Commerce named TMW Systems as Business of the Year, Debra Zelman Rapoport as Resident of the Year and Montefiore as Civic organization of the Year.
- Beachwood restricted cell phone usage while driving.
- Beachwood acquired the largest with the most reach fire engine in Ohio.
- Beachwood Historical Society, in collaboration with the City of Beachwood, hosted its first Veterans Day Ceremony in the Beachwood Cemetery to honor Veterans.
- Beachwood Library underwent a total building renovation.
- Beachwood High School senior Scott Remer was named the first Presidential Scholar in Beachwood's history.

2013

- Eaton world headquarters opened in Beachwood.
- Beachwood High School celebrated the completion of its \$35.6 million upgrade.
- The CoderRED Emergency Alert System was announced.

(Continued on next page)



- Beachwood Schools had 1,526 students, 11.1:1 student-teacher ratio, and 85% of the teachers had master's degrees.
- ENTROVATION, formerly The Green Dream, was introduced.
- Beachwood launched its Job Creation Grant Program. More than 2,500 businesses are located in Beachwood.
- Beachwood Chamber of Commerce named Sports and Spine Medicine, Inc. as Business of the Year, Paula Rollins as Citizen of the Year, and The Gathering Place as Civic Organization of the year.
- Beachwood Historical Society,

- in conjunction with the city, utilized penetrating radar at the Beachwood Cemetery to map out all graves.
- Beachwood Historical Society received a grant from Cuyahoga Arts and Culture.
- City began posting videos that highlight our community.
- City continues sustainability efforts by going paperless in many areas.
- City finished 2013 with a general fund surplus of \$11,768,309 (excluding transfers) which was the highest ever surplus in the history of the city.
- The Chicago White Sox draft Beachwood High School alumnus Brad Goldberg in the 10th round of the Major League Baseball draft.
- The Beachwood High School – University Hospitals medical academy was formed.

2014

- Beachwood mobile app was launched.
- Refinancing of BHS Bonds saved

\$2.3 million.

- Beachwood High School held its 10th induction of the Gallery of Success, bringing the number of inductees to 121.
- Convention and Visitors Bureau received an award from regional and state tourism associations for advertisements and rack card design for Food Fun & Fashion Week.
- City's "2014 Vision and Beyond" plan was created.
- For the 18th consecutive year, Beachwood earned the honor of "Tree City USA" by the Arbor Day Foundation.
- Beachwood Historical Society located city's charter in Columbus, Ohio.
- Beachwood Schools' 110.6 Performance Index score is the highest in Beachwood's history, ranking 3rd among schools in Northeast Ohio and 8th in Ohio.
- Beachwood Historical Society installed 3-D historical display inside City Hall.
- Dr. Richard Markwardt announced retirement following 2014-2015 school year; Board

- of Education names assistant superintendent as his successor.
- Beachwood high school senior John Davis III is Beachwood's first-ever recipient of a Division I college basketball scholarship; Wrestlers Sam Gross and Ryan Harris become two-time state champions.
- City has maintained the same property tax rate of 4 mills with no increase to taxpayers from the City's portion for the last 18+ years.
- Plans are being made to celebrate our city's 100th birthday!



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October 23rd–26th

Food, Fun, & Fashion Week

Beachwood
Ohio

More Details at
VisitBeachwoodOhio.com



October

- 23rd** Building the City at the Maltz Museum
The Impact of the Garment Industry on Northeast Ohio at Fleming's Steakhouse
The Art of Fashion & Martinis at Fringe Boutique
- 24th** Harold Arlen: Lucky Man-A Musical Lecture at the Beachwood Library
Flavors of Sicily at Giovanni's
Microsoft Bytes at the Microsoft Store
The Art of Tequila at Tres Potrillos
Beer Master's Dinner at Granite City
- 25th** Learn How to Power your Body's Engine for Life at Athleta
Food & Culinary Reactions 101 at Tri-C
The World of Dance & Food at Tri-C
Beachwood Historical Society: Tales at the Beachwood Library
Xbox Party at the Microsoft Store
Amarone & Ripasso Wine Tasting at Valenti's Ristorante
Rivertown Beer Tasting at Winks Bar & Grille
- 26th** Beachwood 5K Run: Celebrating Healthcare with the Cleveland Clinic
Feel the Breeze at Bahama Breeze
Music of the Big Bands at the Beachwood Library

2014
Sponsors



Beachwood Convention & Visitors Bureau | 216.378.9333

The Experience Will Bring You Back

State of the Community

The Beachwood Chamber of Commerce held its monthly luncheon on Wednesday, August 20, at the Beachwood High School, where attendees heard the “State of the Community” presentation.

The panel included Mayor Merle S. Gorden, Chief of Police Keith Winebrenner, Law Director Brian Reali, Economic Development Director Jim Doult and Superintendent Dr. Richard Markwardt.

Mayor Gorden’s remarks focused on the strong financial standing of the City, its past accomplishments, current projects, and “Vision for 2014 and Beyond.”

Mayor Gorden was first to present, with the following few key highlights:

- Over the last four years, Beachwood taxpayers have saved \$3.2 million as a result of its litigation efforts vs. Northeast Ohio Regional Sewer District (NEORSB).
- The city has launched a free mobile app.
- The expansion of Beachwood Place is expected to generate 150 to 200 new jobs. Beachwood Place is currently the largest taxpayer supporting our schools.
- The city is working on enhancing its safety services and implementing a city-wide fiber optic network.
- Efforts are underway to improve and enhance the Commerce Park business district. Construction of a connector road to connect this district with Chagrin Highlands is under consideration.
- Enhanced city entrances and sustainable energy solu-

tions are being evaluated.

- At the end of 2013, the City’s general fund surplus was \$9.9 million.

The city’s new law director, Brian Reali, and Beachwood’s newly appointed chief of police, Keith Winebrenner, each had an opportunity to introduce themselves to the community as part of Mayor Gorden’s presentation.

Jim Doult, the City’s economic development director, then spoke about the city’s development efforts. Since 2007, despite the great recession, Beachwood has seen over \$900 million in new capital investments, bringing in nearly 3,400 new, full-time jobs.

Doult stated, “Beachwood stands out in northeastern Ohio as a thriving commercial hub, with nearly 3,000 businesses and more than 100,000 people visiting each day. Beachwood has a well-earned reputation as a great place to live, work and do business. At Beachwood City Hall, we set out each day to reinforce that reputation.”

Doult also announced a master planning process that will be conducted in cooperation with the Cuyahoga County Planning Commission, saying, “We will soon embark on an ambitious effort to craft a five-year master plan that will synthesize and summarize the city’s vision and broad goals; conduct a community survey to capture the viewpoints of residents and businesses; and review current market conditions, demographics, transportation networks, tax base, etc.”

Looking to the future, Doult said we will continue to be progressive, aggressive and proactive and to build upon the strong foundation that is already in place.

Following the city’s presentation, Dr. Markwardt shared the state of the district. He started off by saying that our schools



Pictured, sitting: Economic Development Director James Doult, Beachwood Chamber of Commerce Executive Director Cindy Caldwell and Police Chief Keith Winebrenner. Standing: Law Director Brian Reali, Superintendent Dr. Richard Markwardt and Mayor Merle S. Gorden.

are academically strong and financially stable.

Within its healthy scholastic and financial climate, Beachwood’s students thrive, excelling in the areas of academics, the arts and athletics, all of which have been represented in state and national competitions this past school year. An increasing number of educational opportunities are available to Beachwood students, both in and outside of the traditional classroom. The Beachwood community and its schools have been recognized as one of the top communities in the nation for their support of the arts.

Beachwood Middle School was recently re-designated a National School to Watch, a status it first achieved in 2008. A rising number of Beachwood High School students are enrolled in Advanced Placement courses for which they can receive college credit. In the 2013-2014 school year, high school student enrollment in Advanced Placement courses rose by 48 percent.

Post-secondary enrollment options at area colleges and universities are being offered. The University Hospitals–Beachwood High School

Medical Academy is geared to students with an interest in medicine and the CSU–Beachwood High School Design and Innovation Program for those interested in engineering.

“A distinguishing characteristic of Beachwood City Schools is the district’s attention to the needs of the individual student,” Dr. Markwardt said. “Our district is often referred to as a “family,” a label that is earned. Nobody is a mere number in Beachwood. It is that personal attention to individual needs that drives our curriculum, our programs, our instruction, and our extra-curricular opportunities. It is an attitudinal quality that few public school districts can demonstrate to the same degree.”

In June 2014, Moody’s Investors Service re-confirmed Beachwood Schools’ AAA credit rating. Under the direction of Beachwood Schools treasurer Michele Mills, the district refinanced the Build America bonds, which were used to pay for a portion of the high school renovation process. This refinancing saved Beachwood taxpayers more than \$2.3 million dollars.

The residents of Beachwood recognize that high quality educational programs require

good buildings to house them and a strong infrastructure to support them. Fairmount Elementary School was constructed in 1998. Beachwood Middle School was completed in 2003. Beachwood High School recently underwent a major reconstruction. Currently, Bryden and Hilltop Elementary Schools, while safe, are in need of major updates and repairs. Renovation and/or consolidation of those sites on the Fairmount property is a current topic of serious consideration before the Beachwood Board of Education. One thing is certain; status quo is not an option.

In closing, Dr. Markwardt said, "Today, the state of the Beachwood City School District is indeed strong. That strength rests in its students, staff and community. The latter element, consisting of parents, residents, businesses, and city government, is the "not-so-secret ingredient" in the district's formula for success."

Thanks go to the Beachwood Chamber of Commerce for hosting this event. Each month, the Chamber hosts luncheon and networking events to provide opportunities for businesses to grow their businesses. Feel free to attend! This month's luncheon takes place October 22 at Acacia Reservation. Keynote speaker will be Mark Hauserman, Director of Muldoon Center for Entrepreneurship at John Carroll University. His topic is, "Entrepreneurship – It's Not Shark Tank and Business Plans." For more information, visit www.beachwood.org.

"A distinguishing characteristic of Beachwood City Schools is the district's attention to the needs of the individual student. Our district is often referred to as a "family," a label that is earned. Nobody is a mere number in Beachwood. It is that personal attention to individual needs that drives our curriculum, our programs, our instruction, and our extra-curricular opportunities. It is an attitudinal quality that few public school districts can demonstrate to the same degree."

Superintendent Dr. Richard Markwardt



Join us for our Winter Event:

Senior Travel: Practical Suggestions on the If, Where, How and When to go!

**A Dinner Conversation
with Featured Speakers**

Barbara Gross and Dr. Howard Epstein

As seasoned travelers, Barbara and Howard worked together to plan and accompany 14 older adults on a journey through Israel in 2005. They have also planned and traveled to various cities in the U.S. and Canada and traveled extensively abroad. Join them to learn practical tips on arranging and enjoying your dream trip whether it's stateside or in a foreign country!

- Explore your options for your dream vacation
- Learn how to get started
- Plan for the unexpected
- Medical considerations and trip insurance

Thursday, November 6, 2014

Dinner Hour 5:30 p.m. • Conversation 6:30 p.m.

**Menorah Park Saltzman Auditorium
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**Program and Dinner are Free of Charge
Seating Limited – Reserve Space Early
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or bsilver@menorahpark.org by Monday, October 13, 2014



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Norma's Garden

One of Beachwood's Hidden Treasures

Photos by Scott Morrison.

When The Gathering Place moved to its current location in January 2004, they had a vision for the location's outdoor space, which isn't often available on commercial property in Beachwood. In 2005, the quarter-acre of land, once weeds and rocks, was converted into Norma's Garden, a restorative healing garden that is truly one of Beachwood's hidden treasures.

Designed by Virginia Burt, president of an Ontario-based landscape architecture firm, the garden has designated spots for meditation and reflection as well as 11 separate spaces designed to be an extension of the supportive, welcoming programs that are offered by The Gathering Place. The garden was given its name because of a sizable contribution made to the organization by Ernie Siegler after his wife, Norma, lost her life to cancer.

Norma's Garden contains more than 80 species of shrubs, perennials and grasses and more than 20 species of trees. Specifically designed to stimulate the senses,

the garden includes elements that incorporate sound, touch, taste, sight and texture. Elements also signify earth, wind, water and fire.

The garden is divided into separate rooms, with every square inch carefully designed. Nothing was left to chance. When you enter, here's what you see:

The Entry and Walk of Friends

The garden's entrance is marked by two labyrinth-inspired gates whose concentric steel circles represent the energy around all things. The sacred patterns allow for finger tracing, which is a metaphor for looking inside one's inner



self, and then returning to the outer world feeling renewed and rejuvenated. This area is called the Walk of Friends because engraved plaques recognize those who helped make this garden possible.

The Gathering Terrace and Portico

This paved area, just outside the building, is often used by individuals or large groups for special programming, art therapy or just

relaxing. The portico offers shade and comfortable furniture, providing a tranquil, back-yard space to enjoy the nature that surrounds it.

The Pool of Grass

A large open area, it is used for both play and healing arts, including yoga and tai-chi. Surrounding the grass are the four cardinal directions, acknowledged with four archetypal elements. They are earth (east), fire (south),

water (west), and air (north), each representing healing powers. The earth is for grounding, showing you are connected and pulling energy from the ground. Features of water include the strength of cleansing, healing and nurturing, providing an opportunity to heal body, mind and spirit. It also signifies the importance of releasing tears. The wind, or air, recognizes the breath, or exhaling, which helps us manage emotions and stress, connecting us to our center. And fire helps us test our true strength when our feet are put to the fire. When iron or steel are put to the fire, they get stronger. Sometimes it is helpful to write something down and burn it, since fire is also about letting things go.

The Pavilion

A sheltered platform at the east end of the Pool of Grass, the Pavilion acts as a stage for live performances, poetry readings or small group activities. Once you've visually scanned the garden as a whole, the following rooms come to life as you walk counter-clockwise around the space:

The Edible Garden

Horticulture therapy is offered in this space where herbs and vegetables are planted annually. Herbs promote healing, and vegetables are used at hands-on cooking classes. Participants are encouraged to take herbs with them because the more you harvest, the more they grow.

The Children's Garden

Since children are always welcome, this area offers comfortable, kid-oriented spaces. Children enjoy the interactive sound sculpture which was designed for vibrational meditation. It includes a Whale Drum that puts you into a meditative state in minutes because of its tones and vibrations. The Sound Tubes aim pentatonic sound vibrations directly at your body. A five-ton granite boulder, the largest boulder in the healing garden, may be used as a reading rock for various children's programming. The cave provides a safe, quiet space when feeling vulnerable, or a place to climb



when feeling adventurous. The talking man, with a heart on its chest, promotes communication and love, and stepping stones provide a space for kids to just be kids – to play and have fun.

The Storybook Maze and the Sacred Mount

Just past the Children's Garden is the Storybook Maze where numbered, engraved pavers lead you through a maze that tells the story of two caterpillars' journeys. The story talks about transformation, recognizing that just when the caterpillar thought his life was over, he transformed into something more beautiful. After crawling through the cocoon, you arrive at a stainless steel, interactive sound instrument that is a butterfly, which sits on the highest point of the garden, the Sacred Mount. It is at this point that those strolling through the gardens recognize they can climb new heights and let their spirits soar!

Secret Mystery Garden

Next is the Secret Mystery Garden, a quiet, private place that can be used for journaling, small

Nature is but another name for health.

– Henry David Thoreau

group discussions or one-to-one consultations. In the garden is a structure representing home, as well as a water feature with a bench nearby.

The Green Rooms

As you come out of the Secret Mystery Garden, there are green rooms, with benches marked for contemplation and reflection, as well as Ernie's rock. This purple granite boulder honors Ernie Siegler, the garden's largest supporter and main donor, who passed away during the construction of the garden.

"Traveling through the garden is empowering," Kris Austin, LSW, chief marketing officer, told us with a smile, "It is a reminder of one's resilience and the power to heal the body, mind and spirit."

"When we were designing it, we made sure there is always some-



thing to taste, touch, hear, see or smell," Austin added. "This is a peaceful, playful, powerful garden that is here for the community to enjoy, as well as for individuals diagnosed with cancer and their loved ones."

The mission of The Gathering Place is to support, educate and empower individuals and families touched by cancer through programs and services provided free of charge.

For more information, visit www.touchedbycancer.org.

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Opening Program For Beachwood Elderclass! "Clarinet Pops"

Beachwood Elderclass announces its Thursday, October 9 program, featuring popular artists Carl Topilow on clarinet and Marshall Griffith on piano.

Topilow, currently in his 18th year as founding conductor of the Cleveland Pops Orchestra, is renowned for his versatility, whether he is holding a conductor's baton or his trademark red clarinet. He is a multi-talented virtuoso who is equally at home in classical and popular music, both as conductor and instrumentalist. He is also conductor and director of the Orchestral Program at the Cleveland Institute of Music (CIM.)

Marshall Griffith is active both as a jazz and classical pianist. He is a frequent performer for benefit concerts for many Northeast Ohio organizations, including The Cleveland International Piano Competition, Cleveland Orchestra, and Playhouse Square Foundation. He was appointed to the CIM Faculty in 1975, where he teaches all levels of music theory and improvisation courses.

Sponsored by the Beachwood Board of Education, Elderclass affords residents an



opportunity for learning and entertainment in a high school environment. Excellent lunches, catered by the vocational culinary arts class, are \$5 for Beachwood residents and \$8 for non-residents, if space is available. Programs in the school's new Community Room are free and open to the public.

Elderclass coordinator Mort Biel reminds attendees that lunch will be served in the Beachwood Bistro at noon, with the program to follow at 1 p.m. in the adjacent Community Room. A bus will begin pickups

going from the northeast corner of the parking lot to the front entrance, beginning at 11:15 a.m. and ending at noon. The bus will return you to your car following the program.

Please register for the lunch by using the flyer received in the mail. If you are not registered to receive Elderclass monthly program flyers, please contact Marlene Dunger at the Beachwood Board of Education at 216.464.2600. Reservations will be accepted by mail only. No walk-ins for the lunch.

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The Magic of Christmas Nov. 30/ 2pm / The Connor Palace
Cleveland POPS Orchestra and Chorus, Holiday Favorites

New Year's Eve Concert & Dance Dec. 31/ 9pm / Severance Hall
The Mambo Kings serve up the Salsa. Concert followed by Dancing

The Oscars for Music Feb. 6/ 8pm / Severance Hall
Narrated by Sirius Radio's Bill Rudman. POPS Orchestra & Chorus

Centennial Sinatra Mar. 6/ 8pm / Severance Hall
Narrated by Sirius Radio's Bill Rudman. POPS Orchestra & Chorus

La Musica D'Italia Mar. 27/ 8pm / Severance Hall
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Salute to Our Armed Forces May 1/ 8pm / Severance Hall
POPS Orchestra & Chorus, West Point Jazz Knights

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The Lu-Jean Feng Clinic

One of the Best-Kept Secrets in Northeast Ohio

When walking into The Lu-Jean Feng Clinic, the sense of calm runs through you. The personal goal of Dr. Feng and her associates and specialists is to become an advisor to each patient, helping them achieve inner and outer balance by incorporating the principles of both eastern and western medicine. It is this open-minded and holistic approach to healthcare that brings patients to the clinic from all 50 states in the U.S. and more than 27 countries around the world.

CEO Linda Haas told us that The Lu-Jean Feng Clinic is one of best-kept secrets in northeast Ohio. "We have a three-story, 15,000 square-foot building on Pinetree Road, where inner and outer harmony are the primary objectives," she said, adding that their staff has expanded from 5 to 34 people in 15 years.

Haas then explained how Dr. Feng, an internationally renowned microvascular plastic and reconstructive surgeon, takes an inside-out approach to wellness, which led to expanded services in the clinic.

When doing a consultation with someone who is considering surgery, Dr. Feng shared that health issues always need to be addressed to determine if the individual is a good candidate. "One of biggest problems is weight," she said. "With a high BMI (body mass index), many other problems, including high blood pressure, diabetes and so forth, arise."

To address this issue, Feng Fitness™, a fitness clinic that offers personal training and group fitness classes, was opened. Being a health and wellness aficionado who can be seen routinely working out after surgery, Dr. Feng says it is a privilege to be able to work out.

Recognizing that people really don't understand healthy eating, Fengfit™ Foods was born. Under the direction of certified executive chef Dale Sapp, this plant-based, carry-out menu includes soups, salads, smoothies and salad dressings, all made from the freshest organic vegetables, whole grains, legumes, nuts, seeds, fruits, natural

condiments, sea vegetables, and soy products.

"We are highly successful with our weight-loss program," Haas said. "By providing food, working out with a personal trainer at least three times a week, and participating in additional fitness classes, we set people up for success. Additionally, we do extensive lab testing, EKGs and genetic testing, since 75% of all diseases are reversible or preventable."

Additional services include acupuncture, massage therapy and skincare.

Zhongmin Mao, a licensed acupuncturist, formerly of Beijing China, is on staff to treat everything from pain to digestive and respiratory disorders. He has a very successful track record in treating patients who are dealing with pain management, concussions, infertility, fatigue, low energy or addiction issues.

Comprehensive massage therapies, including healing lymphatic massage and reflexology, as well as therapeutic massage, are also available to treat a wide array of ailments.

The Lu-Jean Feng Clinic also houses the largest medical skincare department in the state of Ohio, with two very popular treatments being Thermage™ and Fraxel™, both of which are non-surgical rejuvenation therapies. Thermage™ tightens skin by stimulating collagen, and Fraxel™ resurfaces the outside of the skin to remove uneven pigmentation and sun damage. Many other treatments are offered to address acne, sun damage, aging and more, and a highly sophisticated digital skin analysis is done to determine





Linda Haas and Dr. Feng sample the new FengFit™ Protein Drink, telling us that it has 24 grams of protein.

the best treatment options.

All of the above-listed services set the stage for Dr. Feng's specialty – cosmetic surgery.

Patients come from all over the world for any of the following procedures: rhytidectomy (facelift), rhinoplasty (nose), blepharoplasty (eyelift), mastopexy (breast lift), breast reduction and reconstruction, gynecomastia (male breast reduction), implant removal, natural breast enhancement and abdominoplasty (tummy tuck).

She is one of few surgeons in the country to offer natural breast enhancement, using the patient's own regenerative cells and fat tissue – a no-implant procedure without scarring, and with significantly less recovery time. Most recently, she made an impact in the industry again by publishing a paper on a painless tummy tuck procedure. Dr. Feng utilizes a series of nerve blocks to dramatically reduce pain and discomfort and halve the recovery time.

Dr. Feng also addresses problems that arise when women and men go through menopause and andropause, saying that Bio-Identical-Hormone Replacement Therapy (BHRT) is really essential as hormones decrease. "When hormones drop off, significant changes in the body occur, resulting in lack of energy, weight gain, difficulty sleeping, and loss of libido and immune function. Memory and cognitive function are also affected and this is a time when women and men are most vulner-

She is one of few surgeons in the country to offer natural breast enhancement, using the patient's own regenerative cells and fat tissue – a no-implant procedure without scarring, and with significantly less recovery time.

able for disease," she said. "The goal of BHRT is to maintain hormones at appropriate and medically sound levels necessary to alleviate symptoms and prevent diseases associated with aging."

Haas told us that bio-identical hormones are derived from plants and are biologically identical to the molecular structure of hormones found in the human body. Prepared by a compounding pharmacy, bio-identical hormones provide a natural solution that is identical to what your body used to produce on its own.

"Our passion is research," Haas said. "We are never satisfied with status quo."

Dr. Feng added, "Being healthy isn't simply about the absence of illness; it is much more. Our physical, mental and spiritual health are closely intertwined and must be constantly fine-tuned as we age."

For information about The Lu-Jean Feng Clinic, visit www.fengclinic.com. For information about Fengfit™ Foods, visit www.fengfitfoods.com.



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Ask PBC: Your Mental Health Q&A

Q: How do I stop worrying?

Licensed Professional Clinical Counselor Phil Palmison, LPCC, responds:

Anxiety and worry can be a very debilitating experience. Whether the worry is about something situational (i.e. work) or on a general and chronic level, our mind, body and spirit are challenged and drained of energy. Common questions and feelings:

"How do I stop worrying?"

"Why am I so tense?"

"I am so tired of this."

"Will I ever stop worrying?"

A common factor with the above quotes/questions is the emphasis on "I," or in other words, the pressure we place on ourselves in order to overcome adversity. Often this internal sense of pressure becomes more of our battle. We lose sight as to what is influencing/causing our distress, what is the meaning behind our worry, and/or remembering how we have successfully addressed hardships before. In addition, and maybe more importantly, we feel powerless.

A common way we interpret worry is that someone or something is currently or could be a threat to us. Feeling threatened is like having control being ripped away. Lack of control = powerlessness. Powerlessness exacerbates our worry because we do not know what the outcome will be and if we will be ok.

So how do we stop worrying? How do we gain back power when we feel powerless? As shown above, asking questions is a common response we have when feeling stuck and unsure with what to do. However, these questions reinforce or maintain our distress.

Certain questions that we can ask ourselves can help us gain awareness and become more present with the situation instead of battling the internal fight. Some effective questions could be:

"What exactly is the issue that is making me worry? Is it the stressor itself or the trouble with managing the symptoms?"

"How am I giving away my power?"

"Will I allow my distress to control me?"

"Do I need to be worried?"

By becoming more mindful, we more effectively recognize our own power. Embracing our power will allow us to become "unstuck" with the situation and put action into place instead of being worried about stressors.

Do not forget, we all have overcome difficulty at some point in our lives. We possess strengths and skills that help us address or rise above hardships. Individual strengths and skills develop and grow on a constant basis. We do not lose our strengths or skills, we just have a tendency to minimize or dismiss them. We need to make the decision as to whether or not we will use our power.

"How do I stop worrying?" Maybe you already have the answers.

"Your Mental Health Q&A" is part of a Beachwood community service program provided by PBC. Email your questions to info@psychbc.com. All identifying information will be held in strictest confidence in the PBC secure email system.



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Quote of the Month

"The only person you should try to be better than is the person you were yesterday."

CELEBRITY BIRTHDAYS

October 7	Toni Braxton (45)
	Simon Cowell (54)
October 8	Matt Damon (43)
	Chevy Chase (70)
October 9	Sharon Osbourne (58)
	John Lennon (would be 73)
October 12	Luciano Pavarotti (would be 78)
	Linda Blumenthal (looks 29)
October 13	Sacha Baron Cohen (42)
	Kelly Preston (51)
	Jerry Rice (51)
	Paul Simon (72)
October 14	Usher (34)
	Ralph Lauren (74)

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The Shabbos Project

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The Shabbos Project

KEEPING IT TOGETHER

The Shabbos Project is a unique, international grassroots Jewish-identity movement that unites all Jews to keep one full Shabbos together. The International Shabbos Project will take place on the Shabbos of October 24-25 in more than 170 cities and 30 countries around the globe.

"The idea originated last

year in South Africa, where the majority of the country's diverse Jewish community joined together to observe a single Shabbat, most for the first time in their lives," Rabbi Ephraim Karp from Menorah Park told us.

By experiencing the magic of Shabbat just once, it is believed we can rejuvenate family and community life, restore Jewish pride and identity, and build Jewish unity across the world.

In conjunction with the Shabbos Project are two events open to the community. Challah baking will take place October 23 at 7:30 p.m. and a Community Havdallah concert, Saturday, October 25 at 8 p.m. Both events will take place at Green Road Synagogue.

To register, please visit www.theshabbosprojectcleveland.org. For more information, please contact Amira Wolovitz at 216.978.0927.

LearnInn

The Mandel JCC is celebrating the 20th year of its Elderhostel-style retreat, LearnInn, October 26-28, at the Bertram Inn and Conference Center, 600 North Aurora Road, Aurora. The retreat will feature 11 well-known historians, professors, music and theatre professionals, and local TV personalities who will lead lively and informative discussions on a wide array of topics, including lectures and interactive discussions. Senior adults will explore music, film, sports, Judaism, theatre, art, and more. Entertainment and social activities are offered each evening.

Participants may register for one, two or all three days of LearnInn, which includes meals and optional overnight stays at the noted Bertram Inn. Visit mandeljcc.org/learninn for a complete schedule of events or call Jan Rutsky at 216.831.0700, ext. 1348. Registration deadline is October 8.

BBB Offers Free Senior Alerts

BBB Serving Greater Cleveland offers free emailed senior alerts as part of its Senior Awareness Initiative. To sign up for these timely warnings about scams reported in our area, go to www.bbb.org/cleveland/programs-services/smarter-living-for-seniors/. Archived senior alerts can also be read at this site.

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A Taste of Fall

A guide to dining, patios,
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Doors of Beachwood Photo Competition

Doors of Jerusalem? Doors of Ireland? Why Not Doors of Beachwood?! The Beachwood Library and the Beachwood Historical Society announce the Doors of Beachwood Photo Competition to celebrate the City of Beachwood's 100th birthday in 2015. This juried exhibition will take place at the Beachwood Library and will carry the message of opening doors to our community.

Amateur and professional photographers are invited to submit their JPG images. Experimental and mixed techniques are welcome. Take a picture of your favorite front door and doorway area, provided it is located within the City of Beachwood. No more than three images per household may be submitted.

Prizes will be awarded and it's free to enter. All entries must be submitted electronically to doorsofbeachwood@gmail.com by December 1, 2014.

Instruction of how prints are to be prepared for the exhibit will be sent in mid-February. All subject matter must be appropriate for public viewing at the September 2015 show.



1 Yours Truly

For over 30 years, Yours Truly restaurants have offered casual, family-friendly dining for breakfast, lunch and dinner. Voted Best Family Dining by *Cleveland Magazine*. Open Monday through Saturday, 6:30 a.m. to 11 p.m.; Sunday, 7:30 a.m. to 10 p.m. Carryout, catering and delivery are also available.

2 Cedar Creek Grille

Cedar Creek Grille is a classic American grille, featuring fresh fish, steaks, sandwiches and more. Stop in on Thursdays for LIVE MUSIC, 6-9 p.m. on the terrace. Thursday night reservations for tables on the terrace have a \$25 minimum spend per person; but as always, there is never a cover charge. Additional terrace seating is available. We also offer happy hour (M-F, 3-7 p.m.), and half-priced bottles of wine on Tuesdays. For complete information, visit www.cedarcreekg grille.com.

3 Piccolo Italian Restaurant

Piccolo Italian Restaurant offers the epitome of homemade ethnic cuisine. Chef Chris Licht offers some Old World recipes and contemporary twists on quality cuts of veal, chicken, beef, fresh seafood, and homemade pastas and pizzas, accompanied by a full bar and extensive wine list. Happy hour is Monday through Thursday, 4-7 p.m.; Friday and Saturday, 4-6 p.m. and 9-11 p.m.; and Sunday 4-9 p.m.; offering \$5 appetizers, pasta bowls, wine and drink specials. Live entertainment schedule is on our website.

4 DeGaetano's Village Square Pizza

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Qualifying membership includes all persons who live, work or worship in Lake, Geauga, Cuyahoga or Ashland counties. This listing is not an offer of credit. Interest rates offered may depend on credit history and certain minimum scoring qualifications. Rates and terms subject to change without notice. Offer may be withdrawn at any time.

By members' choice, your deposits are insured by American Share Insurance up to \$250,000 per account. This institution is not federally insured. MEMBERS' ACCOUNTS ARE NOT INSURED OR GUARANTEED BY ANY GOVERNMENT OR GOVERNMENT-SPONSORED AGENCY.



"FED UP"

Free Movie Screening

Cleveland Clinic invites the community to attend a free screening of "FED UP" with Mark Hyman, MD.

Join Mark Hyman, MD, director of Cleveland Clinic's Center for Functional Medicine and nine-time *New York Times* best-selling author, at a screening of the movie "FED UP!"

Upending the conventional wisdom of why we gain weight and how to lose it, "FED UP" unearths the dirty little secret that the food industry doesn't want you to know — far more of us are sick from what we eat than anyone has ever realized.

Dr. Hyman will share his thoughts, answer questions, and invite you to join the Fed Up Challenge.

For more information on the new Center for Functional Medicine, visit www.clevelandclinic.org/functionalmedicine.

Screening dates are Thursday, October 23, 5:30 - 7:30 p.m., Lyndhurst Campus and Monday, November 10, 5:30 - 7:30 pm, Twinsburg Family Health Center. To register for this free event, visit www.clevelandclinic.org/clmevents or call 877.331.9355.

Helping Beachwood Residents Achieve Optimal Health

Optimal Health is being at your best physically, emotionally, socially, spiritually, and intellectually, regardless of the presence or absence of disease. Unfortunately, we face many barriers to maintaining optimal health, including: longer workweeks, fast-paced lifestyles, uncontrolled stress, limited physical activity and unhealthy eating habits. The result is four chronic diseases—heart disease, cancer, stroke, and diabetes, which cause almost two-thirds of all deaths each year, and chronic diseases account for 75% of the money our nation spends on healthcare. (Forbes, 2013).

hChoices, a division of Web Wise Seniors, and the City of Beachwood believe that these small choices we make every day can significantly impact our future, so we have partnered together to install a health-and-wellness kiosk at the Beachwood Community Center. The kiosk enables residents to monitor and securely track their basic health numbers, including blood pressure, blood oxygen level, pulse, and weight. In addition to the health monitoring, the kiosk provides healthy recipes, motivational quotes and wellness presentations. It also functions as a digital bulletin board to publicize Beachwood activities and services.

hChoices' mission is optimal health through technology, education and social engagement. The hChoices' wellness kiosk features:

- Onsite health monitoring with secure tracking
- Touch screen interface
- Live and onDemand educational programming
- Wellness challenges with anonymous leaderboard
- Offsite access from any Internet ready device

Comfort Keepers is the first of five sponsors who will ensure a free program for Beachwood residents. If you are interested in becoming a sponsor or would like to discuss having a kiosk onsite for your employees, please contact Steve Pelton at steve.pelton@hchoices.com. We are challenged to take personal responsibility to maintain our health and retain our independence. To learn more, go to hchoices.com or visit the Beachwood Community Center.

The holidays are almost here!

Get a head start on your shopping.

Frames for pictures, photos, mirrors and televisions.
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CITY OF *Beachwood* Council Update

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MERLE S. GORDEN

216.292.1901



FRED GOODMAN
PRESIDENT

216.464.6624



MARTIN S. HORWITZ

216.464.6560



ALEC ISAACSON

216.291.2797



MELVIN JACOBS

216.464.1541



MARK MINTZ

216.360.0330



JAMES PASCH

216.630.9671



MARK I. WACHTER

216.765.1921



BEACHWOOD IS FINANCIALLY FIT

The City of Beachwood finished 2013 with a General Fund surplus of \$11,768,309 (excluding transfers) which was the highest ever surplus in the history of the City.

Including the transfer of \$1,805,204 to the Debt Service Fund to cover the cost of our General Obligation Debt, the city's surplus was \$9,963,105. In addition to the transfer to the Debt Service Fund, the City also transferred \$6,000,000 to the Capital Improvement Fund to pay for future projects in Beachwood.

The major factors contributing to the success of 2013 were a:

- 9.3% increase in income tax collections from the year before, which in large part can be attributed to the opening of Eaton Corporation's new headquarters.
- 15.9% increase in Estate Tax revenues.
- 138.7% increase in permit and license fees, largely attributed to the Commerce Park Apartments Project and the Beachwood High School Project.

Through August 2014, we have a General Fund surplus of \$5,636,727, although we anticipate by the end of the year, after debt payments are made, that this amount will be approximately \$2,700,000. Some of the major factors contributing to this include a reduction in income tax collections of approximately 3.2% which is mainly due to a:

- large Net Profit Tax refund due to a business that had paid us in error in 2013.
- reduction in permit and license fees of 60.1%, which was anticipated because of the large increase in 2013 based on the two projects mentioned above.
- decrease in Estate Tax revenues due to the elimination of the Estate Tax.

While the City is faced with the loss of revenue from the Estate Tax and loss of Bank of America, which had been one of Beachwood's largest employers, we are confident that with new sources of revenue from employers such as Eaton Corporation, The Cleveland Clinic and University Hospitals, along with future development projects such as OMNOVA, the future of Beachwood is bright.

The City of Beachwood remains one of the few communities in the State of Ohio to maintain a Aaa Bond Rating with Moody's Investor Services. That is the highest rating Moody's offers. This rating is a testament to both the City's fiscal strength and debt management.

City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122

216.464.1070
www.beachwoodohio.com



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AT&T U-Verse - Ch. 99

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Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

SENIOR POLICE ACADEMY

Congratulations to the Beachwood Police Department 2014 Senior Police Academy graduation class. This free eight-week program under the direction of Inv. Erin Draves provided a first-hand opportunity for seniors to learn about law enforcement. Participants studied real-life crime prevention techniques pertaining to the cares and needs of today's senior citizens. Topics included self-defense, CPR, personal safety and how to help family, friends, neighbors and yourself.



Pictured, front row (sitting): Goldie Silver, Ann Mari Pearson and Esther Stafman. Middle row: Justin Carbone, Romeo Decaney, Phyllis Kalk, Councilman Melvin Jacobs, Fern Platock, Joyce Raviotta, Barbara Flowerman, Norm Gross and Police Chief Keith Winebrenner. Back row: Martin Flowerman, Councilman Alec Isaacson, Steve Rosen, Donald Javorek, Jack Davidson, Frank Buchwald, Mayor Merle S. Gorden and Inv. Erin Draves.

CHRIS ARRIETTA NAMED ASSISTANT PUBLIC SERVICE DIRECTOR

The City of Beachwood welcomes Chris Arrietta as its new Assistant Public Service Director. He began working with the City as a part-time college student in 1989 and was promoted to Laborer in 1992, Crew Leader in 1996, Superintendent of Public Parks and Grounds in 2002 and Assistant Director in 2014.



Best wishes for future success to former Assistant Public Service Director Jeff Clucas, who retired after serving the City for more than 35 years.



DID YOU KNOW?

In a few simple steps, you can visit WWW.BEACHWOODOHIO.COM and sign-up to receive notifications when Council Agendas and Minutes are posted. You can also sign-up to receive information posted in the Mayor's Blog.



UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Monday, October 6, October 20 & November 3. Questions? Call 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, October 30. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Monday, October 6, October 20 & November 3. Questions? Please call 216.292.1914.

Departments

AUDITOR
216.595.5492

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

COMMANDER KEITH WINEBRENNER NOW BEACHWOOD POLICE CHIEF

The City of Beachwood recently welcomed Commander Keith Winebrenner as its new Chief of Police.



“Commander Winebrenner has done an outstanding job in his role as Acting Police Chief and throughout his long tenure with the department,” said Mayor Gorden. “He is deeply committed to his role to serve and protect the citizens of Beachwood.”

Chief Winebrenner has been with the Beachwood Police Department for nearly 25 years. He started as a patrol officer in 1990 and worked his way up the ranks in various roles including detective, sergeant and lieutenant before he was named Commander of the Detective Bureau in 2012.

He is a graduate of the Police Executive Leadership College and a veteran of the U.S. Army-Military Police. Among a long list of impressive accomplishments, he is certified by the State of Ohio as a Master Criminal Investigator, a Master Evidence Technician and a Firearms Instructor.

“My goal is to provide the training and support needed by the men and women who put on the uniform every day and serve the City of Beachwood. All of us want to provide the best services possible to the community,” said Chief Winebrenner. “I felt honored nearly 25 years ago when I was given the opportunity to serve this community as a patrol officer and I still feel that way today.”

*“He is deeply committed to his role to serve and protect the citizens of Beachwood.”
— Mayor Gorden*



HEAR SIRENS? PULL OVER

City streets are utilized by many communities to quickly and efficiently transport victims to area hospitals. When you hear sirens, please pull over and wait for the emergency vehicles to pass.

TIME SAVES LIVES.

WWW.BEACHWOODOHIO.COM

Council Update

BEACHWOOD FILLS THE BOOT FOR MUSCULAR DYSTROPHY

Each year, our Fire Department collects money to benefit Muscular Dystrophy. Last month, Beachwood Professional Firefighters Association members collected \$8,400 during the Beachwood Fire Department's annual Fill the Boot program. This adds to the overall total of \$100,000 collected during the past two decades. Thanks go to all who made contributions.



**American
Red Cross**

BLOOD DRIVE

FRIDAY, OCTOBER 17 FROM 1:00 – 7:00 P.M.
BEACHWOOD COMMUNITY CENTER

TRICK OR TREAT

The City of Beachwood's
Trick-or-Treat hours
are Friday,
October 31 from
6:00 – 8:00 p.m.



BEACHWOOD FIRE RANKS AT TOP

The Insurance Services Office (ISO) collects information on municipal fire-protection efforts in communities throughout the United States. In each of those communities, ISO analyzes the relevant data using its Fire Suppression Rating Schedule (FSRS) and assigns a Public Protection Classification (PPC) from 1 to 10.



At a class 2, Beachwood is in the top 1.75% of 49,000 departments throughout the United States.

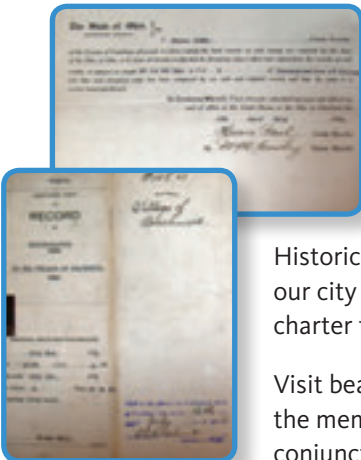


By classifying communities' ability to suppress fires, ISO helps the communities evaluate their public fire-protection services. By securing lower fire insurance premiums for communities, the PPC program provides incentives and rewards for communities that choose to improve their firefighting services.



HYDRANT FLUSHING The Beachwood Fire Department will be conducting hydrant flushing Sunday, October 19 through Saturday, October 25. Please be aware that hydrant flushing may occur on your street any day during this week. If you have rusty water, please run the COLD water until it runs clear. For more information call 216.292.1965.

BEACHWOOD HISTORICAL SOCIETY



In 2015, the City of Beachwood will celebrate its 100th birthday. In celebration of this milestone, events and programs will take place throughout the upcoming year. Thanks goes to Rosemary Nemeth and Nancy Hart of the Beachwood

Historical Society for documenting the history of our city and obtaining a copy of our city's official charter from the Ohio Historical Society.

Visit beachwoodhistoricalsociety.com to see the membership incentive being offered in conjunction to the city's milestone birthday.

ART EXHIBIT

Beachwood Community Center



MONDAY – FRIDAY • 9:00 AM – 4:00 PM

SATURDAY • 10:00 AM – 3:00 PM

SUNDAY • 10:00 AM – 1:00 PM

3D ART - DRAW, DOODLE, DABBLE

Kristen Stitzel – Drawings

Debi Salzman – Glass

Cline Siegenthaler – 2D/3D Drawings

Show Dates: October 1 – 20

Artists' Reception: Sunday, Oct. 5, 1 – 2:30 p.m.

OF SPECIAL NOTE

Rental homes must be registered with the Building Department. To register, there is a Rental Occupancy Fee of \$500 per year. Failure to register may result in a notice to vacate by our Building Commissioner.

Princesses ~AND~ PIRATES

SUNDAY, OCTOBER 26

1:00 – 3:00 P.M.

BEACHWOOD COMMUNITY CENTER

Games, prizes, refreshments and entertainment. A family-friendly Halloween party for 3 – 6 year olds. FREE for Residents. Registration and wristband required, limited capacity. \$5 per child per wristband for non-residents. Wristbands available in Recreation Office until October 17.



FALL LEAF PICK-UP

Beginning September 29 and running continuously through December 8, leaf trucks will be in operation daily throughout the City (weather permitting). Collection is on-going from one end of town to the other end of town. Therefore, there is no need to call for a special pickup.

Place UNBAGGED leaves on the tree-lawn only. DO NOT PLACE IN STREET. Leaf piles mixed with other debris – such as grass – WILL NOT be picked up. After January 1, all leaves need to be bagged. Leaf bags will then be picked up with your regular rubbish on your collection day. Questions? Call the Service Department at 216.292.1922.

VETERANS DAY PROGRAM

NOVEMBER 9, 2014 • 11:00 A.M.

BEACHWOOD CEMETERY

The Beachwood Historical Society and the City of Beachwood will partner to commemorate Veterans Day at the Beachwood Cemetery. This event will feature dignitaries, local veterans, presentation of the colors and guided tours. The Beachwood Cemetery, located near the corner of Green and Halburton Roads, is the final resting place of over 40 soldiers.



Tours will take place from 11:30 a.m. Free and open to the community.

JUMP BACK JOG

5K Run / 2K Walk

SUNDAY, OCTOBER 12 FROM 8:00 A.M. – 12:00 NOON
BEACHWOOD CITY PARK WEST

Registration begins at 9:00 a.m. Race starts at 10:00 a.m.

5K Run - \$11 pre-register, \$13 day of race

2K Walk - \$10 pre-register, \$12 day of race

Questions? Call 216.292.1970 or register at www.beachwoodohio.com

WWW.BEACHWOODOHIO.COM

Council Update

HERITAGE HOME PROGRAM

The City of Beachwood has chosen to participate in the Heritage Home Program (HHP), a specialized house maintenance and rehab program administered by the Cleveland Restoration Society (CRS). To qualify, your home must be 50 years old or older.

HHP and CRS provide the following benefits, all at no cost to the homeowner:

- Site visits to answer home repair, improvement and maintenance questions
- Suggestions of proper materials and colors.
- Advice about increasing energy efficiency
- Access to information on local contractors
- Evaluation of contractor bids and estimates

Qualified homeowners have the option of obtaining a low-interest, fixed-rate HHP loan, with rates as low as 1.85% for up to 10 years. Owners need to have good credit and sufficient equity in the home to support the loan. There are no points involved with these loans and the interest is tax deductible.

Eligible projects include:

- Exterior and interior painting
- Kitchen and bath improvements
- Compatible additions
- Roof repair and replacement
- Basement waterproofing
- Window repair
- Masonry repair
- Insulation
- HVAC upgrades
- And much, much more!



HHP loans are available for owners of residential properties of three units or less, regardless of whether the owner resides at the property. Homeowners receive custom construction specifications for exterior projects and HHP staff is available from project start to finish.

To learn more or get started, call 216.426.3116, email hhp@heritagehomeprogram.org or visit www.heritagehomeprogram.org.

POWER OUTAGES

During a power outage, First Energy's electricity restoration process follows three key principles:

- Safety
- Support for Emergency Services and other emergency responders
- Repairs that will bring largest number of customers back in service

The storm restoration process insures everyone is treated fairly and service is restored to customers



as quickly as possible. To report a power outage please call 1.888.544.4877 or visit www.firstenergy.com. These automated systems capture and record your information and help dispatchers pinpoint the power outage.

BEACHWOOD LAUNCHES NEW MOBILE APP

The City of Beachwood is continuing to enhance efforts to keep residents connected and informed through the release of a new mobile app.

The mobile app is free and available now at the App Store or through the Google Play Store. The mobile app will offer residents and businesses a convenient, user-friendly interface for city news, events, visitor information and much more via smartphones and other devices.

“With more people relying on their phones and tablets for news and information, it was important to us to provide a mobile friendly option,” Mayor Gorden said. “The app helps organize and scale information appropriately, making it much easier for residents to navigate on the go.”

With the mobile app, the City wants to make it as easy as possible for residents and visitors to find the information they seek. But Mayor Gorden reminds the public that they should not be using mobile apps while driving – it is unsafe, and in Beachwood, illegal.



EXPLORING BEACHWOOD STREAMS – A TALK AND TOUR

Instructor: Dr. Roy Larick, Bluestone Heights, in cooperation with the City of Beachwood Service Department

Within Beachwood, six small streams begin their flow toward Lake Erie. These headwaters are the City's direct ecological link with our Great Lake. In an illustrated talk and walking tour, Dr. Larick will provide a long-term overview of Beachwood's streams. Join us for this FREE and educational tour of the land around us and learn how much of an impact our City is to the Great Lakes region.



October 16 (lecture), 7:00 – 8:00 p.m.
Beachwood Community Center

October 19 (walking tour), 1:00 – 3:00 p.m.
Beachwood City Park East
(parking lot off Eastbound Shaker Blvd.)

To pre-register visit
WWW.BEACHWOODOHIO.COM.



Beachwood Family Fun Day

On Sunday, August 31, residents of all ages enjoyed Beachwood Family Fun Day, a family-friendly event that took place just outside the Beachwood Family Aquatic Center. In spite of gray skies and a high probability of rain, the day went off without a hitch. In addition to booths manned by city departments and local civic organizations, highlights included a 200-foot zip line, dunking booth, rock-climbing wall, crafts, face painting, bouncing activities, giant slides, pony rides, an animal-feeding station, and an activity center for younger children. Thanks go to Community Services Director Karen Carmen and her staff for organizing this top-notch event that attracted more than

5,000 guests. The City of Beachwood holds this event each year at the end of the summer season to give back to the community.





2



3



4



6



5



8



Pictured left:

- 1 Ellie Dong slides down the slide.
- 2 Grace Ziebro models her beaded necklace.
- 3 Maria Astapova and Emily Braverman show off their tattoos.
- 4 Drew Mintz enjoys a computerized game.
- 5 Shivani Rajgopal tries her luck while Jared Shapiro spins the wheel.
- 6 Zack Frank takes a pony ride.
- 7 Christina and Christopher Jun enjoy their treats.
- 8 Foma Astapova feeds the sheep.

Pictured right:

- 1 Carol Huang, Irene Yang and Evelyn Chang make sand-art creations.
- 2 Katie Spiegler watches her daughter, Avi, make a sand-art creation.
- 3 Ken Margolin with Ten Bears (golden retriever), Alicia Namron with Charlie (golden retriever) and Risa Uvlin with Charlie (golden doodle) all enjoyed Beachwood Family Fun Day.
- 4 Julie, Lori and Aaron Ziff have a caricature drawn.
- 5 Brett Zawatsky attacks the "Buckeye."
- 6 Alexander Johnson, playing the trumpet, says, "I've wanted to be a trumpet player forever."
- 7 Jason Baskind and Hannah Baskind slide down the slide.
- 8 Allison and Liza Harris zip along on the zip line.



7

Photos by Scott Morrison.



A message from
Executive Director Cindy Caldwell



6th Annual Taste of Beachwood

The Beachwood Chamber of Commerce is pleased to announce its 6th annual Taste of Beachwood presented by DDR.

This delectable event will be held on Thursday, November 6, 2014, at Embassy Suites-Beachwood, 3775 Park East Drive – and is open to the public. Guests will have the opportunity to enjoy generous portion samples of delicious cuisine and desserts prepared by some of the area's finest restaurants and caterers.

Tickets to this adult-only event are \$30 per person. Guests will have the opportunity to vote for the People's Choice and the Best Overall Display awards. Tickets are limited and the event has sold out each year, so we encourage you to buy your tickets early. Order tickets online at www.beachwood.org.

We also invite you to join us at our next Networking After 5 event, Monday, October 15, 5:00 – 6:30 p.m, at Buffalo Wild Wings Grill & Bar, 26200 Harvard Road; and our October Luncheon, Wednesday, October 22, 11:30 a.m. – 1:10 p.m., at Acacia Reservation, 26899 Cedar Road, with keynote speaker Mark Hauserman, director of The Muldoon Center for Entrepreneurship at John Carroll University, whose topic will be "Entrepreneurship – It's Not Shark Tank and Business Plans." Please join us to meet area business people and learn more about the Beachwood Chamber of Commerce and all it has to offer.

<p>6th Annual Beachwood Chamber of Commerce</p> <h1><i>Taste of Beachwood</i></h1> <p>Presented by </p>	<p>Congratulations to Last Year's Award Winning Restaurants</p> <p>People's Choice Award: Park East Bar and Grille</p> <p>Best Overall Display: Ben & Jerry's</p>
<p>Thursday, November 6, 2013 · 5-7:30 p.m. Embassy Suites – Beachwood 3775 Park East Drive</p> <p>Sample foods from area restaurants & caterers including: Bahama Breeze · Beachwood Bistro Buffalo Wild Wings · California Salads Maggianno's Little Italy · Mitchell's Fish Market Old Carolina Barbecue · Paladar Latin Kitchen & Rum Bar Pee't's Coffee and Tea · Wasabi Japanese Steakhouse and more to come!</p> <p>Pre-Paid Reservations Required ~ \$30/Per Person Limited Tickets Available ~ Only 250 Reservations Accepted Cash Bar available ~ Adult Only Event Entertainment by Beachwood High School Chamber Ensemble Register online at www.beachwood.org For more information, call 216.831.0003 or email jessica@beachwood.org</p>	



Schools

Administration Recommends Elementary School Consolidation

Dear Fellow Beachwood Community Member:

In January, your Board of Education outlined key objectives for the 2014 calendar year. The goals were communicated to the public by way of email and publication in the February edition of the Beachwood Buzz, as well as on our website and Facebook page. At the top of the list were two items dealing with the condition of our elementary schools and our athletic facilities – specifically, both are in need, or will be in need of major repairs and require a significant investment from our community. While these issues topped the list in 2014, they have long been on the radar of the Board and Administration and, accordingly, have been monitored, discussed and studied in recent years.

After a thorough analysis, at the Sept. 8 Board Meeting, Superintendent Richard Markwardt, Treasurer Michele Mills and Assistant Superintendent Robert Hardis presented the Administration's recommendations to the Board. Specifically, the Administration is recommending that Hilltop, Bryden, and Fairmount schools be consolidated and that the Board seek a capital bond to fund an addition at the Fairmount School to house a pre-kindergarten through 5th grade program. With relation to the Bryden property, the Administration is recommending the land be sold for purposes of residential development, which will hopefully attract and retain families to our community, as well as provide additional property tax revenue for the Schools and community. Although any project will need to be funded via a capital bond, this tax revenue and operational savings would positively impact our operating levy cycle in the future.

For the athletic facilities, the Administration is recommending improvements and/or replacement of our football field, soccer field and track. Additionally, the Administration is recommending that the Hilltop building be razed and that property be utilized to add practice fields and additional recreational space for our students and community. These improvements would necessarily be done in two phases, with the latter phase including improvements to our baseball fields, football stadium seating, and the indoor pool.

The recommendation of the Administration is a comprehensive plan that is not driven by any singular component, but rather, the result of the Board's charge to the Administration to address the elementary and athletic facilities. It is important to note, however, that at this point, it is just a recommendation. It is now up to the Board to evaluate and study the recommendation. Over the coming months, there will be focus groups with community stakeholders. Once the configuration of the proposed addition is developed further, and the feasibility of and the expenses associated with the athletics facilities are further investigated, the Board will be in a position to more accurately analyze the recommendation and at that time will vote on whether to move forward.

As always, we will keep you informed as we navigate this process. A copy of last week's presentation to the Board may be viewed on our website. We encourage you to view it in its entirety. We also encourage you to attend our Board meetings which take place the second and fourth Monday of each month.

Thank you for your support,

A handwritten signature in blue ink that reads "Mitchel Luxenburg".

Mitchel Luxenburg, President
Beachwood Board of Education

District Report Card is Beachwood's Best Ever; Ranks 8th in Ohio & 3rd in Northeast Ohio

Beachwood Schools' 110.6 Performance Index score on the District Report Card issued last month by the Ohio Department of Education is the highest in Beachwood's history, ranks third among schools in Northeast Ohio, and ranks eighth of 611 public school districts in the entire state.

Ohio school districts now receive letter grades from the ODE for nine categories used to measure school success. Our comprehensive district report card is available at www.beachwoodschoools.org. The highlights of Beachwood's district report card include:

- A for Indicators Met (24 out of 24)
- A for 110.6 Performance Index
- A for Overall Progress (math and reading, grades 4-8)
- A for Progress for Students with Disabilities
- A for Graduate Rates
- A for Annual Measurable Objectives
- All buildings received A's for Achievement
- 99% passage rate for 4th grade reading
- 5th grade math scores are the highest in NE Ohio

New "Quality Profile" Highlights The Student Experience

Dear Beachwood Community:

As we celebrate Beachwood's best-ever results on our District Report Card issued last month by the Ohio Department of Education, we are mindful that many other indicators of success exist that are not included in this Report Card.

The Beachwood City School District is among many districts across the state that released a Quality Profile to capture many of these indicators. This Quality Profile is intended to complement the District Report Card with information about the quality and scope of the student experience in Beachwood.

I invite you to read Beachwood Schools' Quality Profile at beachwoodschoools.org to learn about our students' scholastic achievements and their pursuit of their talents in the arts, athletics, leadership, and other extracurricular activities. You'll know why we're so proud of our students and educators.

There is also information about the district's excellent fiscal stewardship and the community's engagement with our schools. Thank you for your continued support of our schools and Beachwood's children.

Sincerely,



Richard A. Markwardt, Ph.D., Superintendent
Beachwood City Schools



ADMINISTRATION

Dr. Richard A. Markwardt, Superintendent, 464-2600 • supt@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, 464-2600 • mm@beachwoodschoools.org
Robert P. Hardis, Assistant Superintendent, 464-2600 • rph@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, 464-2600 • ljb@beachwoodschoools.org
Ken Veon, Director of Curriculum & Technology, 464-2600 • kev@beachwoodschoools.org
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Superintendent Markwardt To Retire; Hardis Named Successor



Richard Markwardt



Robert Hardis

Beachwood Schools Superintendent Richard Markwardt, Ph.D., will retire following the 2014-2015 school year and Assistant Superintendent Robert Hardis will succeed him as Beachwood's next superintendent, effective Aug. 1, 2015.

In 2010, the Beachwood Board of Education extended the employment contract of Dr. Markwardt to serve as superintendent for an additional term of five years that would conclude on July 31, 2015. At the time Dr. Markwardt accepted the Board's extension of his contract, he indicated that it was his intention to depart Beachwood at the end of the contract period.

Since 2010, many things have changed. Dr. Markwardt oversaw the renovation of our high school - the largest construction project

in school history. The high school has seen an increase in AP enrollment of nearly 50 percent; Beachwood's performance index scores reached new highs and our athletic and extracurricular teams had record-setting seasons last school year. Under Dr. Markwardt's direction, Beachwood also entered into two innovative partnerships with Cleveland State University for our Design and Innovation Program, and with University Hospitals for the Medical Academy. This, and more, was accomplished while realizing a decrease in the district's per-pupil expenditures.

One of Dr. Markwardt's many talents is his ability to identify, recruit, develop and retain key personnel. In this regard, the community has been very lucky in that Dr. Markwardt has demonstrated his willingness and desire to assist with a transition plan to ensure he is succeeded not only by the highest quality candidate, but also so that person could hit the ground running on day one.

Mr. Hardis accepted the Board's offer to serve as our superintendent effective Aug. 1, 2015. He previously served as Beachwood High School principal from 2006 until 2011, at which time he was hired as Beachwood's

assistant superintendent and has since worked closely with Dr. Markwardt on every aspect affecting our schools. Mr. Hardis earned a Bachelor of Arts in political science from the University of Michigan, a Master of Arts in education from George Washington University, a Master of Education in educational administration from Harvard University and will receive his Doctorate of Management from Case's Weatherhead School of Management in May, 2015.

The Board and Administration have acted carefully to ensure the ongoing and continued success of our schools. Mr. Hardis is a primary player in the continued success of our district; however he will not assume the post until Aug. 1, 2015. The Board has established a critical and timely set of goals and agenda for the District. The Board intends, and it is Dr. Markwardt's intention, that Dr. Markwardt will continue to lead this district in pursuing and fulfilling these goals until the day he departs from Beachwood on July 31, 2015. The Beachwood community is very fortunate to have had Dr. Markwardt lead our District during the past 10 years and looks forward to another year of his outstanding leadership.

Celebrate Beachwood Homecoming!

Homecoming Festival & Bonfire
Friday, October 17
6 - 8:30 pm
Beachwood High School
DJ, Pep Rally, Food Trucks,
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Homecoming Football Game
Saturday, October 18
1 pm
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Cleveland Restaurant Week

Cleveland Independents is ending its ten-year anniversary with a bang as Cleveland Restaurant Week makes its annual appearance during the first two weeks of November (November 3-15, 2014). The promotion features \$33 (plus tax and service charge) prix fixe menus*.

Approximately two-thirds of the members will participate in Cleveland Restaurant Week. The remaining one-third's menus are not conducive to the prix fixe format. Prices may vary, wine pairings may be added and, in a limited number of cases, lunch may be offered.

A dedicated Cleveland Restaurant Week page will appear at www.clevelandindependents.com by October 15. Guests will have access to menus, pricing and real-time reservations through OpenTable.

Wednesday Night Wellness Series

Not all addictions are routed in illicit substances. Recognizing how to identify a behavioral addiction is only the beginning. Learn tips for behavior modification, and how to balance your life and control your addictions.

On Wednesday, October 8, 6 p.m., in the Enid B. and David M. Rosenberg, MD Conference Suite at University Hospitals Ahuja Medical Center, the community is invited to attend a program, titled Behaviors and Addictions, where local experts will present their ideas on the topic and then open up the floor for questions and answers.

Food and refreshments will be provided. The event is free to attend, but registration is required. Seating is limited.

To register, e-mail AhujaWellnessProgram@UHhospitals.org or call 216.285.4069.

Society of Inventors and Ideas

The Society of Inventors and Ideas will hold its monthly meeting at the offices of Howard M. Cohn & Associates, Patent and Trademark Attorneys, 30195 Chagrin Blvd. Suite 300 at 7 p.m. on Monday, November 3. Mr. Alex Greenspan, vice president of Research and Development at Braze Solutions, will speak on "From Idea to Marketable Product." Everyone with ideas is welcome. For further information, call 216.410.6493.

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Urge Women 40 and Over to Get Annual Mammograms

“Woman Up” is a University Hospitals (UH) breast cancer education campaign, that is focused on urging women age 40 and over to get annual screening mammograms. UH Ahuja Medical Center is emphasizing this important wellness campaign starting in September and continuing during Breast Cancer Awareness Month in October.

Early detection is key in the treatment of breast cancer, which affects one in eight women. Approximately three-quarters of women diagnosed with breast cancer do not have a family history of the disease. “Breast health should be part of a woman’s wellness routine,” says Kelly Vogel, RT(R)(M), Mammography/Ultrasound Chief Technologist, UH Ahuja Medical Center. “Mammography is a component of that routine that

really does save lives.”

Mammography services are available at UH Ahuja Medical Center as well as at the Breast Center at UH Chagrin Highlands Health Center in Orange Village.

“Getting a screening mammogram can be briefly uncomfortable but should not be painful,” says Vogel. “The mammography technologists at UH Ahuja Medical Center work with each woman to make sure we get the best imaging possible with the least amount of discomfort.”

When cancer is detected early and confined to the breast, the five-year survival rate is 97 percent. “At UH, our goal is to find cancers at an early stage to minimize the aggressiveness of treatment,” says Vogel. “Avoiding yearly mammograms can lead to more challenging treatment in the later stages of the disease.”



UH Ahuja Medical Center encourages every woman age 40 and over to “Woman Up” and have your doctor order your annual screening mammogram. Then schedule it at UH Ahuja Medical Center by calling 216.844.BRST.

Vitamin D

By Daniel Shank, MD



Connor Integrative Medicine Network



Historically known as the sunshine vitamin because it is produced in our skin in response to sun light, vitamin D is a critical element in overall health. Here in northeast Ohio the reduced levels of light in winter are compounded by the cold temperatures that keep us covered up. Indeed studies have shown adults in northern climates have rates of vitamin D deficiency as high as 75-85% during the winter months. This is even more prominent for folks as they get older.

Long known for its role in calcium and phosphorus regulation, extreme deficiency states, called rickets in children and osteomalacia in adults, are largely a thing of

the past. However, recent studies have found receptors for vitamin D in the central nervous system and the immune system and there is new thinking about the optimum levels. There are associations of low levels with increased risk for falls in the elderly, side effects from statin drugs, autoimmune disorders and a host of muscular skeletal symptoms.

Since the 1930s, many foods have been fortified, particularly dairy milk, cheese, etc., and recently orange juice and soy milk substitutes have been added to the list. The recommended daily allowance was increased to 600 units in the last few years but many experts feel this is still too low.

If you’re unable to take a long



vacation in a sunny spot this winter, you might want to consider taking a supplement. I generally recommend starting with the RDA 600 iu of vitamin D3 and would have a level checked after 6-8 weeks. Ask your primary doctor about testing and adjust upwards if needed. Sometimes a high-dose

prescription level is given weekly for a few months to replenish the level, which is optimally 30-100 units.

Appointments may be made with Dr. Shank or other integrative medicine providers at Connor Integrative Medicine by calling 216.285.4070.

Your Teen Magazine Offers Free ADHD Panel Discussion for Parents

“I can't find my homework. Where's my backpack?” “I missed the bus!” Those moments can test our patience and illicit unintended anger and blame for parents of children with ADHD. According to Dr. Michael Manos, head of the Center for Pediatric Behavioral Health at Cleveland Clinic, “Be patient and discern what is within your teenager's ability to control and what is not.”

Sometimes what looks like noncompliance and refusal is really the teenager's inability to manage something. Being required to keep track of many different items as they go from class to class, for example, can be like asking a star sprinter to also be a star marathon runner.

Raising a teen with ADHD requires parents to help their student figure out ways to get and stay organized.

But how can you do that? “Change the world around them,” says Manos. In other words, stop worrying about “fixing” your kids, but rather find routines that help them to be successful at school and beyond.

Manos and other panelists will offer specific ways parents can do that at The Disorganized Student, a free panel discussion by *Your Teen Magazine* on November 5 at Notre Dame College in South Euclid, Ohio.

Panelists will discuss what kinds of support needed by an adolescent with ADHD, as well as specific techniques parents can try at home. Attendees will also have the opportunity to ask their own questions of panelists.

To register, go to YourTeenMag.com/Register.

The 2015 Campaign for Jewish Needs Was Officially Launched!

On September 11, The 2015 Campaign for Jewish Needs was officially launched. More than 300 community members gathered for a special celebration to kick off one of the Jewish Federation of Cleveland's most important campaigns yet.

Because of dollars raised together, powerful stories were told. Boris Goldsteyn, Janisse Nagel, and Becky Sereche shared stories of freedom, courage, and survival. Featured speaker Dr. Jonathan Schanzer spoke about fighting terrorism and promoting freedom, as we remembered those who had fallen on September 11, 2001.

Special thanks to General Campaign Chair Dan Zelman, Event Chair Dara Yanowitz, and all guests who helped celebrate the beginning of this year's campaign. To learn more about the Campaign for Jewish Needs, visit www.jewishcleveland.org. We are stronger together.

Photo by McKinley Wiley.



Dara Yanowitz and Dan Zelman

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Eight Local Ladies Reach The 90-year Milestone With Humor, Grace and Lots of Laughter

by Katie Devine

What is 720 years old and has four wheels? Eight 90-year-old ladies in a limo. That silly joke elicited a few chuckles among friends on Friday, August 22, when a group of eight, nonagenarian girlfriends boarded a white, stretch limo at the Four Seasons in Beachwood to embark on a celebratory lunch and sightseeing excursion to Downtown Cleveland. This group of lovely, engaging friends included: Clair Barkley, Jeanne Frankel, Betty Freed, Judy Kramer, Betty Lawrence, Annette Markell, Ruth Robbins and Alice Sayre.

Long-time Beachwood residents and dear friends, they all celebrate their 90th birthdays this year. As members of the 1942 graduating class of Cleveland Heights High School, they knew one another but were not close friends as students.

Dr. Sam Sheppard, whose famous murder trial and conviction was the talk of 1950s Cleveland for killing his wife Marilyn in their Bay Village home, was a classmate of these ladies. They say that he was the Heights High 1942 class president, quarterback of the football team, and quite the charmer with the girls, even back in high school.

The ladies became close friends while chairing their 50-, 60- and 70-year class reunions. For the past 20 years, they have been meeting monthly for lunch while sharing the laughter, tears, and challenges of growing older.

On August 22, the ladies dined at Zach Bruell's Cowell and Hubbard Restaurant on Euclid Avenue, a destination chosen because Bruell is a classmate of one of the lady's sons. It was also chosen as homage to the historical significance of the site of the restaurant, Cleveland's once elegant premier jewelry store.

"We ordered appetizers and desserts like we usually do and the service was impeccable. The food was marvelous and the staff fell all over us," said Barkley, the group's unofficial spokesperson.

"We had our photo taken as a



Standing: Judy Kramer, Ruth Robbins, Annette Markell, Alice Sayre, Betty Freed and Betty Lawrence.
Sitting: Jeanne Frankel and Clair Barkley.

group, and they brought us each a lovely, chocolate mousse desert with berries and whipped cream with a candle in each to celebrate our milestone birthdays," she added "It was very special."

After lunch, they reminisced of times past while cruising through downtown Cleveland to see Public Square, Playhouse Square and its newly installed chandelier, Cleveland State University, the Medical Mart, Euclid Corridor, Rock Hall of Fame, site of the new Hilton Hotel and more. Barkley told us they were all impressed with how modern and upscale everything looked.

Having the good fortune to live in Beachwood in their golden years has been a boon for the women. They are all impressed with the city's services offered to seniors. With dozens of cultural, educational and social offerings, seniors never need to feel homebound. They can stay as active and as busy as they want, continuing to enjoy life to the fullest.

These feisty and fun women had high praise for Beachwood city services, and giggled flirtatiously, saying that the young firefighters who had ably and professionally

assisted a few of them in emergency situations were the "most handsome guys around."

When asked about their secrets to living a long and happy life, the ladies agreed that love and family support are critical. A few shared that good genes, exercise, "clean living" and avoiding smoking and drinking were the keys. They all agree that humor and a positive outlook are imperative.

"It does get more difficult when you get to our age," said Barkley. "We tease each other and bicker, like all old friends do, but mostly we just laugh. Without laughter, life is pretty boring and sad," she added.

On the trip to downtown, the ladies persuaded Mike, their limo driver, to cruise past Cleveland Heights High School, which has been remodeled and modernized several times since the 40s. They spontaneously launched into song with a lively rendition of the Cleveland Heights High Alma Mater. On the way home, they convinced him to slowly drive by again, so these loving friends who have shared so much could break into song once more.

Cleveland's Memory Lane

Do you remember?

- Riding the street car from Cleveland Heights down Cedar Hill to bustling Euclid Avenue?
- Visiting dime stores, like S.S. Kresge and F.W. Woolworth, to sip a soda or search the counters for satin ribbon and sparkly hair clips?
- The wonderful aroma of roasted peanuts from Morrow's Nut House that wafted down Euclid Blvd.?
- Dining downtown at the Hollenden, Statler and The Cleveland Hotels, Kohrman's, Hickory Grill and Gruber's, or other spots on Short Vincent?
- Strolling down Euclid Avenue?
- Window shopping at Halle's, Higbee's and Sterling Linder-Davis?
- Going to the movies at the Allen Theatre or the Hippodrome?
- Receiving a fragrant, gardenia corsage from a certain someone, bought from one of the street flower vendors?
- Receiving a gift from Cowell & Hubbard when it was an elegant downtown jeweler?



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Scott Wagenberg, MD

Most of us know we should take steps to maintain our overall health. But what about safeguarding your precious sight?

According to Scott Wagenberg, MD, it is especially important to care for your corneas, the transparent portion of each eye that provides most of the eye's focusing power. "The number one tip I give people for maintaining good corneal health is to never sleep with contact lenses," says Dr. Wagenberg, a corneal surgeon and general ophthalmologist with Cleveland Clinic's Cole Eye Institute at Hillcrest Hospital. "This reduces oxygen supply to the eye, which can lead to infection." The doctor notes that you should also wear sunglasses outside and see an eye doctor every couple of years.

If one of your corneas becomes damaged or unhealthy, there may be a good solution – thanks to advances in corneal surgery. Dr. Wagenberg, an international leader in corneal surgery, has demonstrated the latest techniques live in front of hundreds of other physicians.

The groundbreaking surgery, called DMEK, was first performed two years ago and offers fast, near-complete visual restoration for patients with certain corneal disorders. "I had an 85-year-old patient who was reluctant to have surgery on his left eye because he lost all the vision in his right eye seven years ago due to a complication of a full corneal transplant," says Dr. Wagenberg, who performs three to four DMEK surgeries a week. "He decided to take the risk and, after surgery, his vision soon went from 20/100 to 20/40."

Conventional transplant techniques involve removing the cornea's entire thickness. With DMEK, only the innermost layer is replaced, leaving the cornea closer to its original state. "While DMEK is the most difficult surgery to perform, it's worth it," says Dr. Wagenberg. "It requires no stitches and restores vision faster with fewer aberrations and complications."

Performed on an outpatient basis, DMEK surgery takes about an hour. "After the procedure, you lie on your back for an hour before going home," explains Dr. Wagenberg. "For a few days, your vision is blurry, but then it's dramatically improved."

Dr. Wagenberg is listed among *The Best Doctors in America*. For an appointment with Dr. Wagenberg or another ophthalmologist in the Cole Eye Institute at Hillcrest Hospital, call 440.461.4733.

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A New Cleveland Ballet

The Cleveland Ballet was formed in 1972. Beginning with a dance school, School of Cleveland Ballet, Cleveland Ballet recruited a professional company that first performed in 1976. In 1979, the company presented its first full-length story ballet, *The Nutcracker*, which quickly became an annual Cleveland holiday tradition. Full-length productions of *Coppelia*, *Romeo and Juliet*, and *Swan Lake* were added to the repertory, and in 1983, a co-venture, the Cleveland San Jose Ballet, was born in California.

Despite generous support from institutions and individuals, financial problems forced the company to seek innovative methods of survival. Following a successful campaign in 1992 to retire debt, a partnership with Atlanta Ballet and Ballet Nuevo Mundo de Caracas, in which the two companies would share productions and dancers, was formed. The Ballet continued to struggle financially throughout the 1990s. After a failed tour in 1999 and subsequent financial crises, the organization's board of trustees made the decision to cease operations in July 2000, just prior to the organization's 25th anniversary.

Immediately after the departure of Cleveland San Jose Ballet, Gladisa Guadalupe, former principal dancer of the CSJB, established Cleveland School of Dance, whose name was recently changed to School of Cleveland Ballet. The next logical step to achieve the dream to re-establish a resident ballet company was

to continue training local talent; Cleveland Ballet Youth Company was formed.

The Youth Company's mission is to be the feeding source of the future professional dancers for the new Cleveland Ballet.

Because of the immense talent and passion for dance, a new board of advisors is re-establishing a resident ballet company along with its own Cleveland Ballet Orchestra. Headed by Alexandra Preucil, assistant concert master of The Cleveland Orchestra, the orchestra members are musicians from The Cleveland Orchestra.

Leading this initiative as the board's CEO is Beachwood resident Dr. Michael Krasnyansky, who said, "Under the expertise of artistic director Gladisa Guadalupe, the Cleveland Ballet is the leading ballet school in Northeast Ohio. The faculty of School of Cleveland Ballet is comprised of former professional dancers. Our core faculty educates, guides and shares its knowledge and experiences with our new talent."

When asked to chair this advisory board, Krasnyansky agreed, but only if the group's mission was to think big and thrive.

"We are on the right track and strongly believe that the city of Cleveland will greatly benefit from a resident professional ballet company. On April 25 (2014), we had our very first successful collaborative performance with dancers and musicians at Playhouse Square. It is our mission and commitment to bring to



life a new arts organization, a new Cleveland Ballet."

The Cleveland Ballet will be performing at the International Community Day, October 12, 11 a.m. – 4 p.m., at the Cleveland Museum of Art, another opportunity for Cleveland Ballet Youth Company to showcase the talent of locally trained ballet dancers. Throughout the day, community artists' groups will perform and showcase their talents and artistry. Performance times may be found under events at www.clevelandarts.org.

Also, the Cleveland Ballet's 3rd Black and White Gala, a fundraising event for the re-establishment of a resident professional ballet company in Cleveland, will be held October 17 at Executive Caterers at Landerhaven.

If you love professional performances of classical ballet performances with a live orchestra, please visit www.clevelandballet.org to learn more about upcoming events and how to become involved.

BHS 50-Year Reunion

The Beachwood High School (BHS) class of 1964 held its 50-year reunion on Saturday, July 12, at Shaker Heights Country Club.

The class produced four couples, all still married, three of which still live in Beachwood. They are Mayor Merle S. Gorden and Harriet Weingart Gorden (two children graduated from BHS), Eddie Leventhal and Laurie Pesselman Leventhal (Springfield, Ohio residents), James Heller and Barbara Weiner Heller (three children graduated from BHS), and Chuck Amato and Linda Iacobucci Amato (three children graduated from BHS).

Two additional classmates, Susan Myers Mezi and Mel Jacobs, also live in Beachwood; and three

classmates, Tom Faranda, James Heller and Sharon Solwitz were inducted in the BHS Gallery of Success.

Classmates reminisced about Kennedy's presidency and his assassination during their senior year, when the Beatles came to the U.S., and when man first stepped on the moon.

They also shared memories of Eddie Leventhal's being class president; Dennis Kaufman's driving a Jaguar to the high school; and when there was no school for a month due to a snow storm before winter break in December, 1962.

They had a sing-a-long, singing the Beachwood fight song that was written by Alex Shapiro, who also



Mayor Merle S. Gorden, Harriet Weingart Gorden, Ed Leventhal, Laurie Pesselman Leventhal, Barbara Weiner Heller and Jim Heller.

came up with the white and gold colors for their alma mater.

"When reflecting on high school, we recognize how exciting it really

was," Barbara Heller told us. "We were just the fourth BHS graduating class and enjoyed reminiscing about our past."

Welcome Home Veterans Event

On August 7, Park East Center held an event, Welcome Home Veterans, to celebrate veteran residents and to dedicate its veteran unit that opened last spring.

Dorinda Robinson, an Army Veteran and Park East Center MDS coordinator, welcomed attendees and opened the event. Her introduction was followed by Ty Pannell, a Marine Corps veteran from Vitas Hospice, who gave a heartwarming welcome home speech. Mayor Merle S. Gorden presented Park East Center with a proclamation recognizing this day as "Park East Center – We Honor Veterans – Dedicated Veteran Unit Day."

Following a ribbon-cutting ceremony led by Mayor Merle S. Gorden, Administrator Angela Rose and Admissions Director Julie Lewis, each veteran walked the red carpet into the new unit. Chaplin Theodore Wilson of Crossroads Hospice announced each veteran's name, and Mayor Merle S. Gorden presented each with a certificate of appreciation for their service. Attendees then enjoyed tours and light refreshments to honor our Veterans.



Pictured from left: Administrator Angela Rose, Mayor Merle S. Gorden and Admissions Director Julie Lewis cut the ribbon at Park East Center's new Veteran Unit.



Veteran Kenneth Logan, pictured with Medicaid Liaison Brigitte Black, receives a certificate for his service in the Marine Corps from Mayor Merle S. Gorden and Sergeant Pannell of Vitas Hospice.

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We feel partnering with the families allows us to best deliver care in the way that fits the residents unique needs and personalities. We offer workshops, support groups to family members to aid in understanding and supporting those affected by the disease.

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The Road to No Abuse is Know Abuse™

October is National Domestic Violence Awareness month and there is no better time to be aware of the statistics and the actions that have been taken to eradicate dating and domestic violence from our community.

Did you know that:

- 1 in 4 women will experience domestic violence during her lifetime?
- Women, ages 20 to 24, are at greatest risk of becoming victims of domestic violence?
- Without help, girls who witness domestic violence are more vulnerable to abuse as teens and adults?.
- Without help, boys who witness domestic violence are far more likely to become abusers of their partners and/or children as adults, thus continuing the cycle of violence in the next generation?

Preventive education is most effective when taught at an early age. For more than ten years, Jewish Family Service Association's

Know Abuse™ program has worked to educate teens in public and private middle and high schools in Cuyahoga County about the warning signs of abusive behavior in all relationships. Volunteer teens from local area high schools are trained to teach other teens about healthy relationships and teen-dating violence.

"Peer-to-peer education is the key to the Know Abuse™ program's success," explains Ginny Galili, executive director of JFSA's Families-at-Risk division. To date, more than 400 teen boys and girls have completed the JFSA Know Abuse™ Peer Leadership training and have stood before more than 10,000 teens to declare "The road to no abuse is Know Abuse™"

JFSA professionals are also available to speak with parents about healthy teen relationships, teen-dating violence and bullying issues. Likewise, the staff can provide training



Pictured from left: Beachwood residents in the Know Abuse™ cast include Hannah Borison, Chelsea Hodge, Julian Barnett and Rachel Greene.

for educators in grades 8-12 and assist in addressing school-wide strategies for preventing bullying and dating violence.

To learn how you can bring Know Abuse™ to your school, teen groups, or religious organizations, call Leah Weiss-Carsuo, Know Abuse™ coordinator, at 216.378.3431 or visit www.knowabuse.org.

The Jewish Federation's Cleveland Israel Arts Connection

The Jewish Federation's Cleveland Israel Arts Connection presents the following programs as part of its 2014-2015 Season:

Chagrin Documentary FilmFest

Snapshot: Israel
October 8-12
South Franklin Circle, 16575 South Franklin Street, Chagrin Falls

The 5th Annual Documentary FilmFest will bring compelling films for five exciting days. "Snapshot: Israel" highlights Israeli filmmakers and films with Israeli and Jewish themes.

Do you Believe in Love?

A film by Dan Wasserman and Barak Heymann
Wednesday, October 8, 6:45 p.m.
Saturday, October 11, 7 p.m.
Sunday, October 12, 3 p.m.

Before the Revolution

A film by Dan Shadur and Barak Heymann
Saturday, October 11, 7 p.m.
Sunday, October 12, 3 p.m.

North into the Mist

A film by Neil and Ariel Weisbrod
Sunday, October 12, 12 p.m.

For tickets, schedules, and venues, visit www.chagrinfilmfest.org. Sponsored with support from the Jewish Federation's Cleveland Israel Arts Connection.

A Man in His Life

Presented by The Laura & Alvin Siegal Lifelong Learning Program at Case Western Reserve University
Tuesday, October 21, 7 p.m.
Siegal Facility Building, 26500 Shaker Boulevard, Beachwood
A musical and theatrical journey based on the beloved poetry of Yehuda Amichai.

Emanuella Amichai, director, actress, and Yehuda's daughter, will read from his poems and share personal stories and memories from her father's household.

For tickets and details, visit case.edu/lifelonglearning or call 216.368.2091.

Sponsored with support from the Jewish Federation's Cleveland Israel Arts Connection.

The Neighbor's Grief is Greener

By The Visual Theatre of Emanuella Amichai
Presented by Cleveland Public Theatre
October 23-25, 7:30 p.m.

Gordon Square Theatre, 6415 Detroit Avenue, Cleveland
** For mature audiences only **

For tickets, visit www.cptonline.org or call 216.631.2727 x501. Use code "JFED" for ticket discounts.

Sponsored with support from the Jewish Federation's Cleveland Israel Arts Connection and Israel's Office of Cultural Affairs.

Kibbutz Contemporary Dance Company

Presented by DanceCleveland
Saturday, November 8, 8 p.m.
Sunday, November 9, 3 p.m.
Ohio Theater at Playhouse Square, 1501 Euclid Avenue, Cleveland

For tickets, visit playhousesquare.org/ceo or call 216.241.6000. Use code "JFED" for ticket discounts.

Sponsored with support from the Jewish Federation's Cleveland Israel Arts Connection.

"Raise Your Hands for Milestones Autism Resources"

Join Milestones' board of directors and staff at its annual benefit, "Raise Your Hands for Milestones Autism Resources," on Saturday, November 1, at 7 p.m. at Double Tree Suites in Beachwood with a menu prepared by local celebrity chef Chris Hodgson. Milestones will honor Mary and David Betsill, Lois Joan Davis, Ric Eickhoff and Leonard Senkfor, whose ongoing support and dedication to the greater community has been instrumental in helping Milestones improve local autism resources. For more information, visit milestones.org, call 216.464.7600 or email info@milestones.org.

Personal Safety Solutions for the Modern Woman

Personal Safety Solutions for the Modern Woman is offered by Ron Balas, six-times International Hall of Fame member with more than 50 years' experience in teaching adults personal safety solutions and self-defense. Subject matter will include safety while traveling, at home, in the work place or college bound. It will also cover domestic violence, unwanted advances, road rage and much more. No special clothing is required for these seminars. Classes will include both lecture and hands-on activities. This program will take place at the Beachwood Community Center, Thursdays, October 30 – November 20, 6 – 7 p.m. The cost is \$35/resident and \$40/non-resident. To register, visit www.beachwoodohio.com. For more information, call 216.292.1970.

PurposeGirl's TEEN CLE Girls: I LOVE ME Party

Girls, aged 12 – 15 and parent(s), are invited to attend this FREE event, Sunday, October 12, 2 – 4:30 p.m., at Beachwood High School.

What if your teen felt secure in her skin and confident in her capabilities to realize her dreams? What if she felt strong enough to stand up for her beliefs and resilient enough to bounce back from failure? What if she could stop comparing herself to others and simply love who she is? Can you imagine how amazing life would be if she looked in the mirror and loved what she saw?

Bring your daughter to PurposeGirl's TEEN CLE Girls: I LOVE ME Party. For the first time, nationally renowned radio host and motivational speaker Carin Rockind is bringing PurposeGirl, her movement to empower young women, to Cleveland. Carin Rockind and Ma'ayan Cohen, are trained life coaches and motivational speakers with degrees in positive psychology, and specialty in working with young women. In this two-hour event, your daughter will throw away negative self-talk, identify her core strengths, and learn to embrace her uniqueness. PLUS, with the parent track, Taryn Ponsky, M.A., LPCC, child and adult psychotherapist, will help YOU learn empowerment tools to support, encourage and motivate your daughter to love herself and pursue her dreams. And who knows... along the way, you may learn to eradicate your own self-loathing and come to really love YOURSELF!

For more information, visit www.purposegirl.com. To register, visit www.beachwoodohio.com. For more information, call 216.292.1970.

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Upcoming Programs at the Library

Musical Lecture Series:

The Stories of Broadway's Legendary Composers

The Beachwood Branch is pleased to launch this exciting new series that combines a music history lesson and a concert. The Great American Songbook, that compilation of the best music ever written during the Golden age of Broadway and Hollywood, circa 1920s through the 1950s, is a treasure trove of history, drama, art, romance and brilliant accomplishment. Listen as they are brought to life by the beautiful voice of Laura Varcho.

- Friday, October 10, at 10:30 a.m.
– The Genius of Gershwin
- Friday, October 17, at 10:30 a.m.
– Hollywood Heyday: Tin Pan Alley Goes West
- Friday, October 24, at 10:30 a.m.
– Harold Arlen: Lucky Man

Cleveland Play House Script Club: How We Got On

Tuesday, October 14, at 7 p.m.
Cleveland Play House's Script Club is everything you love about a book club – but with a play in the spotlight! First, check out a copy of the script from one of our partner libraries and read it at home. Then join the CPH artistic staff at the library for a free-flowing exploration of the story and characters, with inside insight on how CPH artists take a play from page to stage! This month we discuss *How We Got On* by Idris Goodwin.

Ghosts of the Civil War: Shades of Blue and Gray

Sunday, October 19, at 2 p.m.
Beachwood Library welcomes back Largely Literary Theater Company, featuring Sara Showman and Mark Dawidziak. Performed by Showman (from the South) and

Dawidziak (from the North), this hour show blends haunting literary selections with actual ghost stories from Ohio and other states, including South Carolina and Virginia. The literary interludes include poetry by Walt Whitman and Emily Dickinson, as well as a terror tale by Ohio native (and Civil War veteran) Ambrose Bierce. The show also features a special section about Abraham Lincoln.

Beachwood Historical Society: Beachwood Tales

Saturday, October 25, at 1 p.m.
Join the Beachwood Historical Society for a trip back in time. The presentation will include tales of long forgotten murders, scandals and changes in the look of Beachwood. Do you remember Richmond as a two-lane road? A trip to the Beachwood Cemetery on the corner of S. Green and Halburton will follow the lecture – just in time for Halloween!

Music at the Library:

The Dan Zola Orchestra

Sunday, October 26, at 2 p.m.
Celebrate Beachwood Food Fun & Fashion week with a program of big band favorites performed by "Northern Ohio's Premier Dance Band," featuring vocalist Dianne Palmer. Sponsored by Friends of the Library. Reservations appreciated. Seating is on a first-come, first-served basis.

For more information, and to register for the above-listed programs, visit www.cuyahogalibrary.org or call 216.831.6868.

Monday, October 6 • 2:30 – 3:15 p.m. • Miller Boardroom
"Meet Annie Oakley," by The National Cowgirl Museum and Hall of Fame (Fort Worth, Texas)

Monday, October 13 • 2:30 – 3:15 p.m. • MP Auditorium
"Seeing the World in a Whole New Way," by Space Center Houston (Houston, Texas)

Children's Programs

Sound Science – Ages 7-12

October 8, 6:30 p.m.

Take a musical journey through the science of sound. Using everyday materials, Hal Walker guides you in shaping sound and experiencing how sound travels. Learn basic scientific concepts and discover how to make music out of just about anything.

Build-o-Rama – Grades 1-5

October 9, 4 p.m.

Calling all LEGO® bricks lovers! Join us for our building blocks program. Bring your mad skills and create your own masterpiece using our LEGO® pieces and a different building theme each month!

Friday Family Fun: Play, Learn & Grow – Ages birth to 3 with caregiver

October 10, 1:30 p.m.

Enjoy age-appropriate toys with your little one in a relaxing, fun environment. A resource person will be on hand to discuss your child's development.

National Chemistry Week:

The Sweet Side of Chemistry – Grades 3-6

October 22, 6:30 p.m.

Come join us for fun, hands-on activities that let you get close to the action! Be prepared to get in and get messy. Led by volunteers from the American Chemical Society.

The St. Ignatius Circus Company – Families

October 23, 6:30 p.m.

Join us for a fun-filled show featuring juggling and magic by the award-winning St. Ignatius Circus Company. After the show, stick around for a juggling lesson! Spon-

Monday, October 20 • 2:30 – 3:30 p.m. • Miller Boardroom
"Egyptomania: Mummies," by the Cleveland Museum of Art

Monday, October 27 • 2:30 – 3:15 p.m. • MP Auditorium
"Sharks!" by the Cleveland MetroParks Zoo

sored by Friends of the Beachwood Branch Library.

Hebrew Storytime Ages 2-8 with caregiver

October 29, 4 p.m.
Join us for a Hebrew/English storytime where we will hear stories and songs in Hebrew and English. Presented in cooperation with the Jewish Education Center of Cleveland.

Kid Newtons – Grades 2-5

October 30, 4 p.m.

Learn about a science concept and conduct fun, hands-on experiments. Parents, please sign release forms before the program.

Storytimes:

Toddler Storytime – Ages 19-35 months with a caregiver

Mondays at 4 p.m. and Wednesdays at 10 a.m.

Join us for books, rhymes, songs and fingerplays.

Baby & Me Storytime

Caregivers and their babies from birth-18 months

Tuesdays at 4 p.m. and Thursdays at 10 a.m.

Join us for rhymes, songs, fingerplays and books perfect for baby.

Preschool Storytime – Ages 3-5 not yet in kindergarten and their caregivers

Wednesdays at 1:30 p.m.

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

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

Monday, November 3 • 2:30 – 3:15 p.m. • Miller Boardroom
"Ludwig van Beethoven," by the Cleveland Institute of Music

Monday, November 10 • 2:30 – 3:20 p.m. • MP Auditorium
"Sea Lion Monitoring," by Alaska SeaLife Center (Seward, Alaska)

Distance Learning Schedule

The community is invited to the following Distance Learning classes located on the Menorah Park Campus at 27100 Cedar Rd, Beachwood. To attend, please RSVP to LeAnne Stuver at lastuver@menorahpark.org.

Lewis Zipkin to be honored

2014 Annual ORT America Brunch on October 19.



Lewis A. Zipkin, long-time ORT leader, will be honored by the Northeast Ohio Region at the organization's 43rd Annual Brunch on Sunday, October 19, at The Mayfield Sand Ridge Club in South Euclid.

The announcement was made by Northeast Ohio Region president, Eric Rubin. "We are pleased to honor Lew Zipkin. He has made ORT a passion and a priority for so many years. It is always meaningful to recognize the commitment of one of our own family."

Rubin continues, "The annual ORT Brunch has recognized outstanding leaders of the general, Jewish, and ORT communities for more than 40 years. As we broaden our outreach and build toward the future, we have launched the Northeast Ohio Region of ORT America and used this opportunity to rename our annual award. Maimonides outlines seven levels of charity, with the highest level being to help a man help himself. This has always been and will continue to be the essence of ORT's mission. To reflect that link, the award will now be known as The Maimonides Award."

Zipkin is a second-generation ORT supporter following in the footsteps of both his parents. Active on the local and national levels of ORT, he has served in various capacities. He was vice president of American ORT's local chapter, as well as a vice president and member of the national board. Zipkin chaired ORT's Finance, Budget and Investment; Planned Giving; and Real Estate committees. Today, Lewis serves as a member of the Northeast Ohio Region's Advisory Committee and on the ORT America National Boards' Executive Committee where he assists ORT America with its real estate holdings.

Zipkin is the founder and principal of the law firm of Zipkin Whiting Co., LPA, which focuses on employment discrimination. He and his partner, Dawn Kuderna, operate and manage real-estate holdings across the country. He has received awards as an extensive real-estate owner in the Cleveland area. As a landlord, Zipkin was honored by the Cleveland Tenants Organization as "Landlord of the Year" and has received awards from the American Institute of Architects.

In the local Cleveland community, Zipkin has been involved in organizations such as United Way, the Cleveland Clinic Cancer Care Association, and the City Club of Cleveland. He was an initial trustee of Ohio's Second Special Improvement District, where he served as president and a member of the board. Currently, he serves as the district's vice president.

Co-chairs for the event are Carole and Bart Bookatz, Ellen and Victor Cohn, Susan and Michael Hennenberg, Robert T. Glickman, Suellen and Larry Kadis, Dawn Kuderna, Anne Meyers, Susan Salkin, Barbara and Michael Peterman, Kyla and Mitchell Schneider, Jane and Lee Seidman, and Eileen and Robert Sill.

Proceeds from the event will support ORT America programs for Jewish, Arab and Druse children in the periphery of Israel.

For further information, please contact Roni Wallace, ORT Regional Director, at 216.464.3022 or ohio@ortamerica.org.

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Sunday, November 9, 2014
2:00 – 4:00 p.m.

Menorah Park Saltzman Auditorium
27100 Cedar Road, Beachwood
RSVP by October 24, 2014 to
Sherry Gavanditti, 216-839-6687 or
sgavanditti@menorahpark.org



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Menorah Park Receives Two Awards from LeadingAge Ohio

Menorah Park recently accepted two awards from LeadingAge Ohio – one for its Observation Stay Advocacy program and the other for its Aging Resources Center.

“Our commitment to our community resonates,”

– Richard Schwalberg,
Menorah Park Administrator



Menorah Park put together a campaign to highlight problems created for older adults because of ‘observation stay’ requirements, where seniors were having to pay out-of-pocket expenses because hospitals were keeping them for overnight observation for up to three days, which kept Medicare from kicking in for coverage. Menorah Park pulled together a local, state and national group to highlight the problem through a campaign and to champion federal legislation to correct it, utilizing a

new grassroots approach to the issue and legislation.

In response to research showing a void for seniors for interactive, usable information, Menorah Park created the Aging Resources Center (ARC), which shares community and campus news, calendar events, and informational resources through direct contact, any electronic system and a series of programs. As a result, more elderly people and their families are being reached and engaged.

Pictured: Board Government Relations Committee Chair Ken Bravo and Menorah Park Administrator Richard Schwalberg accept a LeadingAge Ohio award for social commitment for Observation Stay Advocacy, acknowledging tireless efforts to advocate on behalf of seniors in the community. (Not photographed: Beth Silver, Government Relations Committee Staff Leader.)

Sherry Gavanditti, Menorah Park communications and media specialist, and Beth Silver, aging resources director and Menorah Park public relations director, accept a LeadingAge Ohio award for Organizational Excellence in Corporate Communications for the comprehensive work that provides access to information for seniors and their loved ones through the Menorah Park Aging Resources Center. (Not pictured: Dr. Howard Epstein, Board Chair of the Aging Resources Center.)

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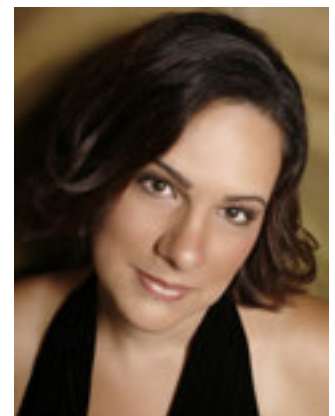
Fairmount Temple Adult Cultural Arts Series Presents “A Little Night Music”

The Fairmount Temple Adult Cultural Arts Series will open its season on Sunday, October 26, with “A Little Night Music,” featuring soprano Natasha Ospina-Simmons, who is on the faculty of The Music Settlement.

Ospina-Simmons has performed for Opera Circle, with the Lakeside Symphony, Duke Symphony Orchestra, and Opera Cleveland, to name just a few. She holds a Master of Music degree from Baylor University and is a graduate of the Cleveland Institute of Music. She will be joined on stage by her husband, John Simmons, assistant music director, CIM Opera Theater.

Enjoy drinks and appetizers in the foyer at 4:15 p.m. The 5 p.m. performance will be followed by a delicious dinner at 6:15 p.m. The cost is \$24/person for members and \$27/person for guests. To register or for more information, contact Susan Namen at 216.464.0607.

Event co-chairs are Bernice and Lloyd Goldman, Joan and Mort Rogoff, and Ilene and Allan Schwartz.





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I look forward to seeing you at The Barre!



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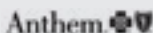
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Programs Offered by Women of Fairmount Temple

On Tuesday, October 7, Terry Pollock, former social studies department chair at Shaker High school and director at Agnon, will speak to the Women of Fairmount Temple (WFT). His topic is "Today in the News." The program begins at 1 p.m., preceded by lunch at noon. An hour-long discussion on "Women of the Bible," with leader Sue Arnold, will take place at 10:30 a.m.

Tuesday evening, "Prospectives on Art" will take place from 7 to 9 p.m., featuring artists Pam Berkson, Tobi Mattes, Lonnie Litten, Nancy Schwartz Katz, Susan Porges and Leslie Jeffreys. The artists' work will be available for sale to those attending. Wine, cheese and pastries will be available to members, new members and prospective members. The event will be housed in the Activities Center.

On October 21, Tom Gaumer, activist and former newspaper reporter, will speak about the "Senior Medical Patrol." This organization educates the public to detect and defend against Medicare fraud, a rapidly growing and costly crime. Lunch is at noon and the program begins at 1 p.m.

Sunday, October 26, is Mitzvah Morning. From 9:30 to 11:30 a.m., WFT members work on our projects to help various organizations.

To end a very busy month, **a docent-led tour at UH Ahuja Medical Center will take place Tuesday, October 28,** at 11 a.m. A medical professional will speak to the group and lunch will be on your own in the facility's cafeteria.

For more information, call Trina Miller at 440.442.8421, Pam Berkson at 216.242.1051 or Phyllis Henry at 440.461.7921.

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