

Beachwood Buzz

September 2016

Every Resident. Every Business. Every Month.

MAGAZINE

The Odd Couple

Residents Earn National Attention
As Leaders in Their Professions

Also inside :

City Council Update

#Flip the Switch • Friday Night Lights Have Arrived

Gallery of Success • Nominations Requested

Personal Profiles, Events and so much more!

MANDEL JCC CLEVELAND JEWISH FILM FEST

10

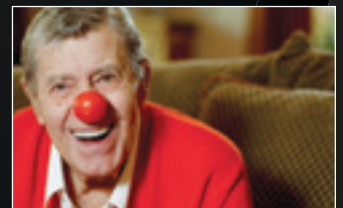
TEN-YEAR CELEBRATION

September 8-18, 2016

29 FILMS
9 COUNTRIES
5 VENUES

Tickets: mandeljcc.org/filmfest
 216.831.0700, ext. 0

Celebrating 10 Years of the Best in International Jewish Cinema.



The Leonard Krieger Fund
of the Cleveland Foundation



PRESENTING PARTNERS



HEIGHTS ARTS CENTER



MEDIA SPONSORS



CLEVELAND Jewish News

ACCOMMODATIONS PROVIDED BY



The Harry K. Fox and
Emma R. Fox Charitable
Foundation





The Power of a Positive Educator

We are all educators. Whether we instruct in a classroom or follow our own life's path, we are constantly interacting with individuals and teaching in one form or another. With the start of the school year just a few weeks ago, the following information, published by Jon Gordon, is timely.

"Positive educators have the power to transform lives and inspire young minds to believe they can and will change the world," Gordon writes.

"Share the best of what you have and find contentment in this – no matter the results."
– Robert K. Carsten

Gordon, a former teacher with a Master's in teaching and now an international best-selling author, speaker and consultant to schools, businesses and professional sports teams, created [www. PositiveSchool.com](http://www.PositiveSchool.com) as a central place where educators and administrators can find the tools, training and strategies they need to empower teachers and students. We can all benefit from empowerment lessons and we have the ability to pass along lessons learned to family, friends, business associates and others with whom we communicate.

When reminiscing about his teachers, Gordon realizes that the ones who made an impact were all positive. Years later, he recognizes that when one is taught by someone positive, it makes you and those around you better people. "Positive educators have the power to transform lives and inspire young minds to believe they can and will change the world," Gordon writes.

In this spirit, Gordon shares the following:

Be Positively Contagious

Research shows that emotions are contagious. Sincere smiles, kind words, encouragement and positive energy infect people in a positive way. Each day we have a choice as to how we will interact. Students will remember very little of what you said but they will remember 100% of how you made them feel.

Take a Daily Thank-You Walk

It's simple and powerful. Just take a walk outside or on a treadmill and think about all the things, big and small, for which you are grateful. Studies show that when you combine gratitude with physical exercise, you give yourself a double boost of positive energy.

Celebrate Daily Successes

Instead of thinking of things that went wrong during the day, focus on something that went right. When you do this, you'll look forward to creating more successes tomorrow and will have more confidence to take on the day.

Expect to Make a Difference

When you expect to make a difference, you win in your mind first, and then you win the hearts and minds of others.

Believe in Others More Than They Believe in Themselves

The difference between success and failure is belief, and so often this belief is instilled in us by someone else. You can be the person who helps others see their potential rather than their limitations.

Develop Positive Relationships

Author Andy Stanley once said, "Rules without relationships lead to rebellion." To develop positive relationships you need to enhance communication and build trust, so listen to them, make time for them, recognize them, mentor them and show them you care through your actions. Take the time to give others your best and they, in turn, will give you their best.

Show you Care

When you create your own unique way to show others you care about them, you create positive kids who produce a more positive world.

In closing, Gordon says, "You only have one ride – enjoy it."

For more information, visit www.PositiveSchool.com. To see Gordon's "Positive Teacher Pledge," see page 6.



TAKE CONTROL OF YOUR HEALTH.

2016 HEALTH Matters

Join your neighborhood experts across our system on the second Wednesday of every month from 6 to 7:30 p.m. for a different educational presentation at various University Hospitals locations. There is no charge to attend, but space is limited and reservations are required.

WEDNESDAY, SEPTEMBER 14

Women's Health

Women have unique health care needs and issues that require special focus. Get the information you need to live your healthiest life.

WEDNESDAY, OCTOBER 12

What's New with the Flu

Be prepared for flu season. Get the latest updates about this common seasonal illness.

WEDNESDAY, NOVEMBER 9

Healthy Bones & Joints

Healthier joints and bones can mean less pain. Get tips to keep them strong and stable.

Register online at UHhospitals.org/HealthMattersRSVP or call 216-767-8435*.

Participate in the conversation on social media using #UHHealthMatters.

*Between 9 a.m. and 5 p.m., Monday through Friday.



Who We Are

Debby Zelman Rapoport
Editor/Publisher

Adam Jacob
Account Executive

Tybee Zuckerman
Proofreader

Jerry Zelman
Vice President of Operations

Stephen Valentine
Art Director

Letters to the Editor
Beachwood Buzz magazine welcomes all Letters to the Editor. Please send all letters via email to beachwoodbuzz@gmail.com.

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.

Subscriptions

Beachwood Buzz is distributed via the U.S. Post Office to every resident and every business, every month. If you live outside our distribution area, subscriptions are available by sending your name, address and a check for \$30 (12 issues) to Beachwood Buzz, P.O. Box 22194, Beachwood, Ohio 44122

Beachwood Buzz is published monthly. Reproduction in whole or in part in any manner without the written permission of the publisher is strictly prohibited.

Editorial Information

Call 216.297.0200 or email beachwoodbuzz@gmail.com

Advertising Information

call 216.297.0200 or email sales@beachwoodbuzzmag.com

P.O. Box 22194
Beachwood, Ohio 44122



COVER STORY

Ian Friedman is a highly skilled and fearless criminal attorney. His brilliant, accomplished, grounded and ground-breaking, half-Korean wife, Jamey Starkey, is a practitioner of Eastern medicine. "We're like the Odd Couple," he says, speaking of their contrasts. But that really doesn't capture the entire truth, which actually relates more to bridging differences. To learn more about this couple, pictured here with their two rescue dogs, Stella (laying down) and Shadow Man (on Jamie's lap), see pages 9-11.

Cover story photos by Scott Morrison, Discovery Photo.

City Council Update • Pages 26-29

Best Audit a City Can Receive

We Recycle

Safety Town

Salute to 50-Year Residents

Upcoming Meetings

Personal Shred Day

Habitat for Humanity Restore Drop-Off

Jump Back Jog

Art Exhibit

Penske Logistic's Expansion

Family Fun Day

Honkin' Haulin' Hands-On Trucks

Trick or Treat in Beachwood

Mary Poppins Auditions

Resident Hazardous Waste Round-Up

You and Your Schools • Pages 30-31

Gallery of Success – Now Accepting Nominations

#Flip the Switch – Friday Night Lights Have Arrived



**Every Resident.
Every Business.
Every Month.**

OCTOBER FEATURES • CALL TODAY FOR DETAILS!



Health & Wellness

What you need to know and where you need to go to stay fit and healthy

Private
SCHOOLS

Saturate the Beachwood market. Advertise in Beachwood Buzz.
Email beachwoodbuzzsales@gmail.com or call 216.297.0200 for details!

Social butterflies, bookworms, busy bees, film fans. Always a flutter of activity.

That's MY Weils!



Once you visit The Weils, we know you're going to like what you see. Once you move in – you're going to love your new home!

Everything you need, everything you want, is no farther than down the hall or down the street. We'll also plan life-enriching activities that match your interests – cultural outings, shopping, movies, cards and games, crafts, salon visits, going out to eat – even "Happy Hours" where you can talk, laugh and relax before dinner with your neighbors and friends.

For more information and to schedule a tour please contact Ivy Kopit, manager of senior living admissions, at **440.996.0504** or ikopit@theweils.org.



The Weils

A Montefiore Senior Community

Assisted Living • Memory Care • Rehabilitation Pavilion
Long-Term Care • Outpatient Therapy

A place that feels like home.

Positive Teacher Pledge

Whether or not you're teaching in the classroom, this pledge, as referenced on page 3, provides good life lessons. For more information, visit www.PositiveSchool.com.

- I pledge to be a positive teacher and positive influence on my fellow educators, students and school.
- I promise to be positively contagious and share more smiles, laughter, encouragement and joy with those around me.
- I vow to stay positive in the face of negativity.
- When I am surrounded by pessimism, I will choose optimism.
- When I feel fear, I will choose faith.
- When I want to hate, I will choose love.
- When I want to be bitter, I will choose to get better.
- When I experience a challenge, I will look for an opportunity to learn and grow and help others grow.
- When I am faced with adversity, I will find strength.
- When I experience a set-back, I will be resilient.
- When I meet failure, I will fail forward and create a future success.
- With vision, hope and faith, I will never give up and I will always find ways to make a difference.
- I believe my best days are ahead of me, not behind me.
- I believe I'm here for a reason and my purpose is greater than my challenges.
- I believe that being positive not only makes me better, but it makes my students better.
- So today and every day I will be positive and strive to make a positive impact on my students, school and the world!

What we put our energy and attention on starts to show up more in our life.

-Jon Gordon

2016 "Deficiency-Free" Survey
The Weils Assisted Living
The David and Freda Robinson Residence



16695 Chillicothe Road (Rt. 306)
Chagrin Falls, OH 44023
Just north of E. Washington Street

440.543.4221 | theweils.org

Letter to the Community

Dear Neighbor,

We at Friends of the Beachwood Library have always agreed with Harvey Fierstein's quote, "Art has the power to transform, to illuminate, to educate, inspire and motivate." Along those lines, the Beachwood Library has been very honored to be guardians of spectacular sculptures from some of Cleveland's most famous artists, including William McVey, John Clague and David E. Davis, and recently refurbished Bell Harp by John Clague and Mother Goose by William McVey.

Please join us on September 25, from 2 – 4 pm, at the library, to celebrate the return of these amazing pieces.

To inspire future artists, we are delighted to offer an assortment of free make-and-take crafts for all ages. A balloon artist will entertain us, and under the sponsorship of the Beachwood Arts Council, we will enjoy the mastery and beauty of a henna artist's creations. Refreshments will be served.

We look forward to having you celebrate with us on September 25!

Sincerely,

Kathy Rothenfeld

President, Friends of Beachwood Library

Please join us on September 25 from 2 – 4 pm,
at the library, to celebrate the return of these amazing
pieces to their original beauty.




JCC Jewish FilmFest

The Mandel Jewish Community Center's Cleveland Jewish FilmFest is celebrating 10 years of bringing outstanding international Jewish cinema to Greater Cleveland. This year's FilmFest, which runs September 8-18, will feature 29 top-notch feature, documentary and short films, all with Jewish or Israeli themes. Films will screen at five local theaters and venues, including Shaker Square and Cedar Lee Cinemas. Special events and guest speakers will also be a part of the 11-day festival.

Highlights of this year's festival include the opening night film, "Fever at Dawn," which tells the story of a love affair between two Hungarian Holocaust survivors recuperating in Sweden in 1945. Diagnosed with lung disease and given six months to live, Gárdos is determined to find love in the short time he has left and writes letters to more than 100 Hungarian women being treated at hospitals across the country. "Fever at Dawn" screens Thursday, September 8 at 7 pm, at Shaker Square Cinemas.

The 2015 film, "A Tale of Love and Darkness," is Natalie Portman's debut as writer and director. The film screens Sunday, September 18 at 7:30 pm, at Cedar Lee Theatre.


Tickets may be purchased for \$11 for evening films and \$9 for matinees. Tickets to the festival's opening film and dessert reception are \$18. For tickets, visit mandeljcc.org/filmfest. Tickets are also available at the Mandel JCC membership desk (no ticket sales on Saturdays and Jewish holidays). FilmFest passes, which include admission to all films, and group tickets are available by contacting Jan Rutsky at 216.831.0700, ext. 1348.



An introductory classroom experience for children. Must be 2 years old by July 31, 2016.

Adults will participate in 1 1/2 hours of fun and learning with their child.

Fairmount Early Childhood Center
24601 Fairmount Blvd.
Mondays (12 week session)
September 19 - December 12
(No Class October 3)
9:30 - 11 a.m.
\$215/Resident • \$235/Non-Resident



Call Director Karen Leeds at 216.292.2344 for more information or to request a registration form.

A Program of the Jewish Education Center of Cleveland



A Sunday School program for students with a variety of special needs

This program is for students, ages 6-18, who are unable to learn in a traditional congregational school setting. Students learn about Jewish holidays, prayers and blessings, life-cycle events, Bible and Israel.

For more information, contact Jackie Brooks, Etgar Administrator, at 216.371.0446 or jbrooks@jecc.org.



MULHOLLAND & SACHS

at ETON ~ Chagrin Blvd.

*Customer Appreciation Day
Celebrating 15 Years!*

Take **15% off** any one item of your choice
on Thursday, September 22, 10 am – 8 pm.

Join us for Prosecco and Archie's Cake ~

and enter a drawing to win

a Simon Pearce

Woodbury Ice Bucket!



(\$150 Value)



28699 Chagrin Blvd. • 216-831-4444

Mon. ~ Sat. 10 to 6:30 • Sun ~ noon to 5

www.mulhollandsachs.com



An American Classic
CLASSIC STYLE. HANDCRAFTED AMERICAN QUALITY.



TRACY

norman
childs

eyetique.

Eton Chagrin Boulevard, Woodmere, OH • 216.514.3002

3330 Kent Road, Stow, OH • 330.688.8244

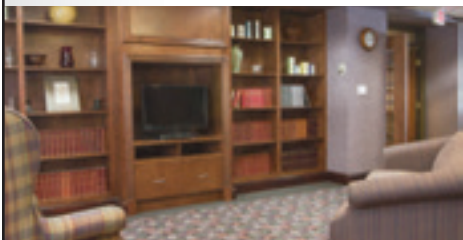
eyetique.com



Solon Pointe

AN EMBASSY HEALTHCARE COMMUNITY

think solon pointe
FOR
SKILLED NURSING
AND
REHABILITATION



**CONTACT US
TO SCHEDULE A TOUR**

(440) 498-3000

EmbassyHealthcare.net

Couple Defies Conventions Personally and Professionally



by June Scharf

an Friedman, a highly skilled and fearless criminal attorney, thinks it's very funny that he sometimes has his exonerated, checkered clients come to visit him and his brilliant, accomplished, grounded and ground-breaking, half-Korean wife, Jamey Starkey, a practitioner of Eastern medicine. When they're all seated around the kitchen table of their Beachwood home, levity flows and friendship abounds.

"We're like the Odd Couple," he says, speaking of their contrasts. But that really doesn't capture the entire truth, which actually relates more to bridging differences and finding grace in that space. They have no regard for typical schedules and approaches to life, and they make that work every day. As such, a strong case can and will be made to demonstrate how convention received an eviction notice both from their home and their lives, setting them free to find love and happiness.

By way of introduction, Friedman, 45, has represented clients in many high-profile cases, such as the boy convicted in the Chardon High School shooting incident in 2012. Currently, he has several cases grabbing the media spotlight, including a controversial matter involving a 14-year-old Warren, Ohio, girl who, citing longstanding domestic abuse, allegedly shot and killed her father. He is also representing a

Virginia man who was allegedly assaulted by Draymond Green, the Golden State Warriors basketball player. And he recently went to Peru for a day to represent an Ecuadorian client in an international bribery and money-laundering matter.

Friedman's personal narrative hit a life-altering moment in 2011 when he miraculously survived a motorcycle accident that paralyzed his left (non-dominant) arm, which has since atrophied and causes phantom pain that chronically registers 13 on a scale of 1-10. Nerve damage is responsible for the condition that he describes as feeling like "you stuck your hand in a frying pan and couldn't take it out."

Despite this obstacle, his manner can be calm and contemplative, while also being very accessible and loquacious. A divorced father of an eight-year-old daughter, Friedman and Jamie are parents of a 17-month-old son and

have two rescue dogs. He says he's having the best year of his life. Evidence to follow.

Starkey, 40, pioneered an unprecedented undertaking – bringing the practice of Chinese herbal medicine, a treatment modality that falls under Traditional Chinese Medicine (TCM), to the Cleveland Clinic's Tanya I. Edwards, MD Center for Integrative and Lifestyle Medicine on its Lyndhurst Campus beginning in 2014. With solid data, research and evidence-based studies, Starkey sold the hospital's top decision makers on the efficacy and benefits of treating patients with Chinese herbal formulas and acupuncture, particularly for those suffering from conditions such as diabetes, allergies, infertility, chronic pain and menopause. She serves as a program manager at the center.

Her work has made a big splash, catching the attention of major hospitals nationwide and resulting in inquiries and requests for



“My (paralyzed) arm is a permanent reminder of everything good in life. My outlook is different - I have empathy and compassion now.”

Ian Friedman, criminal attorney, Friedman & Nemecek, L.L.C.
Photo credit: *Cleveland Jewish News*

guidance, particularly with Chinese herbs. “I’m consulted informally and assist by answering questions,” she explains. “I’m a resource but, unfortunately, I don’t have time to formally go in and set up their programs.”

For the past five years, she has also been the team acupuncturist for the Cleveland Indians, often working on pitchers whose seasons are especially punishing and who benefit from the method’s ability to promote recovery through anti-inflammatory and endorphin release mechanisms. She never mentions her patients, however, to anyone – including Ian – due to HIPAA laws.

“Lawyers tell me Jamie got them playing golf again! Of course, I had no idea they were even patients,” says Friedman.

Starkey sends out an uncanny emotional steadiness and clear-sightedness while simultaneously delivering the feeling that she has no patience for nonsense. Trained in Eastern medicine by her Korean mother, she developed her own passion for its tenets and felt the natural progression would be to build her career around it. Her three-year-long clinical training came from masters in Beijing where she learned its methodology while also coming to appreciate how TCM varies between regions with long practice histories in Japan, Korea, China and Taiwan.

It’s Taiwan, however, where medicine has seen tremendous progress with a government-mandated requirement that all treat-

ment records be submitted to its national database within 24 hours of a patient’s visit. The outcome is an enormous trove of rich data to mine. This later proved to be a substantial source of Starkey’s evidence to support merging the Eastern herbal therapeutic modalities with Western medicine. “Herbs are like drugs,” she points out.

So, with the couple’s paths intersecting nowhere on the map, how on earth did they meet?

It was Friedman’s last day on the dating website eHarmony, and Starkey’s first, in 2012. They matched and began communicating, but Friedman wasn’t necessarily looking for a long-term relationship. Rather, he was heeding his friends’ advice to date around and have fun.

Starkey, in contrast, describes herself as an introvert who “likes to chill and prefers small intimate gatherings with friends.” She says she was looking for companionship, maybe some dinner dates, but her career consumed a great deal of her time and interest. Furthermore, she was not inclined to get married, and she “definitely wasn’t sold on the idea of having a child.”

Exhibit A – Conventions Busted

Starkey had dating rules and she wasn’t afraid to enforce them. Encounters were an hour max. she must meet at the destina-

tion, and no private information would be divulged. The first date with Friedman lasted nine hours.

It started at noon with a picnic at Edgewater Park, which was then extended when Friedman grabbed some folding chairs from his car, enabling them to continue hanging out. Later, they migrated to Luchita’s on W. 117th Street for dinner. They saw each other every day the following week, meeting wherever they could, often just for short visits because of their busy schedules. Even Friedman’s week-long hospital containment could not keep them apart. She stayed with him, helping him through his pain management.

“I don’t relax too quickly but I did with her,” Friedman says.

“Our sense of humor is identical, it’s quirky, and we thrive on each other’s sensibility,” says Starkey.

As their relationship grew, they mention how they started acting spontaneously and laughing a lot together. Starkey says she found someone who is “loyal to a T,” someone who “has my back.” Friedman notes how he enjoys how she’s very comfortable with who she is and has no façade. He likes how he can let down his guard with her.

“She understands me,” he says.

“He gives me space,” she says.

Each reports being very plugged in to the other’s life.

Exhibit B – Differences Transcended

“We had conflicting schedules and did opposite things,” Friedman explains. “For example, she’s a foodie, and I just eat.”

He also claims to have a heavy TV habit where he stays up late at night flipping channels, “catching 12 shows at once,” knowing what’s going on with each, all while messing with his phone and iPad. Starkey didn’t even have a TV in her lake-view apartment. The water was often her focus, and she’d stare at it for long stretches with a book in hand. She also went to sleep early.

What they share is mutual respect, he says, and significant mental engagement with each other. But Friedman admits that Starkey would not have liked the former version of himself, the one that was wiped out along with his motorcycle in the accident.

“Before, I was very accomplished personally and professionally, but I was moving so fast toward an unknown destination, with no end in sight.” The accident forced him to slow down in every way, and to start noticing things he’d previously missed, like some red flowers on the median between the north and south bound lanes on I-271 that he had driven past hundreds of times on his way to Columbus. “They looked beautiful,” he says of the surprise discovery.

"I'm more aware and see things fully," he says, adding emphatically that "45 is my favorite age, my head is in the best place. My (paralyzed) arm is a permanent reminder of everything good in life. My outlook is different – I have empathy and compassion now. I firmly believe the accident is the best thing that ever happened to me. Every decision I make goes back to that incident. I think about it hundreds of times each day. It's made life far simpler." The constant pain provides a perpetual reminder, too.

Now, in the criminal attorney's mind, the biggest crime is wasted time, he says.

He's made many adaptations in daily life required by the loss of one arm. But he can get his Rolex watch on and off with no trouble using his teeth, and now he wears easier-to-put-on bow ties, in addition to pre-tied neckties.

Starkey says it's a non-issue. "There's so little that he needs assistance with. Just a cuff link, I think. I don't even notice his arm." However, they both laugh at how the deficit absolved him from diaper-changing duties. "That's the only time I'll ever say I'm handicapped," he says with a chuckle.

His days at work are often very stressful, and when he comes home, relaxation is paramount. "I live in the underbelly of society and see some of the greatest tragedies in life



"(Chinese) herbs are like drugs."

Jamie Starkey, Program Manager, Traditional Chinese Medicine, Cleveland Clinic's Tanya I. Edwards, MD Center for Integrative and Lifestyle Medicine, Lead Acupuncturist
Photo credit: Steve Travarca, Cleveland Clinic Center for Medical Art and Photography.

on a daily basis," he explains. For this reason, Starkey says she likes bringing him relief by drawing a salt bath and "giving him an acupuncture treatment afterward." She's now insisting that he acquire a hot tub, too.

The couple wed in February 2016, a move predicated on the belief that each has found a "soul partner." Neither had to give anything up, and they gained an intertwined future. Case closed.

BEACHWOOD RESIDENTS - CALL NOW TO ACTIVATE YOUR GIFT CARDS!

GIFT CARD

**\$500 Off
Heating & Cooling
System***

To schedule a free estimate call:
216-600-0811

Valid until: 9/30/16



GIFT CARD

**\$25 Off
A/C Tune-Up or
Repair***

To schedule call:

216-600-0811

Valid until: 9/30/16

**No Breakdown Guarantee!
We service all brands!**



*Offers not valid on prior purchases and may not be combined with any other offer or coupon. Void where prohibited. Offer applies to residential units only. Homeowner or adult representative (over the age of 18) must be present at the time of maintenance. Mileage may apply if customer is more than 25 miles away from Arco location. An additional fee may apply if home is not principal residence. There may be an additional charge for repairs or non-included items. Arco HVAC specialists are prohibited from working in any conditions that, in the specialist's opinion, would be unsafe or a violation of local/safe codes. Customer is responsible for clearing around system of any obstructions.



216-600-0811
WWW.GOARCO.COM



Is It An Eating Disorder?

Eating disorders are more common than many people think. In the United States alone, millions of individuals struggle with eating disorders, including anorexia, bulimia, binge eating disorder, compulsive overeating or other specified feeding and eating disorders (OSFED). Such problems with food can have serious, even life-threatening consequences.

Signs and Symptoms

Eating disorders can be hard to detect, especially when someone hides their struggle with food. But missing the warning signs could lead to negative long-term effects on physical, mental and emotional well-being. Be on the lookout for these symptoms and behaviors:

- Rapid or persistent increase or decrease in calorie intake
- Dramatic weight loss or gain
- Frequently talking about food, weight or body image
- Purging, restricting, binge eating or compulsive eating
- Abuse of diet pills, laxatives, diuretics or emetics
- Hiding food or eating in secret
- Denial of symptoms
- Excessive or compulsive exercise
- Physical complications, such as dizziness, fainting, bruising, menstrual irregularity, leg

cramps, dry skin, brittle hair and osteoporosis

Did You Know?

- Eating disorders don't discriminate. Females and males of all ages, backgrounds, and ethnicities are at risk of developing the illness.
- Eating disorders occur for many reasons. Often there are biological, psychological, emotional and social factors behind the development of an eating disorder.
- Eating disorders can be deadly. Anorexia has the highest mortality rate of any psychological disorder.
- Eating disorders often occur along with other illnesses or trauma. Substance use disorder, sexual abuse history, depression, anxiety disorder, morbid obesity and post-traumatic



stress disorder often present along with eating disorders.

- Eating disorders are prevalent among men and boys. About 10 percent of people struggling with eating disorders are male. Just like women, many men and boys feel insecure about their bodies or are coping with a distorted body image.

Treatment Options

So how can you treat an eating disorder? Treatment usually includes some combination of psychotherapy or counseling with careful attention to nutrition and medical needs. But eating disorders are as unique as individual people. There isn't a precise treatment "formula," and care providers should work with individuals to determine the

best course of action. If you think you or someone you know might have an eating disorder, seek out a treatment center that provides flexible, personalized support.

The Emily Program, which has an outpatient location in Beachwood and residential facility in Cleveland Heights, is nationally recognized for its personalized, compassionate approach to eating-disorder treatment. The Emily Program offers a range of programs and services, including individual therapy, group therapy, family- and couple-based therapy, nutritional evaluation and medical services. For additional information on eating disorders and treatment options, call 1.888.EMILY.77 (1.888.364.5977) or visit www.emilyprogram.com.



Jane P Ehrman, M.Ed.
Owner, Images of
Wellness, LLC

Images of Wellness, LLC

I believe the answers to many of our challenges are within us. Guided imagery, clinical hypnosis and relaxation have long been established, through rigorous research, as beneficial mind-body practices. Interactive Guided Imagery™ is a mind/body practice that enables you to use your mind in positive and healing ways. Many refer to imagery as visualization, though imagery incorporates all of the senses. Some benefits

include: Relief from stress, anxiety, pain, treatment side effects, a more balanced immune system, effective preparation and recovery from surgery and other procedures, and faster healing. Imagery improves skills, performance and memory recall.

You have powerful inner resources such as: Wisdom, intuition, insight, strength, determination, and courage. When cultivated, these qualities enable you to

by Jane P Ehrman, M.Ed.

bring your best to health and life circumstances. My role is to guide you through the process to obtain the information and insight necessary to achieve resolution, personal growth and healing.

If you want to move through your life experiences with greater empowerment, strength and wisdom, I welcome the opportunity to work with you. Call 440.213.1872 for more information or to set up an appointment.



Beachwood Tai Shin Doh Academy

Allen Roth 6th degree black belt



- Martial arts classes for ages 3½ through adult
- Coed & separate classes by gender available
- Individualized women-only self-defense classes
- Classes held on weeknights & weekends

High quality, personalized, hands on approach

Call now for your free introductory class!

Sibling discounts available

Please contact Sensei Allen at 216.815.5873 or email info@beachwoodacademy.com for more information. Most classes held in Gan Israel of Beachwood 25400 Fairmount Blvd.

www.beachwoodacademy.com
(New students: Bring this ad in for 1/2 off a uniform)



Interactive Guided Imagery™

Helping people transform challenges into opportunities for healing and personal growth.

Private sessions for adults and children 6yrs and older. Explore, identify and heal issues related to:

- Stress - insomnia, anxiety, irritable bowel, autoimmune, etc.
- Performance anxiety - academic, athletic, performing arts
- Preparing for surgery and other procedures
- Pain relief - acute and chronic pain
- Serious illness - diagnosis, treatment, recovery
- Wellness coaching - behavior change and healthy lifestyle
- High-risk pregnancy, severe hyperemesis, child birthing

To schedule an appointment:

Jane Pernotto Ehrman, M.Ed., CHES

Phone: 440-213-1872

Email: jane.ehrman@me.com

Website: imagesofwellness.com

The Fairways Building
3601 Green Rd., Suite 210,
Beachwood, OH 44122



Council Gardens

A Tradition of
Independent Living for Older Adults

Established in 1963 by National Council of Jewish Women, Cleveland Section

2501 North Taylor Road • Cleveland Heights, Ohio 44118

If you or someone you know is looking for a fabulous, yet affordable place to live, take a look at Council Gardens.

Council Gardens is more than a senior living community- we are your decision to make every day beautiful.

www.councilgardens.org

Schedule a personal tour in the month of September and receive a complimentary Council Gardens gift!

What our tenants enjoy each day:

- Full, remodeled kitchens
- Optional housekeeping services
- Underground, heated parking
- Basic cable for \$10/ month
- Wi-Fi connection for \$12/ month
- Access to Smart TV with Netflix
- Cultural arts outings
- Beautiful grounds with blooming gardens and secure entry systems
- HUD subsidy available to those who qualify

Call today for your personal tour 216-382-8625

Health & Wellness

Council Gardens

Senior health is more than a visit to your doctor – it's how you live every day. How does Council Gardens contribute to the health of its residents? We asked our tenants...

"I enjoy the gardens with outdoor seating areas, and meeting people from all over the world. There are nice activities planned. I don't worry about bills because all utilities are included in my rent. The property is kept very clean and neat. I find Council Gardens to be a safe, comfortable place to live and a great place to call home!"
– Marilyn Sanchez

"My days are filled with walks in our breezeways where I can enjoy

the vast array of colorful flowers and birds. I visit friends, have brunch with my neighbors and enjoy one of many programs offered on site or travel to an event. There are always experiences to be shared and bonds to be made."
– James Gill

"The staff know each of us by name and they always greet us with a smile. They are a very compassionate group of men and women who find the time to listen to us, no matter what we have to say or how busy they are."
– Barbara Jackson

"The original design of the property is brilliant! It's nestled on seven acres of gardens with



hundred-year-old trees. The buildings are interconnected, so even in winter I can navigate the property without going outside."
– Bonnie Kramer

"Council Gardens is unique – everything you need is here. A cross section of America can be found under our roof. I came here from a large house and I find my apartment spacious and well maintained. Most of all, I love the feeling of unity and support."
– Eileen McDade

"This is a community where I am free to be myself. I am surrounded by gardens that offer a different kind of beauty with each season. Everyone here comes from another life: doctors, chefs, musicians, bus drivers, teachers, artists. We learn from each other and sometimes help each other. There is a sense of security and trust. This is home."
– Lynette Lokey

For more information, call 216.382.8625 or visit www.councilgardens.org.

Every month, *Beachwood Buzz* runs a Health & Wellness spread that lets you know where to go for your wellness needs. If you're in a wellness industry, this is the place to be.

When patronizing our advertisers, please say you saw it in *Beachwood Buzz*!

Next month, we're celebrating 20 years of serving the Beachwood Community.

Thank you for your continued readership and support!



Beachwood Buzz
2016 Business of the Year

Beachwood Academy – More Than Just Kicks

Health, self-confidence, concentration, balance, coordination, self-control and dedication – these are all qualities we wish for ourselves and our children. The Beachwood Academy is a small, personalized self-defense and martial arts school that fosters development in all of these areas.

Martial arts has been shown to be the only activity to fully work out your entire body while increasing cognitive abilities. In today's world, with everything

being larger and quicker, it's refreshing to come across a high-quality school with a personalized touch.

Many schools teach techniques that need to be remembered. At Beachwood Academy, **concepts** are taught with **techniques** used to reinforce these concepts, making it easier for students of all ages and body types to grasp. Even if you've trained elsewhere, you will notice a difference in this school and its philosophy.

If you're interested in improving your physical abilities and coordination while increasing confidence, self-esteem and self-discipline; and, if you want to be trained to fall correctly without getting hurt, then Beachwood Academy is the place to try. Sensei Allen Roth and his staff provide an egoless environment where you will learn and grow.

For more information or to schedule a free introductory class, call 216.815.5873, visit www.beachwoodacademy.com or email info@beachwoodacademy.com.



Sensei Allen Roth and his staff provide an egoless environment where you will learn and grow.

CNN White House Correspondent Featured Speaker at NCJW/Cleveland Opening Fall Meeting

Jessica Yellin to address Political Change

Jessica Yellin, an award-winning political journalist and former CNN chief White House correspondent, headlines the Fall Opening Meeting for National Council of Jewish Women/Cleveland. She will discuss "Changing Times – Women, Politics and the Media," including the current presidential race.

The Wednesday, September 14 event takes place at 1 pm at Anshe Chesed Fairmount Temple, 23737 Fairmount Boulevard, Beachwood. Cost is \$25 for members and \$30 for non-members and includes a dessert reception.

Prior to Yellin's keynote address, a luncheon will take place at 11 am at Fairmount Temple where the journalist will briefly recount

personal anecdotes and stories. The luncheon price is \$75 for patrons and \$125 for benefactors.

Born in Los Angeles, Yellin, a magna cum laude and Phi Beta Kappa graduate from Harvard University, has interviewed political dignitaries from President Obama, Secretary of State Hillary Clinton and First Lady Michelle Obama to Presidents Bill Clinton, George H. W. Bush and First Lady Laura Bush. Yellin provided extensive coverage from the battleground states during the 2008 and 2010 elections. In 2010, she won a "Gracie Award" for her reporting on the coverage of women and politics.

She began her broadcast

career in 1998 as a general assignment reporter and morning anchor, served as White House correspondent for ABC News and overnight anchor and correspondent for MSNBC. She covered the 2000 recount in Florida as a general assignment reporter at WTVT-TV in Tampa.

In addition to Yellin's presentation, the meeting will feature presentation of the Hannah G. Solomon award to Leslie Royce Resnik. This award, the highest given by the organization, is presented periodically to a person who embodies the mission and spirit of NCJW's founder.

Susan Wasserman of Lyndhurst and Jane Kinstlinger of Beach-



wood are program co-chairs. For more information, visit www.ncjwcleveland.org. To register, call 216.378.2204, ext. 100.

The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children, and families and by safeguarding individual rights and freedoms.

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

bryant
Heating & Cooling Systems

**WHATEVER
IT TAKES.**



It Takes

A Tune-Up to Keep You Warm This Winter

Consider Me the Pit Crew of Comfort.

Bryant products are built to run reliably and efficiently. Regular service helps keep your system operating at optimal performance. As things start to cool down outside, be sure to call us at Smylie One for a PRO-MAX Tune up & Safety Inspection. We're ready to do Whatever It Takes to keep your system running reliably and keep your family comfortable, season after season.

The Smylie One Comfort Team

Gary Rosen • Steven Smylie • Rick Coates

*"The Smylie One Family Has Been Providing
Expert Service To Northeast Ohio Since 1955"*



**Pro-Max Heating
Tune-Up & Safety Check**

\$20 OFF

**Now Only \$79.95
Over 30 Points of Inspection**

**Pro-Max Plumbing
Professional Service**

\$25 OFF

**On Your Next Service Call
"Don't Delay... Call Today!"**



Saving Your Wallet
from unexpected repair bills



*financing available



440-449-HEAT(4328)
www.smylieone.com

8323 Mayfield Rd. Chesterland, OH 44026
26201 Richmond Rd. Bedford Heights, OH 44146

Valid thru 12/31/16. Limit one per household. During business hours. Not valid on prior sales. Can not be used in conjunction with any other discounts. Gas Forced Air Systems only.

Lisa Goldman's "Happy Place"

Photos by Scott Morrison

When Lisa married Mort Goldman and moved into their first place, she was eager to get her hands dirty and plant a garden. She remembers her mother's garden and how she liked to go back there and help; and even when living in an apartment, Goldman had a balcony garden where she grew plants and vegetables – and even tried to grow corn – although admits that didn't turn out so well.

Once they purchased their Cleveland Heights home with a spacious yard and much sunshine, Goldman was surrounded by other gardeners and began enjoying the fruits of her labor. "I've always been attracted to perennials and vegetables, although over the years I've cut back on the veggies," she told us.

"The garden is my happy place," she said. "I often lose track of time when I am working in the yard where I enjoy the textures, sounds, colors and changes of light."

Today, Goldman's East Groveland property is a beautiful, tranquil paradise that includes bird houses, candles, furniture (some recycled

from an old swing set), whimsy and hundreds of plants, about 60 of which came from her Cleveland Heights home, to her former Beachwood home, and to where they live now, just two doors down the road.

Not a brown leaf or dead flower may be spotted when walking around her gardens, with Goldman as a knowledgeable docent, explaining the history of each plant.

"When I moved here, I started with an empty palette," she said with a smile. "There was nothing, and I couldn't wait to start designing a garden space.

Right after moving in, with Mort and their three children, there were boxes everywhere. Instead of unpacking, Goldman rented a rototiller and went to work. When asked by neighbors why she was digging instead of unpacking, she said, "I really want to have a garden, and if I don't do this now, in May, I won't have one this summer.

"The boxes will always be here," she added. "They're just stuff."

Goldman also told us how supportive and helpful Mort was with

this project, helping her dig, rototill, and pretty much do everything. "He's the BEST," she said.

When the time came to choose what to plant where, Goldman said it evolved from what the environment would support best and how the plants would thrive in certain locations. "I don't like to use a lot of chemicals," she said. "By providing a quiet, calm environment, and occasionally playing opera and jazz in the yard, my flowers always thrive."

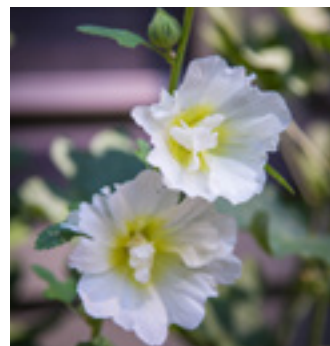
As we walked around the garden, Goldman told stories of her flowers and reminisced about memories from their origins.

"These hollyhocks were from my first garden (*pictured*). My girlfriend grew up on an organic flower farm in Kentucky, and mailed me the seeds when she got married. They're biennials," she said. "This year they're yellow and white. Next year they'll be lighter shades of pink."

As we moved toward the side of her garden, there were about 60 pots carefully placed to enhance the landscape. Goldman explained how she has better luck with some flow-

ers in pots and others in the ground. She also said that everything is selected by color, bloom and height. And, over the years, she has become cognizant of what is deer and disease resistant. "When the day lilies became a deer buffet, I replaced them with cone flowers," she said. "Nothing yet eats cone flowers, which come in various colors, attract butterflies and songbirds, and are nice to cut for arrangements." To keep away the deer, Goldman sprays her plants with Liquid Fence.

Next we stopped at the blue forget-me-nots, where Goldman reminisced back to her days of living in Shaker Heights when her kids were still in diapers. "I was friends with other moms with young kids, whose gardens were magnificent, and we would often trade plants. Bernadette Pavlish's garden was spectacular. She gave me a nice, large patch of these flowers and they spread. As our children got older, we remained friends until she lost her battle to breast cancer. When her daughter settles down in a place of her own, I'll give her flow-



Favorite Perennial Plant:

Changes with the seasons, today my favorite perennial is probably white 'King David' garden phlox.

Favorite Annual Plant:

Zinnias

Favorite Floral Fragrance:

Jasmine

Favorite Personal Story:

Forget-me-Not

Second Favorite:

Hydrangeas

Favorite Gardening Memory:

Every day, usually after dinner, we (Mort and I) roam the yard and together pick out a FOTD (flower of the day). It is a required 'rule' that the FOTD be a perennial.

ers that originated in her mother's garden."

Then she showed me the baobab trees from Africa. Goldman has been to Africa twice, first on safari and later when her son, Michael, was in the Peace Corp. When she was there, she liked the baobab trees, "which were just like the ones in the books." She paused and added, "No, you're not supposed to bring them back, but I lose control with stuff like that!" Goldman brought back African grasses from her first trip, which made it through two seasons; two baobab trees from her second trip, which are now about six years old; and maringa trees, which didn't survive.

While looking at these African trees, Goldman pointed out the rocks that sit in each pot, telling us that she and Mort bring back rocks and shells from their travels. "These came from the ground, right where the trees grew," she said. "They add protection to the plants and are always excellent reminders of amazing trips. They're from the

shores of Senegal, Alaskan glaciers, beaches in Mexico, Spain, Israel, Maine to Florida, and local areas, such as Lake Erie."

Goldman then pointed out the redwood tree, behind the garage, that was purchased in a Muir Woods' gift shop (*pictured, with Lisa*). "When we bought this, it was the size of a pencil. They sell them like they sell orange, lemon and lime trees in airport gift shops in Florida, which I also have."

As for the chrysanthemums, "someone gave them to me. I wrote a letter of recommendation and they sent me these as a thank you. They're a beautiful, deep, warm yellow ochre in the fall."

Pointing to the wild phlox, she said, "I used to work at Fairmount Fine Arts Center in Novelty. Every spring, these would bloom, and with permission, I plucked one."

"The white clematis bloom the week before Labor Day weekend, and when they are in full bloom, they attract monarch butterflies and that's when I know school's in full

gear. They came from the first home we owned in Cleveland Heights."

The hydrangeas are from Heinen's, "and this blue lace cap variety is one of my favorites (*pictured*). I buy them as centerpieces for the Jewish holidays, and then replant them outdoors. Why buy flowers that will die instead of plants that will last a long time?"

Goldman has about 40 orchids and has a green thumb for getting them to re-bloom. She started collecting them after buying them as centerpieces when her oldest son became a Bar Mitzvah. Today, eighteen years later, she still has these orchids. And since orchids can be split, many offshoots have been given as gifts. And, friends often bring their orchids to Goldman to have her work her magic. "I nurse plants back to health and if I can get them to bloom, I'll give them back."

"The red mandevilla (*pictured*) was a gift from the orchestra mothers after our last concert."

The clivia had been a gift from a

friend, and has been divided and shared eight or nine times. "I heard from Vicki, a teacher at Hilltop, that hers is in full bloom."

"I had snapped off the seed heads from some dry columbine plants. They're all from Colorado, and one of the first things to come up in the spring."

Goldman has been a music teacher at the Beachwood schools for 17 years and also taught at the Cleveland Institute of Music. Her father was a musician who liked to draw, and Goldman is following in his footsteps. She loves photography, watercolors and drawing, and enjoys taking painting classes at the Botanical Gardens and continuing education programs at the Cleveland Institute of Art. When she's not teaching or gardening, she plays violin with the Cleveland Pops Orchestra and other groups.

"I love being outside in my garden and enjoy the challenge of growing something beautiful and sustaining it as long as possible," Goldman said in closing.

EASTSIDE

LANDSCAPING

216.381.0070

Celebrating 30 Years of... Details make the Difference!

A DESIGN, BUILD & MAINTENANCE CO.

CUSTOM PATIOS
& RETAINING WALLS

OUTDOOR KITCHENS
& FIREPLACES

CREATIVE PLANTINGS

YARD MAINTENANCE

COMPUTER IMAGING DESIGNS



See our portfolio at www.eastside-landscaping.com

Production Continues for Steven Hacker and g2h films

Last year, *Beachwood Buzz* featured Steven Hacker, cinematographer and co-producer of "On a Technicality," a drama about the fragility of human existence. The film, directed by Andrew Gorell, is loosely based on five Cleveland-area men who the film's writer, Jeffrey Grover, has known for more than two decades. These men are best friends and loosely inspired the story. They meet weekly for breakfast, and during one of these meals, the friends conjure up a preposterous bet, a circumstance that leads the group to learn about the nature of life and their own vulnerabilities. Most of the movie was shot after hours at Jack's Deli in University Heights.

"On a Technicality" was Hacker's second work of fiction. His first film, "Both Sides of the Family," is an hour-long drama on the complexities surrounding interfaith marriage. He has also produced documentaries for Maltz Museum of Jewish Heritage, including "Violins of Hope."

Now, Hacker, Grover and Gorell have teamed up to create g2h films, LLC, to continue pro-

ducing socially significant films and how they affect people's lives today. "On a Technicality" touches on dementia, aging, friendship, the bond friends have and how they take care of each other. Their more recent film, *Between the Lines*, takes an honest look at homelessness in a way that people don't generally think of the condition.

"Many people think of the homeless as being down and out," Hacker told us. "What they don't tend to consider are those who are just down - people who are trying to take care of their families and doing the best they can."

Between the Lines is based on parallel stories about two dads and their nine-year-old daughters who decide to take in a baseball game at Progressive Field. One dad is homeless and the other is from the suburbs. And both are doing their best to share the baseball experience with their daughters. When the suburban duo gets out of their car and passes by the homeless duo, the two girls make eye contact. The story develops to show how each actor reacts to

happenings throughout the game and the dichotomy that exists between characters.

The story line was based on a real incident that Grover witnessed about 15 years ago. He saw a dad who appeared to be homeless, with a child and a baby carriage. As he was leaving the baseball game, he began wondering what their lives were all about and the thought had been germinating in his mind for years.

The title, *Between the Lines*, depicts what we don't know. "There are things that happen, and things that happen between the lines of our lives," Hacker said. "Also, in baseball, it refers to between the foul lines."

Between the Lines has been entered into various film festivals and was recently shown at the Maltz Museum of Jewish Heritage. Care Alliance, a non-profit community health center whose mission is to provide high-quality, comprehensive medical and dental care, patient advocacy and related services to people who need them most, has shown interest in showing it to raise awareness about the stigma of

homelessness.

The guys from Jack's are now back in *Technically, Marvin*, a new g2h film, based on another true (and unorthodox) story. Marvin is a 20-year, middle-aged, disheveled divorcee who is living with his mother in Cleveland Heights. Unhappy and needing companionship, he decides to arrange for a green-card marriage. Marvin, played by Noah Budin, knows Violet (played by Jean Zarzour) who runs a nail salon at Beachwood Place. Mi Young (played by Cindy Chang) works for Violet, speaks no English, and wants to become a citizen. That's the groundwork for how the story, quite funny in parts, unfolds.

As in prior movies, *Technically, Marvin* touches on socially significant issues that deal with the human condition. Marvin wants companionship in his life but no sane woman would want him - It's Marvin - so he thinks a woman who has to become legal would be the perfect woman in life. It addresses loneliness and what someone will do to obtain companionship.

Hacker is also working on a film to promote The Shabbos Project, a worldwide campaign that encourages Jews of all backgrounds to observe one Shabbos together, this year on November 11 and 12. Last year, to help raise awareness, more than 1,200 women gathered at Landerhaven to make challahs. To watch last year's video and learn more, visit shabbosprojectcle.com.

g2h's newest project, *Exact Change*, is the story of Christine Howey, and is based on a one-woman play of the same name. Howey grew up as Dick Howey and underwent a transgender change while in his 40s. Under the direction of Scott Plate, this 70- to 90-minute full-feature movie is about to go into production.





Production photos from filming of *Technically, Marvin*.
 Opposite page: Steve Hacker and Andrew Gorell.
 Above: Noah Budin (center), Brian Zoldessy and Scott Miller; Jeff Grover (playing Rabbi Gold) and Noah Budin; The set at Jack's Deli.

Hacker feels accomplished with how his career is progressing. "We have to figure out what we want to do with our lives and set our goals," he told us.

He built his career by creating films for many individuals and organizations and talking with a lot of people. "I think we're on to something here with g2h films," he said. "If you don't try, you'll never achieve your dreams."

He went on to say that g2h films has been making some nice inroads in the Cleveland community. "Ivan Schwarz, president and CEO of the Greater Cleveland Film Commission, is very good to us. He has guided us and continues to give us ideas on each of our productions. Cleveland has a strong film community with talented crew people who have worked on major motion pictures."

"Never, ever settle on anything you do," Hacker humbly added. "There's a point where you say it can't get any better. People don't know or care about what it takes for you to complete your work. All they understand is what they see on film. Never ever settle. You can say it's good, let's move on. Don't say it's good enough, let's move on. Always have the can-do attitude."



MORE TIME FOR YOU!

Making your life easier with services in one location.

Menorah Park

One Campus. Many Solutions. One Person at a Time.

- ▶ **Marcus Post Hospital Rehabilitation**
- ▶ **Home Health Services**
Skilled nursing and personal care
- ▶ **Outpatient Occupational & Speech Therapies**
- ▶ **The Peter B. Lewis Aquatic & Therapy Center**
Aquatic and land-based Physical Therapy
- ▶ **Adaptive Living Shoppe**
Emergency response and daily living products
- ▶ **Door-to-Door, Non-emergency Medical Transportation**
- ▶ **Adult Day Center**
Daytime personal care and enrichment
- ▶ **Housekeeping Plus**
Light housekeeping and heavy cleaning service
- ▶ **Dialysis**
- ▶ **Menorah Park Aging Resources**
Information at your fingertips
- ▶ **Center 4 Brain Health**
Support, education, assessments



Residential Options:

The R.H. Myers Apartments • Stone Gardens Assisted Living Residence • Wiggins Place Assisted Living Residence

- Menorah Park Skilled Nursing Home
- Helen's Place Memory Care Apartments

www.menorahpark.org

27100 Cedar Road • Beachwood, OH 44122

Call Beth Silver at 216-839-6678

Goldberg Taking Degree to the Mound

by Tom Joyce

Right-handed relievers are a common breed in Major League Baseball.

Right-handed relievers with college degrees in the majors, however, are a rare breed. In fact, any active MLB player with a college degree is a rare breed. And Beachwood native Brad Goldberg hopes to be one of them.

Spending much of this season with the Charlotte Knights (Chicago White Sox Triple-A affiliate), something was different about Goldberg. Yes, he threw well. But he is now a college graduate. He graduated from Ohio State University this past offseason.

In 2012, FOX Sports reported just 4.3 percent of MLB players had graduated college. Many players are drafted out of high school or after their junior year of college, only to never come back and finish their schooling. While Goldberg does not care that many of his Pro Ball teammates did not graduate college, he feels fortunate to be

one of the few.

"Walking across the stage and getting my diploma from Ohio State was one my proudest moments," he said.

"And I guess from a baseball standpoint, it puts your mind at ease a little bit," he added. "It's definitely a plus to have your degree in any sense of life, and provides me with peace of mind in this difficult lifestyle of a baseball player."

For Goldberg, graduating school holds more significance than it might for another player because academics prevented him from playing baseball for two seasons at Ohio State.

Growing up, Goldberg was not the best student and his ambition of playing college baseball was just that: going to college to play baseball. But when he transferred from Coastal Carolina University to The Ohio State University, many of his credits did not.

Usually, transfers must complete two semesters of academics

before being able to play for their new school. Goldberg, however, had more catching up to do. And during that timeframe, he was not able to pitch at school.

It was certainly one of the more frustrating stretches in his life.

"It was an interesting time," he said. "Between my family and the people at Ohio State, I had a really good support system. A lot of support, a little maturity and a lot of help from outside sources pushed me through that kind of weird time in my life."

Goldberg's sanity was helped as he was able to pitch in a pair of summer collegiate baseball leagues in 2011 and 2012, facing a similar quality of competition as he would have had at school. In 2011, he pitched for the Eau Claire Express of the Northwoods League and, a year later, he was a member of the Chillicothe Paints of the Prospect League. With the Paints, Goldberg threw mostly on weekends as he took summer classes heading into his final season at Ohio State.

"From a baseball standpoint and a life standpoint, that kind of took my mind off things," he reflected on being able to pitch in game competitions.

Caught up academically, Goldberg was able to pitch as a redshirt senior in 2013 and the results were better than he could have hoped; he went 6-1 with a 2.99 ERA in 15 starts.

"It was really rewarding to know I was eligible again and I could help my teammates," he said. "I put them and the university through a lot, but that was reciprocated well with all the love and support they gave me. It meant a lot to pitch in my senior year."

And while his command needed improvement (46 walks in 81.1 innings), he caught the White Sox's attention. They grabbed him in the tenth round of the 2013 MLB draft.

Since joining the White Sox organization, Goldberg has pitched

almost exclusively in relief, which has allowed him to progress rather quickly through the White Sox farm system.

"I've been fortunate to have some great coaching," he explained. "Some great strength training helped. A lot of people around me really helped me buy into what the White Sox are all about. I'm just trying to stay as consistent as possible and the coaches and I are putting our minds together to make me a better player. We're trying to building one solid, mechanically sound pitcher."

In the first half of this season, Goldberg went 1-3 with a 2.23 ERA for the Charlotte Knights, leading the team with six saves in seven opportunities. And right-handed hitters hit just .175 off him in that stretch. In his final 15 outings prior to the All-Star break, he was particularly dominant, surrendering just two runs in 16 innings.

"I'm trying to drive the ball downhill, throw as many strikes as possible and put people away," he explained. "Nothing crazy. It's going to sound like a cliché, but I'm just trying to stay as consistent as possible. That's the name of the game."

In closing, Goldberg shares the following advice: "You've just got to keep working hard no matter what. If you put in the work, good things should follow."

"You've just got to keep working hard no matter what. If you put in the work, good things should follow."

Photo credit:
Laura Wolff/Charlotte Knights



Mercedes-Benz
of Willoughby



Ron and Michael Leikin—

**“LIKE
LUXURY?
FIND IT IN
WILLOUGHBY.”**



**AGGRESSIVE OFFERS
ON ALL OF OUR NEW AND PRE-OWNED MODELS!
STOP IN TODAY!**

For a limited time, get exceptional offers on the
Mercedes-Benz you've always wanted.



A LEIKIN MOTOR COMPANY
38750 Mentor Ave. • Rt. 20 • Willoughby
Only 15 min. from Cedar & I-271
LEIKINMOTOR.com
440-946-6900 



We Carry

SPRINTER

THERE IS A DIFFERENCE IN DEALERS. We invite you to see why we say **YOU'LL LOVE LEIKIN.**

City's New Butterfly Garden Promotes Monarch Butterflies

The City of Beachwood's new butterfly garden, located in Beachwood City Park at the bottom of the steps by the pavilion, is a collaboration between the City of Beachwood, Beachwood Service Department, Beachwood Historical Society, Boy Scout Troop 620 and Cuyahoga Arts and Culture, and resulted from a special grant, titled "Celebrate the Park," issued by CAC.

With help from Michael Mozdzen, a candidate for Eagle Scout, and his mentor, City of Beachwood Service Department's assistant superintendent/inspector Chris Vild, the garden became reality after milkweed plants were installed to attract pollinators, which include butterflies, hummingbirds and bees.

"We are teaming up with other sites and scientists to help promote and save monarch butterflies," Beachwood Historical Society president Rosemary Nemeth told us. "Over the past few decades, millions of monarchs have perished because of global warming, increased pesticide use and decreased habitats."

To raise awareness and teach kids about butterflies, campers from Beachwood's Kidz Camp carefully raised butterflies under the direction of science teacher Saree Doyle and Kidz Camp director Heather Sinn. On Friday, July 15, they released them into the butterfly garden.

"We are joining monarch

enthusiasts throughout North America in raising butterflies for the Great Fall Migration, which takes place through October," Nemeth told us. "Additionally, special papers have been filed to certify this garden in Beachwood City Park as a "Monarch Waystation" for creating, conserving and protecting the monarch habitats."

Monarchs can produce four generations during one summer. The first three generations will have life spans from 2 to 6 weeks and will continue moving north. During this time, they will mate and have the next generation that will continue the northward migration. The fourth generation is different and can live up to nine months. These are the butterflies that will migrate south for winter to either Mexico or southern California.

Monarch Waystations are places that provide resources necessary for monarchs to produce successive generations and sustain their migration. Without milkweeds throughout their



spring and summer breeding areas in North America, monarchs would not be able to produce the successive generations that culminate in the migration each fall. Similarly, without nectar from flowers, these fall migratory monarch butterflies would be unable to make their long journey to Mexico. The need for host plants for larvae and energy sources for adults applies to all monarch and other butterfly populations around the world.

The City of Beachwood takes great care to preserve this park

and promote a healthy eco system. In addition to the garden, the city's Service Department has been busy removing invasive plants, including buckthorns and phragmites. The park is home to flora and fauna of many forms and is a true gem in our community.

For more information, visit www.monarchwatch.org.

Pictured: Garrett (above) and Khalil, Kellen and Samuel (below) release butterflies while at Beachwood's Kidz Camp.



Here's how gardeners can help in a new, nationwide monarch-recovery effort:

- **Create a Monarch Waystation or plant milkweed flowers.** The Standard Monarch Waystation Seed Kit (which can be purchased at www.monarchwatch.org) contains the following species:

Milkweed

- Butterfly Weed (*Asclepias tuberosa*)
- Common Milkweed (*Asclepias syriaca*)
- Swamp Milkweed (*Asclepias incarnata*)



General Nectar Plants

- Indian Blanket (*Gaillardia pulchella*)
- Purple Coneflower (*Echinacea purpurea*)
- Joe Pye Weed (*Eupatorium purpureum*)
- Scarlet Sage (*Salvia coccinea*)
- Tithonia Torch, Mexican Sunflower (*Tithonia*)
- Zinnia, Dahlia Mix (*Zinnia elegans*)



- **Avoid pesticides.** In particular, steer clear of systemic insecticides, such as neonicotinoids. These are taken up by plants' vascular systems, leaving caterpillars and butterflies that feed on leaves, nectar and pollen exposed to the poison long after it has been applied. A new study provides evidence that milkweed leaves treated with one neonicotinoid, Imidacloprid, kill Monarch caterpillars that eat them.



2017 SUBARU MODELS ARE NOW IN STOCK! STOP BY AND TEST DRIVE ONE TODAY!

Hello Beachwood Residents,

Welcome to September. The political arena is heating up, the kids are back in school and driving in the ever-changing Cleveland weather will be challenging. Luckily, Ganley Subaru of Bedford is here to help. We have a knowledgeable staff, award-winning service and vehicles everyone is talking about. Stop in today for a great deal. We are here for you.

Michael Friedman

Beachwood Graduate • Beachwood Resident

2017 OUTBACK 2.5 i

\$25,645 MSRP*

32/25 MPG*
hwy/city

- 2.5-Liter SUBARU BOXER® 4-Cylinder Lineartronic®
- Continuously Variable Transmission (CVT)
- Symmetrical All-Wheel Drive

**ONLY 4 AVAILABLE
AT THIS PRICE!**



Code HDB 01

2017 LEGACY 2.5 i

\$21,995 MSRP*

34/25 MPG*
hwy/city

- 2.5-Liter SUBARU BOXER® 4-Cylinder Lineartronic®
- Continuously Variable Transmission (CVT)
- Symmetrical All-Wheel Drive

**ONLY 4 AVAILABLE
AT THIS PRICE!**



Code HAB 01

2017 FORESTER 2.5 i

\$22,595 MSRP*

32/26 MPG*
hwy/city

- 2.5-Liter 4-Cylinder Engine
- Manual 6-Speed Transmission
- Symmetrical All-Wheel Drive

**ONLY 2 AVAILABLE
AT THIS PRICE!**



Code HFA 01

Plus tax, title, registration, and \$250 documentary service charge. Mileage stated is EPA estimated fuel economy. Your actual mileage may vary. A proud member of the Ganley Auto Group. The Ganley Auto Group is an association of independently operated automobile dealerships dedicated to providing value and service to our customers and communities. Offers valid thru 10/15/16.

Quote of the Month

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

**COMPLIMENTARY VALET PARKING
AT ETON AND LEGACY VILLAGE
FOR ALL CAR OWNERS OF VEHICLES FROM**



CELEBRITY BIRTHDAYS

| | | | |
|--------------|---------------------|--------------|------------------------|
| September 6 | Jeff Foxworthy (58) | September 11 | Ludacris (39) |
| September 7 | Corbin Bernsen (62) | September 12 | Jennifer Hudson (35) |
| September 9 | Adam Sandler (56) | September 16 | David Copperfield (60) |
| September 10 | Colin Firth (56) | September 18 | Lance Armstrong (45) |
| September 10 | Arnold Palmer (87) | September 21 | Nicole Richie (35) |

L Shana Tora



Wishing you a
Sweet
and
Happy
New Year!

GANLEY
SUBARU of Bedford

Where Everybody Goes for a Great Deal!
123 Broadway
On the Bedford Automile

SUBARU
Confidence in Motion

Shop 24 hours a day at
www.ganleysubaruofbedford.com/
888.470.5296

Exhibit · Attend · Grow

Beachwood
Buzz



Dynamics
Online



Discovery
Photo

Wednesday
September 14, 2016
From 3pm to 6:30pm



PNC Bank

MEDIA SPONSOR



Embassy Suites
3775 Park East Drive
near I-271



TECHNOLOGY SPONSOR

Huntington
Bank

Leverity
Insurance

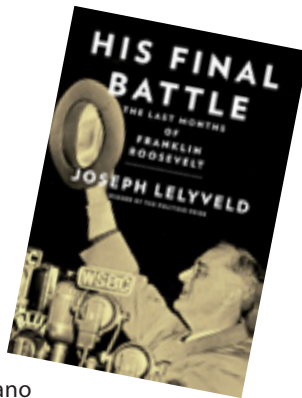
PREMIER SPONSOR



Exhibitor & Attendee Pre-Registration at Beachwood.org

Lelyveld Gives Former President FDR's Thoughts, Motivations Some Consideration

By June Scharf



Franklin Delano Roosevelt was the only U.S. President to serve three terms in office, with a fourth term begun but terminated before its completion due to his demise. By any standards, that's quite a mental, physical and emotional marathon. What was he thinking? How and why did he hang on during such a tumultuous period in

history that spanned the Great Depression and World War II? Are the motivations and considerations knowable of a man whose life and serious ailments were cloaked in extreme secrecy?

Joseph Lelyveld, the Pulitzer Prize-winning journalist, former executive editor of *The New York Times* and son of the late Rabbi Arthur Lelyveld, attempts quite successfully to explore this psychic terrain in his latest book, *His Final Battle, The Last Months of Franklin Roosevelt* (Alfred A. Knopf Publisher, 416 pages, \$30). With stellar reporting and heavy thinking, he brings great sensitivity to his treatment of the choices FDR made. Weighing Roosevelt's personal struggles with failing health against the needs of the country at war, along with those of the Democratic Party caught in an election cycle, Lelyveld illuminates how the President's world was a vortex of fraught with serious issues and consequences.

Lelyveld, 79, will be appearing in the Beachwood Public Library's meeting room Thursday, September 8, from 7 – 8:30 pm, to discuss his book and answer questions about what he calls "one of the most significant figures in history who's not well understood."

His interest in writing this book emerged from wondering if FDR's story could be told from the former President's point of view while subtracting authorial judgment, adding explanation and plugging in several historic events including the Yalta Conference, Tehran Conference and an upcoming presidential election.

After pitching the idea for the book to his editor three years ago, Lelyveld got the green light and plunged into research, some of which involved investigating day-to-day descriptions of FDR's whereabouts, information available at the FDR library in Hyde Park, New York, conveniently located not far from Lelyveld's home in the Hudson Valley. The archives also are accessible online.

He reports the challenges associated with delivering on his self-assigned task to expose the inner, opaque FDR were large but not impenetrable.

"Roosevelt was not self-revealing," Lelyveld explained in a telephone interview. "To the contrary, he went to great lengths to hide things like his health," something significantly affected by polio around age 40, resulting in an inability to walk." Additionally, he notes, there were no journals or minutes from meetings. "Instead, I found diaries (belonging to other key figures) to figure things out."

Lelyveld admits he began his journey with the book by also pondering what Roosevelt thought about mortality. What he discovered: "Roosevelt finessed it as best he could, like everything else. He was a fascinating man." Considering the compromised condition FDR was in, Lelyveld extended the observation by saying he was "valiant and heroic, without a lust for power but with ideas about how things should go in this country."

This book tour only includes Boston, Washington D.C., New York and Beachwood. Lelyveld says that it was his publisher's decision to come here because his books sell well in this area.

Elections 2016: What Does Judaism Say about Gun Control and Immigration?

On Sunday, September 11 from 6 to 9 pm, The Jewish Learning Institute will present Elections 2016: What Does Judaism Say about Gun Control and Immigration?

Accredited for 3 CLE units, the community is invited to attend and learn about a Jewish, non-partisan view of these hot-button 2016 election issues. The event will take place at 25400 Fairmount Blvd., Beachwood. Cost is \$36/single and \$54/couple. Register now at www.EnrichingJudaism.com.

November's topic will be How Success Thinks. Watch for details in next month's *Beachwood Buzz*.

Fairmount Temple Programs

Selichot at Fairmount Temple

All are invited to Selichot at Fairmount Temple with opportunities to prepare for the High Holy Days on both Friday, September 23, and Saturday, September 24, with artist-in-residence Noah Aronson. A rising star in contemporary Jewish music today, Aronson has released two solo albums and songbooks, and his music, including "Am I Awake," may be heard in Jewish communities and camps worldwide.

Friday, September 23 • 6:15 pm

- Shabbat Evening Service with the Fairmount Temple clergy and special guest Noah Aronson.

Saturday, September 24 • 7 pm

- Selichot Service and concert with the Fairmount Temple clergy and artist-in-residence Noah Aronson. Enjoy desserts prior to singing, praying and beginning to prepare for the High Holy Days.

Women of Fairmount Temple

The following program is free and open to the community.

September 27 • 1 pm

- Beachwood Police Officer Jackie Schuld will speak about safety issues that affect us today.

To register, call 216.464.1330 or visit www.fairmounttemple.org.

CITY OF *Beachwood* Council Update

MAYOR
MERLE S. GORDEN



216.292.1901
mayor@beachwoodohio.com

COUNCIL PRESIDENT
MARTIN S. HORWITZ



216.464.6560
martin.horwitz@beachwoodohio.com

JUSTIN BERNS



216.509.6509
justin.berns@beachwoodohio.com

ALEC ISAACSON



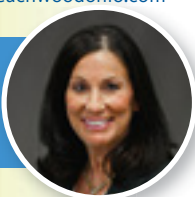
216.291.2797
alec.isaacson@beachwoodohio.com

MELVIN JACOBS



216.464.1541
melvin.jacobs@beachwoodohio.com

BARBARA BELLIN JANOVITZ



216.406.5914
barbara.janovitz@beachwoodohio.com

BRIAN LINICK



216.496.0202
brian.linick@beachwoodohio.com

JAMES PASCH



216.630.9671
james.pasch@beachwoodohio.com

BEST AUDIT A CITY CAN RECEIVE

A newly released state audit for 2015 from the office of Ohio Auditor David Yost found no instances of noncompliance and issued an unqualified audit opinion – which is the best audit a city can receive.

- Beachwood ended 2015 with a balance of more than \$26 million in its general fund.
- Beachwood continues to give a 100% income tax credit allowing residents working outside of Beachwood to receive 100% credit for income taxes paid to other taxing districts.
- Beachwood has the fifth lowest residential property tax rates among 73 taxing districts in Cuyahoga County.
- Approximately 2,500 businesses are based in Beachwood.
- During the past 15 years, the city has spent \$97.4 million on streets, facilities and recreational areas. Most of these improvements were paid with existing funds. Only \$21.6 million in debt was used to finance these projects and that debt now has an outstanding balance of just \$12 million.
- Two New York City bond-rating agencies – Moody's Investors Service and Fitch Investors Service – have awarded the City of Beachwood with their highest investment rating, meaning any notes or bonds the city sells to finance improvement projects are deemed to be low-risk investments.
- The city is the site of \$90 million in recently completed or proposed residential projects offering a total of nearly 700 new living units.



"All of Beachwood should be proud of this audit, because it shows a city that is financially efficient while continuing to provide outstanding municipal services to its residents and businesses. The city is fiscally fit and very well positioned to meet our future needs."

– Mayor Merle S. Gordon

WE RECYCLE 43.69%

The Cuyahoga County Solid Waste District's Residential Recycling Report shows that 35.42% of residential waste was recovered for recycling in 2015 – more than 10 percent above the state's 25% goal. Since tracking began in 2001, the county's rate has increased from 18.74% to 2015's rate of 35.42%. Beachwood's rate is 43.69%.

City Contact Information

CITY OF BEACHWOOD
25325 Fairmount Boulevard
Beachwood, Ohio 44122

216.464.1070
www.beachwoodohio.com



LIKE US ON FACEBOOK
www.facebook.com/
BeachwoodOH



FOLLOW US ON TWITTER
twitter.com/
BeachwoodOH



FOLLOW BEACHWOOD POLICE ON TWITTER
twitter.com/BeachwoodPolice

TV PROGRAMMING
Time Warner - Ch. 96.20
AT&T U-Verse - Ch. 99

EMERGENCY
Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

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

SAFETY TOWN

Beachwood Safety Town held its annual graduation ceremonies in August. Children learned about traffic, bus and bicycle safety, how to recognize, understand and enlist help from our City's safety forces, playground safety, and how to cross the street. Patrol Officers Jamey Appell and Jackie Schuld served as this year's Safety Town Officers.

Pictured: 1) Beachwood resident Pheonix Peters practices safe driving. 2) Patrol Officer Jamey Appell, Chief Keith Winebrenner, Patrol Officer Jackie Schuld and Mayor Merle S. Gorden 3) Safety Town Officers with Beachwood residents Vincent Minnillo, Chelsee Mitchell, Avery Kline, Nathan Kassoff and Eden Chattman. 4) Beachwood resident Ainsley Brown hugs Officer Appell 5) Session 2 of Beachwood Safety Town.



SALUTE TO 50-YEAR RESIDENTS

On August 9, the City of Beachwood hosted its final Tuesday concert of its Summer Evening Concert Series to a packed crowd in the Beachwood Community Center. Prior to listening to the Cleveland T.O.P.S. Swing Band, Mayor Merle S. Gorden recognized 50-Year residents by presenting them with a blanket and certificate, and thanked them for supporting Beachwood.

Pictured (Standing) Council Member Alec Isaacson, Gary Lavon, Lila Sorkin, Council Member Barbara Bellin Janovitz, David Rivelis, Jerry Sorkin, Mayor Merle S. Gorden, Helen Rivelis, Council Member Melvin M. Jacobs, Margie Neuger, Phyllis Berlas, Council Member James Pasch, Gary Brown, Council Member Justin Berns and Council President Martin S. Horwitz. (Sitting) Sylvia Lavon, Ileen Kelner, Phyllis Blau and Dolores Begam.



UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Tuesday, September 6 and Monday, Sept. 19. 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 29. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Tuesday, September 6 and Monday, September 19. Questions? Call 216.292.1914.

Departments

AUDITOR
216.595.5492

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

OF SPECIAL NOTE

ATTENTION DRIVERS

Drivers seeing a stopped school bus with the stop arm out and lights flashing are to stop at least 10 feet from the front or rear of the bus and not move until signaled to do so by the bus driver.

A driver does not need to stop for a school bus approaching from the opposite direction when traveling on a highway with four or more traffic lanes.



PERSONAL SHRED DAY

ALONG WITH

HABITAT FOR HUMANITY RESTORE DROP-OFF

SUNDAY, SEPTEMBER 25 • 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.



JUMP BACK JOG

5K Run / 2K Walk

SUNDAY, OCTOBER 16
9:00 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

ART EXHIBIT

Beachwood Community Center
MONDAY – FRIDAY • 9 AM – 4 PM

SATURDAY • 10 AM – 3 PM

SUNDAY • 10 AM – 1 PM

HOOK AND BRUSH

Featuring works by Madelaine Mavec, Artist and Designer, Jane Schofield and Friends, Rug Hookers and Fiber Artists

SEPTEMBER 14 – OCTOBER 8

Opening Reception:

Sun., September 18 from 1 – 2:30 p.m.



PENSKE LOGISTICS EXPANSION

JOB CREATION INCENTIVE GRANT PROGRAM IS KEY

Penske Logistics has been awarded a Job Creation Incentive Grant (JCIG). Council approved a 30% JCIG grant for 3 years. Penske Logistics' Beachwood location will retain its current workforce of 308 full-time employees and 35 part-time employees. With the expansion, Penske will increase employment by 40 full-time positions and \$2.1 million in new annual payroll. This incentive was an important element in the company's decision to remain in Beachwood. Retention of Beachwood's existing business base is a top priority.

Penske Logistics is a wholly owned subsidiary of Penske Truck Leasing. Penske Logistics provides supply chain management and logistics services to leading companies around the world.

"The city is fortunate to have companies like Penske Logistics continue their presence and growth. A company like Penske, with such a long history of outstanding achievements and growth, is a model of business success here in Beachwood."

– Mayor Merle S. Gorden

Council Update

FAMILY FUN DAY

SUNDAY, SEPTEMBER 4

1:00 – 5:00 P.M.

BEACHWOOD FAMILY AQUATIC
CENTER PARKING LOT

Parking at Beachwood High School
(FREE SHUTTLE SERVICE)

FREE

FUN



TOTALLY FREE! TOTALLY FUN!
MORE NEW RIDES! Giant Slides,
Pony Rides, Crafts, Carnival Games,
Caricatures, Clowns, Zip Line, Face
Painting, Petting Zoo, Music & More!

BEACHWOOD RECREATION COMMUNITY
THEATER ANNOUNCES

Mary Poppins

AUDITIONS

SEPTEMBER 12 • GRADES 3 – 5

SEPTEMBER 13 • GRADES 6 – 12

SEPTEMBER 17 • 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 12 – 17, 2016

7:30 A.M. – 3:30 P.M.

BEACHWOOD SERVICE DEPARTMENT
23355 MERCANTILE ROAD

MATERIALS ACCEPTED

- Oil or solvent-based paint, sealers, primers,
or coatings (aerosols or liquids)
- Varnishes, polyurethanes, shellacs
- 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)

HONKIN' HAULIN'

HANDS-ON TRUCKS

17TH ANNUAL

SUNDAY, SEPTEMBER 18
12:00 NOON – 3:00 P.M.
MUNICIPAL SERVICE CENTER

FREE

Get into the driver's seat of trucks including:
Fire Engines, Ambulance, Rubbish Truck,
Front End Loader, Dump Truck and more!



TRICK OR TREAT in Beachwood

MONDAY, OCTOBER 31
6:00 – 8:00 P.M.



BOARD OF EDUCATION

Mitchel Luxenburg, President, 382-8943 • ml@beachwoodschoools.org

Michael Zawatsky, Vice President, 292-9916 • mzawatsky@beachwoodschoools.org

Dr. Brian Weiss, 464-6678 • bw@beachwoodschoools.org

Joshua Mintz, 245-0000 • jmintz@beachwoodschoools.org

Steve Rosen, 292-5562 • srosen@beachwoodschoools.org

Beachwood Schools

2016 You & Your Schools



Beachwood Schools Gallery of Success

September, 2016

Dear Beachwood Residents:

Beachwood Schools is now accepting nominations of distinguished graduates for induction into the 11th Beachwood High School Gallery of Success, which was created in 1985 by the Beachwood Board of Education. Inductions into the Gallery of Success are typically every three years. To date, 121 alumni have been inducted.

Since so many of you are parents, relatives, or friends of Beachwood High School alumni, you most likely know exceptional graduates to suggest for this honor. Nominees must be Beachwood High School graduates whose achievements since high school make them outstanding role models for our students. The nominee must exhibit achievements and distinction in one or more of the following criteria: leadership, service, humanitarianism, creativity, courage, and/or career contributions that have benefited others. The inductees will be selected by a committee representing a cross-section of the Beachwood community.

Nomination forms are available on the Beachwood Schools website at www.beachwoodschoools.org/Gallery. The deadline for nominations is Friday, Nov. 18, 2016. If you need a form mailed to you, please contact Paula Zavell Rollins at 216-292-5600 (home) or 216-789-3995 (cell).

Alumni who are selected will be invited back to the high school for an event honoring their success and sharing their achievements with the student body, staff, and community. The celebration will include an induction assembly, luncheon, and student "Meet and Greet" tentatively scheduled for Friday, April 7, 2017. The honorees will also be our guests at an evening event sponsored by Beachwood Schools Foundation.

With your help, the Gallery of Success will continue to recognize the legacy of our students, alumni, and all of Beachwood.

Sincerely,



Paula Zavell Rollins

Coordinator, 2017 Gallery of Success

ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, 464-2600 ext. 299 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, 464-2600 ext. 239 • mm@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, 464-2600 ext. 234 • ljb@beachwoodschoools.org
Dr. Ken Veon, Director of Operations & Technology, 464-2600 ext. 230 • kev@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction/Human Resources, 464-2600 ext. 289 • lhl@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, 464-2600 ext. 240 • ks@beachwoodschoools.org
Shana Wallenstein, Director of Marketing & Communications, 464-2600 ext. 237 • swallenstein@beachwoodschoools.org

#FLIP THE SWITCH



FRIDAY NIGHT LIGHTS have arrived in Beachwood!

temporary tattoos & face painting – fun – food – light-up giveaways

FIRST FRIDAY NIGHT HOME GAME

Friday, September 9, 2016

Gates Open at 5:30pm | Game Begins at 7:00pm

Rain delay or construction delay date: 9/16

Use the hashtag **#fliptheswitch** before and during the event and see your tweet live!

ALL ARE WELCOME!

Community, Students, Families and Alumni

Following the game, join us for
Screen on the Green: **Real Steel**

Sit on the turf picnic style and enjoy the movie!
*No chairs allowed on the turf.



Visit beachwoodschoools.org for event details or changes.



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



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



Your parents want to live at home, but they need more help than ever.

JFSA helps older adults remain in their own home with a range of services that keep them healthy, independent and connected. **Speak to one of our caring professional staff today.**

Jewish Family Service Association of Cleveland
WE ARE JFSA. YOU ARE NEVER ALONE.



Medicaid/Medicare, PASSPORT, MyCare Ohio, VA, private pay and most insurance accepted.

216.378.8660 | www.jfsa-cleveland.org

HaZamir Cleveland Auditions

Auditions for the Cleveland chapter of HaZamir: The International Jewish High School Choir, brought to you in association with @Akiva and conducted by Lynne Leutenberg Yulish, are now being held for the 2016-2017 season. This is an opportunity for Jewish teen singers to perform at Lincoln Center in New York City. For more information, email Sandy Laserson, @Akiva choir manager and midwest coordinator of HaZamir, at laserson@att.net.

Rabbi Naphtali Burnstein to Address Jewish Genealogy Society on Reading Jewish Tombstones

Rabbi Naphtali Burnstein, Rabbi of Young Israel of Greater Cleveland, will be the featured speaker at the Wednesday, September 7 meeting of the Jewish Genealogy Society of Cleveland. Rabbi Burnstein will discuss how to read tombstones. Jewish grave markers vary in size and style and they are often a key to discovering a family's history. Rabbi Burnstein will consider how to decipher symbols, Hebrew names, dates, abbreviations and quotations. He will tell how families use the information on grave stones to uncover lost histories.

Rabbi Burnstein has been the rabbi of Young Israel of Greater Cleveland for the last 24 years. A native of Washington, D.C., he received his Semicha (rabbinical ordination) from Yeshivas Ner Yisroel of Baltimore and has a Master's degree in Talmudic Law from Ner Yisroel, and a Master's degree in Computers from John Hopkins University Whiting School of Engineering.

The Jewish Genealogy Society of Cleveland meets on Wednesday evenings, starting at 7:30 pm, in the Miller Board Room at Menorah Park, 27100 Cedar Road, Beachwood. Board members and help desk volunteers are available from 7 pm to assist with individual research questions. Guests are welcome. RSVP to Programming@ClevelandJGS.org.

First Catholic Slovak Ladies Association



of the United States of America
a Fraternal Benefit Society domiciled in Beachwood, OH

FRATERNAL LIFE INSURANCE AND ANNUITIES

Discover the Fraternal Advantage!

Life Insurance Products:

Single Premium Whole Life, Life Paid-Up @ 85,
10 Pay Life, 20 Pay Life, 20 Year Level Term, Super Youth Term.

Annuity Products:

Deferred & Immediate Annuities.

For more information please contact:

FCSLA National Headquarters

24950 Chagrin Boulevard, Beachwood, Ohio 44122
1-800-464-4642 • www.fcsla.org



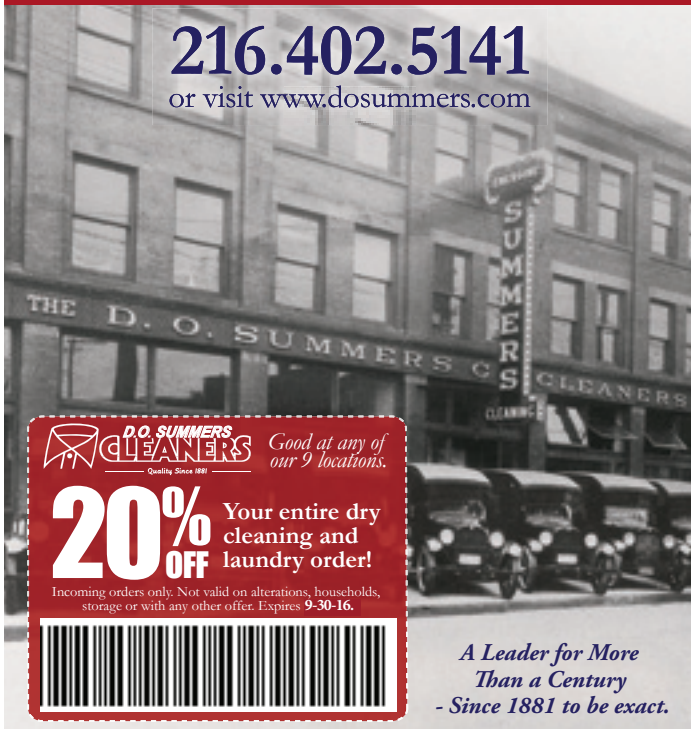
Rated A- (Excellent) By A.M. Best Company



D.O. SUMMERS CLEANERS
Quality Since 1881

FREE PICK-UP & DELIVERY
TO YOUR HOME OR OFFICE

216.402.5141
or visit www.dosummers.com



D.O. SUMMERS CLEANERS Quality Since 1881 *Good at any of our 9 locations.*

20% OFF Your entire dry cleaning and laundry order!

Incoming orders only. Not valid on alterations, households, storage or with any other offer. Expires 9-30-16.

A Leader for More Than a Century - Since 1881 to be exact.



Jewish Federation OF CLEVELAND

CAMPAIGN FOR JEWISH NEEDS

JOIN US FOR A COMMUNITY DAY OF INSPIRATION AND UNITY

SUPER SUNDAY

SEPTEMBER 25, 2016
..... **9 AM to 7 PM**

JEWISH FEDERATION OF CLEVELAND
JACK, JOSEPH AND MORTON MANDEL BUILDING
25701 SCIENCE PARK DRIVE

VOLUNTEER

- Join hundreds of volunteers to make calls that raise funds for the Campaign for Jewish Needs
- Participate in community service projects and volunteer opportunities

MAKE AN IMPACT

Your calls make a difference in the lives of countless individuals in Cleveland, Israel, and 70 countries around the world

ENJOY

- Kosher meals and snacks provided
- Children's activities
- Babysitting available
- Moments of inspiration

ONLINE: www.jewishcleveland.org
EMAIL: supersunday@jcfccleve.org
CALL: 216-593-2909

Thank you to our generous sponsors:



SUPER SUNDAY EVENT CHAIRS Rochie & Jordan Berkowitz
Kerry & Daryl Kertesz
Sarah & Scott Zimmerman

GENERAL CAMPAIGN CHAIR David F. Adler
BOARD CHAIR Gary L. Gross

PRESIDENT Stephen H. Hoffman

Community RELIGION CORNER

ANSHE CHESED FAIRMOUNT TEMPLE

The Place We Call Home

Looking for an inclusive, compassionate synagogue community? Find out about our engaging clergy, commitment to social action and outstanding Jewish learning programs, including upcoming special services.



From Left, Rabbi-Educator Jordana Chernow-Reader, Rabbi Joshua Caruso, Cantor Sarah Sager and Senior Rabbi Robert Nosanchuk

Want to know about Membership & Voluntary 1st Year Dues, Our Early Childhood Center or Religious School?

Call us at **216-464-1330** or visit www.fairmounttemple.org



23737 Fairmount Blvd.
Beachwood, OH · 44122

YOU ARE INVITED TO JOIN US Fridays, Aug. 5 and Sept. 2

5:30 p.m. Simchat Shabbat for preschool families
Celebrate Shabbat with music and joy ("Simcha")! Join the Fairmount Temple clergy and early childhood music specialist Jennifer Woda in song and story in this popular service designed for preschool families. Following the brief service, stay for an optional light meal and Shabbat blessings.

Friday, Sept. 23 and Saturday, Sept. 24

Artist-in-Residence Noah Aronson, an energetic and soulful composer and performer, will be part of the Friday, Sept. 23, 6:15 p.m. Shabbat Evening Service, as well as the featured artist for Selichot, on the evening of Saturday, Sept. 24. Watch Fairmount Temple's website for details, www.fairmounttemple.org. All are welcome!

To learn more about Fairmount Temple's Religious School (begins Sept. 11 and 12) or Early Childhood Center, call 216-464-5890.

B"H



THE JEWISH
LEARNING
INSTITUTE
PRESENTS:

ELECTIONS 2016: WHAT DOES JUDAISM SAY

A new seminar presenting a non-partisan, Jewish view of the hot-button 2016 election issues:

Gun Control

Immigration

Sunday, September 11, 6-9 pm
25400 Fairmount Blvd, in Beachwood

Fee: \$36 or \$54 per couple • Accredited for 3 CLE units
Light dinner included

Register: www.EnrichingJudaism.com

216-282-0112 or jli@enrichingjudaism.com

JLI is sponsored in part by the Fund for the Jewish Future of the Jewish Community Federation of Cleveland



WE:

BELONG... to the Same Culture
SHARE ...The World's Greatest Heritage
TOGETHER... We Strengthen Our Future

Join us

Life cycle events • Personal growth • Tzedakah

We offer:

Outstanding and FREE Religious School • Manageable Congregation Fees
Diverse and "Hamisha" Congregation

Call us.. Meet us..

Its Time .. It's the Right Thing to Do

**** Meet & Greet Event TBD – Late Summer RSVP**

WHY NOW?

OUR PAST ... OUR FUTURE ... YOUR CULTURE
Depend on Maintaining a Link to Our Shared Heritage

It's Time...

Celebrate Your Life Cycle Events With Our
Warm, Welcoming, and Diverse Congregation

Your Family Receives:

- * **FREE** Religious School Tuition
- * Reasonable & Manageable Congregational Fees
- * Outstanding Family Events Year Round
- * Compelling Social Outreach

... BECAUSE OUR CONGREGATION VALUES YOUR HERITAGE

Call Us...Now!

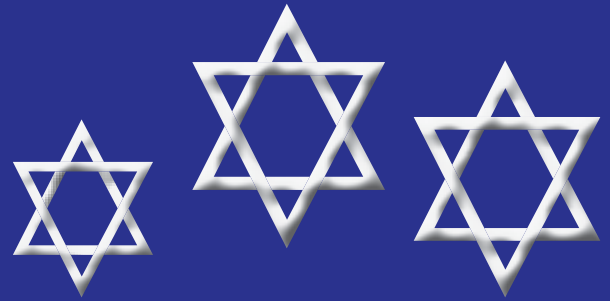
Temple Israel Ner Tamid

Rabbi Matthew J. Eisenberg

1732 Lander Road, Mayfield Heights, OH 44124

Phone: 440-473-5120 | Email: tint@tintcleveland.org Visit our website: tintcleveland.org

We Welcome You!



A Synagogue for a Lifetime



Schedule a visit and discover your place at Park!
Contact Allison Solomon at asolomon@parksyn.org
or (216) 371-2244, ext. 121.

parksynagogue.org Pepper Pike & Cleveland Heights



Fairmount Temple (www.fairmounttemple.org), an inclusive and welcoming synagogue, now offers a FREE Pre-K Sunday morning program. Visit us to learn about all our lifelong learning, worship and social action opportunities. Call 216.464.1330 as all unaffiliates now receive voluntary first-year dues to help you connect with our community. For more information, visit www.fairmounttemple.org.



We invite you to get to know Park Synagogue, where everybody feels empowered and everybody belongs.

Our Wolf Religious School and Park Preschool also offer an unparalleled Jewish education. Discover more by calling 216.371.2244 or visiting www.parksynagogue.org.



Temple Israel Ner Tamid is an exciting, dynamic and diverse reform congregation led by Rabbi Matthew Eisenberg. Our Rabbi is a spirited and extraordinary spiritual leader who always teaches, participates and guides our welcoming "Hamisha" congregation with compassion and knowledge. Visit www.tintcleveland.org or call 440.473.5120 for more information.



The Jewish Learning Institute (JLI) and Rabbi Shmuli Friedman offer a diverse curriculum of university-level courses in which Jewish wisdom is applied in the modern world (often accredited for professional Continued Education Units). Upcoming topics include Elections 2016: What Does Judaism Say (September) and How Success Thinks (November) CME, APA, CSWMFT. For more information, call 216.282.0112 or visit www.enrichingjudaism.com.



The Temple-Tifereth Israel is an extraordinary congregation with a storied history and a bright future. Our members are the heart of this congregation – they always have been and they always will be.

Now is such an exciting time to become a part of our diverse congregation. Contact Allison Shippy, Director of Member Services, at 216.455.1703 or ashippy@tti.org, to find out more about being a member of The Temple family.



Jack and Lilyan Mandel Building
26000 Shaker Boulevard
Beachwood, Ohio 44122
216.832.3233 • www.tti.org



The Temple-Tifereth Israel is a warm, welcoming synagogue family where each person matters. Members of all ages find meaning and inspiration by developing enduring personal connections with each other, Torah, God, the State of Israel and the Jewish People, and through acts of justice and compassion. For more information, call 216.832.3233 or visit www.tti.org.



Dr. Sandhia Varyani

Women's Health Should Be a Top Priority

Women have their own unique health issues, which deserve special consideration. It is important that every woman has access to knowledge related to the variety of women's health issues—beyond her reproductive system, including all aspects of her body. Today's women must celebrate their female friendship and support girlfriends by helping them stay safe and live well.

Sandhia Varyani, MD is an obstetrician-gynecologist at University Hospitals Ahuja Medical Center who takes care of women at all stages in their lives. "Women should make their own health a priority, no matter how old they are," says Dr. Varyani, "It's important to empower women to take control of their health and ensure they're getting the proper information to take the steps they need to lead longer, healthier lives. Today, every woman should have access to free, up-to-date and reliable resources to find out information about her own health and the health of those she loves."

Leading into national breast cancer awareness month in October, a first step in prevention is to get regular *mammograms* to lower the risk. Today, *breast cancer* is the second most common kind of cancer in women. About 1 in 8 women born in the United States will get *breast cancer* at some point. UH Ahuja Medical Center offers a comprehensive breast center that provides mammograms as well as same-day biopsies. An extension of UH Chagrin Highlands Health Center, UH Ahuja is the only location in the UH system that has the AFFIRM upright stereotactic system with less limitation than other equipment which can easily accommodate patients of all ages and sizes.

Dr. Varyani has been performing robotic gynecologic surgery for the past four years. She is the only UH physician currently performing single-site hysterectomy and one of just a few in Northeast Ohio who have received the

specific daVinci® robot training necessary to perform it. This surgical technique allows for a potentially scarless hysterectomy procedure.

"For the right patient with the right uterus size, this procedure is a great option," Dr. Varyani says. "There is only one incision made in the belly button region, versus four in traditional robotic hysterectomies, and all the instruments are inserted through this one port. The patient has less scarring and can typically return home 24 hours after the procedure. When a patient comes back to me two weeks after the procedure, you often can't even see the incision. There's also less pain, less bleeding and lower risk of infection."

Dr. Varyani is excited to offer robotic surgery to her patients. "Minimally-invasive procedures are the wave of the future, and UH is at the forefront of these innovative techniques," she says.

Obstetrics and Gynecology at University Hospitals provides complete care for women through every stage of life, from routine gynecology exams and comprehensive care for expectant mothers to advanced diagnostics and treatment options for gynecological health issues.

Dr. Varyani will be the keynote speaker at the upcoming UH Women's Health Expo on Saturday, October 1, at Signature of Solon, from 9 am to 1 pm. To register, call 1-877-597-6348 between 10 am and 6 pm, Monday through Friday.

Today, breast cancer is the second most common kind of cancer in women. About 1 in 8 women born in the United States will get breast cancer at some point.

Be Part of The Next Generation of Leaders at Montefiore!

Are you interested in gaining experience serving on a non-profit board? Montefiore is seeking interested candidates between the ages of 21 and 38 to serve on the Montefiore Associate Board beginning January 2017. The Montefiore Associate Board will shape the next generation of leaders by helping to raise awareness and advocate on behalf of Montefiore and The Weils senior living communities.

Guided by Jewish values, Montefiore provides a continuum of compassionate healthcare to families in our community through excellent and innovative programming, a dedicated and caring team and respect for the dignity and independence of those we serve.

For more information, please contact Debbie Rothschild, director of The Montefiore Foundation, at 216.910.2633 or drothschild@montefiorecare.org.

Hospice Memorial Service at Montefiore

Vinney Hospice of Montefiore invites you and your family to attend its annual Hospice Memorial Service on Sunday, September 18, at 5 pm, in Montefiore's Maltz Chapel/Auditorium on its Beachwood campus. RSVP by Friday, September 9, to 216.910.2623. Please indicate your name, the name of your loved one and the number attending. Vinney Hospice staff will be present. Dessert reception following the service.

City of Beachwood Family Fun Day
Sunday, September 4 • 1 – 5 pm
Beachwood Family Aquatic Center
Totally Free! Totally Fun!

For complete information, see page 27.

There's a new Hospice House on the eastside

Maltz Hospice House and Palliative Care Pavilion

- On Montefiore's Beachwood campus
- Beautiful living and dining areas for the entire family
- Dedicated entrance and parking
- Spacious hospice house suites with patios

Hospice care also available in your home

Please call the hospice office at
216.910.2650 to see how we can help.

One David N. Myers Parkway, off Cedar Road
montefiorecare.org



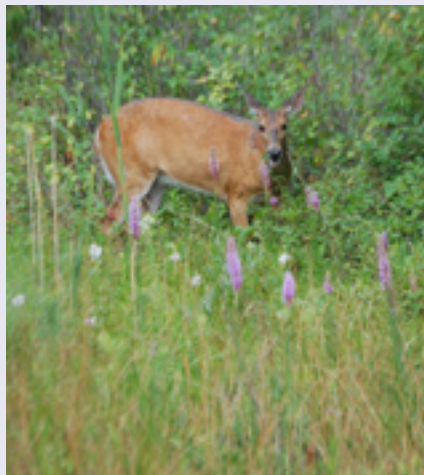
MONTEFIORE
A Caring Community

Celebrating Beachwood City Park

The Beachwood Historical Society recently received a grant, part of which was to celebrate Beachwood City Park and to get people out to celebrate all it has to offer. The grant covered programming costs that attracted residents of all ages. Thanks to the following individuals who taught the courses through the month of July.

- Self-defense class for women, with David Jones, 5th Degree Master Tai Shin Doh.
- Live animal shows, with Metroparks naturalist Andrew Mularo.
- Bird talk, walk and flora-fauna ID, with bird expert Nancy Howell from the Natural History Museum.
- Backpacking and camping information, with LL Bean coordinator of Outdoor Discovery Schools Kevin Parker and educational specialist Eoin O'Connor.
- Tai Chi, with Jennifer Stepien.

"It was refreshing to see the many people who came out to participate in these programs, said Beachwood Historical Society president Rosemary Nemeth. "I look forward to future programs that will continue to benefit our community."



Harriet Prochaska Celebrates 105th Birthday

On July 19, Harriet Prochaska celebrated her 105th birthday and what a day it was! She was picked up from her Stone Gardens' apartment in the Euclid Beach Rocket Car and taken to Jack's Deli, where she had lunch with four of her six children – Mary Beth Sammon, Louise Prochaska, Joanne Pogros and Carole Smith. Her other children, Georgia Gorell and Charles Prochaska were unable to attend.

Born and raised in Cleveland, Harriet was married to Dr. Charles Prochaska for 64 years. When Dr. Prochaska was at St. Louis University Medical School, the two would look at the moon at the same time to feel connected. During the war, the couple lived in Greenville, Mississippi; Seymour, Indiana; and Panama City, Florida. After the war, they rented a house from the Marous family, on Richmond Road, where the Maltz Museum of Jewish Heritage is located today.

Harriet comes from a family of 11 children and always hosted large parties since they had the space in their home on Richmond Road, with their orchard extending to Monticello Blvd. Mary Beth told us that her mom loves entertaining, and an average-sized holiday gathering consisted of about 85 people.

Harriet always loved playing poker, bridge and other card games. For years, she played poker every Thursday – 52 weeks a year – with her siblings, and she still plays once a month. Mary Beth told us that she would play every day if she could find people to form a game.

Golf and bowling were also a large part

of Harriet's life well into her 90s, and she still enjoys painting, ceramics, needlework, Facebook and playing solitaire on the computer every day.

Harriet used to be an avid collector of antiques and dolls, having amassed more than 1,000 dolls, some of which were adorned in dresses made from her silvery-blue velvet wedding gown.

Why Jack's Deli? "We take her there a lot," Mary Beth told us. "We posted her picture on Facebook as Jack's most loyal, oldest customer, and they responded by providing free lunch and cake on her birthday. Ron Heitman, an old neighbor who now lives in South Euclid, owns the rocket car so we felt this would complete the day.

"Ron also owns the bat mobile from the 1950s Batman TV show," Mary Beth added. "We rented that for her 96th birthday."

Additionally, to celebrate Harriet's 105th birthday, her family hosted a theme-based birthday party for about 50 guests, with the theme being "Oh You Beautiful Doll."

Longevity and good health run in Harriet's family. Her mom lived until 96; her little sister, Jean, is 103; and Dr. Prochaska was a practicing physician until 92 and lived to be 94.

Harriet's secret? She enjoys a double vodka every after afternoon. Her only wish? "I wish everyone can get to be as old as I am!"

Pictured clockwise from back left: Joanne Pogros, Louise Prochaska, Harriet Prochaska and Mary Beth Sammon.



Jewish Federation of Cleveland Approves Maltz Museum of Jewish Heritage as Local Beneficiary Agency

The Federation Board of Trustees recently voted unanimously to make the Maltz Museum of Jewish Heritage a local beneficiary of the Jewish Federation of Cleveland, solidifying a longstanding relationship between the two organizations. The Maltz Museum provides high-quality programming and outreach to nearly 40,000 members of the Jewish and general communities each year.

"We are grateful for the incredible support of the Federation," says Maltz Museum executive director Ellen Rudolph. "The Museum produces high-profile, original exhibitions, such as *Violins of Hope* and *Operation Finale: The Capture and Trial of Adolf Eichmann*. The Federation's partnership is invaluable as we continue to build this important institution's reputation on the national stage."

Federation has been a leader in support of Maltz Museum from its inception, and this shift to "beneficiary agency" status formalizes and strengthens that relationship. "Federation's partnership with the Maltz Museum goes back to its earliest conception," said Federation president Stephen H. Hoffman. "Welcoming it formally into the family of full beneficiary agencies is very satisfying as it represents recognition of its tremendous value to our community as well as the careful stewardship of its operation. We are partners for the long run."

Now a fixture in Northeast Ohio, the cultural hub's creation was initiated when The Temple-Tifereth Israel leadership asked the Maltz family to support a small addition to move The Temple's world-renowned collection of Judaica to Beachwood. Milton Maltz had a vision for a much larger, freestanding museum that would connect diverse people while telling the story of Cleveland's Jewish community from 1837 through the present day. Between 2000 and 2003, a collaborative effort of the Maltz Family Foundation, the Jewish Federation of Cleveland, The Temple-Tifereth Israel and the Western Reserve Historical Society that led to the Museum's October 2005 opening. The entire facility was constructed with Jerusalem stone imported directly from Israel.

"The Museum builds bridges of understanding to the broad community as evidenced by highly attended exhibits, such as *The Cradle of Christianity* and *A Blessing to One Another: Pope John Paul II and the Jewish People*," said co-founders Milton and Tamar Maltz. "It has also garnered national recognition with programming segments on CBS and PBS. The critical importance of reaching out to our youth is central to its Stop the Hate® competition. The Museum awards \$100,000 in scholarships annually through the contest – \$800,000 to date – and a winner was recently featured on CNN."

The Maltz Museum becomes part of a network of 30 local and national partner agencies, reaching people of the local and global Jewish and general communities. Together, this network of partners helps to feed the hungry, comfort the sick, care for the elderly, educate youth, ensure a Jewish future, speak out for what's right, bridge cultural divides, and support Israel.

"The Maltz Museum of Jewish Heritage is delighted to be a local beneficiary of the Federation and is dedicated to continue its mission in the future," added the co-founders.

For more information, please contact Erika Rudin-Luria at 216.593.2867 or erudin-luria@jfcfcleveland.org.



DON RAMON
MEXICAN GRILL & CANTINA

Recently opened at The Greens of Lyndhurst, serving authentic Mexican food all made from scratch. This is the Magana family's fifth area location. Menu specialties include burrito loco, fajitas, combos from the grill and vegetarian meals. For dessert, try the homemade flan or chimi cheesecake. Full bar serving margaritas, wine, beer, tequila and mixed drinks.

Gift Certificates Available

Now Open In Lyndhurst



\$4 OFF
purchase of \$20 or more*
*Total before tax

\$6 OFF
purchase of \$30 or more*
*Total before tax

\$10 OFF purchase of \$50 or more*
*Total before tax

*Must present coupon. Dine-in only. One coupon per table per party. Offer good through 9/30/16. Not valid with any other offers or specials.

5708 Mayfield Rd. • The Greens of Lyndhurst • 440-461-9077
4866 Richmond Rd. • Warrensville Hts. • 216-831-3100
donramon-granfiestamex.com

Friends of Beachwood Library Presents
Family Fun Day

CELEBRATE AND CREATE ART
at the Beachwood Library
25501 Shaker Blvd.
Sunday, September 25 • 2 – 4 pm

Friends of Beachwood Library invites you to create your own art during this fun-filled day, with a variety of free make-and-take projects, as we unveil our newly-restored Bell Harp and Mother Goose sculptures.

A Henna Artist, co-sponsored by the Beachwood Arts Council, and balloon clown will round out this exciting afternoon that is geared toward guests of all ages. Refreshments will be provided.

For more information, call 216.831.6868 or visit cuyahogalibrary.org.





BARRECLEVELAND™

A Low-Impact Women's Fitness Studio

Located conveniently at I-271 & Chagrin Blvd in Beachwood
3737 Park East Drive #209 Beachwood, OH 44122 216-342-4229

www.barrecleveland.com



All Ages 18+ (Average age students are 45-70+)

All Fitness Levels

Small Group Fitness Classes Give You Individualized Attention and Results Without Personal Training Prices

All Classes Are Taught By Yana Salwan who has 25 Years of Experience Teaching Group Fitness

60 Minute classes help you become and stay Slim, Sexy, Strong and Stretched by focusing on the female trouble areas (thighs, hips, seat, abs & arms)

NO Salespeople - NO Pressure!

Go online to barrecleveland.com, choose "First Month Unlimited BarreFit" Package and use the discount code "HEALTHY" to save 60% OFF Regular Price. Then you schedule all of your classes online or by using the Barre Cleveland App. If you like the studio, you go online and purchase the 6 month membership.

Distance Learning

The following Distance Learning programs are free and open the community at Menorah Park. Please RSVP to LeAnne Stuver, M.Ed., director of Lifelong Learning, by calling 216.831.5452, ext. 244, or emailing lastuver@menorahpark.org.

Monday, September 5 – Labor Day holiday, no program.

Monday, September 12 • 2:30 – 3:30 pm

“The Pursuit of Liberty:
The Revolutionary War and the Founding of America”
by HistoryConnects at the Virginia Historical Society
(Richmond, Virginia)

Monday, September 19 • 2:30 – 3:30 pm

“Raptors of the Columbia River Gorge”
by the Columbia Gorge Discovery Center & Museum (Oregon)

Monday, September 26 • 2:30 – 3:30 pm

“Knights, Castles & Kings”
by The Cleveland Museum of Art

Monday, October 3 – Rosh Hashanah, no program.

If you want to reach the Beachwood market,
advertise in *Beachwood Buzz!*
Email beachwoodbuzzsales@gmail.com for information.

The Center 4 Brain Health at Menorah Park presents: The Raizelle Laskin Brain Health Food Experience



Wednesday, October 26

5:30 – 8 pm

**Menorah Park Saltzman Auditorium
27100 Cedar Rd, Beachwood**

Event Highlights:

- Enjoy three live-food demonstrations from Menorah Park’s Chefs
- Excite your palette with fresh-food tastings
- Engage your brain during the brain health food fair

Evening Event Timeline:

- 5:30 – 7 pm: Brain Foods Cooking Demonstration and Tasting
- 7 – 8 pm: Brain Health Fair

This event, made possible by the Raizelle Laskin Brain Health Food Experience Fund, is free and open to the community.

Advance registration is required. Seating is limited, so reserve space early. Registration deadline is October 5. RSVP to Krystal at 216.839.6685. Kosher dietary laws observed.

Authentic Homemade Mexican Cuisine



**Join Us On Our
Beautiful Patio
For Lunch, Dinner
& Drinks.**



**Margaritas
1/2 Price**

Every Monday - ALL DAY!

Now featuring our new Tequila
menu with over 100 Tequilas!



Beachwood
25765 Chagrin Blvd.

Chagrin & Richmond Rds. *Restaurante Mexicano*
216-591-1202 trespotrillosrestaurantes.com



**We Accept
ALL Competitors
Coupons**



Hebrew Storytime

סיפורים ושירים בעברית לילדים

at the
Cuyahoga County Public Library, Beachwood Branch
25501 Shaker Boulevard

**Wednesday,
September 21, 2016
4:00 pm**



Led by:
Zehava Galun
Early Childhood Educator & Hebrew Specialist

Brought to you by the
Jewish Education Center of Cleveland and the Cuyahoga County Library

The Gathering Place Warehouse

The Price is Right!

Beautiful Home Furnishings & Home Accessories

Saturday, Sept. 24, 9:00 am – 1:00 pm

Sunday, Sept. 25, 11:00 am – 1:00 pm

4911 Commerce Parkway • Warrensville Heights



Great Finds! Come Shop with Us!

Cash or Credit Card Only

Proceeds help The Gathering Place support, educate & empower those touched
by cancer through programs and services provided free of charge.

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



Women's Health: Love Your Lady Parts

A woman's health concerns are as unique as her body. Some unique issues include pregnancy, menopause and conditions of the female organs. Today, women are key in maintaining healthy families. They even access health care more often than men do, both for themselves and on behalf of their children. Since women live longer, elder and long-term care issues impact them more often. As a woman, how you take care of yourself has a huge impact on your future, affecting everything from your ability to have children to your risk of chronic diseases.

Join your neighborhood experts on the second Wednesday of each month for these health-minded talks, which are held at several UH locations. The next Health Matters talk on September 14 is "Women's Health: Love Your Lady Parts." Remember, when you take better care of your body, mind and spirit, not only will you feel better but it will also help you be more available to the people you love.

UH Ahuja Medical Center

Jill Dietz, MD, and Sandhia Variani, MD

UH Bedford Medical Center* | Karen Ashby, MD

UH Geauga Medical Center | Maria Madden, MD

UH Geneva Medical Center

Amitabh Goel, MD, CMO, and Paula Covell, RN

UH Parma Medical Center | Lucy O'Brien, MD

UH Portage Medical Center

Annamarie D'Orazio-Skowronski, ND, CRNP

UH Richmond Medical Center* | Lisa Rock, MD

*Campuses of UH Regional Hospitals

There is no charge to attend Health Matters events, but space is limited and reservations are required. To register, call 216.767.8435 Monday through Friday between 9 am and 5 pm or go to UHhospitals.org/HealthMatters.

Coming up on October 12 is "What's New with the Flu." 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.

Participate in the conversation on social media using #UHHealthMatters.

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 and information, support, and tools to help manage the stress of a cancer diagnosis. The Gathering Place has two locations in Beachwood and a location 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 unless otherwise noted. For more information, visit www.touchedbycancer.org or call 216.595.9546.

Prostate Cancer Information Session

Thursday, September 8 • 5:30 – 6:15 pm

For men diagnosed with prostate cancer in the past six months

Connect with prostate cancer survivors, ask questions, learn about resources. No registration required.

Lung Cancer Updates

Saturday, September 22 • 6:30 – 8 pm

Presenter: Dr Afshin Dowlati

The Gathering Place West, 800 Sharon Drive, Westlake

Survivorship Symposium

Thursday, September 22 • 5 – 8 pm

Learn strategies to cope with fear of recurrence. Family members welcome. Light supper provided.

Brain Cancer Symposium for Those with Primary Brain Cancer

Saturday, September 24 • 9 am – 1 pm

Presenters: Dr. Glen Stevens, Dr. Lisa Rogers and Dr. Manmeet Aliwahla

Learn about the latest advances in diagnosis, treatment and symptom management. Family members welcome. In collaboration with Cleveland Clinic Taussig Cancer Institute and University Hospitals Seidman Cancer Center.

Chagrin Valley Camera Club

The Chagrin Valley Camera Club meets twice a month, usually on Tuesdays at the Beachwood Library between 7 and 9 pm. Guests are welcome.

Tuesday, September 6 • Mayfield Library

Opening Meeting for 2016-17 Season, featuring Jerry Jividen, professional photographer, teacher and Photoshop guru will present his favorite 50 photos.

Tuesday, September 20 • Beachwood Library

Lori Roach, CVCC photographer, will present "Do You See What I See?" Lori is an incredibly talented photographer and her photos make you stop and take notice.

“Raise Your Hands For Milestones Autism Resources”

“Raise Your Hands for Milestones Autism Resources” at its annual benefit on Saturday, October 29, at 7 pm, at Landerhaven. Proceeds from the event directly support local families affected by autism.

This year, Milestones will honor Beachwood residents Carol and Scott Burg and Barb and Lev Gonick, along with Gen Bauer and Bill Carson, for their leadership and inspiration to Milestones and the general community.

The community is invited to attend the event, congratulate the honorees, promote a business or support the organization. Advertisements start at \$350 for an eighth-page ad. Sponsorship opportunities start at \$1,500 and include an assortment of advertisements, tickets, and recognition. Regular tickets are \$200 (\$110 tax deductible). A full

list of advertising and sponsorship opportunities is available at milestones.org; completed forms are due by September 16. Please email them to Lauren Daughtrey at lauren@milestones.org.

Honorary Chairs are Suellen and Larry Kadis, Angelo and Mary Jo Pimpas, Susan and Jim Ratner, Bess and Ronn Richard, Jen and Jim Sammon, and Lynn and Mark Singer.

For tickets, sponsorship, or advertising opportunities, please visit milestones.org.

About Milestones Autism Resources

Founded in 2003, Milestones Autism Resources improves the lives of individuals on the autism spectrum throughout Northeast Ohio by educating, coaching, and connecting the autism community with evidence-based

information. Milestones is the first call for help at each transition of an individual's life. They envision a community in which individuals on the autism spectrum reach their full potential as contributing members of society and are recognized for their strengths and supported in their challenges. Each year, Milestones serves more than 2,400 parents, professionals, and individuals of all ages and abilities through a free autism helpdesk, consultations, trainings, and an educational conference. In addition, milestones.org is home to more than 1,000 autism resources, a comprehensive autism event calendar, and helpful tool kits.

Pictured from top: This year's honorees include Gen Bauer and Bill Carson, Scott and Carol Burg, and Lev and Barb Gonick.



ORVIS

PRESENT THIS AD FOR

\$25 OFF

YOUR FULL-PRICED PURCHASE OF \$50 OR MORE



ORVIS CLEVELAND
28839 Chagrin Boulevard, Woodmere
(216) 591-1681



ORVIS WESTLAKE
224 Main Street, Crocker Park
(440) 250-0374

This coupon is valid through 9/30/16, valid at Orvis locations in Cleveland and Westlake only. Coupon must be presented at time of purchase to receive discount. Valid on full-priced merchandise purchases only. Not valid on Gift Card purchases, previous merchandise purchases, or at any Orvis outlet store. Not valid toward the purchase of Barbour®, guns, schools or travel packages. Cannot be combined with any other promotional offer. Taxes, shipping, and handling do not count toward the qualifying amount. For single use only. No cash value.



172300

SUMMER SAVINGS

\$25 off Framing of \$100 or More

Framed Memories
are the BEST GIFTS –
For You, or Someone Else.

Summer Memories • School Photos
Family Photos

SUPPORT YOUR LOCAL BUSINESSES

13429 Cedar Road • Cleveland Heights • 216-397-7671
www.woodtraderframing.com • M-F 10-6 • Sat 10-5

Health Insurance Questions?

I'm here to help.



- Small Business
- Self-Employed
- Individuals and Families

Please Call Today for an Appointment
216.292.8700

Dave Cunix
Certified Senior Advisor
Certified Long Term Care



Cunix Insurance Services

5900 Landerbrook Drive #201 • Mayfield Heights
dave@cunixinsurance.com • www.cunixinsurance.com

Federation Programs

IMPACT!

Are you 50+, and looking to make a difference? If so, IMPACT!, a new volunteer initiative for Baby Boomers offered through the Jewish Federation of Cleveland, is for you. IMPACT! offers a myriad of opportunities that will enable you to share your professional expertise, time and energy to assist those less fortunate in the Cleveland community. Get to know other volunteers like you who are discovering a new phase of their lives through social and enrichment programs. Check out the list of upcoming events. Register online at www.jewishcleveland.org. For more information, contact Susan Hyman at shyman@jfcleve.org or 216.593.2887.

Drink L'Chaim to Life:

Explore the Significance of Wine in Jewish Life

Thursday, September 22 • 7 – 8:30 pm • Mandel JCC • \$10/person
Nancy Zimmerman, Director of Jewish Life and Culture at the Mandel JCC.


Did you ever notice that "wine" is interwoven into Jewish traditions, customs and rituals? Enjoy sampling a variety of wines and cheese while exploring the significance of wine in Jewish life.

Lake Erie Ink (LEI) Creative Writing Coach

Mondays – Thursdays • 3 – 5:30 pm

Schools in the Cleveland Heights District

Be a coach and share your strengths and skills with motivated youth at Lake Erie Ink's phenomenal after-school program that ignites creative expression opportunities and academic support in students. Weekend creative writing workshops are also available.



Discovery Photo
For all your photographic needs

(216) 310-7722
www.DiscoveryPhotoOnline.com

discovery
dp
photo

Fall Cemetery Cleanup

Sunday, September 18, 9:30 – 11:30 am

Chesed Shel Emeth (formally known as #1) • 3740 Ridge Road

A meaningful volunteer event for all ages. Bring your weed whackers, shovels and other gardening tools. Together, we'll rake, prune, and spruce up the cemetery grounds in time for the Jewish holy days. Learn more and register at www.jewishcleveland.org.

Super Sunday

Sunday, September 25, 9 am – 7 pm

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

VOLUNTEER

- Join hundreds of volunteers to make calls that raise funds for the Campaign for Jewish Needs
- Participate in community service projects and volunteer opportunities

MAKE AN IMPACT

- Your calls make a difference in the lives of countless individuals in Cleveland, Israel, and 70 countries around the world

ENJOY

- Kosher meals and snacks provided
- Babysitting available
- Children's activities
- Moments of inspiration

Learn more and register at www.jewishcleveland.org, supersunday@jfcleve.org or 216.593.2909.

For the Complex Legal Issues Facing Families Today



- Divorce
- Dissolution
- Child Support
- Child Custody
- Negotiated Settlements

Alice Rickel Associates

Attorneys at Law

Alice Rickel, LLC

3690 Orange Place • Suite 440 • Beachwood
www.rickelaw.com • 216.831.1434

Beachwood Athletes Excel in JCC Macabbi Games

A delegation of 48 area teens – Cleveland’s largest ever – journeyed to Columbus July 24-29 to compete in The JCC Maccabi games in a variety of group and individual sports.

The games are an international Olympic-style competition for Jewish teens and the largest organized sports event for Jewish teenagers in North America. Under the direction of Bria Heifetz, lead delegate and Mandel JCC staff member, and volunteer coaches, the athletes had an unforgettable week of sports and camaraderie.

13/14 Basketball

Won gold by beating a team from the California Bay area, 62-57.

Pictured from left:

Spencer Kornspan*, Aidan Gross, David Israelstram*, Brad Herzog (coach), Zeke Ratner, Drew Dubin*, Spencer Sharp*, Jordan Levin*, Tyler Moses, Dov Ratner and Harrison Pyner.

(* marks Beachwood residents.)

15/16 Basketball

Did not medal

Beachwood residents included:

Sam Thomas (15)
Noah Simon (15)
Ryan Jaffe (15)
Scott Newkirk (15)

13/14 Soccer

Beat Mexico/Windsor 3-2 to take bronze

Beachwood residents included:

Isaac Kantarovich
Tyler Strovsky
Zachary Kaufman

13/16 Individual Sports

Beachwood residents included:

Jack Brewer(14) – Golf (did not medal)
Parker Gill (14) – Tennis (did not medal)



The games are an international Olympic-style competition for Jewish teens and the largest organized sports event for Jewish teenagers in North America.



BELLA STONE LSC
custom granite countertops

Granite, Quartz, Marble We have it all!
Let Bella Stone carry the weight of your remodel or renovation.



Serving the granite, marble and quartz needs of clients throughout Ohio

4418 Mayfield Rd. • South Euclid, OH • 44121 • Phone: 216.297.0388 • Fax: 216.297.9688

Email: bellastoneworks@yahoo.com • www.bellastonecleveland.com

Monday - Friday: 9:00 AM - 5:00 PM • Saturday: 9:00 AM - 12:00 PM • Sunday: Closed

Beachwood Theater Camp Sends Promise for a Brighter Tomorrow

Each morning, students at Beachwood Theater Camp began their day with a quote about kindness. They would then analyze the quote and discuss how they could carry it out through the rest of their day. The goal? To plant seeds today for kinder, more caring, young adults tomorrow.

This past July, 70+ performers in grades two through eight presented "Songs About Rainbows," an original production featuring music written to heal the world and inspire others to do the same. Songs such as Black and White by 3 Dog Night and Ebony and Ivory by Paul McCartney and Stevie Wonder, along with Michael Jackson's We Are The World and Heal The World, brought audience members to tears. All songs selected brought the message of love, tolerance and peace through music. Other selections included, What the World Needs Now by Burt Bacharach and All You Need is Love by the Beatles.

It was truly a beautiful sight

(and sound) to see these kids together on stage singing their hearts out and inspiring others to choose love and kindness over violence and hatred. It was director Jill Koslen-Freireich's hope to send students home not only as accomplished performers but also as future difference makers. This multicultural cast represented a giant, melting pot of students who understood the importance of performing random acts of kindness, never allowing bigotry or prejudices to sway their judgement and allowing love and kindness to dictate their actions. Beachwood Theater Camp's Songs About Rainbows promised better days ahead and its music brought hope for peace, love, tolerance and a prayer for a better tomorrow.

In the camp's first session, 80+ performers tackled "Alice, the Musical," an original script that focused on bullying with each scene presenting an anti-bullying lesson. It was the staff's hope to reach their

performers and audiences by informing them of what to do when one witnesses bullying, why it's not acceptable to be a bystander, and to better understand how widespread this bullying epidemic is. The script even touched on cyber bullying. This production was double cast, allowing twice as many students to perform in leading roles. All performers delivered a minimum of two lines and participated in several musical numbers.

Beachwood Theater Camp's Master Students performed "An evening of Song," a cabaret-style fundraiser. Students designated all proceeds to benefit the Public Animal Welfare Society (PAWS), one of Ohio's most reputable long-standing, cat-and-dog, humane rescue groups.

Theater director Jill Koslen-Freireich loves the philosophy of giving back to the community whenever the opportunity arises. She says, "What better way to come together to



help others while working on the common goal of mounting a great production."

It was truly a beautiful sight (and sound) to see these kids together on stage singing their hearts out and inspiring others to choose love and kindness over violence and hatred.

Photo Credit:
New Image Photography



Pictured clockwise from top: Ayden Kondik; Kate Haffke and Caden Silverstein; and Nora Resnick (White Rabbit) and Megan Wooley (Alice).

Lifetime Warranty, Garage Flooring Installed in One Day!

(No stones or pebbles used in our flooring)

As seen in "The Big Book of Garages"



Lifetime Warranty Flooring System!

We move and store all your garage contents in our enclosed trailer.



The Forever Floor Installations Year Round



Forever Flooring is NOT Nature Stone®, Miracle Stone®, or any other porous stone and epoxy mixture. We use flat decorative chips sandwiched between layers of Polyaspartic Resin industrial flooring to provide you with a **LIFETIME WARRANTY FLOORING SYSTEM**. Our floor is non-porous which means mildew, water and dirt cannot penetrate inside the floor resulting in an easy to clean, decorative flooring system that does not require re-sealing. Utilizing Bayer Material Science's patented resins, Garage Finisher's Polyaspartic Forever Floor delivers a floor 10 times as strong as epoxy flooring. Perfect for your garage but can also be used with excellent results in any commercial application including car dealerships, schools, stores, locker rooms, dog kennels, airplane hangers, showrooms, warehouses and more!!!



Lifetime Warranty Garage Flooring, Cabinets, Slat-Wall and Accessories
Watch our Garage Makeover Video at www.garagefinisher.com

FREE Consultation & Estimate by calling 216.831.4500

The Best Garage Flooring Available



Mario Salwan, Owner

Programs at the Beachwood Library

Unless otherwise noted, please register for the following programs at www.cuyahogalibrary.org or call 216.831.6868.

Author Marilyn Cagin

Wednesday, September 7 • 7 pm

Local author Marilyn Cagin will talk about her novel, *The Berlin Murders*. About the book: As a boy in Germany in the 1930's, Erich Von Bruener was very much against his father's guidance and embarked on a business venture creating the Berlin Opera Company. When Chani Machinski, a beautiful Jewish soprano from Warsaw, comes to audition, Erich is deeply smitten – and many lives are endangered. Books will be available for purchase and signing.

Author Joseph Lelyveld

Thursday, September 8 • 7 pm

Pulitzer Prize winning journalist and author Joseph Lelyveld will visit to discuss his new book *His Final Battle: The Last Months of Franklin Roosevelt*. In this incisive account, Lelyveld examines Roosevelt's final sixteen months, showing how he juggled the strategic, political and personal choices he faced. The book received a star review from Kirkus, which called it "an elegant, affecting work that offers fresh insights on a much-mythologized president." Books will be available for purchase and signing courtesy of Mac's Backs – Books on Coventry.

Teaching Children Responsibility

Monday, September 12 • 7 pm

Adina Soclof, Director of Parent Outreach for A+ Learning and Development Centers, will teach parents how to empower their children to be responsible for themselves, their chores and their schoolwork. Topics to be covered will include instilling a good work ethic in children, teaching them how to handle disappointment, and improving their self esteem in a way that will help them to become independent and successful adults.

Forgotten Math

Thursday, September 15 • 6:30 pm

"Freshen up" on fractions and other math skills! This interactive seminar, presented by Sylvan Learning Centers, will help you overcome your math fears and make homework time with your child easier. For parents with students in grade 1 through 8.

Drop in and Download

Saturday, September 17

10 am-1 pm

Monday, September 10

2-5 pm.

Learn how to borrow free eBooks, eAudiobooks, eMagazines, movies and music from the library's Digital Collection, anytime, anywhere. Bring your device and passwords to the library and its staff will get you started. The Digital Collection is available 24/7, 365 days a year, and there are never any late fees! No registration required.

Family Fun Day

Celebrate and

Create Art at the Library

Sunday September 25 • 2-4 pm

Stop in for the unveiling of the library's newly-restored sculptures – Bell Harp and Mother Goose. Create your own art during this fun-filled day with a variety of free make-and-take projects for all ages. Refreshments provided. Sponsored by Friends of Beachwood Library. No registration required.

Great Decisions Series

Begins September 26 • 2 pm

Enjoy a series of facilitated discussion programs about issues affecting our world. The Fall session of this popular series includes four different programs. Topics include: Korean Choices (9/26), United Nations (10/10), Climate Geopolitics (10/24) and

Cuba and the U.S. (11/7). Participants should check out a Great Decisions "briefing book" at the library prior to the first program in September, once they have successfully registered online. Sponsored by Friends of the Beachwood Library.

Cleveland Orchestra Music Study Groups

Begin September 27 • 1:15 pm

Music Study Groups explore current concert music performed by The Cleveland Orchestra at Severance Hall, through informal lectures and guided listening. The classes, designed for both new and experienced music lovers, are led by Dr. Rose Breckinridge.

Choose your series length with any combination of fall, winter and/or spring. The registration fees of \$100 (full-series), \$80 (any 2 parts), or \$50 (any 1 part) include the Listening Guide, a specially prepared booklet of program notes and musical themes from the season's featured compositions. Pick up a mail-in registration brochure at the library.

For more information, call the Orchestra's Education & Community Programs Office at 216.231.7355 or visit clevelandorchestra.com.

Coloring Happy Hour

September 26, 27, 28

4-5:30 pm

Relax and socialize while enjoying the newest hobby for adults – coloring. Supplies will be provided by Friends of the Beachwood Library. No registration required.

TEEN PROGRAMS

Grades 6-12

(Unless otherwise noted)

Creative Teens

Tuesday, September 13 • 3:30 pm

A monthly club where teens can share and collaborate on their creative endeavors and explore various artistic techniques.

Drawing Machines

Tuesday, September 20 • 4 pm

Ages 11 -14

In this program led by the Center for Arts – Inspired Learning, teens will construct a simple circuit with parts salvaged from battery-operated toys and apply it to a machine made of drawing implements that they design. At the end of the program, the "drawing machines" are placed on large pieces of paper to see the various marks they can make.

Video Game Tournament

Wednesday, September 21

3:30 pm

Bring your friends each month to join the competition!

CHILDREN'S PROGRAMS

Thingamajig Thursdays

Thursdays, September 1 and 29

4 pm

Grades 2 to 6

Activities vary – from building challenges to awesome science experiments and imaginative crafts. One thing's for sure, you'll always have fun.

Family Fun Day
Celebrate and Create Art at the Library
Sunday September 25 • 2-4 pm

Homeschool Art Explorers

Thursday, September 8 • 10 am
Grades 2 to 7

Get a little messy while learning something new as you explore an artist and create your own works based off of what was learned. Supported by Friends of the Beachwood Library.

Friday Family Fun: Mini Math – Patterns and Sorting

Friday, September 9 • 10:30 am
Ages 2 to 6 with a caregiver

Children will build fundamental math skills while playing with toys and making crafts.

Hebrew Storytime

Wednesday, September 21 • 4 pm
Families

Enjoy a Hebrew/English storytime where you will hear stories and songs in Hebrew and English. Presented in cooperation with the Jewish Education Center of Cleveland.

STORYTIMES

Enjoy books, rhymes, songs and fingerplays at the following storytimes. Registration is not required.

Toddler Storytime

Mondays at 4 pm and
Wednesdays at 10 am
Ages 19-35 months with a caregiver

Baby & Me Storytime

Tuesdays at 4 pm and
Thursdays at 10 am
Caregivers and their babies from birth to 18 months

Preschool Storytime

Tuesdays at 2:30 pm and
Wednesdays at 1:30 pm
Ages 3-5 not yet in kindergarten and their caregivers

An Adventure Back in Time – Cleveland in the 1920s

The Northern Ohio Chapter of A Kid Again invites you to attend “An Adventure Back in Time – Cleveland in the 1920s,” presented by Cedar Point and sponsored by OMNOVA Solutions and Hudson Holdings. This benefit will be held on October 1, from 6 to 10 pm, in the historic Huntington Building in Downtown Cleveland. Guests will be treated to a journey back to Cleveland in the 1920s when Cleveland was the 5th largest city in the nation, the Indians won the World Series, The League of Women Voters arrived, and Millionaires’ Row was home to our nation’s wealthiest and most powerful.

Guests will be entertained with 1920s-style music and dance performed by the Laura

Varcha Quartet and the Fred Astaire Dance Studio. The dress for the event is your choice: Molls, Dolls, Great Gatsby, 1920s chic or evening cocktail. This fun-filled adventure/benefit will be a celebration of Cleveland’s history but, more importantly, it will recognize families that bravely face the daily challenges of raising a critically-ill child.

The evening will also include appetizers, a sit-down dinner, cocktails, valet parking, a silent auction and more, with two different ticket choices: The Juice Joint (\$75) or the Speakeasy (\$150). Sponsorship opportunities and corporate tables are available. More information may be found at www.akidagain.org/backintime or by calling 330.405.KIDS (5437).

To Be or Not To Be . . .

Jennifer Stern, LISW

Deadlines, carpools, endless to-do lists...Calgon take us away! Do you feel you have too much to do with too little time in which to do it? Perhaps it's time to switch from “to do,” to “to be.”

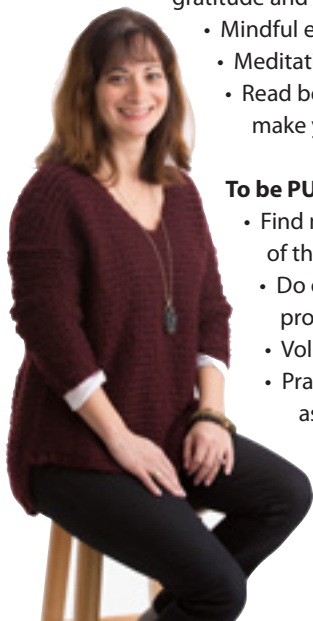
To be HEALTHY

- Exercise daily, from boot camp to gardening, step out of your mind and into your body. This practice allows you to appreciate your surroundings and connect to your body in a way that brings you gratitude and strength awareness.

- Mindful eating, slow down and enjoy.
- Meditation, just breathe.
- Read books that take you away, teach, inspire, make you think, laugh, dream.

To be PURPOSEFUL

- Find meaning and purpose in your work. Think of the impact it has on others.
- Do one thing each day that makes you feel proud, inspired and productive.
- Volunteer – Get involved and give back.
- Practice solution-focused action. Each day, ask yourself what choice can you make for personal growth and change. Then make that choice (without circular thinking or over analysis).



To be CONNECTED

- Practice compassionate awareness of yourself and others.
- Connect to strengths in yourself and in others.
- Seek commonalities while accepting differences.
- Connect with others around hobbies, activities and ideas, (Join a book club, knitting club, basketball league, take a photography or art class, sign up for a college course, learn a new skill, etc.).

To be POSITIVE IN YOUR AWARENESS

- Practice gratitude awareness. Notice what is.
- Focus on the can instead of the cannot.

TO BE practices will allow you to feel calmer, more content, more productive and more fulfilled.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information she can be reached at 216.464.4243.

Perhaps it's time to switch from
“to do,” to “to be.”

BEACHWOOD "BUZZ"NESS DIRECTORY

ADVERTISE

Advertise
in *Beachwood Buzz*

EVERY RESIDENT
EVERY BUSINESS
EVERY MONTH!

Call 216.297.0200 or email
sales@BeachwoodBuzzMag.com
today!

BUSINESS

BNI

"The" Business Referral Organization™

AN INVITATION

BNI provides a structured system
for the development and exchange of
quality business referrals.

We would like to extend an invitation for you to join
us any Thursday morning from 7:30 and 9 and see
how word-of-mouth marketing builds business.

For details, please contact Marianne Drenik
440-537-3949 • marianne.drenik@gmail.com

CHILD CARE

TLC • Lynn Katz
(Total Lynn Care)

Professional Day Care
In My Beachwood Home
30 Years Experience • Excellent References

Mon – Fri • 7:30 am to 5:30 pm

Tax ID

Call Today!

216.896.0467



CLEANING SERVICE

Serving this area for over 20 years.

We furnish all supplies. Married
couple. Impeccable references.

Reasonable rates. Bonded.

Call Maid Convenient

Days 440.213.0850

Eves/Weekends 440.234.0745

CLEANOUTS

Donate It!

Get rid of those unwanted, unused items
from your home or office



We Clean Out

Basements • Attics • Garages

Commercial & Residential

(1/2 price to seniors 62 and older)

(A monthly payment plan is available)

We can come and pick up
your donated items today!
We're only a phone call away...

Call us at
(216) 313-4208

CLOCK REPAIR

MIDCOAST  **CLOCK**
& MUSIC BOX COMPANY



ROGER GORDON
MASTER CLOCKMAKER

SERVING CLEVELAND'S

EAST SUBURBS

216-319-0878

WWW.MIDCOASTCLOCK.COM
BEACHWOOD@MIDCOASTCLOCK.COM

COMPUTER SERVICES

Need PC help?

- Troubleshooting
- Repairs
- Reasonable Rates



Call Brian Today
216.990.9657

DRIVING SCHOOL



- It's time to choose a quality driving school for your teenager
- Convenient locations at the Beachwood JCC, Hawken School and Beaumont School
- Mix and Match lessons or locations
- Unbeatable customer service and friendliest driving instructors in town
- Online driving course offered with behind the wheel for convenience

We don't just teach your driver to pass the test, but to drive safely for their future.

www.overbekedriving.com • 216-765-0600

FITNESS

FREE ASSESSMENTS

Personal Training

Group Classes

Massage

Nutritional Planning



Adam Bernon (Owner/Head Trainer)

216.FITNESS (348.6377)

TRAINING FOR LIFE

HANDYMAN

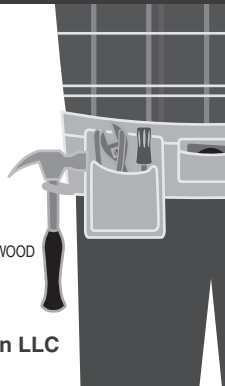
AFFORDABLE
QUALITY BY A
**MASTER
HANDYMAN**
FOR ALL ODD
JOBS & HOME
REPAIRS

LICENSED IN THE CITY OF BEACHWOOD

FULLY INSURED INCL. OH
WORKERS' COMP

Mitch Baron

Cleveland Handyman LLC
216-224-5750



HANDYMAN

Morry The Handyman

*I Fix Things Around Your House
So You Don't Have To*



- Home Violation Repair
- Electrical
- Plumbing
- "Honey-Do" Lists
- and more...

Morry Barron
(216) 410-1617

Morry@MorryTheHandyman.com

HANDYMAN

Since 1989

Insured

Mr. Fix-It

**Plumbing • Electric • Carpentry
Painting • Tile Repair • Roofing
Decks • Plastering/Drywall
Hot Water Heaters • Gutters**

No Job Too Small

Eric Hart

216-360-9916

INSURANCE

State Farm®
Providing FREE Insurance and
Financial Services Review

REUBEN HARRIS JR. INSURANCE AGENCY, INC.

23360 Chagrin Blvd. #101
Beachwood, Ohio 44122
216-731-6111
www.reubenharris.com

LANDSCAPING



Design • Build • Maintenance
Patios • Retaining Walls • Lighting
Residential • Commercial • Industrial

216-276-4740

Licensed • Insured

PAINTING

DETAIL PAINTING CO.

INTERIOR PAINTING

- Wall Paper Removal / Hanging
- Staining & Trim Work
- Plaster & Drywall Repair
- Senior Discount

440-897-4600

“Detail Makes The Difference”

PET LODGE

Pet Lodge USA of Beachwood.com

- Beachwood's Pet Resort 23370 Mercantile Rd 216-342-4652
 - Staffed 24/7
 - Veterinarian endorsed
 - 7-day Check-In and Check-Out
 - Flagship location with themed villages
 - Indoor dog exercise track in park setting
- Tours available anytime during business hours.
Hours: Mon thru Sat. 7 am - Noon, and 3-7 pm
Sun. 3-7pm



TUTOR

Experienced Math Tutor

Licensed Math Teacher
Many years experience
University Heights Location
Competitive Rates

Call for Info
845-709-3834

TUTORING



One-to-One Instruction

Reading • Writing
Math through Calculus A/B • Study Skills

Increase Concentration, Focus,
Attention Span and Confidence

www.pepperpike.tutoringcenter.com
216 292-HELP (4357)

Cleveland POPS Seeks Top Teen Talent

The Cleveland POPS Orchestra announces its eighteenth annual competition for the Jean L. Pettitt Memorial Music Scholarship. This year's competition will be held on Sunday, November 20 from 5 to 8 pm, at The Cleveland Institute of Music, 11021 East Boulevard, Cleveland.

The scholarship is designed to give recognition and encouragement to musically gifted teens through the opportunity of performing on stage with the Cleveland POPS Orchestra and to grant a cash award to be applied to their continuing studies.

Entry is open to all youths up to age 18 residing and attending high school in the seven-county Greater Cleveland region. Contestants can be singers, dancers or instrumentalists. They must be prepared to perform a full-length musical selection from memory. Choice of selection may be drawn from standard popular music repertoire, including songs, dances or instrumental solos found in Broadway musicals, big band arrangements, jazz or light classics.

The grand prize winner of the competition will perform with the Cleveland POPS Orchestra at one of its regularly scheduled concerts at Severance Hall or Playhouse Square. The winner will also receive a \$500 cash award.

Applications must be received at the Cleveland POPS office no later than 5 pm on Friday, November 18. Call Gordon Pettitt at 216.765.7677 or email mail to: gppetitt@clevelandpops.com for more information. Full details, including rules and application form, may be found online at <http://www.clevelandpops.com/scholarship.htm>.

#FLIP THE SWITCH



FRIDAY NIGHT LIGHTS have arrived in Beachwood!

First Friday Night
Home Game

Friday, September 9

For details, see page 31

HEARTFELT HELP FOR EATING DISORDERS.



The Emily Program

Real help for eating disorders

1-888-EMILY-77