

# Beachwood Buzz

September 2017

Every Resident. Every Business. Every Month.

MAGAZINE

# Mah Jongg Maven

Turns in Tiles but Not Inspiring Spirit

## Also Inside:

City Council Update  
You and Your Schools  
Beachwoodw Fall Festival  
Hey, Neighbor!  
City Receives Excellent  
Financial Audit  
... and much more!

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CITY OF BEACHWOOD  
BEACHWOOD CITY SCHOOLS  
BEACHWOOD CHAMBER OF COMMERCE



New  
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EVENT!

# BEACHWOOD FALL FESTIVAL

SUNDAY, OCTOBER 8

NOON - 6:00 PM • BEACHWOOD CITY HALL PARKING LOT

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UNIQUE BOUTIQUE - PUMPKIN PATCH

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CITY OF  
*Beachwood*





Be sure to visit [www.beachwoodohio.com](http://www.beachwoodohio.com) for the most updated information, and plan to spend the weekend of October 5-8 celebrating Beachwood!

**B**eachwood High School's homecoming weekend is just around the corner – and the City of Beachwood, Beachwood City Schools and the Beachwood Chamber of Commerce are working together to plan a weekend celebration like never before. In the almost-21 years since I started *Beachwood Buzz*, there has never been an event of this scope – with the city, schools and chamber working collaboratively to celebrate Beachwood.

Festivities start Thursday evening with a scavenger hunt and culminate on Sunday with Beachwood Fall Festival. Here's the schedule:

#### Thursday, October 5

##### Girls Soccer Game

Beachwood Bison vs. Berkshire  
5 pm • Beachwood High School  
Come cheer on the girls soccer team, and then head on over to participate in the Scavenger Hunt.

##### Scavenger Hunt – For All Ages!

5:30 - 7:30 pm  
Beachwood High School  
Community Room  
Preregister: \$25/team  
At the door: \$40/team  
Sponsored by the Beachwood Chamber of Commerce  
Gather your team, have your cell phones ready, and be prepared to take photos. Each team will receive a list of 200 items to photograph in and around Beachwood. Enjoy pizza and soda while you create a strategy to shoot as many photos as you can during this two-hour timeframe. Each participant will receive a lanyard with coupons that can be redeemed for free goodies from vendors at Sunday's Fall Festival.

The first-place team will win \$100 cash and \$100 in restaurant gift cards. Second-place will win \$50 cash, plus \$50 in gift cards; and third-place will win \$25 cash, plus \$25 in restaurant gift cards.

Each carload is a team, and each teammate must legally be wearing a seat belt. Form your team and register today for this first-of-its-kind event at <http://public.beachwood.org/events/details/chamber-savenger-hunt-6336>.

#### Friday, October 6

##### Beachwood Bison vs. Chagrin Falls Tigers

7 pm • Beachwood High School  
Come cheer on Beachwood's football team – under the lights. Enjoy game-day giveaways, music by the BHS band and Alumni band, performances by the cheerleaders and drill team, and new this year – alumni cheerleaders. Even if you don't know anyone playing, come out and celebrate our community.

#### Saturday, October 7

##### Homecoming Dance

7 pm • Beachwood Community Center  
Open to Beachwood High School students and their guests.  
**Adult-Only Event**  
7 pm • Beachwood High School  
*Details coming soon!*

#### Sunday, October 8

##### Beachwood Fall Festival

Rain or Shine  
12-6 pm  
*New location!* Beachwood City Hall  
Parking available at the Beachwood Family Aquatic Center, Fairmount School and Beachwood High School  
Free and open to the public.  
(Costs involved with Unique Boutique vendors, carnival games, Pumpkin Patch and food trucks.)  
**You don't have to be a community member to attend.**

Beachwood Family Fun Day has morphed into Beachwood Fall Festival, with expanded offerings for exhibitors and attendees. Enjoy food trucks, crafts, exhibits, inflatables and new this year – a 40' x 40' inflatable corn maze for all ages, a 9-hole putt-putt course and a caramel apple and funnel cake bar.

Enjoy live music by Beachwood Schools musicians, followed by the TCB band, featuring Beachwood resident and American Idol contestant Stephen Fowler.

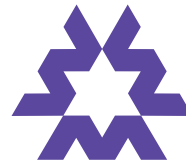
Be sure to see Mike Pickett's spectacular carving demonstrations. Check out his website at [www.illuminatedcarves.com](http://www.illuminatedcarves.com) to get a preview of what's in store and to read his history, which is really interesting. He engraves logos, movie characters, sports figures and more – and may



Pumpkins carved by Mike Pickett. Be sure to see him in action at Beachwood Fall Festival.

*Continued on page 13*

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

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

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**Beachwood Buzz**  
MAGAZINE

2016  
**Beachwood Chamber of Commerce**  
Business of the Year

## COVER STORY



As Lois Klein likes to frame it, she's never been "a lay back." More to the point, she always gets up and does things, according to the 87-year-old Wiggins Place resident. What she won't be doing anymore is volunteering in Beachwood to teach the tile game Mah Jongg. On the occasion of her retirement, the city proclaimed Monday, May 15, 2017 as "Lois Klein Day," recognizing her 17 years spent educating others through the Beachwood Community Services Department.

Lois has overcome many obstacles and still takes things in stride. Her story starts on page 9.

Cover story photos by Scott Morrison, Discovery Photo.

## City Council Update • Pages 26-29

City Receives Excellent Financial Audit

Safe Internet Purchase Exchange Location

Personal Shred Day

Upcoming Meetings

International Reaccreditation Status Award

Safety Town Graduates

Honkin' Haulin' Hands-On Trucks

Of Special Note

Art Exhibits

Resident Hazardous Waste Round-Up

## You and Your Schools • Pages 30-31

Annual Meet-the-Principals/Back-to-School Fest

Save the Date – Homecoming Weekend

Student Council 2017-2018

Bryden Welcomes Back Summer Readers

Gallery of Success Inductee Jeff Boss Addresses

Staff Convocation and Student Leaders

### Happy Birthday Beachwood Buzz!

Next month, Beachwood Buzz is 21 years old!

THANK YOU for advertising, for submitting information, for your readership and total support. It's a pleasure to serve the Beachwood community.

### Next month:

Be sure to read editorial content submitted by City Council and School Board candidates.

It is our responsibility to make educated choices before voting on Tuesday, November 7.

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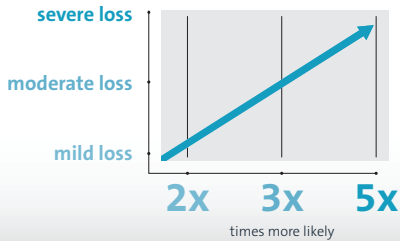
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<sup>1</sup>Johns Hopkins Medicine. (2011). Hearing Loss And Dementia Linked in Study. Retrieved from: [http://www.hopkinsmedicine.org/news/media/releases/hearing\\_loss\\_and\\_dementia\\_linked\\_in\\_study](http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_and_dementia_linked_in_study)  
<sup>2</sup>Norton, A. (2015). Older Adults' Hearing Loss May Be Tied to Earlier Death. HealthDay News. Retrieved from: <http://health.usnews.com/health-news/articles/2015/09/24/older-adults-hearing-loss-may-be-tied-to-earlier-death>

# Dear Friend of the Arts:

The Beachwood Arts Council is having a membership drive and invites you to become a member of one of the finest arts councils in northeast Ohio. For more than 50 years, BAC has offered a variety of arts programming, including:

- Exhibitions of artwork by local and national artists
- Museum, garden, and artist studio tours
- Local diversity festivals showcasing Cleveland's ethnic communities
- Annual art shows, including the Ileen Kelner Juried High School Art Show and the Beachwood K-12 Student Show
- Special events featuring visual, musical, performing, and culinary arts
- Hands-on projects where you create the art, such as glassblowing and silk scarf painting

Additionally, BAC gives back to the community by granting the Si Wachsberger Arts Scholarship Award each year. The recipient is a regional high school senior who will pursue his or her artistic dream in college. Please consider donating to this very worthwhile fund.

Join us and help support our efforts to showcase the arts in Beachwood and neighboring communities. We welcome members anytime during the year; however, our fiscal year runs from July 1 through June 30.

Memberships start at \$30 and we ask for your support. Join others who believe that supporting BAC is both worthwhile and gratifying.

One of BAC's ongoing fundraisers is the sale of art cards, a pack of 16 blank note cards designed by Beachwood residents. Each pack costs only \$10, and with your purchase, you support the arts.

BAC membership and participation are open to all residents of northeast Ohio. Please visit our Facebook page at Beachwood Arts Council for listings of upcoming programs, photos of past events, and more details.

**To become a member or purchase art cards – or for more information – call us at 216.595.3400.**

BAC is a 501(c)(3) organization. Your meaningful support is tax-deductible to the extent allowed by law.

**Thank you!**

Sincerely,  
BAC Co-Vice-Presidents,  
Membership  
Susan Haas,  
Ellen Hacker  
and Paula Rollins



# From the BSF

The Beachwood Schools Foundation (BSF) is a 501(c)3 philanthropic organization administered by a volunteer board of directors from the Beachwood community. It operates with two distinct goals: to obtain funds from individuals, families and corporations to provide scholarships to graduating seniors who are continuing their education, and to raise money to enhance educational programming in the Beachwood City School District through its "Above and Beyond" program.

**The BSF is currently seeking passionate community members to join its board of trustees and help it augment school programming and services.**

To learn more about BSF and how you can be a part of this special organization, please contact board member Abbie Sender at [abbiesender@gmail.com](mailto:abbiesender@gmail.com) or 216.536.8139.

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## Happy Birthday, Samuel Silverman



On August 2, Samuel Silverman celebrated his 100th birthday, and enjoyed a celebration on Saturday, August 5, at Landerhaven, surrounded by family and friends.

When he was born, Woodrow Wilson was President of the United States, World War One was beginning and New York State would soon be giving women the right to vote in state elections.

Silverman served in World War II, and he lived in Philadelphia, Pennsylvania and Florida before moving to R. H. Myers in Beachwood, nine years ago, where he enjoys living.

At 100 years of age, he has seen the world change several times over. He has witnessed travel move from horse-drawn carriage to rocket-ship, seen the evolution of entertainment move from stage to radio to movie theater to television, watched the computer age unfold, and so much more.

At 100 years of age, he has seen the world change several times over. He has witnessed travel move from horse-drawn carriage to rocket-ship, seen the evolution of entertainment move from stage to radio to movie theater to television, watched the computer age unfold, and so much more.

Most importantly, Silverman is a family man. He is the proud father of Mark Silverman (married to Lorie Gelb) and Ron Silverman, grandfather of four and great-grandfather of one.

In recognition of Silverman celebrating this milestone, Mayor Merle S. Gorden and City Council proclaimed Saturday, August 5, 2017 as "Samuel Silverman Day" in the City of Beachwood, wishing him a healthy and happy 100th birthday.





# Mah Jongg Maven

## Turns in Tiles but Not Inspiring Spirit

By June Scharf

**A**s Lois Klein likes to frame it, she's never been "a lay back." More to the point, she always gets up and does things, according to the 87-year-old Wiggins Place resident. What she won't be doing anymore is volunteering in Beachwood to teach the tile game Mah Jongg. On the occasion of her retirement, the city proclaimed Monday, May 15, 2017 as "Lois Klein Day," recognizing her 17 years spent educating others through the Beachwood Community Services Department.

The thinly-veiled secret surrounding her years of teaching is how she created so many Mah Jongg "families" of women and a few men who band together for regular games wherever they can find an empty table. And the truth behind the appeal of the game itself is how it's a social undertaking that readily generates an appetite for more.

Karen Carmen, Beachwood community services director, has long witnessed Lois's volunteer services. "Thanks to Lois, the mahj tradition continued because of her willingness to teach year after year, which attracted many new faces."

Lois likes to joke about mahj by saying: "Is it a game or an addiction? It's hard to know since people can't seem to get enough of it." Over the years, she's known some women who play four to five times per week with friends, while others have stepped up their game to include tournaments. She oversaw some of those tournaments, with 17 conducted for Beachwood. They eventually attracted more than 100 participants.

"Picture that - 100 people, all in the same room for three to four hours, and you could hear a pin drop," she reports.

When asked about her own competitive spirit and whether she wins much, she replies semi facetiously: "That's beside the point!" She admits to preferring victories and they do occur often, she says with a sly smile.

What about another simultaneously popular pastime, the game of bridge? "Not for me," she says emphatically.

But what they have in common is a learning curve, thus the need for her services as an instructor. She would tell her students that the game would initially feel like Greek, but a few weeks later, they'd understand it. "Don't make promises you can't keep!" a student once said defiantly. This disbelief over whether the game would ever become clear was shared by many students, but to Lois's credit, she prevailed. A few weeks after the doubting student made her statement, she told Lois that the promise had been kept.

Lois took great pleasure in revealing the game to new audiences, and their gratitude often came back to her, sometimes declared in random places. She recalls trying on clothes in a store at Legacy Village, and a student spotted her and told her how much she enjoyed the class.

The appeal wasn't likely restricted to Mah Jongg. Lois herself was essentially the game changer, if you will. Her charisma and charm would take center stage. But what many don't know is that her indomitable spirit took two separate and heavy blows many decades ago. Her two adult sons suffered untimely deaths, one as a victim of a violent crime and the other from AIDS.

Her husband, Bernard, whom she called Buddy, was her greatest source of support during those tragedies and throughout their life together, until his passing 12 years ago. They had been married for 54 years. "When I was stressed out over this or anything else I had no control over, he would tell me to just let it go, and that's exactly what I continue to do."

Their meeting had been arranged by a friend when they lived in New York. Though Lois was reluctant to go through with the blind date, her friend forced her to go out. It was the best thing she ever did in her life, she says. "He stalked me for nine months – I couldn't get rid of him, so I married him!" In their life together, they had many differences of opinion, but they handled them with respect.

The connecting theme throughout their relationship was that he always made her feel special, she explains. That initially was felt when

he first introduced her to his friends who were already told wonderful details about her. But she doesn't hesitate to admit that her personality, with an opinionated and artistic inclination, could be difficult.

"I can be very stubborn. No one else could have put up with me," she states.

One of the great sources of traction in their relationship was a love of collecting a range of art and objects.

"Buddy always said, if it doesn't eat, walk or talk, we collect it." Foremost among those pieces were collections of kaleidoscopes and rocks. What she loved about the latter was the fact that they aren't manufactured: "Man had nothing to do with them," something she finds particularly appealing.

She also likes to point out that she has always collected people, too. She found one in her bereavement group, and the friendship was partly predicated on her strength of character. "A lady said to me, if Lois can still smile every day, then so can I."

Her life in Cleveland began in 1960, when she moved here with Buddy and their two children. Buddy had accepted a job with Bobbie Brooks where he eventually was promoted to executive vice president. When the company closed in 1986, he changed careers and became a senior vice president at Cowan & Co., where he was once named one of the 100 best brokers in America by Money Magazine.

Dialing back time even further, Lois began her own career after graduating from the Fashion Institute of Technology in New York. She proudly pulled her F.I.T. yearbook off a shelf to show herself in a pic-





## About Mah Jongg:

**“Is it a game or an addiction? It’s hard to know since people can’t seem to get enough of it.”**

**- Lois Klein, former Beachwood volunteer Mah Jongg instructor**

ture with a self-designed piece of clothing draped on a mannequin. Later, she designed women’s sportswear for several labels.

In Cleveland, she held a number of positions over the years, including being a “ding dong” as she calls it, or an Avon Lady, in the vernacular. She also was a PTA president, a president of the sisterhood at B’nai Jeshurun and a president of the PVA Auxiliary, now known as New Avenues to Independence. Additionally, she spent 10 years as the “queen” of Red Hattitudes, Beachwood’s chapter of the Red Hat Society, an international group for women over 50 years old “who not only entertain themselves wearing red hats and purple clothes, but do many good deeds as well,” she reports.

Her hobbies have extended in multiple directions over the years, mostly revolving around creating art, including leaded glass and jewelry. She continues to create jewelry and wears her own creations, such as a teal, black and silver beaded necklace to match her outfit during her interview.

She also taught the card game Canasta. Between that and mahj, she’s had hundreds of women and some men as her students. Also, when the Maltz Museum of Jewish Heritage hosted a special mahj exhibit in 2012, Lois taught classes there and conducted tournaments.

Why was she so committed to mahj? “I like sharing what I know,” she says. After Buddy died, teaching was her primary reason to get out of bed in the morning. She has a perpetual need to stay busy, and her energy and effervescence currently have driven her to volunteer at Wiggins, where she’s the corresponding secretary for the tenants’

association. She also writes medical appointment reminders for residents. She recently staged the program, “Mah Jongg: Game or Addiction?” at Wiggins in July .

Her energy and ambition keep in her in motion, except for when she is under the spell of a really good book. She recently felt that intensity with the book, “Being Mortal: Medicine and What Matters in the End,” by Atul Gawande. She was very impressed with it and says she plans to read all of Gawande’s books. She favors authors David Baldacci, John Sandford and James Patterson, as well. She feels very fortunate to be able to rely on the Cuyahoga County Public Library’s Delivery2You service, which delivers books to the homes of those over age 60 or to people who are confined.

She finds additional fulfillment by getting out the first Thursday of alternating months with her Contemporary Art Group that plans trips to local museums, galleries and artists’ homes and workshops, followed by lunch together.

Lois likes to share her wisdom, and over her years of acquiring it, she fully believes that positive things can emerge from negative situations. But those circumstances are definitely aided by her unabashed tenacity, clearly revealed when she says, “Tell me I can’t do something and I’ll show you I can.”

Reflecting on her life, Lois says, except for the loss of her children, she feels she’s been very blessed. “I don’t know how many years I have left, so I want them to be good ones,” she states with her typical blend of highly accessible confidence and candor.



Continued from page 3

even carve something special for you.

Beachwood Fall Festival includes Unique Boutique and the Pumpkin Patch.

Purchase tickets to play carnival games to help raise money for local school groups and organizations. Passports will be punched as you play, and filled in passports can be traded in for prizes. Everyone's a winner!

### Unique Boutique

Now in its 12th year, the Unique Boutique is the PTO's largest fundraiser to benefit the Beachwood High School After Prom. Traditionally, it is a boutique at which artisans are encouraged to sell their wares. This year, organizers are working with the City and Chamber to provide opportunities for artisans, businesses and organizations to reserve booth space

to showcase their products and services. In keeping with the festival theme, business exhibitors will offer hands-on activities at their booths. Artisans will be selling jewelry, clothing, accessories, purses, hand painted scarves, furniture, birdfeeders, yard flowers, hand turned pens, ceramics, pottery, personalized items, Cleveland items, paintings, illustrations, photography, home fragrance items, edible products, and much more.

If you are an artist or your business would like to participate – please let us know. If you would like help staffing a booth or underwriting an activity – we're here to help you out! Each exhibit space is 10' x 10' and includes an 8' table. For more information or to reserve your space, email BeachwoodUniqueBoutique2017@gmail.com or visit [www.beachwood-schools.org/UniqueBoutique.aspx](http://www.beachwood-schools.org/UniqueBoutique.aspx).

### Pumpkin Patch

The Pumpkin Patch, sponsored by the Class of 2019 and the Beachwood ASL Club, will provide a pick-your-own-pumpkin adventure and pumpkin painting. Pick out pumpkins for your entire family – student volunteers will be on hand to help wheel purchases to your car.

We live in an amazing community, so put these dates on your calendar and let's celebrate! According to the City of Beachwood's Community Services Director Karen Carmen, there are more surprises in store and additional details will be added as the dates gets closer. Be sure to visit [www.beachwoodohio.com](http://www.beachwoodohio.com) for the most updated information, and plan to spend the weekend of October 5-8 celebrating Beachwood!



## Volunteer Drivers Needed

**Want to brighten someone's day?**

**Volunteer with JFSA!**

Volunteer drivers are needed to deliver fresh, healthy, kosher meals to JFSA clients on Tuesdays and/or Thursdays. Bring a friend to share in the deliveries, and friendly smiles and greetings!

JFSA's home-delivered meal program can't operate without volunteer drivers. Lack of drivers drives up costs, which make meals unaffordable for those most in need.

For more information or to volunteer, call Sandy at 216.378.3475 to learn how you can help.

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Mike **ZAWATSKY**  
Elect Maria **BENNETT**  
**FOR BEACHWOOD SCHOOL BOARD**

Paid for by the committee to re-elect Weiss, Committee to re-elect Zawatsky, Committee to re-elect Bennett



**Leadership Innovation Experience Integrity**

**RE-ELECT**  
**MELVIN**  
**JACOBS**  
**Beachwood City Council**

Paid for by the committee to re-elect Melvin Jacobs for Beachwood Council, Stephanie Jacobs, Treasurer, 24808 Maidstone Lane, Beachwood, OH 44122

# HEY, NEIGHBOR!



## Hometown Hero Has Heart

By Arlene Fine

**N**ot all superheroes wear blue tights and red capes. They can be the guy next door – like Annesley Road resident Bob Finkenthal.

Last month Bob became the best kind of hero – he saved the life of his good friend, Erez Bergman.

Here's what happened. Bob and Erez were at a Cleveland Indians game on a hot, sultry summer night when Erez started to feel sick. "I knew something was wrong," says Erez, 43. "I was sweating like crazy and my heart was racing, but I just thought if I went home I would feel better."

After Bob took one look at his friend, he hustled him out of the stadium. "I knew Erez was sick, but I didn't know how sick he was until we got to the corner of 40th and Prospect Avenue," says Bob. "Erez made me stop the car so he could vomit. When he got back in the car he began to complain of chest pains and his color was grey and pasty."

At this point Bob, who had had a mild heart attack several years ago, had to make a major decision. Pull over and call 911 or make a dash

for the Cleveland Clinic, which was 55 blocks away. "I knew I had to save my buddy's life and I made a run for it," says Bob. "We went through some red lights and we were at the Cleveland Clinic Emergency entrance within minutes."

When Bob and Erez walked into the emergency room the medical staff sprang into action. They did some blood work, an EKG, and sedated him.

"I learned later that my blood work showed a high cardiac enzyme count," says Erez. "This meant I was having a heart attack – a big one. I had 95% blockage in my main coronary artery – they call this type of heart attack a widow maker – and there's a reason for that."

By early the next morning, the cardiologist had put a stent in Erez's main artery to allow for normal blood flow. "Everyone told me I got to the hospital just in time – I have Bob to thank for that."

After Erez was released from the hospital, he made radical lifestyle changes. "I have been overweight for years, never watched what I ate and rarely visited doctors – a month before I had my heart attack I had warning signs but I brushed them off," he says. "That was my first mistake."

Erez, who does staffing for TemPersonnel in Beachwood, says his heart attack was the ultimate wake-up call.

"So far I have lost 25 pounds and have given up cheese nachos, French fries, hot dogs and pizza for salads, vegetables, and lean protein. And I'm exercising 45 minutes a day," says Erez. "I prom-

ised my family, particularly my young daughter, and my friends that we will never have to go through this again."

For his part, Bob modestly downplays his role in saving his friend's life. He reflectively quotes Ralph Waldo Emerson, "A hero is no braver than an ordinary man, but he is braver five minutes longer."

For Erez, those five minutes meant the difference between life and death.

Not everyone can have someone like Bob to get you to a hospital at breakneck speed. If you are having heart attack symptoms, call 911 immediately.



Erez Bergman with his life-saving hero, Bob Finkenthal.

### American Heart Association's Heart Attack Signs in MEN

- Mid-chest discomfort or pressure
- Neck/Jaw/Throat discomfort or pressure
- Dizziness
- Arm/Shoulder discomfort or pressure
- Shortness of breath
- Nausea/Vomiting
- Unusual Fatigue
- Sweating
- Arm/Shoulder/Hand discomfort or pressure
- Heartburn



### American Heart Association's Heart Attack Signs in Women

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness
- As with men, women's most common heart attack symptom is chest pain or discomfort, but women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain

"Everyone should be aware of the signs and symptoms of a heart attack or stroke," says Beachwood Fire Chief Patrick Kearns. "The American Heart Association's website, [www.heart.org/HEARTORG](http://www.heart.org/HEARTORG), has information on what to look for. We encourage residents to call 911 if they feel any symptoms, or if they are not sure. We operate under the rule that it is better to be safe than sorry – don't ever hesitate to call 911."

## Programs at The Gathering Place

The Gathering Place is a cancer support center that provides free programs and services to help individuals and families currently coping with the impact of a cancer diagnosis in their lives. Free programs are provided for adults, teens and children and include support groups, family and individual support, a lending library, a wig salon, exercise programs, hands-on cooking classes, art therapy and more. The Gathering Place has locations in Beachwood and Westlake. Visit [www.touched-bycancer.org](http://www.touched-bycancer.org) for a listing of all programs and services or call 216.595.9546 to talk with a staff member. Upcoming Beachwood programs listed below require advance registration by calling 216.595.9546, unless otherwise noted.

### Prostate Cancer Information Session

September 14  
5:30 - 6:15 pm  
Men (only) diagnosed within the last six months. Connect with prostate cancer survivors. Ask questions. No registration required.

### Treatment Side Effects: Chemobrain and Neuropathy

Tuesday, September 5  
6:30 - 8 pm  
Learn strategies to manage these common side effects. Presenter: Beth McLaughlin, MD

### Exercise for Chemobrain

Tuesdays and Thursdays, September 5 - 28  
1:30-2:15 pm  
Learn exercises to enhance cognitive function after chemotherapy. Participants are encouraged to attend all four weeks.

# NCJW/Cleveland Designer Dress Days

**Event features new sales areas, improved lighting, a contemporary category and lower pricing**

Fashionistas looking for the best bargains in town will find designer clothing such as Rag and Bone, Chanel and St. John knits, for better-than-affordable prices – even lower than last year’s – at Designer Dress Days 2017 (DDD). The annual sale will be held at the Mandel Jewish Community Center, 26001 S. Woodland Road, Beachwood.

New features include more competitive pricing; a new, separate room for handbags and accessories; an expanded category of contemporary clothing and a new lighting system installed at the Mandel JCC. The innovations will provide more

shopping space in the main display area with wider aisles and easier navigation, which will make discovering the perfect find effortless in the brighter ballroom.

*A successful fundraiser for 48 years, DDD combines the fun of bargain shopping, fashionista finds, and philanthropy.*

DDD is National Council of Jewish Women/Cleveland’s yearly sale of new or gently-worn and previously-loved women’s designer clothing, fabulous jewelry, stylish handbags, luxurious furs and fashionable accessories. Designers represented include, but are not limited to, Free People, Vince, Theory, Alice and Olivia, Escada, Tory Burch, Gucci, Kate Spade, Marc Jacobs, Ferragamo and Giorgio Armani.

A successful fundraiser for 48 years, DDD combines the fun of bargain shopping, fashionista finds, and philanthropy. More than 250 volunteers make DDD an easy-to-navigate shopping experience that supports NCJW/Cleveland’s



many programs, which help change the lives for women, children and families.

Michele Kaminsky, Jill Braun and Kelly Markowitz are vice-presidents of Retail Operations for NCJW/Cleveland. Susie Gordon and Myrna Arlen Bloch are co-presidents of NCJW/Cleveland.

For more information, call 216.378.2204, or visit [DDDCleveland.org](http://DDDCleveland.org) on Facebook or <http://ncjwcleveland.org/what-we-do/designer-dress-days/>.

**Preview Day is Friday, October 20, 10 am - 4 pm (\$20 admission).**

**The sale continues, with no charge on Sunday, October 22, 10 am - 4 p.m.; Monday, October 23, 12 - 8 p.m.; and Tuesday, October 24, 10 am - 8 pm.**



Beachwood resident Faye Bass models a lined mink coat, and Saguaro leather jacket (\$40) with a Hermes scarf (\$60).

*Photos by Joe Applebaum.*







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## Taste of Legacy Village Features Food, Music & Family Fun

The 14th annual "Taste of Legacy Village" returns Sunday, September 10, with food and wine tastings, live music and children's entertainment. The popular event will take place on Main Street from 12 to 5 pm.

Ticket packs are \$10 each and include Taste Dollars, redeemable for food samples from all your favorite Legacy Village restaurants and specialty food retailers. Taste Dollars are available for purchase in advance online at Legacy-Village.com. Tickets may also be purchased at the Legacy Village Management Office and on-site during the event. Visitors may pair cuisine with top Ohio wines from The Ohio Wine Producers Association for \$1 per sample. Taste Dollars and wine tickets are sold separately. All other activities are free and open to the general public.

Participants include: Brio Coastal Bar & Kitchen, The Capital Grille, Granite City Food & Brewery, Stir Crazy, The Melting Pot, California Pizza Kitchen, Bar Louie, and more.

In addition to culinary tastings, children will enjoy an interactive Kids Zone, which will offer face painting and a balloon artist, along with the Euclid Beach Rocket Car. Guests will enjoy live entertainment throughout the day, including sizzling-salsa lessons with Viva Dance (11:30 am to 12 pm), Saborit (Latin music, 12 to 2 pm), and Cats on Holiday (Cajun Pop music, 3 to 5 pm).

# Aligned Health Center Seeks To Straighten Spine Issues

By June Scharf

**A**t Dr. Nick Bigrigg's new Beachwood biophysics chiropractic clinic, Aligned Health Center, he defines his work as the reshaping and remolding of spines, much like orthodontists do with teeth. He distinguishes his work from standard chiropractors, however, by the use of mirror-image traction where some ligaments are strengthened and others stretched to realign the spine.

"I can see postural problems from a mile away, but I try to turn off that instinct when I'm not working," he says from his office in the Enterprise Parkway building, one that features a digital x-ray suite and chiropractic equipment.

When a person suffers an injury, the spine can heal in the wrong shape, and the consequences can be a cascading set of issues over time, since nerves extend from the spine and reach organs throughout the body. While pain may subside, and patients may think they are fine, Dr. Bigrigg explains that problems can arise years later. Most often, he says he sees problems that are often at least 20 years old. One potential source of unknown injury, he reports, can be damage sustained during delivery at birth.

"People should have their spine x-rayed every two years, just as dentists x-ray teeth, to catch any abnormalities before they become more advanced," he says. He mentions that radiation is minimal.

He notes certain joints may be carrying a heavier load due to misalignment and can age more rapidly, possibly causing osteoarthritis. Also, organs may suffer when the nerve roots found in vertebrae are damaged. This sometimes results in problems with thyroid function, fertility, and digestion. According to Dr. Bigrigg, neurological issues such as migraines, ADHD, depression and anxiety can be related to spinal problems. Additionally, he claims that high blood pressure can be addressed if it's related

to the compression of nerves traveling to the heart.

In his clinic, Dr. Bigrigg also addresses unevenness in leg length by treating it with a lift in the shorter leg's shoe. "Although it may seem counter-intuitive, by putting resistance against the shorter leg, it stimulates the leg to grow," he states.

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People should have their spine x-rayed every two years, just as dentists x-ray teeth, to catch any abnormalities before they become more advanced.

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~ Dr. Nick Bigrigg,  
chiropractic practitioner  
and owner, Aligned  
Health Center

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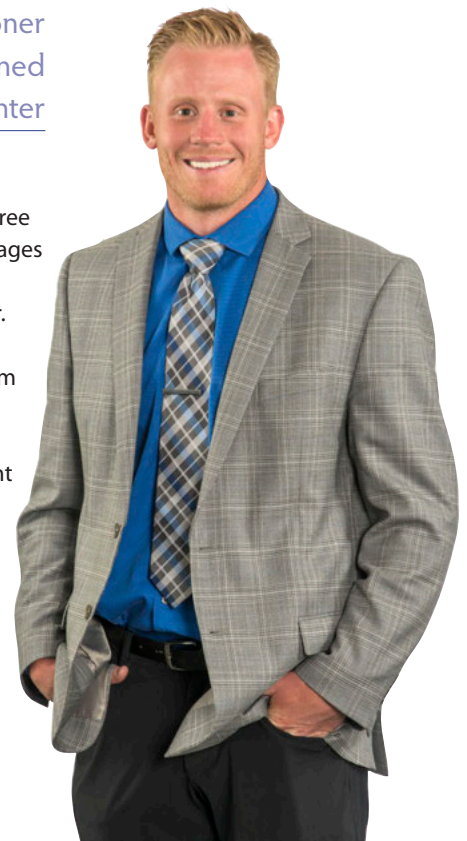
His process involves a free initial exam combined with free digital x-ray imaging. The images capture three spinal areas: cervical, thoracic and lumbar. A follow-up appointment is scheduled to go over problem areas and to present a treatment plan.

The frequency of treatment generally amounts to three sessions per week for about a one and a half months. Scoliosis, however, can take years. Sessions typically last between six and 20 minutes.

His route to chiropractic therapy began when he was

playing professional indoor football following graduation from Kent State University. He suffered an incapacitating injury to his lower back. He was told it required surgery and that he would no longer be able to work as an athlete. He sought another opinion and was treated by a chiropractor. As a result, he returned to play for another season. This led him to pursue training and certification in chiropractic care.

Dr. Bigrigg opened his first clinic in Westlake five years ago. He hopes to open more clinics in the future since he describes the Northeast Ohio area as underserved with this form of therapy.





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- Increased police manpower levels
- Moved Law Department, Prosecutor, and IT inhouse, cutting hundreds of thousands in outside contracts
- Supported full-time Economic Development Director for business attraction and retention
- Developed Action Agenda for Council
- Increased transparency by live streaming Council meetings and placing City financial records online
- Initiated "paperless" meetings eliminating thousands of pages of printing
- Adopted City's first-ever Master Plan
- Increased resident involvement through Master Plan Committee
- Created resident-led Charter Review Commission after nearly 20 years without review
- Implementing backyard senior trash pickup
- Moving forward on additional street lighting and sidewalks
- Eliminated Mayor and Council meals and charity tickets (with limited exceptions)
- Updated City policies and ordinances to reflect LGBTQ inclusion
- Expanded options for luxury apartment living in Beachwood with 700 new units



*"As Council President, I've organized our goals, created real savings, improved safety and services, promoted economic development, and brought transparency to our government. As Mayor, I look forward to collaborating with our Council, residents, and businesses to make Beachwood even greater."*

*Martin S. Horwitz*

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## An Evening You Won't Want to Miss:



**The Finals Performance & Competition of Shining Star CLE – a benefit to support memory care programs for Montefiore**

**Sunday, October 22, 2017 • 7 pm  
Ohio Theatre at Playhouse Square**

You can be a part of this extraordinary, inaugural event! Shining Star CLE is a unique solo-singing competition created to encourage and support talented high school students throughout Northeast Ohio while raising important funds to support memory care at our two senior living campuses – Montefiore in Beachwood and The Weils in Chagrin Falls – and in the community through our in-home memory care program.

Students representing more than 77 schools across a five-county area will compete for more than \$20,000 in college scholarships. After several rounds of in-person auditions, the top 10 finalists will put on the performance of their lives on Sunday, October 22, at 7 pm, in the prestigious Ohio Theatre at Playhouse Square, in front of professional judges and a live audience.

The Finals Performance & Competition will be hosted by Monica Robins, Emmy award-winning reporter and senior healthcare

correspondent at WKYC.

Help support this exciting event and Montefiore by placing a full-color ad in the playbill that will be distributed that night, becoming a sponsor or purchasing tickets ranging from \$500 for two patron tickets, \$275 for one patron ticket, or for individual event tickets at \$125 (rear orchestra), \$75 (mezzanine) and \$25 (balcony).

*After several rounds of in-person auditions, the top 10 finalists will put on the performance of their lives. . .*

To place a full-color ad in the playbill, become a sponsor or purchase tickets, contact Debbie Rothschild, director, The Montefiore Foundation at 216.910.2633 or drothschild@montefiorecare.org. Individual event tickets are available at [www.playhousesquare.org/events](http://www.playhousesquare.org/events) or by calling 216.241.6000. Visit [shiningstaracle.org](http://shiningstaracle.org) for details.

## Tribe Talk: New Jewish Conversations

**Monday, September 18 • 7 - 8:30 pm • Landmark Centre**

**25700 Science Park Dr., Suite 100 • Beachwood**

**Special Guest: Ruchi Koval**

**Moderators:**

**Brian Amkraut, Executive Director, Siegal Lifelong Learning and**

**Alanna Cooper, Director of Jewish Lifelong Learning, CWRU**

The Kotel Controversy: In June 2017, the Israeli government scrapped their agreement to create an official egalitarian prayer section at the Western Wall. This move has been

criticized as a vote against women, as further alienating American Jews from Israel, and as deepening the rift between Orthodoxy and other movements. What's really at stake?

# Jewish Cleveland Launches Annual Campaign With Inspiration Around the World

**W**ednesday, September 6 marks the launch of the Jewish Federation of Cleveland's 2018 Campaign for Jewish Needs, which is the annual fundraising campaign that supports our community's vitality and vibrancy in the year ahead. The campaign Launch Event opens to the public on September 6, at 7 pm, at Anshe Chesed Fairmount Temple's Penni and Stephen Weinberg Social Hall (23737 Fairmount Blvd in Beachwood).

Hundreds are expected to kick off the three-month-long campaign and show their community support. This year's theme is Inspiration Around the World. The Federation invites community members to ask themselves, "What Inspires You?"

Featured speakers are Ben Becker, Rachel Heiser and Kevin Margolis, plus Danielle Katz of Beit Shean, Israel, Cleveland's sister city. They will share their personal and powerful stories of how support of the campaign is changing and saving lives at home and around the globe, in places like Israel, Russia, Poland, India, and more. Their stories of inspiration are not to be missed!

"The success of past campaigns is a testament to the resilience and commitment of our community. But this year, as needs continue to grow, we need to do more," said David F. Adler, general campaign chair. "One of our priorities this

year is 'We Aspire to Leave No One Behind.' We are a strong community, yet we have people next door who are suffering. We provide a safety net for Jews in need, no matter who they are or where they live."

The Cleveland Jewish community is comprised of 80,000 people, and the national and international reach of the Federation encompasses tens of thousands more. Through the campaign for Jewish Needs, people's lives are changed for the better in Cleveland, Israel, and 70 countries around the globe. Ninety-one cents of each dollar donated goes directly to the community for programs and services.

Registration is \$15/person. For more information or to register for the Campaign Launch Event, visit [www.jewishcleveland.org](http://www.jewishcleveland.org), email [campaign@jcf-cleve.org](mailto:campaign@jcf-cleve.org), or call 216.593.2900, ext 740.



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**Together, we change lives.**

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# For Family and Business, Beachwood is Home

When Dr. Jenny Thatcher and her husband, Randy, and two children, Desmond and Viktor, moved back to Ohio in 2012 after living in California for more than eight years, they chose to reside in Beachwood because they wanted a family-friendly community and a school district where both their typically-developing child and special-needs child could flourish together.

“The school part was the most important aspect of our decision,” Dr. Jenny told us. “I really wanted both my kids to experience the same teachers and school environment, even though we knew Viktor, who happens to have Down syndrome and to be Deaf, would need extra support.

Dr. Jenny told us that it’s been a great decision so far, and the school and community programs have been awesome.

Dr. Jenny attended Case Western Reserve University, where she studied computer engineering. She worked as a systems and software engineer for several years, but eventually followed a calling into the healthcare field, where she pursued a Doctorate of Optometry at the University of California Berkeley School of Optometry (UCBSO), with the dream of opening her own eye-care practice.

Five years after returning to Ohio, her dream came true with the opening of Beachwood Eye Care Center, located at 3738 S. Green Road, in the Office Loft building.

“We’ve seen how Beachwood is family friendly, and by my having my home and practice here, I can be involved with family activities and commitments as well as be active in my community,” Dr. Jenny said. Her official ribbon-cutting ceremony was held on Thursday, June 29, and she celebrated with a grand opening on Saturday, July 8.

At Beachwood Family Eye Care, Dr. Jenny and optician Dolores Fegelmaker are committed to providing comprehensive vision care and eye-health

evaluations that you and your family deserve, including: annual well-eye examinations, prescribing eye wear and contact lenses; diagnosing and treating medical eye conditions such as dry eye, red eyes, pink eye, contact lens problems, glaucoma, cataracts and macular degeneration; medical eye exams for systemic conditions, including diabetes, high blood pressure and more; and facilitating referrals for surgery or specialized eye care when necessary.

Although California offered beautiful sunny skies and picturesque views, Dr. Jenny is excited to be home, and a part of the healthcare community in which she grew up. Although she provides eye care for all ages, she especially enjoys examining youngsters and making the process of seeing a doctor as fun and as comfortable as possible.

“Our doctors and staff want your experience with our office to leave you feeling that you are part of our family,” she said. “We ensure that our patient visits are educational and enjoyable, while informing patients about the newest options and technology that will enhance their quality of life.”

In recognition of Dr. Thatcher’s opening her doors in Beachwood, Mayor Merle S. Gorden and City Council proclaimed June 29, 2017 as Beachwood Family Eye Care Day in the city of Beachwood.

For more information, visit [www.bwfeye.com](http://www.bwfeye.com) or call 216.815.1810. Also follow Beachwood Family Eye Care on Facebook, Twitter, Instagram, Google Plus and LinkedIn.

Mayor Merle S. Gorden presents a proclamation to (from left) Dr. Jenny Thatcher and Dolores Fegelmaker.

Desmond, Dr. Jenny, Randy and Viktor Thatcher on the Beachwood Family Eye Care’s opening day.

Photos by Scott Morrison, Discovery. Photo.



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Five years after returning to Ohio, her dream came true with the opening of Beachwood Eye Care Center, located at 3738 S. Green Road, in the Office Loft building.

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- 1989 BHS graduate
- 33-year Beachwood resident
- Mother of Liza (10th grade) and Sloane (6th Grade)
- 10-year volunteer on PTO in leadership positions
- Beachwood Boosters member

- Director of Education  
Midwest Region of Howard Hanna Real Estate Services
- 26 years in the real estate industry, actively licensed since 2003
- Actively involved in Beachwood Community Theater

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# Art and Commerce Intersect for BHS Clothing Designer, Painter

By June Scharf

Last month, Gabe Stern's Twitter feed (@goosie\_) casually announced a monumental development: "I got this uh pop up shop today..." This was a reference to the BHS sophomore's paintings and graphic-design clothing that were being sold temporarily at the Next retail shop on Coventry Road in Cleveland Heights. Owner Rob Rosenthal (BHS Class of 1980) offered a majority of his store's space for a week to Stern, who has been a shopper since 4th grade at his Next location at Beachwood Place, and they grew to become friends.

Being exceptionally nonchalant may be a hallmark of Stern's demeanor, but his sartorial choices speak volumes for him. On the day of the store's debut, he wore Supreme brand lavender-cuffed cotton pants, paired with a white t-shirt, featuring his "goos1e" brand logo and yellow-suede Converse shoes. He calls his look and the clothing he designs "high-fashion streetwear." He's no stranger to the creation process either, having begun painting and drawing in 5th grade.

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Gabe Stern's semi-ulterior motive is to influence others to push their limits in terms of their clothing choices.

---

On the first day of sales, more than 100 units were sold based on six SKU's. Stern put up some of his own money to cover production costs, so he certainly had skin in the game and a vested interest in the outcome. Fortunately, he has a large following on social media with 4,000 Instagram followers (@goos1e), so he could draw on this network.

What Rosenthal sees in Stern is a keen understanding of youth culture. It's all about doing your own thing, and there aren't many rules, he says. Stern taps into that zeitgeist by "interpreting art in his own way and never ripping anybody off," he states. He also mentions Stern's profound humility, along with his knowing what he doesn't know. With that mentality, he's always growing and getting better, he adds.

"I felt he deserved a platform, so that's why I'm working with him – we both get something out of it, too," Rosenthal states, noting they are partnering on the sales' proceeds. He says he's impressed by how well Stern has handled the details involved with launching the pop-up store, which reflects his both work ethic and core values.

Rosenthal has had Stern shadow him several times at his warehouse where a group of creative types work handling photography and other digital needs for his stores. "I learn as much from him as he does from me," he notes.

Stern comes to his unique aesthetic by way of the skateboard ethos and a New York streetwear sensibility. He's also heavily influenced by the controversial rapper, Tyler, The Creator, who's also a record producer and music video director, as well as a visual artist.

The defining quality belonging to Stern's work clearly is its vibrancy.

"I like color," he says. He's not kidding. His approach is to match colors that are not commonly blended like, maybe, orange and green, or yellow and orange.

The collection that was sold at Next and has been stocked online (goos1e.com) included \$25 unisex t-shirts, featuring several of his whimsical, off-beat images. Some are reminiscent of Andy Warhol's art with common objects portrayed, but not in a strictly representational manner. He also sold hoodies and caps with his brand logo.

His paintings are made with acrylic, oil and ink on canvas and were priced around \$125, with one marked at \$300, only because he says he doesn't really want to sell it, "unless someone wants it that badly." He admits that he's wanted to have a pop-up store for years.



Shoppers, and Gabe Stern, at the pop-up shop event at Next retail shop on Coventry Road.

Stern reports that his parents, Jen and Todd Stern (BHS Class of 1987), have always been highly supportive of his work. In fact, they converted half of their basement space into a studio for him. He works daily on his art, and if he's not actually creating something, then he's immersed in learning about other artists and their processes to gain inspiration.

He wears his self-created clothes to school daily, and the reaction to his outfits sometimes is confusion, he says. But he understands that what he's sporting "is not normal stuff." He confesses that his semi-ulterior motive is to influence others to push their limits in terms of their clothing choices. But the unusual selections he makes for himself always feel natural and authentic, he explains.

His hope is to attend Parson School of Design in New York, then to work at "something art-related." What will make him happy, he says, is to feel like he's not working a job. "I don't want to feel like I'm being forced to do something."

Check out [www.ruleofnext.com](http://www.ruleofnext.com) and [goos1e.com](http://goos1e.com) to see some of Stern's clothing collection.



## History Book Club

**Wednesday, October 18**

7 pm

*Killers of the Flower Moon*

by David Grann

**Wednesday, November 29**

7 pm

*White Trash: The 400 Year*

*Untold History of Class in America*

by Nancy Isenberg

Meetings are at the Beachwood Library, 25501 Shaker Blvd. Newcomers are always welcome. For more information and to be put on the group's email list, contact Margaret Reardon at 440.292.7739 or [margaret\\_reardon@att.net](mailto:margaret_reardon@att.net) for more information.

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[www.beachwoodbuzzmag.com](http://www.beachwoodbuzzmag.com)

## BHS Display at City Hall

**N**ext time you are visiting City Hall, please be sure to view the Beachwood Historical Society display located in a nook, before you walk past the historical photos, just outside the Beachwood Community Services Department.

The current exhibit highlights our city's Fire Department. Images of the city's very first fire truck and its modern hook-and-ladder trucks are featured.

### Did you know...

• **Our city's Fire Chief is Patrick Kearns.** Some exciting news is that Fire Station 2 construction is currently in progress. The new station will be located on Richmond Road near UH Ahuja Medical Center.

• **At one time in our history, we used to have volunteer firemen.** Actual clothing, hats and boots worn by volunteer firemen Paul Volpe and Ernie Benchell are on display.

The Beachwood Historical Society remembers and thanks these brave heroes from the past, as well as those in the present, who help to protect the lives and the property found in our great city, 24 hours a day, 7 days a week.



## University Hospitals Ahuja Medical Center presents: Strategies for Successful Heart Health

### **YOUR JOURNEY TO ACHIEVE HEART HEALTH BEGINS AT UH**

Join us for an interactive and educational seminar about "Achieving Heart Health," featuring keynote speaker William Wolf, MD, Medical Director, Harrington Heart & Vascular Institute at UH Ahuja Medical Center. At this event, you will learn successful strategies on how better to maintain a heart-healthy lifestyle.

**FREE**

**Saturday, September 16, 2017**

9 am – 1 pm

Tri-C Corporate College East

4400 Richmond Road

Registration and sign in: 8 am

Brunch: 8 – 10 am

Pre-registration is required by calling 216.285.4069

Also, join us for the following interactive activities:

- CPR demonstration
- Healthy cooking demonstration
- Medical panel discussions
- Yoga demonstration
- Cholesterol/Glucose screening, requires fasting
- Blood pressure screening

# Best-Selling Author Liz Murray Featured at NCJW/Cleveland Opening Fall Meeting

## From Homeless to Harvard to Inspirational Role Model



Liz Murray, a homeless child of addicted parents, who became a Harvard graduate

and best-selling author, is the inspirational featured speaker at National Council of Jewish Women/Cleveland's Opening Fall Meeting on Wednesday, September 13. She will bring to life her best-selling memoir, *Breaking Night*, a story of forgiveness and survival.

The event will take place at 1 pm at The Temple-Tifereth Israel, 26000 Shaker Blvd., Beachwood. Cost is \$25 for members and \$30 for non-members and includes a dessert reception.

Prior to Murray's keynote address, she will briefly recount personal anecdotes and stories at an 11 am luncheon. The luncheon price is \$75 for patrons and \$125 for benefactors.

Born in the Bronx to cocaine-addicted, poverty-stricken parents, Liz Murray's life is a triumph over adversity and a testament to the power of dreams. Living in filth and a drug-infested home where welfare checks went for cocaine instead of food, Murray was motherless and homeless by age 15. Living on the streets, riding the subway all night and eating from dumpsters, she nonetheless graduated from high school in just two years and attended Harvard on a full scholarship.

Captivated by her fairy-tale-like story, Lifetime Television produced *Homeless to Harvard*, a movie about Murray's life, which was nominated for three Emmy Awards.

Her memoir, *Breaking Night*, landed on the *New York Times* best seller list within a week of its release and quickly became an international best seller published in twelve countries, in eight languages.

Murray is the recipient of the White House "National Role Model Project" award and Oprah Winfrey's first-ever "The Chutzpah Award."

Born in the Bronx to cocaine-addicted, poverty-stricken parents, Liz Murray's life is a triumph over adversity and a testament to the power of dreams.

She received her Bachelor of Science degree from Harvard University and is pursuing her Master's degree in Psychology at Columbia University. Affiliated with the Washington Speakers Bureau, Murray frequently presents dynamic talks to companies, including Coca-Cola, Microsoft, United Way, and numerous colleges and universities across the United States.

Betty Naft and Beth Milstein are co-chairs for the program. For information, visit [www.ncjwcleveland.org](http://www.ncjwcleveland.org). To register, call 216.378.2204, ext. 100.

# Beachwood

## BusinessXPO

September 14, 2017  
Thursday 3pm to 6:30pm

Embassy Suites  
3775 Park East Drive  
near I-271



**Dollar Bank**  
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Download the official event networking app

Exhibitor & Attendee Pre-Registration at [Beachwood.org](http://Beachwood.org)

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250 attendees receive event bags!

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**University Hospitals**  
Ahuja Medical Center



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Visible Innovations

# CITY OF Beachwood Council Update

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GORDEN



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## CITY RECEIVES EXCELLENT FINANCIAL AUDIT

A recent state audit of the City's finances found no areas of concern and gave the City an "unmodified" audit opinion – which is financial lingo for the best opinion a City can receive. Here's a Q&A with Beachwood Finance Director Larry Heiser about the state of our finances:

### Q. WHAT IS THE STATE OF THE CITY'S FINANCES?

Beachwood's finances are in excellent condition. The City is in an enviable position with its substantial cash balance and excellent bond ratings. We regularly receive the best bond ratings a municipality can earn – which means lower costs for the city and its taxpayers, because we do have to borrow money for larger capital projects.

We ended last year with a balance in the General Fund – which is used to pay for municipal programs and services -- of \$29.1 million at the end of 2016, an increase of nearly \$3 million over the prior year.



It's a tribute to the City that it is able to give a 100 percent income tax credit to its residents – one of only a handful of communities in Cuyahoga County to do so – which allows residents working in locations outside of Beachwood to receive 100 percent credit for all income taxes paid to other taxing districts. That income tax credit, coupled with the City's low property tax rates, are factors that make Beachwood a desirable community.

### Q. WHAT IS THE OUTLOOK IN UPCOMING YEARS?

Beachwood is well-positioned for the future. We will continue to budget conservatively and have enough money to keep providing the same level of services our citizens are accustomed to. We are very prudent about using the reserves, but we believe it is in the best interests of our residents and our businesses to sometimes use these funds to pay for capital improvements and thus save borrowing costs.

By state law, a public entity is not allowed to run a budget deficit and any city would be cited if appropriations exceeded revenue. And we not only adhere to state law, but to have a cash balance (our "savings account" so to speak) of more than \$20 million is virtually unheard of in Northeast Ohio. These funds are sometimes used for minor capital projects – such as street

*continued on next page*

## City Contact Information

CITY OF BEACHWOOD  
25325 Fairmount Boulevard  
Beachwood, Ohio 44122

216.464.1070  
www.beachwoodohio.com



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Dial 9-1-1

CLERK OF COUNCIL  
216.595.5493

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

improvements. By paying for such projects in this manner, it saves the City and its taxpayers from paying the fees and costs associated with borrowing money for these projects. And even so, our ample cash reserves are not being drained – the General Fund balance is roughly at the same level today as they were last year. For all of these reasons, Beachwood has a healthy financial outlook and fund balance. There is no consideration being given to tax increases or service cuts of any kind.

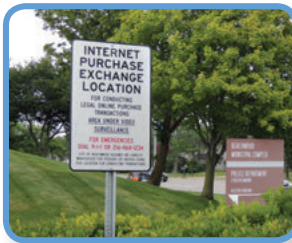
## Q. DO OTHER FISCAL PROFESSIONALS SHARE YOUR UPBEAT OVERVIEW OF THE CITY'S FINANCES?

Yes. New York bond-rating agencies routinely give Beachwood the best bond ratings a municipality can earn. This is a source of pride in the City, because it's an independent validation of our prudent fiscal management. By having the highest bond ratings, it means we are deemed an exceptionally safe investment – which also means that the interest we pay to retire these notes and bonds are lower because the risk to the buyer/investor is lower.

To view the audit go to: <http://ohioauditor.gov/auditsearch/search.aspx> and search "Beachwood".

## SAFE INTERNET PURCHASE EXCHANGE LOCATION

Beachwood has established a Safe Transaction Zone for conducting legal online purchases. A sign designates the area located in the Beachwood Police parking lot (2700 Richmond Rd). This area is under constant video surveillance.



"People are doing more and more shopping online. This service allows for a safe place to make an exchange," stated Mayor Merle S. Gorden. "Even at a police department things can happen. Using this area is safer than a random location or having the buyer go to your residence," said Police Chief Gary Haba. Questions? Call 216.464.1234.

## PERSONAL SHRED DAY

ALONG WITH

## HABITAT FOR HUMANITY RESTORE DROP-OFF

SUNDAY, SEPTEMBER 24  
9 A.M. – NOON

BEACHWOOD COMMUNITY CENTER  
PARKING LOT

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



### HABITAT FOR HUMANITY

Donate to Habitat for Humanity with usable household items and construction/rehab materials. Accepted items include furniture, appliances (stoves, dishwashers, washer/dryers), sinks, toilets, vanities, counter tops, tile, tools of all kinds, landscape materials, doors, electrical fixtures, plumbing materials, wood (6 – 8 ft.), bricks/blocks, tables/chairs, kitchen cabinets, etc. Items must be complete, clean and usable. A tax receipt is available. Pick-up arrangements can be made for larger items by calling 216.429-3631.

## UPCOMING MEETINGS

### CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Tuesday, September 5, Monday, September 18 & Monday, October 2. Questions? 216.595.5462.

### PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, October 26. Questions? Call 216.292.1914.

### ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Tuesday, September 5, Monday, September 18 & Monday, October 2. Questions? 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

# INTERNATIONAL REACCREDITATION STATUS AWARD

The Beachwood Department of Fire-Rescue has received Accredited Agency status for the third time with the Commission on Fire Accreditation International (CFAI). It is one of only 239 agencies internationally to achieve this status with the CFAI and Center of Public Safety Excellence (CPSE); the only one in Northeast Ohio and one of only nine in Ohio.

CFAI is dedicated to assisting fire- and emergency-services agencies throughout the world in achieving excellence through self assessment and accreditation in order to provide continuous quality improvement and the enhancement of service delivery to their communities.

The Beachwood Department of Fire-Rescue was first accredited in 2007 and was re-accredited in 2012. The department's performance is continually evaluated through annual strategic planning.

The accreditation process includes a self-assessment, community risk assessment and standard of cover process. Upon completion, a four-member peer review team verified and validated that requirements were met and recommended the Beachwood Department of Fire-Rescue for accreditation. The department then presented to the CPSE 11-member board of commissioners in North Carolina to defend the recommendation.

To maintain the accreditation, the department must submit annual compliance reports indicating the progress made on the peer-team recommendations and compliance with all required criteria. The department will repeat this entire process in 2022.



*Presenters included: (L to R) Firefighter Dave Peterson, Captain Phil Corpora, Lieutenant Jimmy Leffler, Commission Chairman Steven Westermann, Accreditation Manager Lieutenant Michael Bell, Fire Prevention Officer Shaun Lutz*



**Commission on  
Fire Accreditation  
International**

18th Annual

**HONKIN HAULIN**

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*CITY OF*  
*Beachwood*

Sunday, Sept. 17  
12:00 Noon - 3:00 p.m.  
Beachwood Municipal  
Service Center  
23355 Mercantile Road

[WWW.BEACHWOODOHIO.COM](http://WWW.BEACHWOODOHIO.COM)

Get into the driver's seat of over 30 trucks!

# Council Update

## SAFETY TOWN GRADUATES

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.



**BEACHWOOD**  
**SAFETY**  
**TOWN**



## OF SPECIAL NOTE

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.



## RESIDENT HAZARDOUS WASTE ROUND-UP

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

SEPTEMBER 11 – 16, 2017

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)

QUESTIONS - CALL 216.292.1922

## ART EXHIBITS

Beachwood Community Center

MON – FRI • 9 A.M. – 4 P.M.

SAT • 10 A.M. – 3 P.M., SUN • 10 A.M. – 1 P.M.



### OUR FINE ARTS

NOW – SEPTEMBER 16

*Bobbi Koplow* -  
expressionistic painter  
*Linda Merchant* -  
wildlife and  
contemporary realism  
*Betty Skufca* -  
vibrant oil paintings

FREE

### IT'S IN THE DETAILS

SEPTEMBER 20 – OCTOBER 13

Featuring Val Lesiak – whimsical  
illustrations  
April Couch - beautiful and intricate  
Zentangle-inspired art  
Deborah Shapiro – magazine paper  
collage artist

*Artists' Reception:*

*Sunday, Sept. 24 from 1 – 2:30 p.m.*

## Annual Meet-the-Principals/Back-to-School Fest Signals the end of summer vacation

Families from all of the Beachwood City Schools joined teachers, principals and members of the administration for the annual end of summer Meet the Principals night. Held this year at the High School, the front lawn was packed as families enjoyed catching up with one another, nibbling on ice cream from Ben and Jerry's and enjoying food truck offerings from Pasta Tivo and 216 Bistro.

Many families took advantage of the opportunity to join the PTO and the Athletic Boosters, purchase spirit wear for the start of school and support the Friends of Beachwood Orchestra's upcoming deluxe basket raffle. If you weren't able to make it, no fear! The groups will be at all of the upcoming Back-to-School Nights/Open Houses and many of the upcoming Friday Night Football games.



**SAVE THE DATE**  
**Homecoming**  
**Weekend**  
**October**  
**6,7,8**



## Student Council 2017-2018

Student council was active over the summer working on their plans for 2017-18.



Pictured, back row: Jack Brewer, Parker Gill, Joseph Spero, Sarah Friedman, Miranda Luxenburg, Lena Leland, Kelsea Brown, Rachel Kurland, Joakob Bolman, Gabriela Rodriguez and Sridhar Uppalapati. Pictured front row: Abbey Brewer, Lucila Thai, Mackenzie Davis, Brady Safenovitz, Arin Mintz, Erica Gross and Samantha Zawatsky.

Not pictured: Neha Chellu, Amy Chen, Sanjana Murthy, Joelle Rosenthal, Maya Neyman and Jing-Jing Shen



## 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



## Bryden Welcomes Back Summer Readers

Summer has come to an end and school activities are gearing back up! One of the first groups to return to campus were our Bryden Summer Readers in grades 1, 2 and 3. Despite torrential downpours, teachers, students and parents came together to celebrate summer reading achievements. Thanks to the Beachwood PTO, all students enjoyed treats inspired by their favorite books and each child was able to take home a brand new book to keep. A special thank you to **Michelle Mayer**, Reading Specialist, and the team at Bryden who helped with the planning and event: **Sherry Miller**, principal, **Lisa Cummings**, **Christine Mincik**, **Carole Katz**, **Kate D'Angelo**, **Annie Bracale**, **Wendi Bombback**, **Staci Divita**, **Shahnyn Moody-Benedict**, **Tara Warner**, **Ellen Margulies**, **Tess Leyser**, **Melissa Friedman** and **Topher Starzyk**.



## Gallery of Success Inductee Jeff Boss Addresses Staff Convocation and Student Leaders

Class of 1996 graduate and recent Gallery of Success Inductee, Jeff Boss, flew into town from his home in Virginia to speak to staff and students prior to the start of school. His inspirational words about leadership, teamwork and self-talk captured the attention of students and their teachers alike.

A former Navy SEAL and member of SEAL Team Six, the United States military's primary counter terrorism unit, Jeff is a professionally accredited coach who works with leaders and teams to act on what they can affect. As a Navy SEAL, Jeff was recognized with four bronze stars with valor, two purple hearts, two presidential unit citations, and six combat action ribbons. Before leaving the high school following his two presentations, Jeff took a tour of what is now a very different building and was impressed by many of the new features. Thanks for coming back, Jeff! We hope you'll return to continue the discussion on leadership.

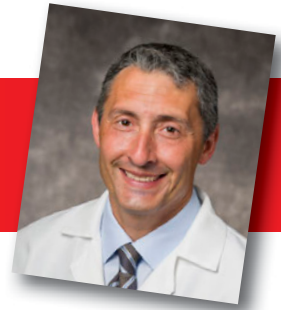


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## University Hospitals Brings Brain Surgery Experts to UH Ahuja Medical Center



Nicholas Bambakidis, MD

**T**he brain has many monikers, from the scientific to the vernacular – the last frontier of science, the most important organ in the body, gray matter. And who doesn't want their kid to be "a brain?" Everyone, at some level, recognizes that our brain and its health determine our ability to function, move and live.

That innate understanding of a healthy brain's vital importance means that brain diseases such as tumors, stroke or Parkinson's are counted among the most feared and debilitating conditions. Fortunately, the scientific and medical understanding of brain disease is advancing, and along with that understanding come advances in treatment.

"We now have treatments for many brain conditions that not so long ago were considered untreatable," said Nicholas Bambakidis, MD, Director of the UH Neurological Institute. "We still have much to learn about the brain, and we cannot cure every brain disease. But in many cases we have the technology and knowledge to arrest the progress of a brain disease and improve quality of life for that individual."

### Responding to a Community Need

To bring these cutting-edge advances directly to the community, the University Hospitals Neurological Institute (NI) has expanded adult neurological surgery services to UH Ahuja Medical Center in Beachwood. Under Dr. Bambakidis' direction, the NI at UH Ahuja now offers access to a multidisciplinary team of neurosurgical specialists, advanced technology and a full range of medical resources

previously available only at UH Cleveland Medical Center.

This is the first time that complex neurosurgical procedures will be available at a UH community hospital. "Providing comprehensive neurosurgery expertise at UH Ahuja means that more patients can get the high-level treatment they need for brain diseases right in their own community, close to home," Dr. Bambakidis notes. "That brings a certain level of comfort to patients and their families who are facing these serious conditions."

The NI at UH Ahuja includes a neurologist and stroke specialist and seven neurosurgeons who will operate at the hospital and see their patients for follow-up visits in offices at UH Ahuja's Risman Pavilion. Their specialties include cerebrovascular surgery, such as treatment of brain aneurysms and carotid stenosis (narrowing of the main arteries in the neck that carry blood to the brain); spine surgery – including minimally invasive procedures; deep brain stimulation for Parkinson's disease and other movement disorders and surgery for non-cancerous and malignant brain and spinal tumors.

Neurosurgeons at UH Ahuja will be first in the country to use the latest-generation technology

for deep brain stimulation (DBS) for the treatment of Parkinson's and tremors, Dr. Bambakidis adds. "DBS, often described as a pacemaker for the brain, has been used very successfully in treating Parkinson's since 2002," he notes. The small DBS device, implanted in the patient's brain, delivers electrical stimulation to targeted areas in the brain that disrupts the nerve signals that cause tremor and other Parkinson's disease symptoms.

### Complex Cases Treated Here

Among the first patients treated by the neurosurgeons at UH Ahuja was a patient with an acoustic neuroma, a rare, noncancerous tumor that affects the nerve that connects the ear to the brain. "The operation is very high-risk and delicate and not something we previously would have been equipped to perform here," Dr. Bambakidis says. "It was a successful surgery, the patient did well and went home within 10 days."

The patient spent his immediate postoperative recovery in the new neurosurgical intensive care unit that was added as part of the \$2 million NI project at UH Ahuja. It is equipped specifically to care for patients after neurosurgery and is staffed by nurses with special training in their postoperative care and management.

---

"Providing comprehensive neurosurgery expertise at UH Ahuja means that more patients can get the high-level treatment they need for brain diseases right in their own community, close to home," Dr. Bambakidis notes. "That brings a certain level of comfort to patients and their families who are facing these serious conditions."

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Michael DeGeorgia, MD, Medical Director of the Neurological Division at UH Ahuja, oversees nonsurgical neurology and stroke services. Yin Hu, MD, is the Medical Director for the Neurosurgical Division. He and Dr. Bambakidis operate at UH Ahuja, along with neurosurgeons Tiffany Hodges, MD; Manish Kasliwal, MD; Abhishek Ray, MD; Warren Selman, MD; and Jennifer Sweet, MD.

To make an appointment with a specialist at the Neurological Institute at UH Ahuja, call 216.593.5500.

# Beachwood Arts Council Programs

The Beachwood Arts Council invites the community to attend the following programs:

## Sharing & Caring for

### Family Treasures:

#### ICA – Art Conservation

Sunday, September 10 • 1 - 3 pm  
Beachwood Community Center



The Intermuseum Conservation Association is the oldest, nonprofit regional art conservation center in the United States. Education director Jennifer Souers Chevraux will speak about how to care for your family heirlooms, document and share the history of your treasures. Participants are encouraged to bring an object or photograph from their own collections to learn about proper care and storage.

To register, please call 216.595.3400, leave your name and phone number and a volunteer will get back to you. \$15/BAC member; \$20/non-member.

### Beachwood Fall Festival

Sunday, October 8 • 12 - 6 pm  
Beachwood City Hall



Visit the Beachwood Arts Council's booth at this family-friendly event and create fun crafts. This free festival is sponsored by the City of Beachwood, the Beachwood Schools and the Beachwood Chamber of Commerce.

### "heart espritu" Art Exhibit

Wednesday, October 18 –  
Sunday, November 12  
Beachwood Community Center

#### Gallery Hours:

Monday - Friday • 10 am - 4 pm  
Saturday, 10 am • 3 pm  
Sunday, 10 am • 1 pm

#### Opening Reception:

Saturday, October 21 • 5 - 8 pm  
**Mixed-Media Painting Workshop**

Sunday, November 5 • 1 - 3 pm  
BAC board member Carolyn Frankel will exhibit her acrylic and mixed-media paintings, which showcase images from her new book, *Be Like Rachel, Lessons of Character From Women of the Bible*. Free and open to the community.

Signed copies of Carolyn's book will be available for purchase at the opening reception.



#### WORKSHOP: Art teachers

Carolyn Frankel-Krieger and Marla Keilin will guide you through a fun, mixed-media project. All levels welcome. To register, please call 216.595.3400, leave your name and phone number and a volunteer will get back to you. \$20/BAC member; \$25/non-member. Registration deadline is Tuesday, October 24.

Support the arts in Beachwood. Join the Beachwood Arts Council. For information, see page 7.

# Gail McShepard

for City Council

A Fresh Perspective  
on Beachwood

#### Personal

- 10-Year Beachwood Resident
- Married to Randell McShepard
- Three Children

#### Education:

- Eastern Michigan University, BA
- Cleveland State University, MS

#### Work/Community:

- 12 Years Special Ed Teacher, Classroom Teacher and Media Specialist
- Murtis Taylor Human Services Center, Former Board Member
- St. James AME Church Steward, Board Secretary
- PM/Breakfast Club, Former Board Member
- Beachwood Booster Parent
- Beachwood Democratic Party Member
- Local and National Campaigns, Active Volunteer



## Priorities

- To maintain strong safety forces
- To strengthen city services
- To enhance economic development
- To listen to and respect all voices
- To create more effective ways of encouraging residents
- To embrace diversity
- To promote fiscal accountability



Paid for by: Gail McShepard for City Council, Tracey F. Weaver, Treasurer, P.O. Box 22295, Beachwood, OH 44122

# EDUCATIONAL OPPORTUNITIES



## Travel to Four Countries and Earn Your MBA in Cleveland Without Leaving Your Job

**A**s the world continues to become more connected, international experience as a business professional proves to be one of the most valuable assets to any organization. The global perspective gained as an MBA student on an international study tour will offer a unique, highly-sought-after toolset.

At Ashland University, Elad Granot, PhD., Dean of the College of Business & Economics, recognized the importance and demand for international exposure in MBA education. He developed an innovative "1 Year International MBA Program," the first of its kind, which allows students to graduate in just under 12 months. Students attend classes on Saturdays and experience the global business world while on two international study tours. The cohort that began in August 2017 will visit Vietnam and Hong Kong in November, and the Czech Republic and Spain in May.

The group's first international tour is meant to raise awareness of global business operations. Students will tour leading multinational companies, participate in case studies and speak directly with

industry-leading executives.

The second tour provides students with an opportunity to apply what they've learned while in the program.

The 1 Year International MBA Program was launched in January 2017 at Ashland University's Columbus MBA Center. Because of strong interest, Ashland University opened a second location at its state-of-the-art Cleveland MBA Center, which offers rolling admission with flexible start dates. Although the program started in August, interested students may enroll as late as October to be eligible to participate in both of the upcoming international study tours.

Created with the full-time professional in mind, classes are taught one day per week on Saturday, so students can apply what they learn each Saturday

to the real world on Monday.

Every faculty member brings a lifetime of real world, industry experience to the program. In addition to the international travel, this unique MBA program is ACBSP accredited. For students interested in applying, GMAT/GRE waivers are available.

Aside from seeing the world from a global business perspective, students expect an average 46% salary increase along with 100% satisfaction after completing their MBA degree, according to a recent alumni survey.

We are looking for top candidates who are eager to learn more, travel more, and earn more. If you or someone you know is interested in this unique MBA Program, please visit [www.1YearAshlandMBA.com](http://www.1YearAshlandMBA.com) for additional information, or contact our MBA Programs Office at 419.289.5214.

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Aside from seeing the world from a global business perspective, students expect an average 46% salary increase along with 100% satisfaction after completing their MBA degree, according to a recent alumni survey.

---

Pictured:  
Elad Granot, PhD.  
Ashland University  
Dean of the Dauch College of  
Business & Economics



ASHLAND UNIVERSITY  
**1 YEAR INTERNATIONAL MBA PROGRAM**  
 DAUCH COLLEGE OF BUSINESS & ECONOMICS



**1 YEAR**

**2 INTERNATIONAL STUDY TOURS**

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**Earn Your MBA in 1 Year**

Convenient Saturday classes ensure you can continue working full-time while earning your MBA.

Ashland MBA Alumni Are **100% SATISFIED** With Their MBA Education\*

**Travel the World**

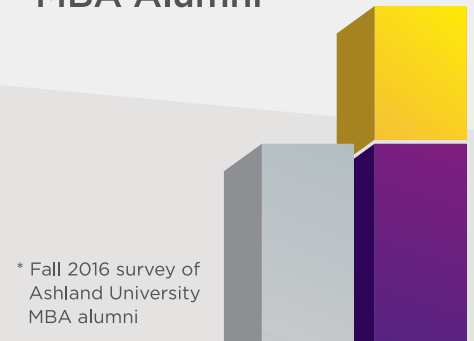
The August 2017 Cohort will be visiting **Ho Chi Minh City, Vietnam; Hong Kong; Prague, Czech Republic; & Barcelona, Spain.**



**Earn a Higher Salary**

**46% Salary Increase**

Average for Ashland MBA Alumni\*



Late Fall Start Date **Sept. 9**

Secondary Start Date **Oct. 21**

Winter Start Date **Jan. 13**

Ready to Earn More? Visit **1YearAshlandMBA.com**

**Let's Talk About Earning Your MBA**

Contact **RONALD MICKLER, JR.**  
*Director, Center for Academic Support:*

**1YearMBA@ashland.edu**

**Cleveland MBA Center**

6393 Oak Tree Blvd.  
 Cleveland, Ohio 44131

**216-208-8515**

# EDUCATIONAL OPPORTUNITIES

## Fairmount Temple

At Fairmount Temple, you will find a dynamic religious school program that offers a free pre-k Sunday morning program which is open to all, regardless of membership. This complements the temple's parent-child Hebrew program and its interactive religious school and retreat programs for children in kindergarten through high school.

The 4-star rated Early Childhood Center includes morning classes for those from 18 months to pre-k; a fully flexible daycare that children can attend full-time or as needed; and the new Darcy Alter Playground, which features an elaborate outdoor playset, stone gardens, outdoor musical instruments and more.

Throughout the year, Fairmount Temple offers an array of lifelong learning opportunities, including special speakers, visiting scholars and artists. Award-winning performing artist Shira Kline will be at Fairmount Temple on September 15 and 16. In addition, Fairmount Temple offers voluntary first-year dues to the unaffiliated, which provides an opportunity for interested parties to build community with others and experience first-hand a full year of what Fairmount Temple has to offer. To learn more, call 216.464.1330 or visit [www.fairmounttemple.org](http://www.fairmounttemple.org).



## Math Experts Set Up Shop In Beachwood

Mathnasium of Beachwood is open for business, bringing fun and effective supplementary math programs to children in grades 2 through 12.



The learning center, located at 28000 Chagrin Blvd (near Eton), focuses solely on math and operates on the core belief that any child can excel in the subject. The Mathnasium Method provides each child with a customized learning plan and personalized instruction. Students receive the fundamental practice they need to master number facts, build computational skills, and improve number sense – an intuitive understanding of how numbers work. The goal is simple: to teach math in a way that makes sense to kids.

Mathnasium uses a unique combination of mental, verbal, visual, tactile and written techniques to help children really understand math. Students receive the support they need for homework and tests while building their math foundations. Mathnasium offers a balanced math learning experience that fills in the gaps, keeps students on track in school, and makes learning math a fun and joyful experience.

To learn more, visit [www.mathnasium.com/beachwood](http://www.mathnasium.com/beachwood).

## BH – The Rohr Jewish Learning Institute (JLI)

The Rohr Jewish Learning Institute (JLI) serves over 900 communities worldwide and on the internet. Now, right here in Beachwood, you can get a glimpse into why JLI is the world's preeminent provider of Jewish learning. An aha! moment in every lesson.

JLI's mission is to make Jewish learning accessible and personally meaningful to every Jew, regardless of background or affiliation. JLI's insightful curricula utilizes cutting-edge pedagogic techniques, embracing the multiple intelligence model and utilizing multimedia and an array of approaches to engage, educate and inspire all kinds of minds in a dynamic Jewish learning experience.

**Three feature courses include:** Great Debates in Jewish History (November 1), The Art of Communication (January 24), which is accredited for CME and Mental Health Professionals; and Existence: Rethink Everything We Know about Our Universe (April 25).

**Weekly ongoing learning programs include:** Torah, Mysticism, Ethics, and Hebrew Language.

**Special Event:** Brush up on Hebrew in five easy lessons. See site for details. Next Hebrew reading course is in February.

As always, try the first lesson at no cost. Only pay if you stay!

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



## The Music Settlement

**Music instruction, Arts for the Young, Dance, Music Therapy:** The Music Settlement provides enrichment for all at its stunning University Circle campus and at BOP STOP in Ohio City.

Musicians of all levels of experience seeking private lessons, ensemble opportunities, or small-group instruction should look no further than TMS, which just took home its third consecutive "Best Music Instruction" award for *Cleveland Magazine's* Best of the East.

Music instruction begins at age 4 though the TMS Suzuki program. Private lessons start at age 5, and ensembles range from Beginning Youth Orchestra through Orchestra for Adults. Teen Rock and Jazz programs, too!

Arts for the Young introduces children from birth to age 6 and a parent to the joy of music and movement, and dance classes for toddlers through adults are instructed by Inlet Dance Theatre.

The Music Settlement's Center for Music Therapy celebrated 50 years in 2016 and provides people of all ages and diverse needs with individual and group sessions at University Circle and in Solon.

**Enrolling now!** Sign up online at [www.TheMusicSettlement.org/all](http://www.TheMusicSettlement.org/all), or call 216.421.5806 to get started.



Beachwood High School freshman Zachary Ritzenberg plays a Scale Challenge at The Music Settlement's 2017 J@MS Jazz Camp as a fellow camper looks on encouragingly. Photo by Lynn B. Johnson.

ANSHE CHESED FAIRMOUNT TEMPLE

*The Place We Call Home*



Shira Kline

**Join us when we welcome Shira Kline to Fairmount Temple!** An award-winning performer and music educator, Shira travels across the world delivering a dynamic, interactive program of joy and spirit, story and song.

**Friday, Sept. 15**  
**6:15 p.m. Shabbat Service** with our clergy and Shira Kline.

**Saturday, Sept. 16**  
**9:30 a.m. Special Morning Simchat Shabbat for preschoolers.** Our clergy will be joined by Shira Kline (popularly known as Shirilala) for an imaginative Shabbat morning experience with songs, prayers and some food for preschoolers and their families! RSVP to Jane Mayers 216-464-1752 or JMayers@fairmounttemple.org.

**7 p.m. Selichot Worship and Concert of Renewal** with Shira Kline, the Hava Nashira Jr. Choir and clergy.

**AT FAIRMOUNT TEMPLE YOU WILL FIND:**

- **Voluntary First Year Dues**, an opportunity for the unaffiliated to become part of this welcoming community.
- **FREE Sunday morning Pre-K class** in our Religious School, open to all, regardless of membership.

To learn more, contact Executive Director Steve Borstein at 216-464-1330 or Sborstein@fairmounttemple.org



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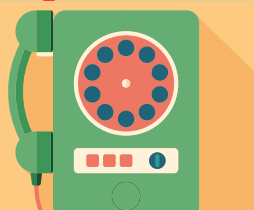
**Great debates in Jewish History**

Wednesdays, 6:00 P.M.  
 NOV. 1 - DEC. 6



**The Art of Communication**

Wednesdays, 6:00 P.M.  
 JAN. 24 - FEB. 28



**The Existence**

Wednesdays, 6:00 P.M.  
 APR. 25 - MAY 30



**Current Course - Extra!**  
**Learn to read Hebrew in Five easy lessons**  
 Tuesdays, begins AUG. 22 | fee: \$69



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 & Kindergarten



The Music Settlement

Cleveland Magazine



Best Music Instruction  
 2015, 2016, 2017



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 January Open House Dates in University Circle & Ohio City  
 Early Childhood Education in Ohio City Opens Fall 2018



216-421-5806 xt. 100 // University Circle // Ohio City: Fall 2018

# “When You Have No Choice, Mobilize the Spirit of Courage”

by Rob Certner

In my home, sitting atop an antique plant stand, is a glass bowl with a small collection of fortunes from different Chinese restaurants. You’ve all seen them, and you know that most of them are pretty silly. Some are serious, and the one I’ve quoted above affected my life in a profound way.

My significant other – partner, love – died three months ago after a six-and-a-half-year battle with a rare and virtually always fatal form of cancer, a disease where the five-year survival rate is estimated to be about 25 percent, often much less.

To say she was brave or courageous seems inadequate. After the death of her husband, 12 years ago at age 53, she found the strength to carry on with her life. Although things were much different, life moved forward. With support from her three adult daughters and their families, her siblings and friends, she slowly recovered, as much as anyone can, after the loss of her true love and childhood sweetheart. She once again found joy in her life, and was then diagnosed with cholangiocarcinoma in 2011.

I met Winnie only three years ago. New Jersey street kid meets Nebraska farm girl. I was in a real estate office to sign a few documents and pick up the keys to my newly-purchased home, when I saw this beautiful woman with thick, blond cascading curls and the most beautiful piercing blue eyes I had ever seen. I had to know who she was. So I asked one of the other agents. “That’s Winnie, our resident hippie and Mother Earth,” I was told. As I would later find out, she had also wanted to know who I was.

Over the next several months, we got to know each other and grew close. We talked about our children and grandchildren, our thoughts on politics, music, wom-

en’s rights and virtually everything in between. We had honest, candid conversations that only people who respect and trust one another can have.

Almost immediately, she told me about her disease. Winnie believed in being honest and upfront, and according to her daughters, “keeping it real.” We talked about how it would affect the quality and length of her life and then, for the most part, we ignored it. She gave me every opportunity to say no thanks, this isn’t for me, and I gave her every opportunity to run, and run fast, given my own past of failed relationships and general bad behavior. But neither of us walked away and we fell in love. We spent time together almost every day and we traveled when we could – New York City, Martha’s Vineyard, Nantucket, Mexico, New Orleans, and in September 2016, to Spain, to walk the 500-mile Camino de Santiago de Compostela, or The Way.

At first, Winnie was hesitant to commit to the Camino. Who would manage her real estate business, tend her garden, maintain her home? Most importantly, did she have the strength and determination, or courage, to leave Cleveland and her oncologist, and go on what she called her “Big Adventure,” something she felt she needed to do. With her doctor’s blessing, we arrived in St. Jean Pied du Port, France, to begin the crossing to Roncesvalles, Spain, and then on to Santiago, walking with only what we could carry in our backpacks.

Winnie was grateful that she had been pretty much symptom free since being diagnosed with cancer six years earlier. Other than a scar from a liver resection to remove the original tumor, and the constant reminder of a permanent port placed

just below her right clavicle to facilitate the chemo treatments she received every several weeks, you would never know she was ill. She was in excellent shape, worked with a personal trainer, and her attitude about life was simply, “I’m going to live my life the best way I can for as long as I can.”

We began walking through the Pyrenees mountains and every day was filled with beauty and fantastic sights. She often said that Spain reminded her of her home-state, Nebraska, with its rolling hills and gentle landscape. Two weeks into the walk, Winnie fell. The emergency room doctor told her it was just a pulled groin muscle and, although in pain for the last 250 miles, she was determined to reach Santiago, to accomplish what she had set out to do, and she did. Winnie had completed her big adventure, and was so proud of it.

When she returned home, Winnie resumed chemo treatments and rested, since x-rays showed she had broken her pelvis in two places when she fell.

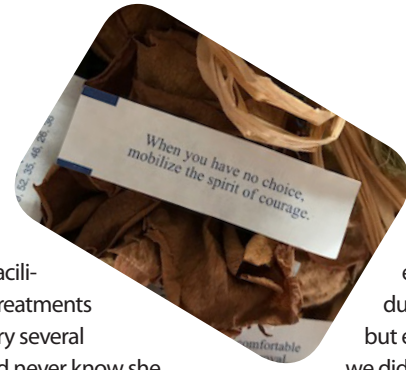
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Everyone reading this has lost someone, and virtually everyone has lost someone they loved to cancer.

---

For several years, Winnie had a CT scan every three months and, in almost every case, the news was good – or at least not bad. But in February, her scan showed new tumor growth. We had had a sense that something was happening. Her appetite was different and her usual positive attitude began to change.

I won’t share the personal details of our conversations, and



of Winnie’s emotions during this time, but even though we didn’t say it we both knew how this

was going to end.

Everyone reading this has lost someone, and virtually everyone has lost someone they loved to cancer. C.S. Lewis writes in *A Grief Observed*, “all human relationships end in pain.” This relationship was to be no different.

In the last weeks of her life, Winnie’s children, grandchildren and sisters were a constant presence at her home. They talked, laughed and cried with her; they kissed and loved her. They cooked, cleaned and did everything she could no longer do for herself.

Her disease progressed quickly and with no mercy. Her usual quick wit and abundant intellect faded, and her physical appearance changed. She was dying.

Two days before she died, I ordered take out from our favorite Chinese restaurant, all the things Winnie and I would always order and eat, while sitting on the sofa watching some ridiculous TV show or talking about nothing and everything. Of course, there was a fortune cookie in the bag. I cracked open the cookie and this was the fortune: “When You Have No Choice, Mobilize the Spirit of Courage.” I imagine you’re thinking this refers to the courage Winnie “mobilized” during and at the end of her life, but it doesn’t.

You see, Winnie always had courage, but I did not. She was my strength in so many ways. How could I witness the death of someone I loved, someone I could not imagine no longer being in my life? I was the one who needed to mobilize courage and with this small reminder and faith in G-d I did. My



therapist has said to me time and again that the universe will always give us what we need.

An hour before she died, I went to her room where she was lying in bed, no longer able to speak or open her eyes. But I knew she could still hear. She was struggling to breathe. Believe me, I wanted to be almost anywhere else. I knelt by her side and started to speak to her. "It's OK to let go, darling, your children will all be fine, I'll be fine, don't worry, there's nothing to be afraid of, it's going to be beautiful, I love you..." I gently kissed her, stroked her blond hair and prayed her suffering would end. Her breathing slowed and she became calm and at 3:54 in the afternoon on May 18, she died.

Winnie is buried next to her husband, Gary, in Fordyce, Nebraska, a tiny town in the northeast corner of the state with a population of 139. Her daughters asked me to join them for her funeral and burial and they, and all of Winnie's family

along with Gary's family, surrounded me with love and compassion. Winnie had been right, Spain looks just like Nebraska.

Grief is a process and not an event. It ignores time and place and only when it and you are ready to part ways, does it fade.

I miss her presence every day. I struggle and I cry easily knowing that while she will always be with me, I'll never touch her again, laugh with her again, share with her again. No doubt, my memory of Winnie and the things we did together and said to one another will fade. The images I have of her in my mind will blend together, and her voice will become more distant.

Grief is a process and not an event. It ignores time and place and only when it and you are ready to part ways, does it fade.

But what helps me through this process is faith, family (mine and hers), friends, and that little piece of paper that sits in a glass bowl and reminds me to mobilize the spirit of courage, because I have no other choice.



Pictured: Winnie receiving her Compostela (certificate of completion) in Santiago.



Rob and Winnie completing the Camino de Santiago de Compostela.



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**Hebrew Storytime**  
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**Wednesday,  
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Led by: Zehava Galun  
 Early Childhood Educator & Hebrew Specialist

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## FCSLA Celebrates 125 Years of Serving the Community

This year, the FCSLA celebrates its one hundred and twenty-fifth anniversary. It was founded in 1892 to provide a safety net and a fraternal community for the large number of Slovak immigrants in Cleveland and across the nation.

Back in 1892 when FCSLA was founded, Cleveland, like many areas in the Northeast and Midwest, had a large immigrant population that provided workers for new industries. That was long before inspections and unemployment or disability insurance - or any other benefit programs. Men could obtain insurance to protect them from these events; women could not.

Cleveland Anna Hurban and eight other Slovak women, some from other parts of the country, recognized the dire straits that families were in - but they had a solution. Why not ask the community to join together and pool their resources to help families who were the victims of industrial and other tragedies? It was a very modest beginning for FCSLA - collecting payments in church halls and holding meetings where possible. The organization began by insuring women, but later expanded to insure children and men.

National President Cynthia Maleski spoke for the organization: "We have been a rock for our members, providing them with financial stability and growth, even in difficult times. But for a society like ours, financial strength must

go hand in hand with fraternal strength. Working together, we not only celebrate our common heritage, but we rededicate ourselves to the very idea of community and spirit of generosity and service that unites us."

From small beginnings in Cleveland, the Association has grown into a nationwide operation of more than 115,000 members with over \$1 billion of insurance in force and \$866 million in assets. Now, they not only provide financial security through insurance and annuities, but they also strengthen our communities by sponsoring charitable events through 411 branches located across the country.

Last year alone, these branches sponsored more than 100,000 events - from helping kids with disabilities by raising funds through a fashion show to sponsoring fundraisers to assist people with medical bills to pet-rescue efforts. Close to six million volunteer hours were logged in 2016 alone.

On July 29, the FCSLA held a Gala Banquet at the Marriott Public Square, where they showed a DVD highlighting the group's history. On July 30, there was an open house at the organization's National Headquarters, at 24950 Chagrin Blvd in Beachwood.

In recognition of this milestone, Mayor Merle S. Gorden

and City Council presented a proclamation to Cynthia Maleski, national president of the Association, proclaiming July 30 as "FCSLA Day in the City of Beachwood."

Now, they not only provide financial security through insurance and annuities, but they also strengthen our communities by sponsoring charitable events through 411 branches located across the country.



Mayor Merle S. Gorden (center) presents a proclamation to (from left) Carolyn Bazik, national editor; Irene Drotleff, former national secretary; Mary Ann Johaneck, former national president; Cynthia M. Maleski, national president; Barbara Sekerak, national auditor; and Virginia Holmes, national trustee.



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## Menorah Park Scholar Program

**"Golda Meir, The Journey Home" with Jessica Michna**  
**Wednesday, September 27 • 10:30 am and 7:30 pm**  
**Menorah Park's Saltzman Auditorium**

How does a girl born in the Ukraine and raised in Milwaukee, Wisconsin, travel a path that will lead her to become Prime Minister of Israel? This informative, entertaining program, developed by Jessica Michna, explores that rather circuitous route. What roadblocks and detours were thrown in Golda's way and how did she overcome them? The journey is

a fascinating one, filled with joy, sorrow, seriousness and humor. Let Golda, as portrayed by Michna, tell you in her own words.

Michna is widely known for her riveting portrayals of First Ladies and other historic women. She expertly crafts authentic characters through historic research, costume design and scripting.

## High Holiday Services

Menorah Park invites the community to attend its free High Holiday Services on the Menorah Park Campus, in the Jennie and Jacob Sapirstein Synagogue.

- Erev Rosh Hashanah Mincha 9/20/17 • 4:15 pm
- First Day Rosh Hashanah 9/21/17 • 8:30 am
- Second Day Rosh Hashanah 9/22/17 • 8:30 am
- Yom Kippur Kol Nidre 9/29/17 • 7 pm
- Yom Kippur Morning Service 9/30/17 8:30 am
- Yom Kippur Mincha/Neilah 9/30/17 5:30 pm

For more information, contact Rabbi Howard Kutner at 216.831.5452, ext. 7708, or [hkutner@menorahpark.org](mailto:hkutner@menorahpark.org).

Reform services, led by Rabbi Susan Stone, will take place at R.H. Myers.

- First Day Rosh Hashanah 9/21/17 • 9 am
- Yom Kippur Kol Nidre 9/29/17 • 7:30 pm
- Yom Kippur 9/30/17 • 9 am

Due to limited parking at R.H. Myers, extra parking will be available at The Acacia Metroparks Reservation. A shuttle bus will run between Acacia and R.H. Myers on September 21 from 8:30 – 9 am and from 11 am – 12:30 pm. For more information, contact Megan Cisler at 216.360.8203 or [mcisler@menorahpark.org](mailto:mcisler@menorahpark.org).

### SERVICES

- Marcus Post-Hospital Rehabilitation
- Home Health Services
- Outpatient Occupational & Speech Therapies
- The Peter B. Lewis Aquatic & Therapy Center
- Adaptive Living Shoppe
- Adult Day Center
- Housekeeping Plus
- Dialysis (CDC Beachwood)
- Center 4 Brain Health

### RESIDENTIAL OPTIONS

- R.H. Myers Apartments
- Wiggins Place Assisted Living Residence
- Stone Gardens Assisted Living Residence
- Helen's Place Memory Care Apartments
- Menorah Park Skilled Nursing Home

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27100 Cedar Rd. Beachwood, OH  
[MenorahPark.org](http://MenorahPark.org)

# The Importance of Words and the Lost Meaning of Writing

by Jennifer Stern, LISW



**T**exting and emailing are so quick and easy. Who doesn't love the instant gratification of a quick hello, check in or making of plans? And now, with Bitmoji, we can communicate an entire message with just one image. I love that I can send a heart emoji to a friend who lives on the other side of the country and in less than a minute receive a message back. Instant connection.

Yet, there is still nothing in the world like receiving a handwritten note, card, or letter in the mail; something personal and permanent in a way that text messages or emails will never be.

The other day I rediscovered a box of letters, cards, and notes written over the course of a lifetime between me and my mom. We loved, laughed, and learned through life together. She died in 1995. Seeing her handwriting brought her back to me in such a real way – deeper and more

profound than my memories or pictures ever could have. Her humor came alive in a card she sent to me during my freshman year at college that read on the outside, "I wish you two things on your Birthday," and on the inside, "Boobs."

Sentiment still comes alive when I read cards with passages underlined and starred, with additional comments telling me how much I meant to her and how very much she loved and believed in me; or when I read words of wisdom that were writ-

ten on scrap pieces of paper, now colored with time, including one that read: "As one goes through life, one learns that if you don't paddle your own canoe, you don't move" Katherine Hepburn.

There are no words that can adequately express the power of those found messages. Had we texted or emailed, those messages would have been long gone, in a literal instant.

Perhaps even more significant were the cards and notes from me to her. I am so grateful that I had the wherewithal to write to her, to put into writing the respect and appreciation I had for her. That I saw

her; her strength, grit, resilience and humor. To know that she read and saved my notes, cards and letters brings such comfort and peace. I can picture her walking out to the mailbox and opening the envelope addressed to her, reading the note inside, and smiling, even before she walked into her house, knowing that I took the time to write. This image fills me.

There are no words that can adequately express the power of those found messages. Had we texted or emailed, those messages would have been long gone, in a literal instant.

So, write. Find just the right card that inspires, makes you laugh out loud, or lets someone know that you are thinking of them. Write a letter expressing your love. Leave a note for someone who makes your life a little easier. Express appreciation in writing instead of in passing. You won't regret it. Someday your message may be the found treasure that makes someone's day.

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. Visit her website [www.transformativegrief.com](http://www.transformativegrief.com) and sign up for monthly posts.

**Kala**  
2017 Art Exhibition/Sale  
Sunday, September 17  
from 1pm-6pm

SHOWCASING THE ARTISTIC TALENT OF LOCAL INDIAN INFLUENCED ARTISTS

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## Woofstock 2017

Geauga Humane Society's Rescue Village announces its annual outdoor dog- and family-friendly festival and fundraiser Woofstock, which will be movin' and groovin' at the Cleveland Metroparks Polo Field.

Woofstock 2017, the Dog Festival, will be held on Sunday, September 10, from 10 am – 4 pm, and will feature live music from local musicians,

dog-friendly shopping, adoptable dogs from local rescue groups, games and contests for you and your dog, and so much more.

The cost for adults (ages 15 and up) is \$25, which includes a groovy Woofstock t-shirt. Those under 15 are free, with an option to purchase a t-shirt for \$15. To register and for more information, visit [www.geauga-humane.org/woofstock](http://www.geauga-humane.org/woofstock).

# Montefiore Programs

## Caregiver Education and Support Group

Tuesdays, October 3 and  
November 7 • 5 - 6 pm  
Montefiore  
One David N. Myers Parkway

Feeling burnt out from caregiver stress or alone in your journey with no one to lean on? Do you have questions about what is coming next and how to deal with it? Montefiore is here for you!

Come to their monthly caregiver education and support group to receive tips on how to cope and how to receive support as a caregiver.

This program is presented by dementia expert Dr. Lori Stevic-Rust, ABPP, Clinical Health Psychologist and dementia program advisor for Montefiore and The Weils.

To RSVP or for more information, contact Kristen Morelli, memory care program manager, at 216.910.2323 or [kmorelli@montefiorecare.org](mailto:kmorelli@montefiorecare.org).

## "Journey Through Grief"

Facilitated by Miriam Katz, MSSA, LISW-S  
Tuesdays, October 17 - November 21  
5:30 - 7 pm  
Montefiore

This is a six-week bereavement education and support group for adults suffering from recent loss. For more information or to register, please call Miriam Katz at 216.910.2796 or email at [mkatz@montefiorecare.org](mailto:mkatz@montefiorecare.org).

## Mark Your Calendar!

Honkin' Haulin' Hands on Trucks  
Sunday, September 17

It's In the Details • Artist's Reception  
Sunday, September 24

Scavenger Hunt • **For all ages!**  
Thursday, October 5

Beachwood Homecoming Game  
Friday, October 6

Beachwood Fall Festival  
Sunday, October 8

*Details on pages 3 and 28*

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# Eleven-Year-Old Kicks Off Fitness Movement for Kids

**Kyndall Winston is founder of Lit-Fit Crew**

**A**t the tender age of eleven years old, and just entering 6th grade at Beachwood Middle School, Kyndall Winston understands the importance of staying fit and supporting charitable organizations. With that, her young, brilliant mind created Lit-Fit Crew, which provides an opportunity for kids to have fun, get exercise, and do something worthwhile for others.

Lit-Fit's three goals are to keep kids active – phones down, feet moving. Have fun – we don't work out; we hang out with a purpose, and give back. We rise by lifting others.

With assistance from her parents and members of her board of directors, Kyndall completed the necessary steps to establish Lit-Fit Crew as a 501(c) 3 organization. And, to celebrate this accomplishment, Lit-Fit Crew hosted a launch and ribbon cutting on Saturday, August 12, at the oval on Wimbledon and Crafton Roads in Beachwood.

Activities included bull riding, obstacle course, jousting, bungee run, potato-sack race, sports drills and more. The event was sponsored Who's Who in Black Cleveland, Ohio Saving Bank, Accurate Group, Optima Lender Services, Huntington Bank and The Training Club.

"Kyndall is never short on words, so when she mentioned starting a business, I had no idea that she would really seek to create this movement," said Monique Winston, Kyndall's mother. "Perhaps I thought it was just one of her ideas. She will be the first to admit that exercise is not her forte, but the whole idea behind Lit-Fit was to make fitness fun for kids. I take my hat off to her."

Throughout the year, kids who are a part of Lit-Fit will engage in a variety of activities. For example, dance-a-thons, 5k walks, hikes, rock climbing, obstacle courses, kick-ball tournaments and much more. The events will take place in different locations, and there will always be adult involvement. Some of the events will include challenges, sponsorships and other ways to raise money, which will provide opportunities to do more in our communities and to give back to other organizations that promote health and fitness, especially for kids.

Kyndall is an honor-roll student and member of the Scholars Program, Sign Language Choir and Destination Imagination. She was the first child to be featured in "Who's Who in Black Cleveland," which recognizes African American achievement in several states.

In recognition of this day, Mayor Merle S. Gorden and City Council proclaimed Saturday, August 12, 2017 as "Lit-Fit Crew Day" in the City of Beachwood.

If you, or someone you know, is between the ages of 7 and 13 and would like to be involved, visit [www.lit-fit.org](http://www.lit-fit.org) to fill out an application.



---

Lit-Fit's three goals are to keep kids active – phones down, feet moving. Have fun – we don't work out; we hang out with a purpose, and give back. We rise by lifting others.

---



*Pictured, clockwise from top right: Avi Saidel enjoys sliding on an inflatable slide; Lianna Korah keeps her balance while riding a bull; Mayor Merle S. Gorden presents a proclamation to Kyndall Winston (center) with Beachwood School Board member Joshua Mintz, Juanita Brent, Peter Smith, Kenny Winston, Monique Winston and Councilman Melvin Jacobs; Kenny, Kyndall and Monique Winston.*

*Photos by Scott Morrison, Discovery Photo.*

# Medical Examiner Public Health Warning

## Carfentanil Disguised as Fake Oxycontin

Cuyahoga County Medical Examiner Dr. Thomas Gilson recently issued a public health warning, indicating that the Cuyahoga County Medical Examiner's Office has detected carfentanil in pills that have been disguised to appear as Oxycontin. The drugs were submitted to our office from the Cleveland Police Department, and are being considered as a very serious development that could lead to more overdose deaths.

"Today the Cuyahoga County Drug Chemistry Laboratory identified carfentanil in pills that were made to look like Oxycontin tablets. This situation is alarming, as the potency of carfentanil is substantially greater than the oxycodone found in Oxycontin, and there is a serious risk of unintentional overdose in their use," said Dr. Gilson. "People who recreationally use Oxycontin purchased from street sources should be aware of this very dangerous development that may result in rapid death. These fake tablets are illegally

manufactured to resemble Oxycontin. The supply of tablets dispensed legally from a pharmacy will not be affected by this."

"People who recreationally use Oxycontin purchased from street sources should be aware of this very dangerous development that may result in rapid death. These fake tablets are illegally manufactured to resemble Oxycontin. The supply of tablets dispensed legally from a pharmacy will not be affected by this."

Oxycontin is a powerful opioid (Oxycodone) used to treat severe pain. Carfentanil, a large animal sedative, is 5000 times more potent than Oxycodone, and is unsafe for

human use. In 2016, Cuyahoga County suffered 58 confirmed fatal cases containing carfentanil.

If you or anyone you know is actively using or recovering from opioid addiction, contact Project DAWN for information at 216.778.5677. Eligible program participants are given FREE Naloxone kits – the opioid-reversing antidote.

The Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County provides a 24-hour crisis hotline at 216.623.6888.



Carfentanil pills disguised to look like OxyContin, shown in a photo provided by the Cuyahoga County Medical Examiner's Office.

## Substance Abuse: An American Epidemic, A Community's Perspective

This series is for concerned, community-minded individuals, parents and those working with addicted patients. Learn about the growing epidemic, obtain resources to help those suffering with addiction, and learn what you can do locally to help. Education is powerful—educate yourself by coming to one or all of these programs.

**September 14 • October 19  
November 16 • December 7**  
7 - 8:30 pm

Siegal Lifelong Learning  
Landmark Centre Building  
25700 Science Park, Suite 100  
Beachwood

**Free and Open to the Public**

Advance registration suggested. For more information, call 216.368.2091 or visit [case.edu/lifelonglearning/substance-abuse](http://case.edu/lifelonglearning/substance-abuse).

## From the Beachwood Chamber of Commerce

The Beachwood Chamber of Commerce always has a variety of programs where businesses connect. Listed are upcoming opportunities to expand your business network. For more information, visit [www.beachwood.org](http://www.beachwood.org) or call 216.831.0003

### Annual Golf Outing

Friday, September 8  
8 am - Registration  
9 am - Shotgun Start  
Quail Hollow Country Club  
Concord

Enjoy food and beverages, hole contests and other games. A 50/50 raffle will be held at the dinner with

the proceeds to benefit two Beachwood Chamber scholarships.

### Lunch with a Lawyer

Tuesday, September 12  
11:30 am - 1 pm  
Homewood Suites Beachwood  
Speakers: David Croft, Esq. and Steven Dlott, Esq.

Meyers, Roman, Friedberg & Lewis  
**Topic:** The Big Green Elephant: Cannabis in the Workplace

### Beachwood Business Expo Exhibit • Attend • Grow

Thursday, September 14  
3 - 6:30 pm  
Embassy Suites Beachwood

Area businesses are invited to exhibit and/or attend. There is no charge or pre-registration required to attend and interact with exhibitors. Free goodie bags will be distributed to the first 250 participants. Free professional head shots are also available, courtesy of Discovery Photo, and complimentary hair touchups by D'MAZ Lifestyle Salon are available before your headshot is taken.

### Beachwood Women's Connection

Tuesday, September 19  
4:30 - 6 pm  
2 Tone Boxing Club  
Women's Self Defense with

2 Tone Boxing and Damsel in Defense

### Member Orientation

Tuesday, September 26  
7:45 - 9:15 am  
Homewood Suites Beachwood  
Meet the Chamber staff, introduce your business, familiarize yourself with the benefits offered and get connected!

### September Monthly Luncheon

Wednesday, September 27  
1:30 - 1:10 pm  
Embassy Beachwood  
Speaker: John Vacha – Western Reserve Historical Society



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# All are Invited to Selichot at Fairmount Temple

All are invited to Selichot at Fairmount Temple (23737 Fairmount Blvd., Beachwood), with opportunities to prepare for the High Holy Days on both Friday, September 15 and Saturday, September 16 with artist-in-residence Shira Kline. An award-winning performer and music educator, Shira travels across the country and the world delivering a dynamic, interactive program of joy and spirit, story and song.

#### Friday, September 15

6:15 pm

Shabbat Evening Service with the Fairmount Temple clergy and special guest Shira Kline.

#### Saturday, September 16

9:15 am

Shabbat and Selichot Torah Study led by master teacher Diane Lavin.

#### Saturday, September 16

9:30 am

Special Morning Simchat Shabbat for preschoolers and their families. Clergy will be joined by Shira Kline (popularly known as ShirLala) who channels boundless energy and exuber-

ance into songs and stories for an imaginative Shabbat morning experience. Food will be included. To RSVP, contact Jane Mayers at 216.464.1752 or [JMayers@fairmounttemple.org](mailto:JMayers@fairmounttemple.org).

#### Saturday, September 16

7 pm

Selichot Service and Concert with the Fairmount Temple clergy and artist-in-residence Shira Kline. Join us for dessert and then we'll sing, pray and begin to prepare our hearts for the High Holy Days.

All are welcome. To learn more, call 216.464.1330 or visit [www.fairmounttemple.org](http://www.fairmounttemple.org).

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## Joseph and Florence Mandel Jewish Day School Named 2017 Top Workplace

Mandel JDS has been awarded a 2017 Top Workplace honor by *The Plain Dealer*. The Top Workplaces lists are based solely on the results of an employee feedback survey administered by Workplace Dynamics, LLC, a leading research firm that specializes in organizational health and workplace improvement. Several aspects of workplace culture were measured, including alignment, execution, and connection, just to name a few.

Through the survey, Mandel JDS, the only Jewish Day

School given the award, was dubbed a healthy work environment. The three areas most indicative of a healthy work environment, according to Workplace Dynamics, are direction, execution and connection. Direction is about employees' emotionally buying into what the organization is striving to achieve, execution is about the company's having a high-performance culture, and connection is about employees' feeling they are being appreciated and doing something meaningful.



# Cleveland Ballet Offering Subscriber Packages After 17-Year Hiatus

The Cleveland Ballet begins this season with presentations of the following shows, and after a long hiatus, subscription packages are once again available!

Les Sylphides, staged by the former Russian ballerina Aygul Abougalieva, is scheduled to open the season on October 14; followed by Concerto, with music composed by J.S. Bach; and A Collage of Sinatra songs, based on the most popular and influential singer of the 20th century, Frank Sinatra, choreographed by artistic director Gladisa Guadalupe.

The 2017-year will conclude with three performances of the holiday favorite, The Nutcracker Suite, in the Hanna Theatre.

Back by popular demand, 'The Nutcracker Tea' will be held after the matinee show on Sunday,

December 17.

Additionally, Tony-Award recipient and world renowned choreographer Margo Sappington has been commissioned to create Alice in Wonderland, with two performances on May 11 at the Ohio Theatre.

... and after a long hiatus, subscription packages are once again available!

Cleveland Ballet is eager to present an exciting and varied season with both classical and contemporary works. All performances will have live accompaniment.

For ticket or subscription information, please visit [www.playhousesquare.org](http://www.playhousesquare.org) or call 216.241.6000.

# Cleveland Ballet Auditions for Nutcracker Suite

Cleveland Ballet, the new resident company of Playhouse Square, will be holding auditions for their upcoming production of The Nutcracker Suite, December 16 and 17 at the Hanna Theater. The audition will take place Saturday, September 23, at 11 am in the Gund Studio at Playhouse Square, 1375 Euclid Avenue.

Cleveland Ballet is looking to cast 60 dancers for this production. Dancers to be considered must be enrolled in regular dance classes and have a minimum of two years of training. All who audition MUST be available for ALL rehearsals and three performances for The Nutcracker Suite. Any dancer who is unable to commit to the required dates will not be considered for the production. The Nutcracker Suite rehearsals will

take place at Cleveland Ballet's studios on Miles Road and at Playhouse Square.

Please visit [www.clevelandballet.org](http://www.clevelandballet.org) to pre-register. A headshot (4" x 6" or larger) must be presented on the day of the audition. Two age ranges are being considered: male and female dancers, ages 8 to 14 (as of September 1), and 46" to 62" in height; and male and female dancers, ages 15 to 21 (as of September 1), with a height of 5'3" to 5'7". Dancers will be told at the audition if they are cast. Please be prepared to sign paperwork, should you be asked to participate in this production.

For more information, visit [www.clevelandballet.org](http://www.clevelandballet.org).



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# Programs at the Beachwood Library

## The Jewish New Year & Honey: What's the Connection?

Wednesday, September 13 • 7 pm

Join Amalia Haas, owner of Bee Awesome and founder of the Jewish Beekeeping group on Facebook, to hear about the growing discussions among Jewish beekeepers about parallels and intersections between Judaism and beekeeping. Hear why Amalia thinks that safe, close encounters with honeybees are confidence building and even transformative, and learn about the meaning of eating honey on Rosh Hashanah, the Jewish New Year.

## Through the Eyes of the Artist - Edgar Degas

Friday, September 15 • 10 am

As an unrelenting perfectionist, Edgar Degas believed that "painting is easy when you don't know how, but very difficult when you do." Degas wanted to be "famous

but unknown." Art historian Felicia Zavarella Stadelman returns with her popular series on the lives and works of beloved artists. Registration required. Sponsored by the Friends of the Beachwood Library.

## Drop in and Download

Saturday, September 16 • 10 am

Monday, September 18 • 2 pm

Learn how to borrow free eBooks, eAudiobooks, eMagazines, movies and music from our Digital Collection anytime, anywhere. Bring your device and passwords to the Library to get started.

## Third Wednesday/Thursday Book Discussion

Wednesday, September 20 • 1 pm

Thursday, September 21 • 2 pm

Monthly book discussion led by library staff. September: *Commonwealth* by Ann Patchett; October: JCC Community Read; November: *The Underground*

*Railroad* by Colson Whitehead. No registration required. All are welcome! Books available at circulation desk one month prior to program date. Call branch at 216.831.6868 for more details.

## Northern Ohio Opera League: OPERA 101A - Explaining a Unique Musical Art Form

Sunday, September 24 • 2 pm

The Northern Ohio Opera League presents OPERA 101A: Explaining the Enduring Popularity of A Unique Musical Art Form. Opera has been a beloved form of musical entertainment for over 400 years. Operatic venues in Cleveland and around the world have continually enthralled audiences. This presentation explains why and how this phenomenon occurs. Video clips with English subtitles will provide examples of operatic productions. (Part 1 of a 2 part series.)

## Meet Author Ronald Balson

Monday, September 25 • 7 pm

Meet Ronald Balson, a Chicago trial attorney and bestselling author of the Liam Taggart & Catherine Lockhart legal thrillers. Balson's debut, *Once We Were Brothers*, was an international bestseller centered around two boys on opposite sides of the Holocaust. The latest in the series, *The Trust*, finds private investigator Taggart returning to his childhood home for a funeral and stepping into the center of another firestorm case.

## Science of Happiness

Wednesday, September 27 • 7 pm

Wednesday October 4 • 7 pm

Wednesday October 11 • 7 pm

What do happy folks know that we don't always remember? They know the skills and attitudes of happiness, skills that anyone can learn. In this 3-part series, Kim Langley will teach how to pursue



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happiness based on the work of respected researchers. Participants will learn the psychology of happiness and how to train your brain; what truly makes people happy and how to choose happiness; and practical and scientifically proven methods for improving attitude and increasing happiness. Come explore 12 happiness activities and which ones best fit you. Registration required. Call 216.831.6868.

**Through the Eyes of the Artist - Tamara de Lempicka**

Friday, October 6 • 10 am  
If there is a single image that encapsulates art deco and the glitz of the 1920's, it is a Tamara de Lempicka portrait. She chose models from the internationally elite, but only if she considered them respectable enough for her to paint. Sitters paid whatever sum she demanded to be socially sanctified and immortalized by her. Art historian Felicia Zavarella

Stadelman returns with her popular series on the lives and works of beloved artists. Registration required by calling 216.831.6600. Sponsored by the Friends of the Beachwood Library.

**Fall in Love with Classical Masterpieces**

Sunday, October 8 • 2 pm  
Professor Irwin Shung from the Cleveland Institute of Music will perform some of classical music's most beloved titles and discuss what is so extraordinary about "great" music. This is a three part-series. Please plan to attend all sessions.

**Art Book Club**

Monday, October 9 • 2 pm  
Discussion of the book *A Piece of the World*, by Christian Baker Kline.

**Children's Programming**

**Techy Tuesdays: Snap Circuits**

Tuesday, September 5 • 4 pm  
Grades 3 to 6  
Calling all tech-savvy kids: This program is just for you. Join us this month as we learn about electricity and use Snap Circuits to build our own electrical devices.

**Friday Family Fun: Shapes Galore**

Friday, September 8 • 10:30 am  
Ages 2 to 6 with a caregiver  
Shapes, shapes, shapes – they're all around us. Let's explore them with stories, songs, activities and crafts.

**Grandparents Day Party**

Saturday, September 9 • 1pm  
Families  
Grandparents and special friends are invited to join their grandchildren at the library for stories, activities and crafts.

**Chinese Storytime**

September 9 and 23  
10:30 am • Families  
Join us for stories, songs and rhymes in Mandarin Chinese and stay for a craft and playtime after. Presented in cooperation with the Chinese Language and Culture Center.

**Afternoon Art Adventures with U-Earth**

September 12 • 4 p.  
Grades 2 to 5  
Create fun art projects based on favorite children's books. Presented in cooperation with U-Earth (Ursuline Endless Art Healing), a student art therapy organization at Ursuline College.

**Homework Mentor Open House**

September 20 • 3-5 pm  
Come meet our homework mentor to find out about the help available to your child.

*Continued on page 55.*

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# Who's Buzzin' in Beachwood?

by Arlene Fine

## 50-Year Resident Salute

More than a dozen Beachwood residents who have lived in the community for 50 years or more were honored in a ceremony held at the Beachwood Family Aquatic Center. The honorees were saluted by Mayor Merle S. Gorden and presented yellow corsages and commemorative blankets to mark the occasion. Following the tribute, the Dan Zola Orchestra, part of the Beachwood Summer Concert Series, entertained the assembled guests.



Allen and Phyllis Wapnick



Rosalyn and Joe Wolf



Lou-Ann Crouther and Betty M. Crouther



David Sterling and Lillian Rubin



Beachwood residents gather with Beachwood's elected officials at a 50-year resident tribute ceremony held at the Beachwood Family Aquatic Center.

*Standing, from left:* Councilman James Pasch, Councilman Melvin Jacobs, Allen Wapnick, Phyllis Wapnick, Joseph Wolf, Mayor Merle S. Gorden, Councilwoman Barbara Bellin Janovitz, Ted Cohn, James Heller, Council President Martin Horwitz. *Sitting:* William Petrovic, Betty M. Crouther, Rosalyn Wolf, Vicky Cohn, Lillian Rubin and Dr. Jodi Eleff. *Not pictured:* Margot Baruch, Beverly Schlessinger and Nedra Rotsky.

*Photo by Joseph L. Pollack, Pollack Studio.*

# Bughouse Author Speaks

Joseph Baskin, a forensic psychiatrist with the Cleveland Clinic, discussed his novel Bughouse, at the Beachwood Branch of the Cuyahoga County Community Library. Bughouse is a novel based on Baskin's experience in the correctional psychiatric hospital in Massachusetts.



Psychiatrist and novelist, Joseph Baskin.



William Petrovic



Barbara and James Heller



Ted and Vicky Cohn with their daughter, Dr. Jodi Eleff



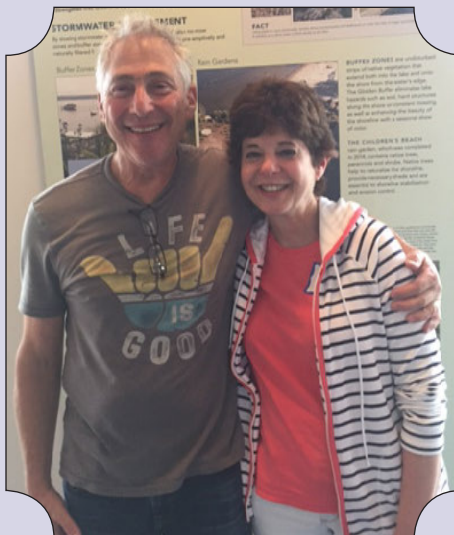
Harriet Gorden with commemorative blanket presented to honorees

## Chautauqua Getaway

Members of Park Synagogue and B'nai Jeshurun Rosh Chodesh groups boarded a bus and headed to the idyllic Chautauqua Institution for the day. Participants enjoyed a lecture by Rabbi Lord Jonathan Sacks in the newly renovated Amphitheater, and an afternoon talk by Bill Moyers and Rabbi Sid Schwarz.



Candy Friedman, Sandy Horwitz



Bruce and Sharon Epstein



Audrey and Barry Lowe

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# Go Green!

## Six Party-Recycling Tips From The Cuyahoga County Solid Waste District

Go green for your next bash. It's easier than ever when you follow the Cuyahoga County Solid Waste District's six simple tips to keep your party cleaner and greener.

Here's how to put the focus on working toward a world without waste:

- Set out clearly-marked recycling bins next to garbage cans.
- Post signs near recycling bins that highlight the District's message to recycle more and recycle better by combin-

ing cans, cartons, glass and paper, along with plastic bottles and containers in the recycling bin.

- Reduce your waste with a little preparation. Beer bottles and pop cans tend to add up quickly, so consider renting a keg and providing reusable cups to your guests. This same strategy may be applied to soda and water by buying large containers and dispensers instead of purchasing single-use bottles or cans.
- Think twice before buying the plastic party cups, an

unfortunate mainstay at barbeques and parties. The brittle plastic cups cannot be recycled and will take hundreds of years to decompose. Instead of buying plastic cups, plates and utensils, choose reusable party supplies that can be washed after the party. This is a great way to inject personality into your party decorations and is a smart way to invest in future events.

- Consider having decorative or event-themed reusable cups as a fun party favor.

- Plan a potluck party instead of ordering takeout. Your guests can pack in and pack out their potluck dish in a washable serving container.

"Throwing everything in the trash is easy, but so is recycling and reducing the amount of party trash that winds up in the landfill. Making these small changes to your next party is a step in the right direction for Cuyahoga County," says district executive director Diane Bickett.

## Thinking Outside the Trash Can – Back-to-School Green Tips to Save Money and the Environment

Saving money while saving the environment is easier than ever. Before purchasing additional back-to-school supplies, take a look at what is left over from last year. Folders, book covers, scissors, markers, glue sticks and rulers may still be in good shape. Reuse some items and you'll avoid ending up with more than you need.

- Buy school supplies made from recycled materials. Look for pencils, paper, binders and notebooks made of recycled

paper. Most major stores have recycled-content options.

- Need new books? Consider buying used, opting for online or renting. Used textbooks are often available for half price or less. Some schools are even experimenting with online textbooks, reducing the strain on your budget and the strain on your backpack.
- Donate unwanted, but usable, school supplies like crayons, markers, paints, paper and

workbooks to a local day care, pre-school, day camp or art program. Organizations like the Cleveland Kids in Need Resource Center will accept donations of school supplies and classroom materials.

- Visit local resale shops for clothing. While you're at it, take in your gently-used clothing. Retailers pay cash on the spot.
- Recycle the old, unwanted or broken CPUs, monitors, printers and laptops.

- Invest in a lunchbox with reusable plastic containers, cloth napkins and a beverage bottle. Just by eliminating the daily plastic and paper waste, your child could save many pounds of garbage over the school year. Encourage your children to spread the word about recycling and reusing, and teach your kids to recycle when you're not around. For more information, visit [www.CuyahogaRecycles.org](http://www.CuyahogaRecycles.org) or call 216.443.3749.

*Library programs continued from page 51.*

### Build-O-Rama

September 21 • 4 pm  
Grades 1 to 5

Calling all LEGO lovers – stop in for this building blocks program. Bring your mad skills and create your own masterpiece using LEGO pieces. There's a different building challenge each month.

### Magic Treehouse Club: Dinosaurs Before Dark

September 28th • 4 pm  
Grades 1 to 4

Travel with Jack and Annie on magical adventures through space and time. This month's discussion will be based on *Dinosaurs Before Dark*. Enjoy games, crafts and activities.

### Storytimes:

#### Toddler Storytime

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

Enjoy books, rhymes, songs and fingerplays.

### Baby & Me Storytime

Tuesdays at 6:30 pm and  
Thursdays at 10 am  
Caregivers and their babies from birth-18 months  
Enjoy books, rhymes, songs and fingerplays.

### Preschool Storytime

Wednesdays at 1:30 pm  
Ages 3-5 not yet in kindergarten and their caregivers  
Enjoy stories, books, rhymes, songs and fingerplays with your little one.

### Pajama Party Storytime

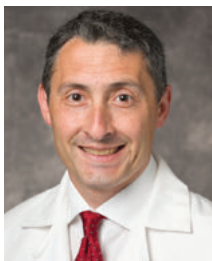
Wednesdays at 6:45 pm  
Ages 19 months – 5  
and their caregivers  
Wear your PJs and enjoy stories, songs and fingerplays

Registration is required for all children's programs except storytimes. To register, please call 216.831.6868 or visit [cuyahogalibrary.org](http://cuyahogalibrary.org).

# Neurosurgery is now even closer

University Hospitals Neurological Institute has expanded neurological surgery services to UH Ahuja Medical Center to offer advanced procedures and treatments for brain tumors, complex spine cases and brain aneurysms. The medical center also will be the first hospital in the country to use the latest Medtronic 8.0 technology for deep brain stimulation (DBS) for the treatment of Parkinson's and tremors. UH is committed to expanding complex care to the community.

## Meet the Team



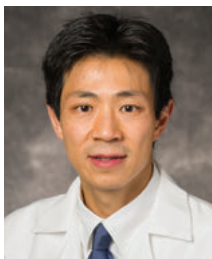
**Nicholas Bambakidis, MD**  
Director, Neurological Institute



**Warren Selman, MD**  
Chairman, Department  
of Neurosurgery



**Abhishek Ray, MD**  
Neurosurgery



**Yin Hu, MD**  
Medical Director, Neurosurgery,  
UH Ahuja Medical Center



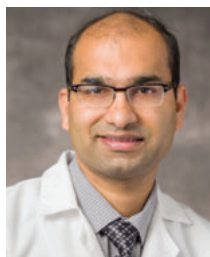
**Tiffany Hodges, MD**  
Neurosurgery



**Jennifer Sweet, MD**  
Neurosurgery



**Michael DeGeorgia, MD**  
Medical Director, Neurology,  
UH Ahuja Medical Center



**Manish Kasliwal, MD**  
Neurosurgery



To schedule an appointment or for more information about UH Neurological Institute, please visit [UHhospitals.org/Neuro](http://UHhospitals.org/Neuro) or call **216-844-2427**.