

Beachwood Buzz

September 2015

Every Resident. Every Business. Every Month.

MAGAZINE

An elderly couple, Kam and Chien Liao, are standing on a green lawn in front of a house. The woman, on the left, has short grey hair and is wearing glasses, a floral patterned blouse, and a brown patterned vest. The man, on the right, has short grey hair and is wearing glasses, a blue and white plaid shirt, and white trousers. They are both smiling and looking towards the camera. In the background, there is a white house with a large American flag flying on a pole. The scene is set outdoors with green bushes and a clear sky.

Beachwood PIONEERS

Kam and Chien Liao triumph over adversity, settle in Beachwood and express bountiful gratitude.



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When we waken and decide to have a great day, despite what does or doesn't happen around us, we can move from a chaotic-to-calm reality of enjoying our day.

Much happens in the world around us that we can't control. Sometimes, when things don't go as expected, we are left to feel sad, stressed, disappointed or frustrated. With that in mind, we bring these feelings upon ourselves because of our reactions, which we can control.

Although the concept of controlling our reactions is much easier said than practiced, our reactions ultimately determine how we will feel in the outcome of each situation.

We react to hundreds of things each day, from picking up something that fell on the floor to answering a question. Although many reactions are automatic, others take on a process. Nonetheless, while we can't control our environment or other people's actions, we can always control our own reactions, thoughts, words and feelings.

When we waken and decide to have a great day, despite what does or doesn't happen around us, we can move from a chaotic-to-calm reality of enjoying our day. Sadly, many of us compromise our happiness by allowing our reality to be dictated by circumstances, events, luck and other people. Even in the worst of situations,

there is some glimmer of hope where a positive spin can help you make the best of a situation.

When presented with challenging situations, which are part of life, emotion, instead of logic, often steers us. As a result, we react in a manner in which we have trained ourselves to react. Some people tend to see doom and gloom while others still see a glass half full, and it is human nature to let our emotions run us instead of allowing us to run our emotions.

When writing (or reading) this article in a calm state of mind, this all sounds logical, but when we are put to the test, much of what we intellectually know flies out the window.

According to Albert Einstein, the definition of insanity is doing something over and over again and expecting a different result. If you are happy with your reactions, read no further! If not, the following pointers may be helpful.

• **Put some space between an event and your response.** When doing so, information can be processed more clearly.

• **Embrace being calm.** When stressed, anxious and volatile, we are more likely to react inappropriately. And, when we snap at others, they are more likely to snap back, thereby exacerbating the situation.

• **Ask questions.** When obtaining additional information, more logical decisions can be made.

• **Invest your emotional energy wisely.** Positive energy gives a more positive result than negative energy.

• **Wear a wristband as a reminder to be more aware, balanced and in control.** This is a constant reminder of making a commitment to embrace a calm-versus-chaotic or stressful, atmosphere.

We each have a choice. We can control our reactions or let our reactions control us.

"Your attitudes, actions, reactions and expectations are harbored in the power of your thoughts. Think positively and you will smile at the harvest time."

~ Israelmore Ayivor,
Dream Big!: See Your Bigger Picture!

"If you want your life to be different, you have to start reacting to life differently."

~ Bryant McGill, Simple Reminders:
Inspiration for Living Your Best Life

"How people treat you is their karma; how you react is yours."

~ Wayne Dyer

"Life is 10% what happens to you and 90% how you react to it."

~ Charles R. Swindoll

"It's not the situation, but whether we react negatively or respond positively to the situation that is important."

~ Zig Ziglar

"I have no choice about whether or not I have Parkinson's. I have nothing but choices about how I react to it. In those choices, there's freedom to do a lot of things in areas that I wouldn't have otherwise found myself in."

~ Michael J. Fox

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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.

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COVER STORY

When Kam, 92, and Chien Liao, 93, were ready to move out of their apartment in Cleveland, they planned to buy a house in the suburbs on the east side, but their deposit check was swiftly returned when they tried to make a purchase. The realtor simply refused to sell to them, and they knew why. Because they are Chinese. The year was 1957.

To find out why they settled in Beachwood and how their lives unfolded, read their story, written by June Scharf, on pages 8 and 9.

Photos by Discovery Photo, Scott Morrison.

City Council Update • Pages 28–32

Special Salute to Our 50-Year Residents

City Receives Top Bond Ratings

Jump Back Jog

Personal Shred Day

Habitat for Humanity Restore Drop-Off

Upcoming Meetings

Beachwood Welcomes Whitney M. Crook

Meet Beachwood's Newest Police Officer

People, Place, Things & More Art Exhibit

Resident Art Show

Meet the Artist: Peter Max

Family Fun Day

Honkin' Haulin' Hands-On Trucks

Wizard of Oz Auditions

Resident Hazardous Waste Round-Up

Peter Max is Returning to Beachwood!

For complete information, see City Council Update on Pages 28-32.

Everyone has a story to tell. Tell yours in Beachwood Buzz.

Beachwood Buzz is a magazine about Beachwood, by Beachwood, for Beachwood. Please submit your announcements, photos and story ideas to beachwoodbuzz@gmail.com



On August 11, Mayor Merle S. Gorden recognized 17 50-year residents, presenting them each with an official city blanket and framed certificate. More photos and information can be viewed on page 28 in City Council Update. Pictured with Mayor Gorden are 50-year residents Audrey Caplin Belleli and Barbara Caplin.



JOSHUA **MINTZ**

Believes in Beachwood

Our Schools, Our City and Our Community

Dear Neighbor,

My name is Joshua Mintz and I serve on the Beachwood Board of Education. I am proud to serve on a board that has accomplished so much over the last four years, including achieving Beachwood's highest performance index in the district's history, ranking Beachwood 8 of 611 public school districts in the state. The addition of the new University Hospitals-Beachwood High School Medical Academy and new Design & Innovation Program, in partnership with Cleveland State University's Washkewicz College of Engineering, are just some of the examples of the board's dedication to making Beachwood the best place to learn.

I am running for re-election and ask for your vote in order to continue to apply a hands-on approach to honor the Beachwood tradition, while infusing a fresh spirit of passion and perspective on issues that are important to us all.

I will continue to be your advocate in order to maintain our high quality educational ratings by:

- Continuing to hire the brightest and best teachers and staff,
- Continuing to insist that all projects, once started, are completed, and
- Working to strengthen mentoring opportunities, which would include Alumni and local businesses, to "achieve the mission of the Beachwood City Schools: developing intellectual entrepreneurs with a social conscience."

As a parent, a homeowner and a graduate of the Beachwood City Schools, I care deeply about the quality of education in our schools, and pledge to continue to give my all, so that our children receive the best possible education.

On Tuesday, November 3rd, I ask for your vote. Please re-elect Joshua Mintz to maintain excellence for Beachwood City Schools.

Sincerely,

Joshua Mintz



Re-Elect Joshua Mintz for Beachwood Board of Education

JMintz4Beachwood@gmail.com

Paid for by the Committee to Elect Joshua Mintz, June E. Taylor, Treasurer
11470 Euclid Ave. #280, Cleveland, OH 44106

Cuyahoga Arts & Culture – Bringing Arts and Culture to Life

Cuyahoga Arts & Culture (CAC) supports and invests in hundreds of arts and cultural organizations that are helping to ensure that all residents of Cuyahoga County have access to arts and culture close to home. This past year, CAC-funded organizations offered programs and activities in more than 2,500 unique locations throughout Cuyahoga County – including schools, libraries, senior centers, theaters, parks, hospitals and neighborhood streets.

Beachwood has greatly benefited from CAC support. Here's the breakdown:

\$5,367
 Beachwood Historical Society
 \$18,009
 Jewish Family Service Association
 \$32,681
 Jewish Federation of Cleveland
 \$1,252,299
 Maltz Museum of Jewish Heritage

\$215,566
 Mandel Jewish Community Center of Cleveland
 \$699,474
 Cleveland POPS Orchestra

In total, these organizations have received more than \$2 million since 2008 for programming in and around Beachwood.

There is an issue on the November 3rd ballot to preserve this critical resource to support arts and culture organizations in Beachwood and throughout Cuyahoga County. That ballot issue calls for the renewal of an existing cigarette tax in the county to support a wide array of very high quality arts and cultural choices that the residents are able to enjoy. That ballot issue is not a tax increase.

The ballot issue has received endorsements from nearly 200 elected officials, public bodies

and organizations, including all members of Beachwood City Council, Mayor Merle S. Gorden, County Executive Armond Budish and County Council member Sunny Simon. Please be aware of this issue and all CAC does to enrich the arts in Cuyahoga County. For more information about CAC, visit cacgrants.org, and for more information about the levy renewal, go to www.ACAC2015.org.

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SAVE THE DATES:

Beachwood's 3rd Annual Pumpkin Patch

Saturday, Oct. 24, 12 - 4 pm
Sunday, Oct. 25, 1 - 4 pm

Fun for the whole family! Pick out a very special pumpkin! Goodie bags, prizes, recipe cards, carving patterns, treats, pumpkin decorating, and more! Sponsored by the BHS Class of 2016. For more information, contact Jessica Kellogg at jkkellogg@beachwoodschoools.org.



MY STORY

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Beachwood PIONEERS

Kam and Chien Liao triumph over adversity, settle in Beachwood and express bountiful gratitude.

By June Scharf

When Kam, 92, and Chien Liao, 93, were ready to move out of their apartment in Cleveland, they planned to buy a house in the suburbs on the east side, but their deposit check was swiftly returned when they tried to make a purchase. The realtor simply refused to sell to them, and they knew why. Because they are Chinese. The year was 1957.

Their way around this obstacle was to buy a home that was being sold by its owner, and they found one available on North Woodland Road, Beachwood, its owner an engineer.

"We couldn't find a home anywhere else; no one would accept us," says Chien, while seated at his dining room table where a Beachwood pennant is clearly displayed in a window that overlooks the large, woody backyard. Another Beachwood pennant sits in the front window.

The Liaos are passionate about Beachwood. They also express bountiful gratitude for all the

ways their lives have gone well since living in this community. But equally as important to them are what they tout as their "firsts": First Chinese residents here.

Their sons, Winston (Class of '66) and Wayne (Class of '68), were the first Chinese graduates from Beachwood High School

They established the first and only STEM (Science, Technology, Engineering and Math) scholarship through the Beachwood Schools Foundation that is awarded annually to a graduating BHS senior, with hopes of more scholarships to be added

When they look back, the Liaos remember Mr. Colt, Beachwood's last farmer in the Beachwood Village, helping them plant their new lawn, and how their children used to explore the back woods of their home to catch tadpoles well before Beachwood Place was built.

Chien reports that their neighbors here have long regarded them as friends, and that they are very popular on their street, even

to garnering an invitation early on by an Italian neighbor, who did not speak English, to join him in his basement for a glass of wine that was made from dandelions planted in his yard. Chien, however, doesn't drink alcohol and had to convey that to the neighbor while also revealing that his "favorite beverage is Lake Erie."

Chien's journey began in 1947 when he left mainland China, just before social and political changes swept the country. Previously, both he and Kam had attended missionary universities in China, which enabled them to have a firm grasp of English. Chien had been in college in Shanghai, where he was studying chemistry while Kam was studying architectural engineering.

Chien came to the U.S. first ("all I had with me was what's in here," he says, pointing to his head) and attended the University of North Dakota on a scholarship, where he earned a master's degree in chemistry. Next, he was offered another scholarship at Wayne

University (later named Wayne State University) in Detroit, where he earned a Ph.D. in chemistry.

Several years later, when it came time to name their second child, whom they'd been told was a girl, they needed to scramble at the last minute to choose a boy's name because of the doctor's error. "Wayne" sounded like a good choice, since Chien had a positive educational experience at the school.

Kam emigrated one-and-a-half years after Chien, but she needed to leave Winston, their first born son, with his grandmothers in

One profound lesson they both learned after emigrating was that "money is not that important, but principles are," says Chien.



Shanghai. It would be possible for him to come here when he was eight years old. Kam initially came to the U.S. by way of Honolulu, and that's where, to her delight, she beheld her first gas stove and refrigerator in a friend's home. Next, she landed in San Francisco en route to Detroit, a destination she chose to reach not by train, but by Greyhound bus, because she'd never before experienced this form of transportation.

Both Kam and Chien's families had been well endowed financially in China from both the soy industry and jewelry business, but both families lost everything when the Japanese invaded China during WWII, followed by the outbreak of civil war.

One profound lesson they both learned after emigrating was that "money is not that important, but principles are," says Chien.

"We had to realize this, otherwise, we would get depressed," Chien added. Of importance were character and behavior. "A fancy car and a big house, no. Education should be the priority. Virtue lies in intellectual worth, not a bank account."

Life was particularly tough at the beginning, and at that time, they lived in an attic in Detroit. Kam assumed some maid duties to reduce the rent, and they used a dresser drawer as a crib for baby Wayne. These conditions further influenced Chien's outlook.

"To be intelligent, kind, compassionate, charitable, brave, helpful, and hard working – that is our religion," Chien says, adding that "if you are a good scout, you

are ok." In keeping with scout principles, in fact, Chien proudly raises the American flag in his front yard every day, weather permitting.

Educating their children became the number one priority for the Liaos, guiding them to buy a piano before any furniture in their new home. Piano lessons came next when each of the boys was about 8 years old.

"Our legacy is about taking care of the younger generations and helping people," Chien says, and one way they did that was by funding their college educations. He strongly encouraged all his children and grandchildren to attend graduate school, too.

In the early days, about one third of North Woodland had vacant lots, and the neighborhood had a distinct country feel without curbs, only septic tanks and a rundown Sohio gas station on the corner of North Woodland and Fairmount Boulevard. There was only a volunteer fire department and no high school, although the school was built by the time the Liao boys were old enough to attend, along with former mayor Harvey Friedman's children.

When Interstate 271 was built, North Woodland was no longer a contiguous street reaching into Pepper Pike. In addition, in those days, both Kam and Chien would use two mowers to mow their lawn, and their big backyard became the meeting place for kids of all races to play.

Both Kam and Chien diligently pursued their careers, each claiming satisfying accomplishments

along the way. Chien was a research and development chemist for Standard Oil (Sohio) in their petroleum products department. He has more than two dozen U.S. and foreign patents and has published many technical articles, all dealing with chemistry and chemicals, including some that help improve engine performance and minimize pollution.

Kam worked for two top engineering and construction companies in the country, where she helped design top steel mills and equipment like distillation towers, emphasizing their ability to withstand enormous stress. She also became involved with computer programming on IBM and Technics machines during their infancy in the business world.

In the mid-1950s, accepting this work required tremendous courage. Others feared losing their jobs if they accepted such risky assignments due to their uncertainty and unfamiliarity with the new procedures. She was a true pioneer, however, for assuming these duties that also required that she receive special training in New York and at Case Institute of Technology, before it was Case Western Reserve University.

Later in her career, she became proficient with computer programs that ran F15 aircraft simulators. To do this work, she was granted top clearance from the U.S. Defense Department.

The Liaos have been active in the downtown Chinese community over the years, feeling a solidarity with both new and established immigrants. They also were integrally involved

with establishing a \$3.5 million HUD-funded housing project for low income people of all nationalities.

The Liaos continue to speak to each other in Cantonese, the popular dialect in southern China, although Chien also knows Mandarin, the native tongue in the north and is fluent in the very difficult dialect spoken in Shanghai. It's hard to have a conversation – in English – with the Liaos without their proudly, but humbly, extolling all their family members' achievements. A photo album sits on the dining room table to assist in praising their offspring, down two generations and representing many nationalities.

Jack, one of their three great-grandchildren, is a first grader in Chapel Hill, where he is taught Chinese and Mandarin, something Chien proves with evidence in a card Jack sent, containing a message neatly written in Chinese. He recently sent his great-grandfather a birthday card in Chinese, too.

In their retirement, the Liaos love to attend opera and classical music performances, and they volunteer their time to several causes. Chien helps AARP members to file 1040 forms, and Kam has volunteered on election days in one of the Beachwood schools.

Kam is also pleased to call herself a "happy hooker," an activity involving women who like to knit, especially clothing for babies. While other members tend to create strictly hats, Kam likes to design and knit outfits with tops and bottoms, and her work has been exhibited with other artists' at the Beachwood Community Center.

The Liaos feel deep gratitude for how their lives have unfolded. "We are grateful and happy for what we have experienced and feel lucky for our lives and the friendships we have made here," says Chien. "We worked hard mentally and physically all of our lives – perhaps this may have helped our fair health and even longevity?"

Chien also vociferously credits Beachwood with being a significant factor in helping them to do well and accomplish their goals.



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Elderclass Presents Jazz Through the Decades – Thursday, Oct. 8

On Thursday, Oct. 8, the Beachwood Elderclass will present, "Jazz through the Decades," with Marshall Griffith on piano.

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 are free and open to the public.

Lunch will be served in the Beachwood Bistro at noon, followed by the program at 1 pm. A bus will begin pickups going from the northeast corner of the parking lot to the front entrance, beginning at 11:15 am and ending at noon. The bus will return you to your car following the program.

Please register for the lunch by using the flyer you will receive in the mail. If you are not registered to receive Elderclass monthly program flyers, please contact Marlene Dunger at the Beachwood Board of Education, 216.464.2600. Reservations will be accepted by mail only. Checks may be mailed to or dropped off at the Beachwood Board of Education, 24601 Fairmount Blvd., Beachwood, Ohio 44122. No walk-ins for lunch.



Etgar: a Special Sunday School Program Offered by the Jewish Education Center of Cleveland

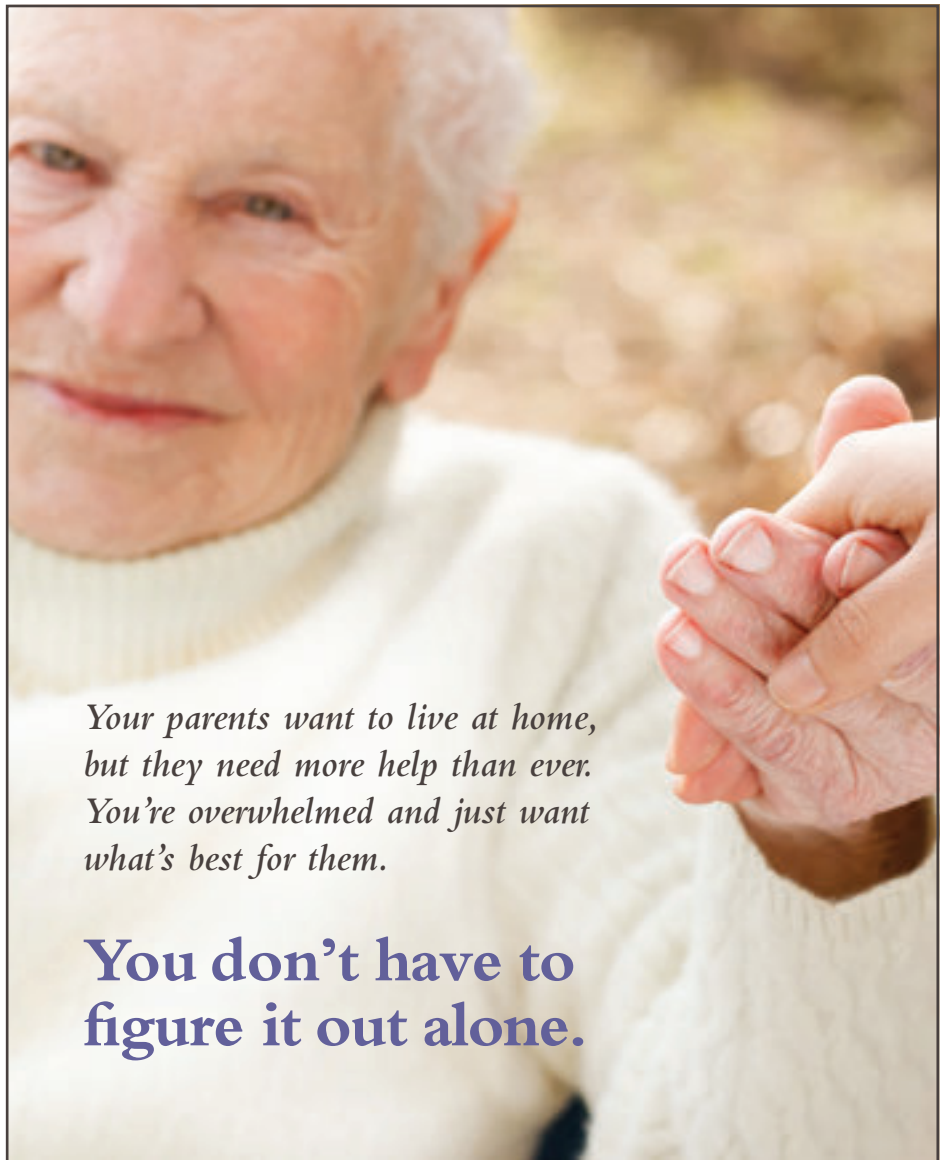
Are you thinking about a Jewish education for your child who has different learning needs? The Jewish Education Center of Cleveland (JECC) offers an opportunity for your child to attend Etgar, a Sunday school program designed for children who may not be able to learn in the regular congregational setting. The program's name, Etgar, means "challenge," in Hebrew.

The Etgar program is available to students, ranging in age from 6 to 18 years old, with various special needs. Classes are held at two synagogues; however, the students represent diverse Jewish backgrounds, coming from many Cleveland synagogues and from unaffiliated families.

During the school year, students learn about Jewish holidays, lifecycle events, prayers and blessings, Bible stories, and Israel. Hebrew is taught to students according to their abilities. Etgar classes are led by special education professionals with teen aides assisting in each class, and further enhanced with family programming.

The mission of the Jewish Education Center of Cleveland (JECC) is to ensure Jewish continuity in Cleveland by fostering and strengthening lifelong Jewish learning and education across diverse settings. A vision of the JECC is to inspire meaning and value to Jewish children through learning.

For information about the Etgar program, contact Laurie Gross-Kammer, Education Director, at 440.785.1757 or lgk0523@aol.com. For information about registration, which is now open, contact Jackie Brooks, Etgar Administrator, at 216.371.0446 or jbrooks@jecc.org .



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NCJW/Cleveland Sets October Dates for Designer Dress Days 2015

How many women does it take to create the fall fashion event of the season? According to the National Council of Jewish Women/Cleveland, it takes about 250 volunteers, intaking gently-used donations; sorting through Prada, Ferragamo and Coach handbags; pricing Armani, Carlisle and St. John outfits; setting up the sale at the Mandel JCC; and helping shoppers select from among nearly 10,000 designer items that go for a fraction of their retail price.

"Close to 500 NCJW/Cleveland members live in Beachwood," said Wendy Elconin, who, with Michele Kaminsky, are co-chairs of the 47th annual Designer Dress Days. "More than 10 percent of these women volunteer at DDD, and loads more shop the sale."

Designer Dress Days, NCJW's main source of support, is a four-day event featuring gently-used and new designer clothing, jewelry, accessories, furs and handbags. It's held at the Mandel Jewish Community Center on South Woodland, between Brainard and Richmond Roads. Hours are:

- Special Preview Day: Friday October 23, 10 a.m. to 4 p.m. (\$20 admission).

- Sunday, Oct. 25, 10:00 am to 4:00 pm
- Monday, Oct. 26, 10:00 am to 8:00 pm
- Tuesday, Oct. 27, 10:00 am to 8:00 pm

"We've been collecting donations throughout the year and have shoppers lined up at the door beginning at 5:00 am on the preview day, which is when women can get the pick of the racks," said Kaminsky.

"The event, our main fundraiser, supports NCJW's initiatives, projects and programs to improve the lives of women, children and families locally, regionally and nationally," said Linda Barnett, president, NCJW/Cleveland.

To donate, bring your contributions to the NCJW warehouse, 26055 Emery, Warrensville Hts., 9:00-4:00 pm weekdays.

For more information and sneak peeks, go to ncjwcleveland.org or check out DDD Cleve on Facebook.



Stacey Neshkin wearing a Michael Kors outfit (\$60) and carrying a Prada clutch (\$300). Debbie Hoffmann, president, NCJW, Inc., wearing a Soft Surroundings sweater coat (\$45) over a Chicos long-sleeved shell (\$10). Laura Halpert wearing a Missoni dress (\$100).

A LIFETIME OF CHOICE DOESN'T END HERE.

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Safety in the Workforce – And ALICE Training

Last month, Beachwood Police Chief Keith Winebrenner spoke about workplace violence to those who attended the monthly Beachwood Chamber of Commerce monthly luncheon.

Workplace violence is a complex and widespread issue that has received increased attention from the public, mental health professionals, law enforcement and the media. Recent incidents of mass shootings at schools, courthouses, government facilities and other places of employment grab the headlines, but these incidents are a very small percentage of the workplace violence incidents reported every year.

According to OSHA (Occupational Safety and Health Administration), there are nearly two million incidents of workplace violence reported every year, and it is believed that many of them go unreported because of fear of reprisal, no mechanism within the organization for reporting the workplace violence, or the immedi-

ate supervisor is the violator.

Workplace violence can include threats, harassment, intimidation, bullying, stalking, intimate violence, physical or sexual assaults and homicide. It not only affects employees, but also clients, customers and visitors. It occurs under different circumstances, and different industries are affected differently.

Winebrenner suggests all companies have policies in place, so that employees know expectations of what is and what isn't acceptable, and to periodically review those policies. Employees should also be trained on how to detect signs of workplace violence, and a safety plan should be in effect for when there is a violent incident.

Twenty-five years of mass shooting events have yielded a national average of five to six minutes for the response time of law enforcement to an active killer scene. A lot can happen during that time. One can fight, flight or freeze and it's important to know what to do.

"There is a national program being taught to schools and businesses called ALICE," Chief Winebrenner said. "We have several officers trained in ALICE and we will provide the training to the business community."

ALICE stands for Alert, Lockdown, Inform, Counter and Evacuate. Here's a little bit of information about each:

Alert – Provide as much information as possible. For example, use an intercom system if possible, a panic alarm, texts, etc.

Lockdown – Excellent starting point until the nature and location of the threat can be determined. If you are in the immediate threat area, lockdown is the best alternative; if the threat is on the other side of a building and you can get out, leave.

Inform – Keep law enforcement and emergency responders up to date with as much real-time information as possible.

Counter – You can survive con-

tact with an armed intruder. Police miss 80% of their shots in a dynamic event. The bad guy is not usually a highly skilled shooter. Engage in acts that will require very high skill level, including noise, movement, distance and distractions.

Evacuate - only 2 percent of violent intruder events have been by more than one person. If you know where the intruder is and you can get out safely, do so.

"ALICE is not a linear response," Chief Winebrenner added. "You don't have to wait to do the A before you do the C."

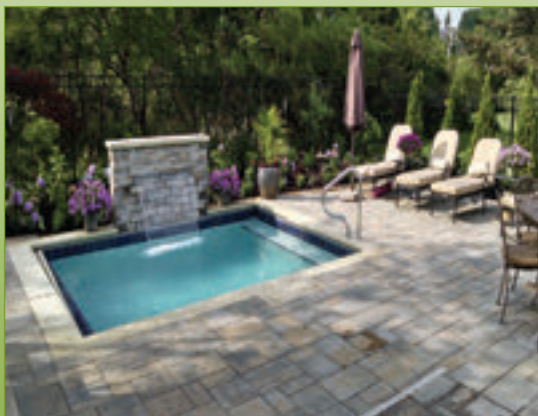
For more information or to schedule an ALICE training program, call the Beachwood Police Department at 216.464.2343.

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The Gathering Place's Richman Family Wellness Center Empowers Those Touched by Cancer



Erin Malloy was diagnosed with cancer on Christmas eve, 2014 and started chemo in early January. Because of the type of cancer, the chemo treatment was rigorous where her routine was one week in bed, one week with limited movement around the house and the third week feeling good; then it all started over again.

Having been active before her diagnosis, both in the gym and as a high-school teacher, Erin wanted to get up and move when she felt well.

Prior to her diagnosis, Erin was not familiar with the programs and services offered by The Gathering Place, and family and friends were telling her, "you've got to go there."

"I thought people who went to The Gathering Place were devastated or horribly sick," Erin told us. "I had a vision of old, sick people."

Then someone her age, in remission for about five years, said,

"It's not like that. Just go. I'll go with you if you want."

So Erin took the first step and walked through the doors, where she learned about The Gathering Place's Richman Family Wellness Center, located just across the street from The Gathering Place, on Commerce Park Drive.

While they offer yoga and tai chi at The Gathering Place, the Richman Family Wellness Center, in a gym setting, offers classes and weight-strengthening programs that utilize free weights, bands, cardio equipment, weight machines and more to help individuals address the physical impact and side effects of a cancer diagnosis and treatment. Under the direction of certified personal trainer Stephen Cerne, classes are sculpted for people of all ages and abilities in a non-threatening, inviting atmosphere, as witnessed when

observing Erin's class.

Following chemo, Erin's muscles were atrophied. She couldn't climb stairs – or do much of anything – and wanted to rebuild her strength.

Stephen coached her to do what she could – at her own pace – and she slowly began rebuilding her confidence, strength and balance.

"All abilities are welcome and made to feel comfortable," Erin told us. "Your head messes with you when your body gives up, and I've always found that coming here provides a great bonding experience with others who attend."

Everyone at the Richman Family Wellness Center has his or her diagnosis in common, and all support each other. Some are just starting their journey, and others are ready to move on. Some prefer tai chi or yoga, which focuses more on stretching, relaxation

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and meditation, and others prefer the interaction and activity from classes offered at the center. Regardless of a person's exercise preferences, they feel comfortable with each another.

"Programs are sculpted to provide participants with programs based on their comfort levels and what they want to get out of them," Stephen told us. "Classes take on a support-group component without sitting in chairs. Sometimes we do separate exercises and sometimes we work in pairs. Sometimes participants are grouped by diagnoses, and other times by personality."

"It's a community here," Erin added. "We help each other, smile and laugh at each other, too."

"Hair is an important issue to all of us, and this is the first place I really took off my hat," she added. "It felt so freeing to know that ev-

eryone here has been bald at one time or another."

Although Stephen creates the programs and makes sure everyone safely executes his/her movements, he humbly takes a back seat when talking to him about participants' success. "It's not because of me," he says. "It's because of what people are doing. They're the ones coming through the door and determining what and how much they want to do."

He added, "I sculpt workout programs to simulate real-world movements. For example, when doing a squat, it's the same movement as sitting down and standing up. If someone needs the help of a bench, she'll use it. When stepping up and down, it simulates walking stairs, and if someone needs support, it's available."

"We work on coordination, balance and building strength," he

added.

Stephen shared that many studies have shown that exercise helps to increase the survival rate and/or decrease recurrence of cancer. "Some exercise is better than none," he said.

Erin, who is now back at her teaching job, said, "I feel so much more empowered now. These classes have provided socialization as well as physical and emotional support. I don't know where I would be without this place."

Fred Richman and his family gave a donation to open The Gathering Place Richman Family Wellness Center.

For more information, call the Gathering Place at 216.595.9546 or visit www.touchedbycancer.org.

Pictured: Stephen Cerne coaches Erin Malloy throughout her workout.

From Motown to New York, New York – and Every Song In-Between

Saturday, Oct. 10 • 7 pm

Montefiore's Maltz Auditorium

Montefiore invites you to enjoy an evening in song and music, titled From Motown to New York, New York – and Every Song In-Between, featuring Steve Willensky, entertainer extraordinaire and past Montefiore board chair.

This lively evening, free and open to the community, is family friendly for all to enjoy and will conclude with a lovely Havdalah service. Delicious desserts and beverages served.

For more information, contact Rabbi Joel Chazin at 216.910.2522.

This event is graciously supported by The Elliot Willensky Music Fund of The Montefiore Foundation.



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Kathy U. Mulcahy, Mayor, Orange Village

Justin Berns is All In for Beachwood

Lifelong resident of Beachwood with 3 Elementary aged children attending Beachwood Schools
Business located in Beachwood since 2004
Regular attendee at Beachwood City Council meetings for past 23 years

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

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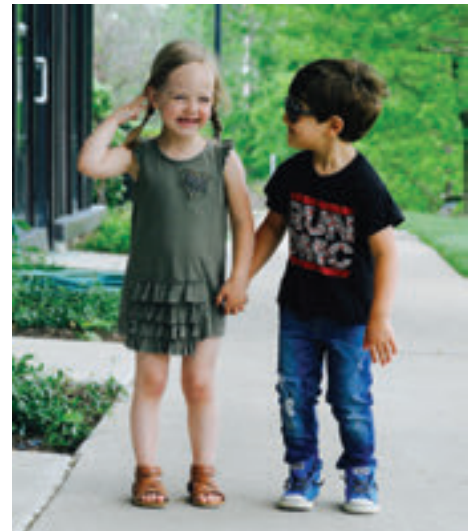


"Pre-loved Gear for Hipster Kids"

BHS Grad (Class of 2000) Emily Kirschenbaum, with her friend Heather Erlenbach, recently launched www.rockcandykids.com, an online boutique, selling "Pre-loved Gear for Hipster Kids," sizes newborn to 14.

When asked what motivated the duo to start the business, Kirschenbaum said, "Dressing our kids in something as simple as a pair of skinny jeans with a graphic tee and cool sneakers seems easy, but can be challenging when looking for items that not every kid has. So, we decided to start a business where we can pick out unique kids' items we love and sell them for a reasonable price to moms who are just like us."

"We figured people would rather pay less for gently-used items than deal with department store prices, especially since kids grow out of stuff so fast," Kirschenbaum added. "I'm proud to introduce this concept to the Beachwood community and encourage shoppers to check our site, to like us on Facebook and follow us on Instagram."



Pictured: Emily's son Jayden and Heather's daughter Stella in their hipster clothing.

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Upcoming Events at the Jewish Federation of Cleveland

The community is invited to attend the upcoming Federation events. There's something for everyone! For more information or to register for the events below, please visit www.jewishcleveland.org.

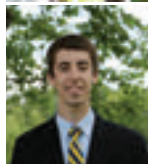


2016 Campaign Launch Event

Thursday, Sept. 10, 7:00 pm

Mandel Jewish Community Center

Mark your calendars to hear featured speaker, Alina Spaulding, Jewish educator and Ukrainian immigrant. She joins us to tell her inspiring story about how the global Jewish community rallied around her and her family during crises, and the importance of giving back. Plus, Andria Kaplan, Daniel Pearlman and Becky Sebo will share personal and powerful stories of how our community has made a difference in their young lives.



Super Sunday

Sunday, Oct. 25, 9:00 am – 7:00 pm

Jewish Federation of Cleveland,
Jack, Joseph and Morton Mandel Building
25701 Science Park Drive • Beachwood

Save the Date for Super Sunday and join hundreds of volunteers in making calls in support of the 2016 Campaign for Jewish Needs.

Pictured from top: Adina Spaulding, Andria Kaplan, Daniel Pearlman and Becky Sebo.

Women of Fairmount Temple

The Women of Fairmount Temple will host its opening luncheon at Fairmount Temple on Tuesday, Sept. 8 at 11:30 am, with entertainment provided by Bob Godfrey, accompanied by pianist Sanni Kearns, as they present "Show Tunes Showcase."

Mr. Godfrey, a music educator for 38 years, has had various roles in Cleveland Opera productions. He has also played Daddy Warbucks in Annie, Nathan Detroit in Guys and Dolls, and Tevye in Fiddler on the Roof. The cost for paid-up members is \$25; guests, \$30. Call 216.464.9644 with any questions concerning the luncheon.

Mitzvah morning continues on Sunday, Sept. 27 from 9:30 to 11:30 am. Coffee and projects are in abundance. You are invited to work on lap robes and/or numbers books and enjoy a relaxing, fun morning.

Bible study group begins Tuesday, Oct. 6 at 10:30 am under the leadership of Sue Arnold. Lunch follows at noon. Call 440.461.7921 Monday, any time, or 216.464.1330 Tuesday, from 9:30 to 10:30 am, to reserve a spot for lunch. Following lunch, Charlene Connors, a member of Women in History, will portray Cassie Chadwick, an infamous con artist.

"In a moment of decision, the best thing you can do is the right thing.
The next best thing is the wrong thing.
The worst thing you can do is nothing."
~ Theodore Roosevelt.

Be sure to see information about ALICE training on page 13.



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My wife, Diane, and I have been Beachwood residents for 34 years. Our three children are all BHS graduates, and our family has a proud history of being active in our community. I have served on boards of many N.E. Ohio non-profit organizations, including Jewish National Fund, WVIZ/WCPN Ideastream, ORT, B'nai Jeshurun Congregation and Cleveland Council on World Affairs.

As a corporate and securities attorney for 38 years, I have received many honors, including Ohio Super Lawyers – Mergers & Acquisitions and Best Lawyers in America – Corporate Law. I received my J.D. from Duke University School of Law and my B.A.–M.A. from the University of Pennsylvania.

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- ANDRIA

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Beachwood Boys Swim Team

Excitement is building this season for the Beachwood Boys Swim Team. Two leaders on the Beachwood Boys Swim Team just finished a strong summer swim season.

Bagatur Askaryan qualified and swam at USA swimming’s sectional meet held at OSU in July where he had two great swims. Bagatur qualified to the Ohio High School state meet last February in the 50 free and scored in three other events at districts. He is expected to do some damage his senior year in the freestyle and butterfly events at the state meet.

Incoming freshman Spencer Bystrom swam at the Lake Erie Championships in July and placed top 12 in several events. He will immediately impact the team both in the pool and on the diving board. Bystrom is also a very skilled diver who has already reached national-level competitions.

The leadership from both athletes is expected to help elevate the core of talent on the swim team this season.



Pictured: Bagatur Askaryan and Spencer Bystrom.

SAVE THE DATE! Campus Art Show

Enjoy the writing, painting, photos and jewelry-making talents of Menorah Park Campus residents at the Campus Creative Art Show on September 9, from 12:30 to 3:30 pm in Menorah Park’s Saltzman Auditorium, 27100 Cedar Rd., Beachwood. Published campus authors will have books for sale and other items can be purchased as well. Come see all the magnificent pieces created by Menorah Park residents. This event is open to the community. For more information, call 216.831.6500.

Are you a Beachwood artist who would like to exhibit your art-work? Be sure to see information about the Beachwood Resident Art Show and upcoming art exhibits in City Council Update on page 28.



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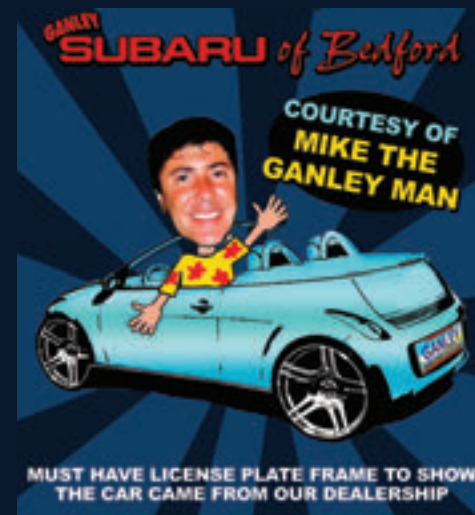
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CELEBRITY BIRTHDAYS

September 6	Jeff Foxworthy (57)	September 11	Ludacris (38)
September 7	Corbin Bernsen (61)	September 12	Jennifer Hudson (34)
September 9	Adam Sandler (55)	September 16	David Copperfield (59)
September 10	Colin Firth (55)	September 18	Lance Armstrong (44)
September 10	Arnold Palmer (86)	September 21	Nicole Richie (34)



L'Shana Tova

Wishing you a
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Quote of the Month

Worrying does not stop the bad stuff from happening,
it just stops you from enjoying the good.

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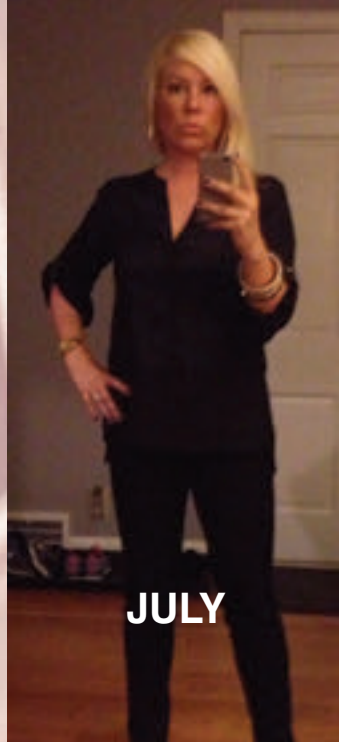
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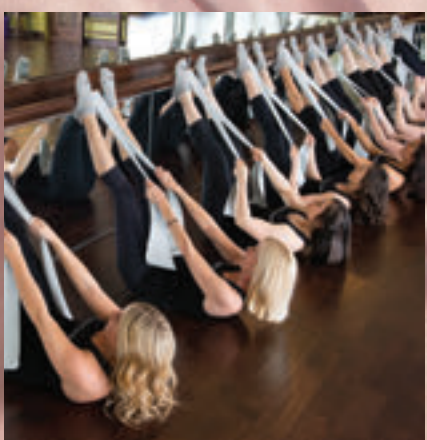
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Cleveland Jewish FilmFest Set for October 8-18

Over 5,000 expected to attend this year's festival

The Mandel Jewish Community Center is pleased to present its 9th annual Cleveland Jewish FilmFest which runs from Oct. 8 to Oct. 18. With 29 films from ten countries, screening at nine venues, this year's festival promises to deliver an outstanding selection of highly-acclaimed international films to Greater Clevelanders.

Over 5,000 people are expected to attend this year's festival, which will include comedies, thrillers, shorts and documentaries. Highlights of the FilmFest include:

Opening Night: Last Mentsch

Thursday, Oct. 8, 7:00 pm,
Shaker Square Cinemas

Having spent a lifetime concealing his Jewish identity, an aging German Holocaust survivor struggles to reconcile his past. Determined to return to his birthplace to establish his ancestry, Marcus enlists the help of a brash, troubled Turkish woman. The unlikely duo sets out on an unforgettable road trip.



East Jerusalem, West Jerusalem

Tuesday, Oct. 13, 7:30 pm, Cedar Lee;
and Thursday, Oct. 15, 2:00 pm,
Chagrin Falls Public Library

Legendary Israeli singer-songwriter David Broza travels to East Jerusalem to realize his dream of fostering cooperation and dialogue between



Israelis and Palestinians through music. In this documentary, director Erez Miller follows the artists over a fascinating eight-day period intertwined with music, conversation and culture. Broza will appear in person for a Q and A following the Oct. 13 screening at Cedar Lee.

Little White Lie

Wednesday, Oct. 14, 2 pm, Cedar Lee

This riveting documentary tells the story of Lacey Schwartz, a Jewish girl from a "typical" American suburban Jewish family. Schwartz senses that her looks don't quite match up with her biological ancestry and sets out on a journey to discover who she is. Confronting her own parents and questioning how her childhood friends and community members never saw her as anything but Jewish, Schwartz takes the audience on an intimate and powerful exploration of identity. Selected for the Sundance Film Forward program.



Tickets, which will go on sale September 8, can be purchased for \$10 for evening films and \$8 for matinees. Tickets to the festival opening film and dessert reception are \$15. For tickets, visit mandeljcc.org/filmfest. Tickets are also available at the Mandel JCC membership desk (no ticket sales on Saturdays). FilmFest passes, which include admission to all films and group tickets, are available by contacting Jan Rutsky at 215.831.0700, ext. 1348.



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Cycling Coast to Coast Closes Murtaugh's Gap between Dreams, Reality

By June Scharf

When John Murtaugh thought about pursuing his 15-year-old dream of riding his bicycle across the country (the long way) at the age of 63, the debate in his head went like this:

"I might be on the downslope of my abilities."

"I'd better do this while I still can."

"I will not fail."

"John, you will finish this thing even if you need to crawl to the end."

In other words, John was extremely motivated to complete the 3,176 mile trek, from the Pacific Ocean at San Diego, California to the Atlantic Ocean at St. Augustine, Florida. Beginning on March 16, he began that journey with a team of 11 other riders (only one female among them) and two leaders (male and female). The trip, sponsored by Adventure Cycling, totaled 58

days, and comprised 47 days on the bike and 11 days of rest. The group averaged 67.2 miles per day, and every rider succeeded in completing the quest, an unusual circumstance for this type of activity.

The cost is \$5,700, including all meals and lodging, either in tents on a campground or occasional hotels in bigger cities for a break. Alcohol is not included, but John notes that there were "tons of wine and beer drinking." The group's age range was 55 to 70 years old.

Being an open and affable man, John took pleasure along the way in blogging about his experiences at jmurtaughblog.wordpress.com. His posted photos and stories reveal a range of incidents, including three flat tires, crossing a desert and, being cold, hungry, drenched and alone on a deserted country

road in the middle of nowhere, Mississippi, battling 50 to 60 mph winds during a lightning storm.

Tour leaders accompanied the group in a van where each participant could stow two pieces of luggage. The leaders shopped for food but the participants, on a rotating basis, prepared dinner each night on a large fold-up stove fueled by propane. If a participant was unable to ride for any reason, the van was available for their transport as well. John never required this service. In fact, he never fell or got a sunburn with protection from sunscreen, leggings, a hat under his helmet, full gloves and a long-sleeved shirt, all worn daily.

As a patent attorney, John received the support of his colleagues at the office who pitched in to cover necessary filings, but each night, he spent several hours handling his cases and delegating what he couldn't address from a distance. When all the other riders went to bed at 8:00 pm, John was awake until as late as 11:00 pm, working on his laptop to manage his work responsibilities and blogging. Wake up time was about 6:00 am and biking began at 7:00 and went until about 2:00 or 3:00 pm, when they arrived at camp and took showers. Electrical power was usually available at the grounds, and there were only four days when he lacked an internet connection.

John describes himself as one of the less experienced group members, despite being a regular weekend rider for the past 15 years, and one who participated in many 80-mile and 100-mile tours ("and not breaking a sweat"). His habit is to check the Ohio cycling calendar (ohiocycling.info) to pick a tour for the coming weekend.

"A good day is getting up at 4:00 am, arriving at an event like

one of my favorites in Toledo, riding from 7:00-3:00, then returning home by 6:00 pm."

But with the cross-country ride, John says he wanted to take his game to the next level, which meant, in part, allowing others to tell him what to do. However, when he consulted with participants on how and when to clean his bicycle chain, he received "five different answers from five different people." He settled for cleaning once every three weeks. He also learned the term "bonus miles," which are the extra miles endured when one becomes lost. This possibility was mitigated by "map meetings" each night to discuss route issues for the next day. Overall, the journey's first half, between California and Texas was hilly, particularly in New Mexico's mountains; it then flattened out between Texas and Florida. And the ride continued, rain or shine.

Essentially, cyclists abided by only three trip rules: no drafting (riding directly behind another rider to minimize wind resistance, something considered dangerous on this type of ride), and helmets and 12 inch red/yellow safety triangles that had to be worn at all times. John notes that it's not unusual for participants to gain weight on this type of trip because they "eat like crazy," but he actually lost four pounds.

To train for this challenge, John "worked out like a maniac." Starting in October, he set up his bike inside his house on a roller stand and rode for two hours daily while watching TV. He also trained with weights.

"I was in great shape physically," he says. He also admits to wanting to do this trip only once.

The trek had many highlights, among them the hot springs in Arizona. "Clothing was required in three pools and not in a fourth



– I tried them all,” he reports. The three clothing pools had different temperatures – scorching, medium hot and warm.

But the ultimate high point was diving into the Atlantic Ocean at the end of the trip.

“It was a life-changing experience,” he says. “Until then, I had tunnel vision: work, work, work. Afterward, I said, ‘Jeez John, there’s fun stuff out there.’” Now he considers himself more energized and ready to achieve his other ambitions. One of them is to hike the Appalachian Trail from Georgia to Maine, a 2,100-mile adventure, demanding about three to four months’ time.

He is also interested in triathlons and has already competed in two this summer. In the most recent one, out of 160 participants, he placed 57th overall

and 2nd in his age group out of eight competitors.

John’s wife, Elaine, was extremely supportive of his coast-to-coast adventure. She says she was confident that he would complete it, “unless he was in a body cast.” And she even welcomes her self-described thrill-seeker husband’s next big challenge.

It was a life changing experience. Until then, I had tunnel vision: work, work, work. Afterward, I said, “Jeez John, there’s fun stuff out there.”

Barbara Bellin Janovitz

FOR COUNCIL

“As a councilperson, I will be committed to working for you. Together, we will ensure Beachwood’s future as the best place to live, work and play.”



Paid for by Barbara Bellin Janovitz for Council
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24950 Chagrin Boulevard, Beachwood, Ohio 44122
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A River Runs Through It Martin Kessler, Conductor

Sunday, Oct. 4 • 3:30 pm

The Suburban Symphony Orchestra kicks off its 61st season with this light, theme-based program featuring the works of Nelson, Grofé, and ending with Robert Schumann's "Rhenish" Symphony. Come join the Suburban Symphony in its opening concert of the 2015/16 season. This concert, free and open to the public, will take place at Conway Hall, University School Shaker Campus, 20701 Brantley Rd. in Shaker Heights. Doors open at 3:00 pm.

An Afternoon of Klezmer and Gypsy Music

The Fairmount Temple Adult Cultural Arts Series invites the community to attend "An Afternoon of Klezmer and Gypsy Music" on Sunday, Oct. 11.

Come and enjoy a delightful, memorable and fun evening with Steve Greenman and Walt Mahovlich.



Greenman is recognized as one of the finest practitioners, composers and teachers of traditional East European Jewish klezmer violin music in the world today. He has been a guest soloist with the Cleveland Pops Orchestra, the Canton Symphony and the Akron Symphony, and has performed internationally with notable klezmer ensembles. He has produced two recordings document-

ing his original Jewish and klezmer compositions with Stempenyu's Dream and Stempenyu's Neshome.

Walt Mahovlich is founder of Harmonia, an ensemble that performs music from the heart of Europe. He has played extensively at traditional events for East European immigrant communities throughout the United States and Canada as well as in frequent concert tours of Europe.

Enjoy drinks and appetizers in the foyer at 4:15 pm, followed at 5:00 pm by the musical performance in Weinberg Hall. A delicious dinner will be served at 6:15 pm after the program. To register or for more information, call Susan Namen at 216.464.0607. Cultural Arts Series co-chairs are Bernice and Lloyd Goldman, Joan and Mort Rogoff, and Ilene and Allan Schwartz.



Dave Cunix
216.292.8700

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A message from
Executive Director Cindy Caldwell

Beachwood Chamber Business-2-Business Show September 9, 2015

The Beachwood Chamber of Commerce 2015 Business-2-Business Show is scheduled for Wednesday, September 9th from 3-6:30 p.m. at the DoubleTree - Beachwood, 3663 Park East Drive near I-271. Admission is free to business visitors with a business card and provides an opportunity to interact with diverse exhibitors in and around Beachwood.

The exhibitor categories range from financial services, food and beverage and education to technology, productivity, lifestyle, health and wellness, and much more. A special feature of the B2B show is the Connections Café, where visitors can interact one-on-one with vendors during the show. The Cleveland Clinic will also be providing valuable, free health screenings to participants.

Again this year, the show will host samplings from a number

of the area's best restaurants and caterers, providing a change of pace from information gathering and networking.

We are excited about the return of Dollar Bank as the premier sponsor for this year's B2B show. This year's media sponsor is *Inside Business Magazine* and technology sponsor is TechnologyXperts. Gold Sponsors are Anthem, Cleveland Clinic, and Visible Innovations. Silver Sponsors are *Beachwood Buzz*, Beachwood Convention and Visitors Bureau, Discovery Photo, Dynamics Online, Huntington Bank, Lavish Color Salon, Levery Insurance, Meyers, Roman, Friedberg & Lewis, Payscape Advisors and PNC Bank.

For additional information, visit the Chamber website, www.Beachwood.org or phone 216.831.0003.

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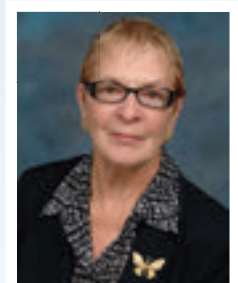
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Food, Fun, & Fashion Week

October 1st–4th
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how to RSVP & available
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& Visitors Bureau at
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VisitBeachwoodOhio.com

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October

A Stitch in Time: The Cleveland Garment Industry at the Beachwood Library

New England Seafood Clambake at Giovanni's

1st

The Art of Tequila at Tres Potrillos

Stay-Proof Travel Makeup Tips at The Powder Room-Makeup Oasis & Boutique

Welser-Möst Conducts Mahler's Third Symphony with The Cleveland Orchestra

Stay-Proof Travel Makeup Tips at The Powder Room-Makeup Oasis & Boutique

Outdoor Adventure Hike, Picnic & Wine Tasting with NatureVation & Hotel Indigo

2nd

New England Seafood Clambake at Giovanni's

British Beer Dinner at The Pub

Welser-Möst Conducts Mahler's Third Symphony with The Cleveland Orchestra

Hale Farm & Village 5K at Hale Farm & Village

Hale Farm & Village Harvest Festival at Hale Farm & Village

Outdoor Adventure Hike, Picnic & Tea Tasting with NatureVation

Stay-Proof Travel Makeup Tips at The Powder Room-Makeup Oasis & Boutique

3rd

Live Dancing Performance & Violins of Hope at the Maltz Museum of Jewish Heritage

In Grand Style: Fashions of the 1870s through the 1920s at Western Reserve Historical Society

Mead Wine & Honey Appetizers Tasting at Valenti's Ristorante

Follow the Bourbon Trail at Cedar Creek Grille

A Night of Mystery & Murder at Maggiano's Little Italy

A Gala Evening with Reneè Fleming with The Cleveland Orchestra

Bagels, Birding & Historical Bites: Beachwood Historical Society at Beachwood City Park Pavilion

4th

Hale Farm & Village Harvest Festival at Hale Farm & Village

Feel the Breeze at Bahama Breeze

Special Author Event with Jill Bialosky at the Beachwood Library

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MERLE S. GORDEN



216.292.1901

FRED GOODMAN
 PRESIDENT



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216.360.0330

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216.630.9671

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SPECIAL SALUTE TO OUR 50-YEAR RESIDENTS

Beachwood's final 100 Minutes of Music Summer Concert played to over 300 people.

Prior to listening to the music of Sincerely Sinatra with Vince Mastro, Joe Hunter Quartet and Ernie Krivda, Senator Kenny Yuko presented Mayor Merle S. Gorden with a proclamation honoring our City on its Centennial.

Mayor Gorden recognized 17 50-year residents, presenting them with an official city blanket and framed certificate.



Seated left to right: Stanley and Sandra Bennett, Rosalyn Brooker, Shirley Oppenheim, Norma Barron and Marion Singer. Standing left to right: Council Member Martin Horwitz, Morris L. Finney Jr., Sidney and Esther Stafman, Barbara Caplin, Audrey Caplin Belleli, Bob and Joyce Young, Mayor Merle Gorden, Council Members Alec Isaacson and Mel Jacobs, Judy Kossoff and Senator Kenny Yuko.

City Contact Information

CITY OF BEACHWOOD
 25325 Fairmount Boulevard
 Beachwood, Ohio 44122
 216.464.1070
www.beachwoodohio.com



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WHEN YOU'RE IN *Beachwood*, YOU HAVE ARRIVED!

CITY RECEIVES TOP BOND RATINGS

In early August, the City of Beachwood issued \$5,315,000 in bonds to pay for the construction of Eaton Boulevard. These special assessments bonds will be paid by proceeds from property owners along Eaton Boulevard. As part of the sale process, the City had the bond issue rated by both Moody's Investors Services and Fitch, Inc. and received the highest ratings possible – Aaa, and AAA respectively. Based on these ratings, the City is able to obtain the lowest rate possible when issuing debt. The current 20-year bond issue had a net interest rate of 2.82%.

MEET BEACHWOOD'S NEWEST POLICE OFFICER

Michael Nogalo, a recent graduate of the Cleveland Hts. Police Academy, was recently sworn in as Beachwood's newest police officer. Nogalo has worked as a military contractor in the classified intelligence field and has had numerous tours of duty overseas in the Balkans and the Middle East.



JUMP BACK JOG

5K Run / 2K Walk

SUNDAY, OCTOBER 18

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

DID YOU KNOW?

You are able to listen to the audio recording of Council meetings at beachwoodohio.com

PERSONAL SHRED DAY

ALONG WITH

HABITAT FOR HUMANITY RESTORE DROP-OFF

SUNDAY, SEPTEMBER 27

9 A.M. – NOON

BEACHWOOD COMMUNITY CENTER PARKING LOT



Beachwood residents can have up to 12 blue grocery bags or 6 banker boxes shredded on site for free. Proof of residency required. Rain or shine.



HABITAT FOR HUMANITY

Donate to Habitat for Humanity with usable household items and construction/rehab materials. Accepted items include furniture, appliances (stoves, dishwashers, washer/dryers), sinks, toilets, vanities, counter tops, tile, tools of all kinds, landscape materials, doors, electrical fixtures, plumbing materials, wood (6 – 8 ft), bricks/blocks, tables/chairs, kitchen cabinets, etc. Items must be complete, clean and usable. A tax receipt is available. Pick-up arrangements can be made for larger items by calling 216.429.3631.

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, September 8 & 21, October 5. 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, September 24. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, September 8 & 21, October 5. Questions? Please call 216.292.1914.

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216.292.1901

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216.292.1922

BEACHWOOD WELCOMES WHITNEY M. CROOK

We are very excited to have Whitney join our legal team. Whitney is a U.S. Navy veteran where she served as non-commissioned officer, paralegal for the Navy JAG Corps. Whitney worked in private practice as a paralegal before coming to Beachwood. She is married to Stephen and is the mother of two boys, Sean and Aden. Whitney was born and raised in Arkansas, was stationed in Virginia and is now a resident of Lake County.



Art Exhibits

PEOPLE, PLACE, THINGS & MORE



Beachwood Community Center Art Gallery

September 10 – October 1

Reception – Sunday, Sept. 13, 11:00 – 12:30 p.m.

Mixed media exhibit featuring Tina Elkins, Azadeh Hussaini, Mike Ormiston & Pam Spremulli

MONDAY – FRIDAY • 9 AM – 4 PM

SATURDAY • 10 AM – 3 PM SUNDAY • 10 AM – 1 PM

RESIDENT ART SHOW

NOVEMBER 25 – DECEMBER 17

BEACHWOOD COMMUNITY CENTER

We are seeking quality artwork by residents who are non-professional artists. Works must be framed, wired and ready for installation/display. Call 216.292.1911 before October 15.

WWW.BEACHWOODOHIO.COM

Council Update

MEET THE ARTIST: PETER MAX

SATURDAY, OCTOBER 24TH • 6:00 – 9:00 PM

SUNDAY, OCTOBER 25TH • 1:00 – 4:00 PM



Preview Party: Friday, October 16 • 7:00 – 9:00 pm

Previews begin Saturday, October 17.

Recent works will be available for acquisition

Presented by Road Show Company

RSVP required: 844-832-8800 or rsvp@roadshowcompany.com



**Join us in celebrating the
City of Beachwood Centennial
with Peter Max**

City of Beachwood
1915-2015

Road Show Company
Beachwood Community Center
25325 Fairmount Blvd, Beachwood, Ohio

**Meet The Artist
PETER MAX**

Saturday, October 24th • 6–9pm
Sunday, October 25th • 1–4pm
RSVP required: 844-832-8800 or
rsvp@roadshowcompany.com

**Exhibition Show Dates
October 16–25**

Join Us For A Preview Party
Friday, October 16th • 7–9pm

Exhibition Times
Sat, Oct 17, 10am–6pm • Sun, Oct 18, 12–5pm
Mon, Oct 19 through Fri, Oct 23, 10am–6pm
Sat, Oct 24, 10am–9pm • Sun, Oct 25, 12–5pm

© Peter Max 2015

FAMILY FUN DAY

SUNDAY, SEPTEMBER 6

1:00 – 5:00 P.M.

BEACHWOOD FAMILY AQUATIC
CENTER PARKING LOT

Parking at Beachwood High School
(FREE SHUTTLE SERVICE)

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Caricatures, Clowns, Zip Line, Face
Painting, Petting Zoo, Music & More!

BEACHWOOD RECREATION COMMUNITY
THEATER ANNOUNCES

WIZARD OF OZ AUDITIONS

SEPTEMBER 8 • GRADES 3 – 5

7 p.m. at Beachwood Community Center

SEPTEMBER 9 • GRADES 6 – 12

SEPTEMBER 10 • ADULTS & CALL BACKS

7 p.m. at Beachwood Middle School

QUESTIONS? Call 216.292.1970
Monologues at www.beachwoodohio.com

RESIDENT HAZARDOUS WASTE ROUND-UP

Dispose of unwanted oil-based paint, pesticides
and other household hazardous wastes
(no materials from a commercial source).

SEPTEMBER 7 – 12, 2015

7:30 A.M. – 3:30 P.M.

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SUNDAY, SEPTEMBER 20
12:00 NOON – 3:00 P.M.
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- Paint thinner, mineral spirits, turpentine
- Pesticides, herbicides, fungicides
- Caustic household cleaners
- Automotive fluids, motor oil, car batteries
- Adhesives, roof tar, driveway sealer
- Kerosene, gasoline, lighter fluid
- Mercury, fluorescent bulbs

MATERIALS NOT ACCEPTED

- Latex paint
- Explosives, gun powder, ammunition, flares
- Medical waste, pharmaceuticals, sharps
- Radioactive waste (i.e. smoke detectors)



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No Yard Signs!

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The organizations that will share in this donation are:

Beachwood Community PTO
Beachwood Schools Foundation
Friends of the Beachwood Orchestra
Beachwood Athletic Boosters
Beachwood Band Parent Association
Diversity Matters in Beachwood



Re-Elect Joshua Mintz for Beachwood Board of Education

JMintz4Beachwood@gmail.com

Paid for by the Committee to Elect Joshua Mintz, June E. Taylor, Treasurer
11470 Euclid Ave. #280, Cleveland, OH 44106

Anita Diamant Keynotes National Council of Jewish Women's Opening Program September 30

World-renowned author of *The Red Tent*, *The Boston Girl*, others

Anita Diamant, world-renowned author and former journalist, brings her charm, respected literary voice and love of Judaism to Cleveland on Wednesday, Sept. 30, as the keynote speaker of National Council of Jewish Women/Cleveland's (NCJW/Cleveland) Opening Meeting. The program, "Weaving Our Stories Together: An Afternoon with Anita Diamant," takes place at 1:00 pm at Anshe Chesed Fairmount Temple, 23737 Fairmount Boulevard, Beachwood. Cost is \$25, which includes a dessert reception.

Prior to Diamant's keynote address, a luncheon will be held at 11 a.m. at Fairmount Temple where the author will offer personal anecdotes and stories. The luncheon costs \$75 for patrons and \$125 for benefactors.

Diamant, a graduate of Washington University in comparative

literature with a Master's degree in American literature from Binghamton University, published her first work of fiction, *The Red Tent*, in 1977. Inspired by a few lines from Genesis, it tells the story of Jacob and Leah's only daughter, and became a world-wide best seller, award-winner and TV miniseries.

Her subsequent novels include *Good Harbor*, a contemporary story about women's friendships, a breast cancer diagnosis and a floundering marriage; *The Last Days of Dogtown*, describing poor, rural, small-town life in the early 1800s on Cape Ann; and *Day After Night*, the story of women who lived through the Holocaust and await the future in a British internment camp in pre-Israeli Palestine. Her newest work of fiction, *The Boston Girl*, explores the

generational and immigrant gap between parents and children in the first decades of the 1900s.

Born in Brooklyn and raised in Newark and Denver, Diamant began her career in Boston writing for local publications and for national media on a wide range of subjects, such as prominent people, medical ethics and politics. She also wrote five guidebooks on Jewish living, from *How to Raise a Jewish Child*, to *Saying Kaddish: How to Comfort the Dying, Bury the Dead and Mourn as a Jew*.

She is the founding president of Mayyim Hayyim, Living Waters Community Mikveh and Education Center in Newton Massachusetts — a reinvention of the ancient Jewish tradition of mikveh, ritual immer-



sion in water.

Susan Ringel and Laura Halpert are co-chairs for the program. For more information, visit www.ncjwcleveland.org. To register, call

216.378.2204.

Anita Diamant, world-renowned author and former journalist, brings her charm, respected literary voice and love of Judaism to Cleveland on Wednesday, Sept. 30, as the keynote speaker of National Council of Jewish Women/Cleveland's (NCJW/Cleveland) Opening Meeting.

As a 50-year Beachwood resident, attorney and local business owner, and BHS alumnus ('71), I have served our city as an elected official for 20 years and built a reputation as a **leader, innovator, reformer** and **civic booster**. In seeking a second term on Beachwood City Council, my goals are to:

- Make Beachwood the leader in livability, workability and sustainability.
- Prevent future tax increases.
- Support aggressive and balanced economic development.
- Deliver superior, cost-effective city services.
- Increase government accountability and transparency.

I want Beachwood to be an outstanding place to raise your family and grow your business. I want us to be a national leader in best practices and ethical governance. Simply stated, I want Beachwood to be the best. If you share these values, please support my campaign for re-election to Beachwood City Council.

www.HorwitzforBeachwood.com • [horwitzforbeachwood](https://www.facebook.com/horwitzforbeachwood) • VOTE NOVEMBER 3, 2015

Paid for by Committee to Re-Elect Martin S. Horwitz, David B. Ostro, Treasurer

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Health & Wellness

Your one-source guide to Health & Wellness, In and Around Beachwood

Chagrin Highlands Dental Group • Dr. Doug Desatnik

About Dental Implants

Dental implants, used to replace missing teeth, have a number of distinct advantages over traditional dentures. In addition to providing replacement teeth that function, feel and look like your natural teeth, dental implants are considered a permanent restoration. Our patients have found that dental implants allow them to speak and chew with confidence and ease while also providing a beautiful smile.



or cleaning. Since dental implants become a permanent part of your mouth, you should not experience the slipping that can occur with dentures and you will never have to deal with messy adhesives.

The first step to permanent tooth replacement with dental implants involves the surgical implantation of the titanium post under the gum and into the jawbone. Over the course of the healing process, the titanium post should actually fuse with the jawbone. This usually takes a few months to complete; however, a temporary crown can be placed on the implant during this time. Once fusion has taken place, Dr. Desatnik will then affix a customized crown that is designed to match and blend with the rest of your teeth. At this point, the procedure is complete

and you can clean and maintain your dental implant just as you would your natural teeth.

A certain degree of jawbone density is required to successfully receive a dental implant. However, men and women of all ages have benefited from dental implants and age is not a determining factor. A consultation with Dr. Desatnik will include an examination of your jaw and gums to determine if dental implants are the best form of tooth replacement for your individual circumstances. Dr. Doug Desatnik can be reached at 216.464.9800.

Dental implants are composed of a titanium post that mimics the root of a natural tooth and a custom-made crown that is crafted to match the color of your existing teeth for a seamless appearance. These replacement teeth are designed to act exactly as your other teeth – they can be brushed, flossed, and require no special care



Chagrin Natural Health Clinic – Natural Solutions to Heal What Ails You

When going in for medical care, where do you turn? Many people go to a traditional doctor to heal what ails them; but in today's world, we have options.

Dr. John St John, a chiropractor with extensive post-graduate training in clinical nutrition who teaches advanced clinical nutrition to healthcare practitioners nationwide, says the body has all of the tools necessary to maintain strength and function, but it's our job to recognize and provide our body with these tools to maintain good health.

Chagrin Natural Health Clinic offers an effective, drug-free approach to handling most health issues. For more than 14 years, Dr. St. John has been effectively helping people with pain management and weight loss; as well as helping them increase energy levels and find relief for headaches, allergies, digestive issues, hot flashes and more.

Dr. St. John's nutritional practice revolves

around Nutrition Response Testing, which he describes as a unique method of determining an individual's nutritional deficiencies and which specific organs are under-functioning because of food allergies, heavy-metal or chemical toxicity, and/or immune challenges. He can identify if various heavy metal or chemical toxins, food sensitivities, or nutritional deficiencies are causing the weakness. Finally, he can determine what whole-food supplements should be added to your diet and/or pinpoint dietary changes that will help you restore balance over time.

Through the use of whole food supplements and dietary recommendations, most health conditions can be addressed, including those previously mentioned.

"When coming in to see us, we take time to listen and explain what is causing the condition," Dr. St. John says. "Medicine often treats the symptoms. Our treatment methods address the cause. That's why so many health-conscious people



CHAGRIN
Natural Health
CLINIC

have benefited from our care."

He paused, then added, "There are natural solutions to many conditions, and we can help!"

For more information and to read testimonials about Chagrin Natural Health Clinic, please visit www.chagrinnaturalhealth.com or call 440.384.3099.

"Medicine often treats the symptoms. Our treatment methods address the cause. That's why so many health-conscious people have benefited from our care."

Hand & Stone Massage and Facial Spa

The Added Benefits of Massages and Facials - How a Local Franchise is Helping to Improve the Health of Cleveland

Area residents likely have noticed a lot of relaxed, serene-looking people coming out of a new business on Chagrin Boulevard in Woodmere.

Hand & Stone Massage and Facial Spa, which opened its doors at 27920 Chagrin Blvd., in April, is owned by local couple Tom and Pam Dittoe, who have always been interested in running their own business. Tom had worked in risk management for 23 years at FedEx Ground and Pam is a nurse and clinical manager.

The two opened their spa with the intent of bringing massage and facial services to the masses, but the underlying benefits of such services have become the real reason the brand has become so successful. The old school of thought was that spas were a place purely for pampering and relaxation, but there are a number of other benefits of spa treatments that many may not recognize at first.

We spoke with Tom to find out five additional benefits that come with taking some time to treat yourself:

- Spending a lot of time sitting

during the day can cause back problems. Massages not only help to improve your posture, but they also can help to realign the spine, offsetting the discomfort you put on your body throughout the day.

- Massages also can increase joint flexibility, which can be particularly useful for people with arthritis. After a massage, there have been noticeable differences among many in muscle movement and a decrease in pain.

- Many customers have reported being able to sleep better. Some customers who suffer from insomnia have found that the night after they get a massage, they are able to sleep more soundly throughout the night because of tension and stress relief.

- Facials help correct imperfections by helping skin look softer and more youthful, but there are a number of facial treatment options that target specific issues. For example, some treatments help to increase elasticity and others help to improve the appearance of acne scars, wrinkles and sun spots.

- Massages and facials can increase circulation. With mas-

sages, the rubbing motion often brings blood flow back into parts of the body that aren't normally worked with daily activity. Facial treatments help increase the flow of oxygen, which can help to develop new skin cells and repair those that are damaged.

Hand & Stone Massage and Facial Spas is one of the fastest-growing spa franchises in the country; there are already four spas in Ohio with aggressive growth plans for the state. Todd Leff, president and CEO of the brand, says the company's emphasis on quality customer service, combined with a full menu of healthy lifestyle options for massage and facials at an affordable, month-to-month price, has positioned the brand for continued growth.

While the typical massage client used to have to track down a freelance massage therapist, schedule an appointment days in advance and pay more than \$100 for a one-hour treatment, many Hand & Stone clients book their appointments on the same day as their service and pay 30 percent less than the traditional hourly rate.



Better yet, when they sign up for a one-session-per-month plan, they pay a discounted rate and receive a massage or facial each month. Despite instability in the economy, Hand & Stone in 2010 took its convenient model one step further by offering month-to-month memberships for customers.

To learn more about Hand & Stone, visit www.handandstone.com or call 216.839.2772. You can also visit their page on Facebook at Hand-Stone-Massage-and-Facial-Spa-Beachwood.



Diabetes Partnership of Cleveland –

Diabetes Never Takes A Break

Diabetes Partnership of Cleveland, located in Beachwood, is a local, independent non-profit agency that works to “ensure that Greater Clevelanders affected by diabetes have the support they need to live well with the disease.” All money raised remains here in Northeast Ohio.

There is no other community-based organization with a staff of certified diabetes educators, a registered nurse, a nutritionist and a social worker who provide services for people looking for immediate and long-term support for managing this chronic disease in the total sense, outside their medical home.

Programs and services include: diabetes self-management classes, medical nutrition therapy, support groups, telephone consultations, patient assistance programs, referrals and consultations, free literature, a patient assistance program for emergency supplies such as a 30-day supply of insulin, glucose meters, lancets and strips, and Camp Ho Mita Koda for children and teens with diabetes. Located in Newbury, the camp is also available for rental to groups!

For information about any of our programs or events, please call 216.591.0800 or visit www.diabetespartnership.org.



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The Diploma of Massage Therapy program at The Gibbons School of Massage Therapy & Integrated Medicine provides students with instruction in anatomy, physiology, kinesiology, pathology, ethics, and business principles. Students will also learn the principles and applications of therapeutic massage, including soft tissue manipulation, client assessment, treatment planning, hydrotherapy, massage history, the physiological effects of massage and massage contraindications. Instruction concerning professional and legal issues that pertain to massage therapists will also be given. The curriculum is designed to include a lecture and lab component. Students who have met all the requirements of the program will be prepared to sit for the Federation of State Massage Therapy Boards Exam (MBLex), which is a necessary step to obtaining a license to practice therapeutic massage in the state of Ohio.

Financing assistance is available. Contact us at 216.364.0152 or www.thegibbons.com.



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Images of Wellness

by Jane P. Ehrman



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I look forward to helping you transform your challenges and live a fuller life. Sessions are available in-person; or via telephone, Skype or FaceTime for clients age six to adult, with stress-related conditions, performance anxiety (academic, sports and performing arts), preparing for surgery, pain relief, cancer and other life-threatening illness, and lifestyle/behavior change.

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Planet Fitness is one of the largest and fastest-growing franchisors and operators of fitness centers in the United States with memberships as low as \$10 per month.

Planet Fitness prides itself on providing a high-quality experience at an exceptional value and being home of the Judgement Free Zone®, where members experience a hassle-free, non-intimidating environment. Each club also features the brand's iconic “Lunk Alarm” – a purple and yellow siren on the wall used as a light-hearted, gentle reminder that grunting, dropping weights or judging others is not permitted.

Membership includes a variety of other benefits, including unlimited small group fitness instruction by a certified trainer through the pe @ pf® program. As a member appreciation gesture, Planet Fitness also provides free pizza on the first Monday of every month, and free bagels on the second Tuesday of every month while supplies last, as a reminder that it's okay to treat yourself every once in a while after a good workout.

The PF Black Card® membership, which is \$19.99 a month, includes additional amenities such as the ability to bring a guest every day at no additional charge and access to all 1,000 Planet Fitness locations, as well as access to massage beds and chairs, and tanning, among other benefits.

Additionally, Planet Fitness spotlights its members with “Planet of Triumphs,” an online community that celebrates all accomplishments and inspirational stories of Planet Fitness members. Planet of Triumphs provides an online platform for members to recognize their triumphs (big or small), share their stories and encourage others, reinforcing our belief that everyone belongs. Please visit PlanetOfTriumphs.com.

For information on Planet Fitness or to join your local club, visit www.PlanetFitness.com.



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What does it mean to be Certified by American Board of Pediatric Dentistry?

Not all pediatric dentists are certified by American Board of Pediatric Dentistry (ABPD). The ABPD certifies pediatric dentists based on standards of excellence that lead to high quality oral health care for infants, children, adolescents, and patients with special health care needs. Certification by the ABPD provides assurance to the public that a pediatric dentist has successfully completed accredited training and a voluntary two-part examination process designed to continually validate the knowledge, skills and experience requisite to the delivery of quality patient care.

A pediatric dentist certified by ABPD is also known as a Diplomate of American Board of Pediatric Dentistry.

Dr. Trista Onesti and her team have been selected by a vote of their peers to Cleveland's "Top Dentists" in the specialty of pediatric dentistry.



The Lu-Jean Feng Clinic

At The Feng Clinic, looking and feeling good begins on the inside and ends on the outside. Medical director, Dr. Lu-Jean Feng, is a highly experienced microvascular plastic and reconstructive surgeon who focuses on the whole person. She understands the aging process and the numerous changes that occur. Dr. Feng advocates that good nutrition and rigorous exercise are essential to optimal health and well-being. In addition, she implements many unique protocols for her surgery patients to help them heal faster and have less downtime.

For patients who are interested in losing or gaining weight, the Lifestyle Self-Improvement Program has been highly successful. Dr. Lu-Jean Feng's unique experience as a physician, surgeon, plant-based nutrition expert and Bio-Identical Hormone Replacement specialist lend itself to her role as a wellness coach for patients.

The three-month Lifestyle Program includes comprehensive lab work, FengFit™ plant-based cuisine weekly, personal training sessions, medical grade vitamins and supplements, and follow-up sessions with Dr. Feng to track your progress and provide feedback and guidance. A DEXA/DXA Scan is also performed by a Radiology Technologist for Dr. Feng's analysis. The results from this dual energy measurement will assess bone density, body fat composition and lean muscle mass.

Another factor that determines your health are hormones. As hormone production declines

with age in both men and women, the acceleration of the aging process begins. Significant changes in the body occur resulting in lower energy levels, weight gain, cognitive problems, difficulty sleeping, thinning of hair, skin and nails and loss of libido. These and many other symptoms of aging can be alleviated with bio-identical hormone replacement therapy (BHRT). According to extensive medical literature, BHRT can help to protect against many of the diseases associated with aging, including cancer, heart disease, osteoporosis, stroke and senility.

Comprehensive lab work is performed to provide Dr. Feng with a blueprint of what is going on inside your body. Once your hormones are prescribed, lab work will be repeated every six weeks to monitor your levels. Dr. Feng's goal is to optimize your levels to regain vitality and put you back to when you looked and felt your best.

About The Lu-Jean Feng Clinic:

The Lu-Jean Feng Clinic is a unique health and wellness clinic and private outpatient surgery center located in Pepper Pike. The founder and chief medical officer, Dr. Lu-Jean Feng, is board-certified and has more than 26 years of experience. She is also certified in advanced bio-identical hormone replacement therapy to complement her look-good and feel-good philosophy.



The Clinic's staff of 30+ includes skin care specialists, nurses, anesthesiologists, acupuncturist, massage therapists, personal fitness trainers, certified executive chef, hospitality personnel and administrative

staff. Dr. Feng is the sole surgeon in this state-of-the-art facility, and there are no electronic medical records, which greatly enhance patient privacy. All front desk staff and administrative personnel have been professionally trained according to the standards and philosophies followed by The Ritz Carlton Leadership Foundation.

Dr. Lu-Jean Feng's skin care department is one of the most experienced in the state of Ohio. Five licensed medical skin care specialists work very closely with Dr. Feng in assessing a variety of skin conditions. Whether it be dry or aged skin, acne, rosacea, pigmented lesions or simply a lack-luster appearance, we have many treatment options with proven results. Our VISIA Digital Skin Analysis system provides the basis for most treatment solutions. Very high resolution digital photos reveal the depth of wrinkles, uneven pigmentation, sun damage, pore size and bacteria level.

The Lu-Jean Feng Clinic is located at 31200 Pinetree Road, in Pepper Pike. For more information or to schedule an appointment, call 216.831.7007, visit www.fengclinic.com or email info@fengclinic.com.



Upcoming Programs at the Maltz Museum of Jewish Heritage

The community is invited to attend the following programs at the Maltz Museum of Jewish Heritage:

The Long Journey to Cleveland by Rudolf Ruder

Wednesday, Sept. 16, 7:00 pm
Free. Space is limited.



Call 216.593.0575 or visit maltzmuseum.org to register.

It is 1938 in Europe and two vastly different families, separated by a huge religious and cultural chasm, await their fates, one with renewed hope, the other with apprehension. Marile, a Catholic girl living with her family in Muhldorf, Germany presented Adolf Hitler with a bouquet of flowers, spent eight years in the Hitler Youth and miraculously survived an Allied bombing attack. Meanwhile Simon, a

successful Jewish tailor, was captured by the Gestapo, forced to make SS uniforms and sent to a concentration camps. Meet author Rudolf Ruder and hear him share the compelling story of his parents from very different worlds.

\$100,000 Stop the Hate®: Youth Speak Out Essay Contest Opens

Monday, Sept. 14, noon
Free. For more information or to enter, visit maltzmuseum.org/stop-the-hate.

Opportunities to make positive change in the world present themselves every day. Youth Speak Out celebrates students who seize those opportunities and commit to making a difference. By reflecting on a real-life situation and detailing ways to create a more accepting, inclusive community, grades 6-12 upstanders from Ashtabula, Cuyahoga, Gauga, Lake, Lorain, Mahoning,

Medina, Portage, Stark, Summit, Trumbull and Wayne counties just might win big.

Last chance to see Chasing Dreams: Baseball & Becoming American

Monday, Sept. 7, 11:00 am – 5:00 pm
\$12 adults; \$10 seniors (60+) and students (12+), \$5 youth (5-11), Maltz Museum Members and children under 5 (free)

Jackie Robinson. Roberto Clemente. Hank Greenberg. Justine Siegal. Some of baseball's greatest heroes did more than play the game—they changed it. This is your last chance to see the exhibition at the Maltz Museum of Jewish Heritage exploring how issues of culture, race and community have played out on the field. Chasing Dreams features a batting cage, virtual fielding experience and 145 artifacts including game-worn uniforms, park giveaways and other memorabilia. Call 216.593.0575 or

visit maltzmuseum.org "**On a Technicality**" – Screening and Q&A with the Cast and Director Wednesday, Sept. 2, 7:00 pm \$5; free Maltz Museum Members Seating is limited. Call 216.593.0575 or visit maltzmuseum.org to register.

Over weekly breakfast at a local deli, friendship is tested and confirmed in the funny, poignant tale straight out of Cleveland's east side. See the short film, based on a real story and filmed locally at Jack's Deli, and stay for a behind-the-scenes look at the rewards, challenges and drama of making a movie with actor/writer/producer Jeff Grover, director of cinematography/producer Steven Hacker and members of the cast. They'll also give the audience a sneak peek of their newest, baseball-focused short film, "Between the Lines."

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Beachwood Ninth-Grade Student Earns Invitation to Compete at AAU Junior Olympic Team Trials

Michael Schmidt, a 14-year-old, ninth-grade student at Beachwood High School, started taking taekwondo when he was six years old, at Asian Sun Martial Arts School in Beachwood, and has earned his third-degree black belt.

Schmidt now trains at Asian Sun's main campus in Hudson, under the watchful eye of Grand Master Andrachik.

Schmidt has competitively sparred in taekwondo for the last three years, winning medals in several states including California, Indiana, Florida, Michigan and

Ohio; and recently competed in the AAU (Amateur Athletic Union) National Championships held in Ft. Lauderdale, Florida, a five-day competition that attracted more than 3,000 competitors from all over the country, where he placed third in the black belt Cadet Division.

Schmidt's success at the AAU National Championships has earned him an invitation to compete at the AAU Junior Olympic Team Trials being held in Ft. Lauderdale, Sept. 11-13, 2015. The selected competitor in each division will represent the United

States in taekwondo competitions throughout the world.

Schmidt has learned many important lessons throughout his taekwondo training, including dedication, persistence, and balance, lessons that have served him well in his academic career at Beachwood Middle School. As a Spinney Award winner and finishing his middle school career with straight A's, Michael has demonstrated the balance required between athletics and academics to become an outstanding student-athlete.



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Programs at The Gathering Place

The Gathering Place is a caring community that supports, educates and empowers individuals and families touched by cancer through programs and services provided free of charge. The programs and services offered provide education, information and support, and help manage the stress of a cancer diagnosis. The Gathering Place has two locations in Beachwood and one in Westlake. Below is a listing of upcoming programs at The Gathering Place located at 23300 Commerce Park in Beachwood. All programs require advance registration by calling 216.595.9546. For more information, visit www.touchedbycancer.org.

KidShop/TeenShop • Mondays, Sept. 14 and 28, 6:30-8:00 pm

This workshop is for children and teens who have an adult family member with cancer. Utilizing art, play and discussion, children and their parents interact with families in similar situations.

Zumba • Monday, Sept. 14, 10:00-11:00 am

For those diagnosed with cancer or supporting a loved one with cancer. Move at your own pace while dancing to Latin rhythms in a fun and supportive environment. A great way to combine cardio, build strength, improve balance and flexibility, and maximize energy level. Wear comfortable athletic shoes.

Survivorship Support Group • Wednesday, Sept. 23, 1:30-3:00 pm and/or Thursday, Oct. 8, 6:30-8:00 pm

A group for individuals who have completed cancer treatment.

Save the Date –

Raise Your Hands for Milestones Autism Resources December 5

Milestones Autism Resources, a nonprofit dedicated to educating, coaching, and connecting Northeast Ohio family members and professionals affected by autism, announces its annual benefit “Raise Your Hands for Milestones” on Saturday, Dec. 5, at 7:00 pm, at Cleveland Marriott East on Harvard Road. Proceeds from the event directly support local families impacted by autism.

This year, Milestones will honor (pictured from top) Joyce Goldberg Fromson, Andrea Kanter Grodin and Donna Yanowitz, whose ongoing support and dedication to the greater community has been instrumental in helping Milestones improve local autism resources.

“I support Milestones because Milestones gives parents the resources they need right here in Cleveland,” said Fromson. “When people are caught in this web of autism, they can come here for help on what to do.”

Honorary chairs are Allison and Tom Frazier, Cathy and Larry Goldberg, Kyla and Mitchell Schneider, Barbara and Jon Shane, Margaret and Larry Singerman, Judy and Steve Willensky, and Dara and Alan Yanowitz.

For tickets, sponsorship or advertising opportunities, please contact Lauren Daughtrey at 216.464.7600, ext. 110, or lauren@milestones.org.





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NCJW/Cleveland Re-Stocks and Re-Opens Warner Girls Leadership Academy's Library with a "Page Turning" to "Next Chapter"

First school to benefit from NCJW's Building Bridges with Books Initiative

NCJW/Cleveland's Partners in Literacy programs have been very successful in increasing student literacy, love of reading and appreciation of books. But it became apparent to NCJW volunteers that some of these schools were in need of books, so Building Bridges with Books was born.

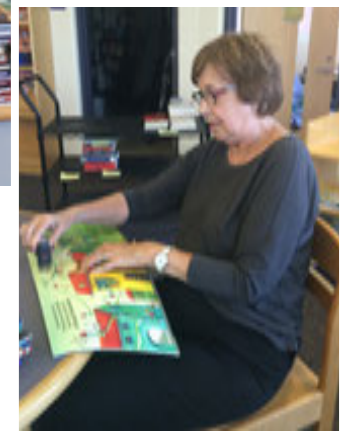
Building Bridges with Books is a project to process, stock and shelve books for Cleveland Public Schools in need of assistance to make their libraries of greatest use to students and teachers. It is the fifth project in NCJW's Partners in Literacy initiative.

On August 14, NCJW celebrated its first endeavor with a page-turning ceremony, an alternative to a ribbon cutting, at the Warner School library. To preview the facility, about 400 students, teachers and families were in attendance.

Warner was selected as the pilot library to re-stock because of the welcoming and open attitude of administration and the beautiful library facility already in place. To date, NCJW volunteers donated more than 1,000 new and gently-used books and spent more than 310 hours processing, cataloging and shelving books.

Books for school-age children are welcome! If you would like to donate new or gently-used books, please drop them off at the NCJW office at 26055 Emery Road, Warrensville Heights, Ohio 44128. For more information, call 216.378.2204.

Pictured from left: Betty Kohn, Rory Margulies, Ellen Pollack, Linda Barnett (NCJW president) Ellen Leavitt (Building Bridges with Books chair, retired librarian), Rita Langer, and Debbie Joseph (NCJW vice presi-



dent, Community Services). (Right): Rita Langer spent part of her summer processing donated books for the reopening of the Warner Girls' Leadership academy library.

Josh's Play Station Dedicated in Josh Stone's Memory

Josh Stone, Beachwood High School graduate (Class of '05), passed away in his sleep on March 5, 2013, two days after his 27th birthday, in Barcelona, Spain. Josh had been teaching 4th grade at the Benjamin Franklin International School in Barcelona. As one who had always loved children, he volunteered at Beachwood's Safety Town, worked at Anisfield and Park Day Camps, and student-taught in 2nd grade at Hawken School.

Stone's family wanted to honor his memory by dedicating something permanent to Shaarey Tikvah, the family's congregation, that would represent his love for children and be used by the synagogue's youngest members for many years to come.

The idea of a playground was

a perfect fit. "This was all made possible by the many donations that came pouring in after his death, and by the Josh Stone Game Day, an annual fundraising event held at Progressive Field, established by the synagogue's Men's Club to help support the playground," Josh's mom, Roz Stone, told us.

The playground, Josh's Play Station, was built by more than 60 volunteers – synagogue members, families and friends; between the ages of 3 and 92 – on a very warm, sunny Sunday several weeks ago. The name was chosen because Stone loved video games and owned a Play-Station himself.

A ribbon-cutting ceremony took place on Sunday, Aug. 9. to dedicate Josh's Play Station.



Pictured: Roz, Rebecca and Pete Stone, Josh's parents and sister, along with children, young and old, enjoying Josh's Play Station at its dedication event.

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Mindy Greenstein, PhD

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For more information, call 216-595-9546 or visit www.touchedbycancer.org/warehouse.



Eat, Drink and be Dazzled by the New Italian Piazza

Go ahead. Do a double take. Yes, that is an Italian Piazza in the middle of a senior living and healthcare campus. It's been a very pleasant and thrilling surprise for campus visitors, family and residents. It's not part of the usual scenery of a nursing home campus, but things are different at Menorah Park. In response to research and boomer forecasting, Menorah Park Center for Senior Living is continually forging new trails and changing the concept and expectations of what a senior campus should offer. The ribbon cutting was held July 30th, since which time the Piazza has been enjoyed thoroughly.

Menorah Park's nursing home area had a large outdoor park and garden area that was not often used due to the ever-unpredictable weather. According to Menorah Park CEO Steven Raichilson, "We constructed a roof over this area and turned it into a glamorous 4,000-square-foot indoor Italian Piazza as a new go-to destination for the entire campus."

Design elements of the Piazza include decorative sconces and special lighting that simulate a blue-skies effect even on gray days. Raichilson added, "We're proud to offer such a wonderful addition to our nursing home, enabling even those with extreme mobility restrictions to enjoy a taste of Italy." No passport required.

With Italian columns and arch-

ways, lush plant life, a fountain, Italian artwork, and the beautiful walkway that leads to the Piazza, one gets the sense of entering a new experience, right down to the vintage Vespa that enhances the virtual feeling of being in Italy. The Piazza also features a wine bar designed after those in Italy. Families and residents can enjoy wine-tasting opportunities with a diverse wine selection and delicious hors d'oeuvres. Italian dessert delicacies and, of course, Gelato make the experience complete.

A weekly playbill announces daily entertainment from 1:30 – 2:30 pm, except Mondays. The Piazza books friendly, intimate coffee-shop style routine acts, including folk singers, comedians, musicians and more. Wine, small plates and gelato are served Sunday through Friday 1:30 - 4:00 pm. Wine is complimentary, and food is available for a small charge.

For evening enjoyment, movies are shown.

At the ribbon-cutting ceremony, Raichilson stated, "This Piazza is another example of what we call person-centered care. As the current generation of older adults comes our way, we adjust our offerings to respond to their desires and expectations."

Thanks to a lead gift from Tom and Sandy Sullivan, the Sallie and Robert D. Deitz Piazza, named in memory of Sallie and in honor of Robert, is the newest facility on

the 42 acre Menorah Park senior living and healthcare campus.

In recognition of this day, Mayor Merle S. Gorden and City Council proclaimed Thursday, July 30, 2015 as "Menorah Park – Sallie and Robert D. Deitz Piazza Day" in the City of Beachwood.

Raichilson stated, "This Piazza is another example of what we call person-centered care. As the current generation of older adults comes our way, we adjust our offerings to respond to their desires and expectations."



Pictured from top: Denny DeSapri serenades Menorah Park volunteers Goldie Ermine and Pinky Levy.

Menorah Park Foundation Director Joel Fox looks on as Beachwood Councilman Mel Jacobs presents a City Proclamation to Robert Deitz.

Cutting the ribbon, from left, are Deedee Welc and Joie Daniels, daughters of Robert Deitz; Robert Deitz; and Sandy and Tom Sullivan.



Four Seasons Announces Completion of Four Seasons 4

Final phase of \$16 million project adds new units and expanded amenities

Four Seasons, Beachwood's upscale, gated apartment community, recently announced the completion of Four Seasons 4, offering 141 customized one-, two- and three-bedroom suites.

"Four Seasons 4 is a response to discerning consumers who seek unmatched amenities, luxurious surroundings and resort-style living," said Jordan Goldberg, co-principal of project developer Goldberg Companies, Inc. "We're proud of the completed project and look forward to offering new residents – whether families, busy professionals or empty nesters – an experience synonymous with the Four Seasons brand."

Last year, the heated pool was renovated into a zero-entry pool and enhanced with an expansive trellis and cabanas. The area adjacent to the pool and tennis court was reimagined into a green space complete with gazebo, fire pit with lounge, serenity stone fountain, outdoor kitchen, bar and dining terrace.

Located behind Four Seasons 4 is a new courtyard, with an immense waterscape as its centerpiece, designed to allow residents to relax and entertain. The deck

overlooking the waterscape is complete with lounge chairs, fire pit and outdoor dining terrace with bar and kitchen. A promenade encircling the waterscape offers the ideal location to walk dogs. Still in development is a lush living wall that will span 50 feet, and the addition of fish to the pond in the courtyard.

Four Seasons 4 is specifically designed to offer ease of living with luxe amenities mirroring those found in high-end urban housing markets, both outside and inside the building. The interior amenity list includes a professional caliber fitness studio with yoga/Pilates zone and virtual training, heated garage with full service attendants on staff, electric car-charging stations, digital concierge, a full-time customer-relations specialist, executive business center and conference room, Wi-Fi, guest suite, juice bar, and complimentary use of bicycles.

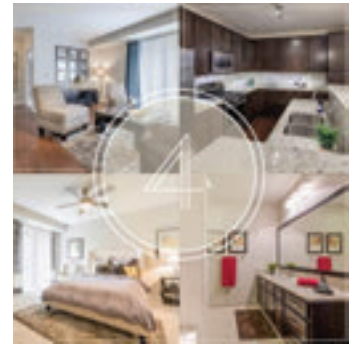
"Four Seasons 4 offers a fresh approach to design with modern architecture and high-quality interior finishes," said Eric Bell, co-principal of Goldberg Companies. "The suites are unlike anything in the area and are designed to offer

finishes similar to those found in upscale homes."

Suites in the new five-story, smoke-free building include expansive 6- to 8-foot windows to complement 9- and 10-foot ceilings. The oversized windows and private balconies and patios result in stunning views of the surrounding community and parts of the Chagrin Valley. The open concept chef's kitchens feature granite countertops, stainless steel appliances, glass tile backsplashes and 42" espresso-finished custom cabinets.

Residents can relax in the spa-inspired baths, that feature ceramic tile, sizeable garden soaking tubs, frameless showers and dual granite sink vanities. Additional design elements include oversized walk-in closets with customized shelving. All apartments include full size in-suite washers and dryers.

For more information, visit www.fourseasons4.com or <https://www.facebook.com/fourseasonsapt>.



Pictured: Four Seasons team at grand opening party. Victor Priore, Valerie Flowers, Eugene Warner, Christine Sakian, Catherine Johnson, Betsy Conway and Claudia Lanese.

17th Annual Taste of the Browns Helps Greater Cleveland Food Bank Tackle Hunger

Celebrating 17 years of tackling hunger for Northeast Ohio families, Taste of the Browns returns to FirstEnergy Stadium on Monday, Sept. 21. The event is the major annual fundraiser for the Greater Cleveland Food Bank, the region's largest hunger relief organization. With the more than \$190,000 raised at the 2014 event, the Food Bank was able to distribute more than 760,000 meals to agencies in six counties.

The Cleveland Browns and Northeast Ohio's most talented and well-known chefs will work

together to raise awareness and funds for hungry families, all while celebrating Cleveland's unique and acclaimed culinary talents.

This year's fundraiser will feature more than 25 of the region's finest restaurants and chefs, such as Jonathan Sawyer (The Greenhouse Tavern, Trentina); Rocco Whalen (Fahrenheit, Rosie and Rocco's); Eric Williams (Momocho and El Carnicero); Sam McNulty (The Market Garden Brewery); Michael Thompson and Odell Boone (Pickwick & Frolic) and more. Honorary event co-chairs are Cleve-

land Browns two-time Pro Bowl CB Joe Haden and former Browns linebacker and current Judge of the Cuyahoga County Court of Common Pleas, Dick Ambrose.

In addition to sampling the city's best cuisines and mingling with Cleveland Browns alumni and current players, attendees can bid on silent auction items to benefit the Food Bank.

The event will be held in the newly-renovated Club Lounge at FirstEnergy Stadium. General admission tickets are available for \$175 (\$75 of which is tax-deduct-

ible) or VIP tickets are available for \$250 (\$150 of which is tax-deductible). All proceeds benefit the Greater Cleveland Food Bank. Access to the VIP Lounge will include exclusive tastings, access to Cleveland Browns celebrities and a personalized listing in the scrolling thank-you video played during the event.

For more information or to order tickets, call 216.738.2046 or visit www.GreaterClevelandFoodBank.org/Taste, where a full list of participating restaurants can be found.



Stefan Gravenstein, MD

Why You Should Get a Flu Shot

With flu season coming, it is important to know the signs and symptoms of influenza. It is often difficult to distinguish between a cold and the flu, especially during the early stages. There are common early signs for both illnesses, such as sore throat and headache, though they can become more severe for the flu. If you think you have the flu contact your doctor's office to find out if you need to be seen.

Cold symptoms tend to be more sinus-based and often last only days, while flu symptoms can spread over the entire body, most notably through generally feeling run down, muscle aches and headaches. Treatment for flu works best if caught during the earliest stages of flu symptoms, and early treatment—within the first two days of symptom onset— can also prevent a subsequent bacterial infection.

Flu symptoms may include, any or all of, a sore throat, fever, headache, muscle aches/soreness, congestion and cough. There is a risk of pneumonia, particularly in infants and elderly people, or those with underlying serious heart, kidney or lung disease. Practice proper hygiene to keep from spreading the influenza virus, as well as to protect yourself from getting this or other contagious infections.

It is impossible to predict the length and severity of the flu season from year to year, and because there are multiple strains of the influenza virus that are constantly changing, it is critical to receive the vaccine each year to stay up-to-date; each year the vaccine is updated to make sure it is the best match for the anticipated circulating strains. By getting the vaccine annually, not only do you protect yourself from contracting the disease, but others won't catch it from you.

The Centers for Disease Control recommends that everyone from age six months or older receive the vaccine, ideally by October. It is particularly important to receive the vaccine if you spend time around either older adults or children younger than six months, as they are most susceptible to complications from the flu and children under 6 months old are too young to receive the vaccination.

"The flu can cause serious illness," says Stefan Gravenstein, MD, the Director of the Center for Geriatrics and Palliative Care at University Hospitals. "The virus spreads easily, which makes kids and senior citizens very susceptible to seasonal flu outbreaks. Knowing the facts about flu, its symptoms, and when to get vaccinated are all important in the fight against influenza."

It is imperative to receive annual protection during flu season, not only for yourself, but for those around you. Though the symptoms may mimic a cold, it is necessary to be aware and treat them appropriately.

Dr. Gravenstein practices at UH Case Medical Center and is board-certified in internal medicine. If you would like to be seen by a UH geriatrician call 216-844-8500 to schedule an appointment.

It is imperative to receive annual protection during flu season, not only for yourself, but for those around you. Though the symptoms may mimic a cold, it is necessary to be aware and treat them appropriately.

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Local Beekeeper Amalia Haas Busy as a Bee

Beachwood beekeeper Amalia Haas has been busy as a bee getting ready for the fall honey harvest that precedes Rosh Ha-Shanah and gearing up for the honeybee-themed programs she brings to local schools, community organizations and businesses.

Haas's business achieved some significant milestones this year. At the Hazon Jewish Food Conference, she gave talks on her research about Judaism and beekeeping and her STEM literacy Jewish Beekeeping curriculum, called "The Devorah Project." (Devorah means bee in Hebrew.)

Haas's business, HoneyBeeJewish/HoneyBeeLocal, was one of 13 out of 75 businesses selected to participate in the NEO SEA Change accelerator and pitch competition. SEA Change provides coaching and connections to innovators who seek to move an idea from concept to successful social enterprise.

"As an educator and performer, the business incubator experience was incredibly valuable. Cleveland has so many resources for entrepreneurs. As a result of what I learned about fiscal projection and goal setting, I look forward to growing the number of educational programs provided and building a business that educates about the importance of sustainable land use and pollinator protection," Haas told us. "Most of all, I enjoy building programs that inspire amazement, fun and

fascination around the hive."

Other milestones included: supplying honey to the Agnon School for its fall fundraiser; writing "A Honey of A Megillah," which tells the story of Purim from the honeybees' perspective on the Purim story; participating in the Jewish Federation's Day of Volunteering, by bottling honey and other activities with teens; and her most prized milestone – cutting open a barn wall with a buzz saw, from a scaffold 20 feet off the ground, to remove a honey bee colony and its comb, on her own. Haas says that those bees are now happily ensconced in a hive next to her home on Beachwood Blvd.

Haas looks forward to working with children during this fall with programs that include HandsOn Honey!, BeeHive Yourself: Your Classroom as a Beehive, Honey Straws n' Pollinator Seed Balls – for a Sweet and More Flowerful New Year, and her Honey-Tasting Workshop.

This year, Haas looks to partner with community gardens, schools, and nonprofits to create educational apiaries (bee yards) that will provide the wider community with opportunities to learn about bees. She welcomes inquiries from interested parties. Ultimately, she would love to see an educational honey house that would provide a space for extracting honey and teaching about sustainable land stewardship and food production. Such a facility

could be portable, but given the pivotal role of honey and food in the Jewish tradition, she says, an east side location would make sense. "I can see every Jewish institution visiting that honey house every year," says Haas.

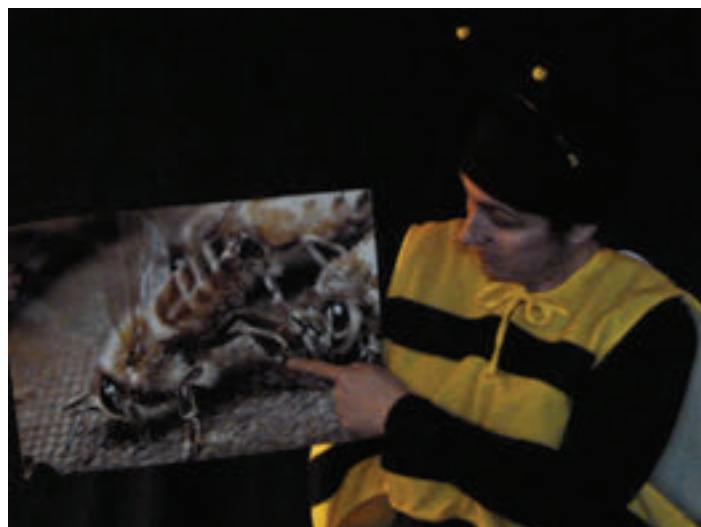
"The Beachwood community has been so supportive of the bees," says Haas.

Businesses and community organizations have brought Haas in to teach, and some have replaced areas of turf on their property with flowering perennials to help sustain bees and other critical pollinators.

Haas is selling local raw honey for the Jewish holiday season. To organize a program with HoneyBeeJewish or to order honey, visit www.HoneyBeeJewish.com, email HoneyBeeJewish@gmail.com, or call 330.552.8BEE.



Businesses and community organizations have brought Haas in to teach, and some have replaced areas of turf on their property with flowering perennials to help sustain bees and other critical pollinators.



Quilt Show

During the month of July, the gallery in the Beachwood Community Center was adorned with amazing quilts.

Some modern, others historical, all were eye-catching. Quilters used mixed media. The quilts told their own stories with each stitch. Antiques from the Beachwood Historical Society were used to create vignettes.

The Quilt Show was a collaboration between the city's community services department and the Beachwood Historical Society. This is one of many events being held for the city's Centennial Celebration. Be sure to visit beachwoodohio.com for other centennial events.



Celebrate Sisterhood 2015: Pathways to Discovering a Healthier You

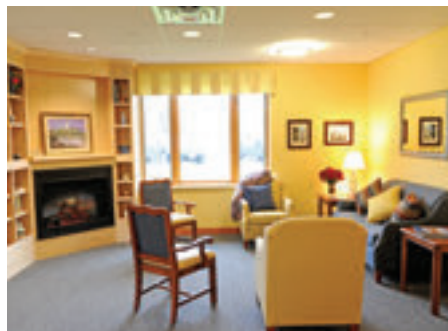
Celebrate Sisterhood is a Cleveland Clinic program dedicated to educating, energizing and empowering women of color to embrace self-care. They believe that women who care for their physical, mental and emotional health take charge of their destinies; and when you become a stronger healthcare advocate for yourself, your family and your community, you can create positive change in the world.

The community is invited to attend 12 Years of Dedication to Multicultural Women's Health, Sunday, Oct. 17 from 8:00 am to 3:30 pm at Executive Caterers at Landerhaven.

Keynote speaker will be Michael Roizen, MD, *New York Times* best-selling author, noted wellness expert and chief wellness officer of Cleveland Clinic.

For complete information or to register, call 855.897.7727 or visit clevelandclinic.org/celebratesisterhood.

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To learn more, contact Kristen Morelli, memory care program manager, at **216.910.2323** or e-mail **kmorelli@montefiorecare.org**.

Couple Wins Tickets to Israel and Celebrates 50th Anniversary

For the second year in a row, The Temple-Tifereth Israel won Jewish National Fund's (JNF) Tu B'shvat in the school's raffle with a grand prize of two round-trip airline tickets to Israel.

Ann Hudec and her husband, David, recently returned from the Holy Land after using the tickets. For those who have never gone to Israel, Hudec shared her experience, saying, "I fell in love with the land and the people of Israel."

Having worked at the Beachwood temple for 26 years, Hudec felt very fortunate to finally see Israel after all these years and see the JNF programs that The Temple has long supported. "My husband and I went on JNF's nine-day Sunshine Tour with 35 others from across the United States, guided by legendary actor and musician, Hal Linden," she told us. "What made this trip all the more special was that this year marked our 50th wedding anniversary."

The group saw Israel from the north to the south, visited the high fortress of Masada and swam in the Dead Sea. Hudec told us that it was impressive to feel the history and emotion that continues to radiate from the ancient summer palace of King Herod at Masada, saying that she felt like a younger person while thinking of the students who have their B'nei Mitzvah there.

In Sderot, just a mile from the Gaza border, they visited the JNF Indoor Recreation Center that provides children with a safe place to play, as it is outfitted with bomb shelters that protect them from the rockets that are fired into southern Israel.

The Temple-Tifereth Israel often corresponds with its sister



Pictured from left: David and Ann Hudec with Hal Linden in the Golan Heights along the Syrian border.

school in Beit Shean. Each year, The Temple's second graders study Israel and have a tele-conference with the students their age from the Beit Shean school at the end of the school year.

"Everywhere we went – from Independence Hall in Tel Aviv to Yad Vashem in Jerusalem to the Western Galilee – we saw Israeli children learning about their country's culture and visiting the sites," Hudec said. "We experienced very personal and touching moments at both the Aleh Negev Rehabilitative Village, a special-needs facility, and The Rose Garden, an adult workshop in Kofar Radim, both of which JNF supports."

"David and I have a daughter with Downs Syndrome who works at a local Y.M.C.A.," Hudec shared. "We know that she has the ability to, and in fact does, live a very productive life. It was good to see that Israel also works hard to ensure the same quality of life for all of its citizens, disabled or not."

The group also visited the American Independence Park to see the dedication plaques awarded to The Temple's school over the years for the many trees purchased that help green Israel.

"Visiting the land and people of Israel was both rewarding and educational," Hudec told us. "Our school has now planted 44 gardens in Israel and after being there, I know the importance of continuing to plant trees. And I also saw that in addition to trees, love grows in Israel."

For those who have never gone to Israel, Hudec shared her experience, saying, "I fell in love with the land and the people of Israel!"



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UH Ahuja Medical Center Wednesday Night Wellness Series

What's New with the Flu

Wednesday, Sept. 9 at 6:00 pm

It's impossible to predict what flu season will be like each year, since timing, severity, and length will vary. But flu does affect elderly and those with high risk conditions in ways that tell us about how we age, and why vaccination each year is important.



Please join Stefan Gravenstein, MD, to learn more about the Centers for Disease Control (CDC) recommendations about influenza, while also learning about aging.

Dr. Gravenstein is the Director of the Center for Geriatric Medicine and the Interim Director of Geriatrics at University Hospitals Case Medical Center. He has a long-standing interest in immunity, inflammation and aging especially in the context of influenza and nursing home care, and his publications include influenza studies as well as on-going research.

The CDC recommends an annual flu vaccine for everyone 6 months of age and older. In addition to getting a seasonal flu shot, you can take daily preventive actions like staying away from sick people and washing your hands to reduce the spread of germs.

Remember, if you are ill with the flu, stay home from work or school to prevent spreading it to others.

This event is free to the public in the Enid B. and David M. Rosenberg, MD Conference Suite at UH Ahuja Medical Center. To register, email AhujaWellnessProgram@UHhospitals.org or call 216.285.4069 and identify which location you would like to attend. To reserve your spot to the webinar online from the privacy of your home or office, visit UHAhuja.org/WNWS.

Please join Stefan Gravenstein, MD, to learn more about the Centers for Disease Control (CDC) recommendations about influenza, while also learning about aging.



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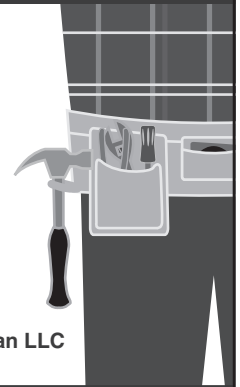
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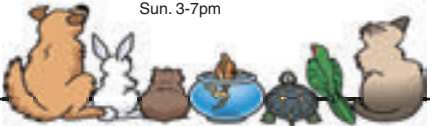
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Montefiore Launches In-Home Memory Care Program

Montefiore is pleased to announce the launch of its new In-Home Memory Care Program, designed to provide memory care services and support at home so that individuals may live independently in their residence as long as possible. This unique program is one of the first in the region and aims to help community members to age in place while easing the burden and stress of caregiving on family members.

Kristen Morelli, Montefiore memory care program manager, cited the need to offer tailored at-home care services to those facing early-to mid-stage dementia. "We are excited to be able to offer support to individuals affected by memory impairment as well as their family members and caregivers. Our team works with a variety of organizations to best customize a program to an individual's needs."

Montefiore's In-Home Memory Care Program offers a coordinated approach to helping those with memory impairment to live independently. The two-step process begins with a comprehensive assessment to evaluate the capabilities, functionality and safety of the individual. The first step includes a full nursing assessment, where there is a medication review and vital sign evaluation, a home-life safety review, nutritional assessment and a life enrichment evaluation to learn about hobbies, interests and overall quality of life. Additionally, the assessment covers core functional and cognitive skills to help identify areas of need along with conversations with current caregivers to provide insight and a clear picture into daily routines and personal preferences.

The second step is the development of a

full report and plan of care that is tailored to the individual's specific needs and interests.

In addition to medical and nursing care, the Montefiore team offers a menu of care options and strategies to address unmet needs, provide referrals and arrange for services including, but not limited to, private care and home healthcare, home safety improvements, medical and nutritional services, interest and activity stimulation and financial and legal advice. The team will also help identify when individuals can no longer remain safely at home and support them through a care facility transition.

Montefiore's In-Home Memory Care Program offers flexible and affordable payment options. For more information or to schedule a comprehensive assessment, please contact Kristen Morelli at 216.910.2323 or kmorelli@montefiorecare.org, or visit www.montefiorecare.org.

This In-Home Memory Care Program is supported in part by The William J. and Dorothy K. O'Neill Foundation, The LeadingAge Innovations Fund and The Montefiore Foundation.

This unique program is one of the first in the region and aims to help community members to age in place while easing the burden and stress of caregiving on family members.

Beachwood Place Hosts Second Annual 'Fashion Forward, Giving Back'

On Saturday, Aug. 8, Beachwood Place hosted 'Fashion Forward, Giving Back,' a full-day's event featuring fashion, entertainment, shopping, fun and the opportunity to help raise funds for Cleveland Clinic Children's Hospital.

After a successful debut in 2015, this event returned to give attendees the opportunity to discover the latest fashion trends, enjoy live entertainment and family-friendly activities, and save with special offers through Beachwood Place, with 100 percent of event proceeds' benefiting Cleveland Clinic Children's Hospital.

Hosted by Cleveland Cavaliers In-Arena Host Nicole Marcellino, the spotlight shone on local celebrities during the fashion show, which featured Cleveland Clinic Children's Hospital patients, caregivers, families and friends who modeled the latest fashions.

Beachwood Place management thanks all who participated.

Upcoming Programs at the Library

Adult Programs

Please register for the following programs by calling 216.831.6868 or visiting www.cuyahogalibrary.org.

History Book Club

Wednesday Sept. 9 at 7:00 pm

Join us to discuss *Thirteen Days in September*; Carter, Begin and Sadat at Camp David, by Lawrence Wright. Books available at the Library. No registration necessary.

Cleveland Orchestra Music Study Group

Tuesdays at 1:15 pm beginning Sept. 22

Explore the Orchestra's "concert of the week" through informal lectures and listening with Dr. Rose Breckenridge. Pick up a brochure at the branch. To register (fee required) call 216.231.7355.

Doors of Beachwood Reception and Awards

Saturday, Sept. 26, 2-4 pm.

Meet the winners of the Doors of Beachwood Open Photography Exhibit, enjoy refreshments, and celebrate Beachwood's 100th anniversary. Co-sponsored by the Friends of the Beachwood Library and the Beachwood Historical Society. Show Judge: Stuart Pearl.

Big Stone Gap

Book Conversations

Monday, Sept. 28 at 1:00 pm

Join CCPL staff in a large group conversation about Adriana Trigiani's first novel, *Big Stone Gap*. In addition to delving into the characters, the setting and the writing, the group will gear up for the release of the film version, written and directed by Adriana. This unique program will feature inside scoop on the writing of the book along with insight on bringing it to the big screen. Stay tuned for additional surprises.



Growing up Social in the Digital Age

Tuesday, Sept. 29 at 7:00 pm

What is the impact of technology on teaching, learning and parenting? Join David Hancock, a retired school counselor, for a discussion on how technology affects our children's minds and what we can do about it.

Cleveland Play House Script Club: The Crucible

Wednesday, Sept. 30 at 7:00 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 a partner library and read it at home. Then, join 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. The village of Salem is run wild with tales of witchcraft. Deep-seated jealousies, lust and greed are bubbling to the surface from the heat of each neighbor's exaggerated accusations. Revenge has replaced reason; mere rumors are now damning evidence — and no one is safe. Astoundingly relevant, Arthur Miller's controversial American classic dares to put us all on trial.

A Stitch in Time: The Cleveland Garment Industry

Thursday, Oct. 1 at 4:00 pm

Kick off Beachwood's Food Fun and Fashion Week with a presentation by Sean Martin on his new book, "A Stitch in Time: The Cleveland Garment Industry." The book reviews the history of industry from its beginnings in the 19th century until its decline in late 20th century. The book focuses on the history of the manufacturers and workers, many of whom were Jewish immigrants who came to America at the height of the immigration in the 19th century. Sean is the Associate Curator for Jewish History at the Western



Reserve Historical Society. Books will be available for purchase and signing.

Avenue ART Artist's Reception

Saturday, Oct. 3 from 2:00-4:00 pm
Meet the artists of Avenue ART, the art therapy program at New Avenues to Independence, an organization dedicated to enhancing the lives of people with disabilities since 1952. Working with cardboard, plastics, paper and aluminum, participants in the program have created unique pieces that will be on display at Library during the month of October. This compelling project is made possible through the generosity of Cuyahoga Arts & Culture and the Char and Chuck Fowler Family Foundation.

Meet Author Jill Bialosky

Sunday, Oct. 3 at 2:00 pm

Meet Jill Bialosky, a Cleveland native and award-winning poet and novelist. Known for her *New York Times* bestseller *History of a Suicide*:



My Sister's Unfinished Life, the memoir received rave reviews nationally, including in *People*, *Time* and *Entertainment Weekly* magazines. Jill's new book, *The Prize*, explores passion and betrayal in the contemporary art world and has been called her most moving novel yet. Books available for purchase and signing courtesy of Macs Backs Books on Coventry.

Children's Programs

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

Fall Season Storytimes

Enjoy stories, songs, rhymes and fingerplays – perfect for you and your little one.

Baby & Me

(ages birth to 18 months)
Tuesdays at 4:00 pm and Thursdays at 10:00 am

Toddler

(ages 19- 35 months)
Mondays at 4:00 pm and Wednesdays at 10:00 am

Preschool

(ages 3-5)
Tuesdays at 2:30 pm and Wednesdays at 1:30 pm

Build-O-Rama

Thursday, Sept. 10 at 4:00 pm

Calling all LEGO lovers! Enjoy this building blocks program. Bring your mad skills and create your own masterpiece using LEGO pieces and a different building theme each month. For children in grades K-5.

Friday Family Fun: Harvest Celebration!

Friday, Sept. 11 at 10:30 am

It's harvest time! Celebrate the bounties of summer with stories, songs and crafts. For children ages 2 to 6 with their caregivers.

Afternoon Art Adventures with U-Earth

Wednesday, Sept. 15 at 4:00 pm

Create art projects based on fun children's stories. Hosted by U-Earth (Ursuline Endless Art Healing), a student art therapy organization at Ursuline College. For children in grades K-5.

ASL/English Family Storytime

Wednesday, Sept. 16 at 4:00 pm

Enjoy stories, music, rhymes and felt stories geared toward Deaf/hard of hearing children but suitable for children of all ages and abilities and their parents and caregivers. ASL interpreters will be present during the program.

Kid Newtons

Thursday, Sept. 24 at 4:00 pm

Learn about a science concept and conduct fun, hands-on experiments. This month's theme: Lemon Science. For kids in grades 2-5.



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