

# Beachwood Buzz

November 2017

Every Resident. Every Business. Every Month.

MAGAZINE

**BHS GRAD SCALES HOLLYWOOD LADDER,  
SPINS WEB OF SUCCESS**



**WITH HIS  
LATEST RELEASE:**

**SPIDER-MAN:  
HOMECOMING**



# Proven Community Leader Yesterday, Today and Tomorrow!



RETAIN MAYOR  
**MERLE S. GORDEN**

**Vote Tuesday, November 7, 2017 • 6:30 am to 7:30 pm**

Paid for by Merle S. Gorden Election Committee, Steve Sartschev, Treasurer, 11565 Pearl Road, Suite #300, Strongsville, OH 44136



## Letter from THE EDITOR

By Debby Zelman Rapoport



While cleaning off some book shelves recently, I came upon a copy of *Life's Little Instruction Book*, by H. Jackson Brown, Jr. Prior to his son's going off to college, Brown chose to jot down some observations and words of counsel that he felt his son might find useful in this next stage of life.

Unfortunately, we live in a time when trauma and mankind's horrific acts abound. Even in tragic times, we each have the power to choose attitudes and actions to enhance our own sense of inner peace and love. With the holiday season approaching, I share this list, most of which was taken from *Life's Little Instruction Book*.

Although this task was tougher than Brown had originally thought, he persisted since he felt that it is a parent's responsibility to provide a road map – not a paved road – to guide their child's future. Over time, Brown compiled 511 suggestions, observations and reminders on how to live a happy and rewarding life. He presented this compilation of thoughts to his son in a binder, which his son told him was the best gift he'd ever received. This binder was later published as *Life's Little Instruction Book*.

Unfortunately, we live in a time when trauma and mankind's horrific acts abound. Even in tragic times, we each have the power to choose attitudes and actions to enhance our own sense of inner peace and love. With the holiday season approaching, I share this list, most of which was taken from *Life's Little Instruction Book*.

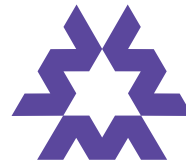
Although lengthy, I had a hard time editing back. As my gift to you, I will send a copy of *Life's Little Instruction Book* to the first ten people who request it by sending me an email at beachwoodbuzz@gmail.com.

- Take time to watch a sunrise or sunset.
- Remember other people's birthdays.
- Overtip waiters and waitresses.
- Say "please" and "thank you" often.
- Use the good silver.
- Live beneath your means.

- Be forgiving of yourself and others.
- Ask for a raise when you feel you've earned it.
- Treat everyone you meet like you want to be treated.
- Keep secrets.
- Don't postpone joy.
- Write "thank you" notes promptly.
- Never give up on anybody. Miracles happen every day.
- Surprise loved ones with little unexpected gifts.
- Stop blaming others. Take responsibility for every area of your life.
- Make the best of bad situations.
- Live so that when your children think of fairness, caring and integrity, they think of you.
- When you've made a mistake or you're wrong, own it.
- Be brave. Even if you're not, pretend to be. No one can tell the difference.
- Learn to create something beautiful with your hands.
- Choose a charity to support.
- Slow dance.
- In business and in family relationships, remember that the most important thing is trust.
- Forget the Joneses.
- Recycle.
- Make it a habit to do random acts of kindness.
- Treat yourself to something beautiful.
- Think big thoughts, but relish small pleasures.
- Tell your kids often how terrific they are and that you trust them.
- Pay your bills, in full, on time, each month.
- Take a brisk 30-minute walk every day.
- Never cheat.
- Smile a lot. It costs nothing and raises your spirit and the spirits of those around you.
- Learn to listen. Opportunity sometimes knocks very softly.
- When someone is relating an important event that's happened to them, don't try to top them with a story of your own. Let them have the stage.
- Never deprive someone of hope; it might be all he or she has.
- Limited funds are often a blessing, not a curse. Nothing encourages creative thinking in quite the same way.
- Give yourself time to cool off before responding to someone who has provoked you.
- Strive for excellence, not perfection.
- Take time to smell the roses.
- Don't waste time responding to your critics.
- Avoid negative people.
- Be original.
- Never give up on what you really want to do.
- Be kinder than necessary.
- Encourage your children to have a part-time job after the age of sixteen.
- Be your significant other's best friend.
- Set boundaries – let people know what you will and won't stand for.

Continued on page 7

PROVIDING HOSPICE CARE TO THE COMMUNITY SINCE 1992



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

### Calendar Section

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

### Article Submissions

If you have a story idea or photos you would like to share, email beachwoodbuzz@gmail.com.

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**Beachwood Buzz**  
MAGAZINE

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

## Cover Photo



## Cover Photo

When Jonathan Goldstein, BHS Class of 1986, began plotting his career, he believed that becoming a professional writer was about as realistic as being drafted into the NBA. So, he took what he considered the secure path of entering Harvard Law School, and went to work as a corporate lawyer for a large international firm in New York – a gig that lasted two years. On his 27th birthday, he gave himself the gift of quitting his job, and he headed out to Hollywood where he knew only one person working as a TV writer.

Full story begins on page 8.

Cover photo by Sarah Stewart / Alamy Stock Photo



## City Council Update • Pages 32-34

Possible Trash Assistance Program

New Lockbox Program

Beachwood: A Business Friendly Community

Leaves Today... Mulch Tomorrow

Fall Leaf Pick Up

Missed a Council Meeting?

Veterans Day Salute

American Red Cross Blood Drive

Upcoming Meetings

Art Exhibit

Tips for Managing a Power Outage

Annie

Honkin' Haulin' Hands-On Trucks

Beachwood Fall Festival

## You and Your Schools • Pages 36-37

Continued Operating and Bond Levy

Beachwood vs. Orange Food Drive at Beachwood Place

Beachwood Choirs Present A Night of Cabaret

Homecoming Weekend

# IT'S TIME MITCH LUXENBURG FOR BEACHWOOD MAYOR

**Dear Beachwood Residents,**

When Saul (Eisen) and I moved to Beachwood with our young children almost 53 years ago, we did so because Beachwood was a community moving carefully toward the **future**, and we wanted to be a part of that process.

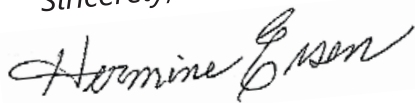
We have been blessed with fine mayoral leadership: George Zeiger, Harvey Friedman and Merle Gorden. However, **times change and we must meet that change with new leadership for the future.** Mitchel Luxenburg, or Mitch, as he prefers to be called, has proven himself, and his **dedication to Beachwood** during his eight years of leadership on the Board of Education which oversaw the renovation of the auditorium, building of the new main stadium, and the creation of the Schools' master facility plan which includes the preparation of the Fairmount School property to become an elementary school campus.

In addition to his **proven leadership skills**, Mitch has the educational background (M.B.A. and Juris Doctorate degrees) and related professional experiences to serve the City of Beachwood well into the 21st century.

**I believe Mitch appreciates our history, understands where we are as a community, and has the long-term perception** of the city's projected needs to keep Beachwood the place we all want to live.

**I encourage you to join me in supporting Mitch Luxenburg for Beachwood Mayor.**

Sincerely,



# Mitch4Mayor.com



- Measure people by the size of their hearts, not the size of their bank accounts.
- Become the most positive and enthusiastic person you know.
- Remember that a person's greatest emotional need is to feel appreciated.
- Choose work that is in harmony with your values.
- Relax. Except for rare life-and-death matters, nothing is as important as it first seems.
- Commit yourself to constant self-improvement.
- When you're with others, they should be the most important people in the room. Put away your phone.
- Don't waste time grieving over past mistakes. Learn from them and move on.
- When you are complimented, a sincere "thank you" is the only response required.
- Praise in public.
- Criticize in private.
- Never pay for work before it's completed.
- Keep your promises.
- Seek out the good in people.
- Hire people who are smarter than you.
- Learn to show cheerfulness and enthusiasm, even when you don't feel like it.
- Take good care of those you love.
- Keep it simple.
- Don't gossip.
- Patronize local merchants even if it costs a little bit more.
- Don't expect money to bring you happiness.
- Never underestimate your power to change yourself or overestimate your power to change others.
- Practice empathy.
- Don't burn bridges. You'll be surprised how many times you may have to cross the same river.
- Don't spread yourself too thin. Learn to say no politely and quickly.
- See problems as opportunities for growth and self-mastery.
- Don't expect life to be fair.
- Judge your success by the degree that you enjoy peace, health and love.
- Refrain from envy. It's the source of much unhappiness.
- Live your life so that your epitaph could read, "No regrets."
- If something sounds too good to be true, it probably is.
- Be bold and courageous. When you look back on your life, you'll regret the things you didn't do more than the ones you did.
- Never waste an opportunity to tell someone you love them.
- Refrain from criticizing others.
- Evaluate yourself by your own standards, not someone else's.
- Don't let anyone talk you out of pursuing what you know to be a great idea.
- Every day, look for some small way to improve your relationships.
- Acquire things the old-fashioned way: Save for them and pay cash.
- Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who help you.
- Understand that happiness is not based on possessions, power or prestige, but on relationships with people you love and respect.
- Compliment even small improvements.
- Remain open, flexible and curious.
- Every once in a while, take the scenic route.
- Don't let your possessions possess you.
- Don't flaunt your success, but don't apologize for it either.
- Be genuinely enthusiastic about the success of others.
- Get your priorities straight. No one ever said on his death bed, "Gee, if I'd only spent more time at the office."
- Take care of your reputation. It's your most valuable asset.

- Do more than is expected.
- Improve your performance by improving your attitude.
- Never underestimate the power of a kind word or deed.
- Don't be afraid to say, "I don't know," "I made a mistake," "I need help," or "I'm sorry."
- Don't use time or words carelessly. Neither can be retrieved.
- Look for opportunities to make people feel important.
- Don't miss the magic of the moment by focusing on what was or what's to be.
- Be prepared. You never get a second chance to make a good first impression.
- Give people the benefit of the doubt.
- After you've worked hard to get what you want, take time to enjoy it.
- Be grateful for each day. Tomorrow is guaranteed to no one ♡.

## Attention Beachwood Parents

Are you a Beachwood resident with school age children not attending the Beachwood Schools? Would you like to know more about the curricular and extra-curricular opportunities for students, particularly at the High School?

**Join us for an Open House on Wednesday, November 8, 7 pm, in the Beachwood High School Community Room.**

To RSVP, call 216.464.2600, ext 237, or email [swallenstein@beachwoodschoools.org](mailto:swallenstein@beachwoodschoools.org).

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# BHS GRAD SCALES HOLLYWOOD LADDER, SPINS WEB OF SUCCESS

WITH HIS LATEST RELEASE:

# SPIDER-MAN: HOMECOMING



Screenwriter Jonathan Goldstein and his wife, Adena Halpern, seen at Columbia Pictures World Premiere of "Spider-Man: Homecoming" at TCL Chinese Theatre on Wednesday, June 28, 2017, in Hollywood, CA. (Photo courtesy of Eric Charbonneau/Invision for Sony Pictures/AP Images.)

By June Scharf

**W**hen Jonathan Goldstein, BHS Class of 1986, began plotting his career, he believed that becoming a professional writer was about as realistic as being drafted into the NBA. So, he took what he considered the secure path of entering Harvard Law School, and went to work as a corporate lawyer for a large international firm in New York – a gig that lasted two years. On his 27th birthday, he gave himself the gift of quitting his job, and he headed out to Hollywood where he knew only one person working as a TV writer.

"I wasn't confident that I could get a job, but I did have a lot of hope," says the 2014 Gallery of Success Inductee in a phone interview from his office on the Warner Brothers lot in Burbank.

Like the comic book superhero he would later bring to the screen, he gladly shed his

conventional life and began exposing his comedic sensibility along with some grit and abandon. The result was his latest film credit: co-writing the summer's global hit, "Spider-Man: Homecoming," which earned more than \$800 million at the box office.

Locations around Beachwood served as his initial training ground, including his first job at American Greetings when it had a store at Beachwood Place. He moved here from New York in 1980 when he was 11 years old, and his mother, Judith Berg, became an assistant principal at the Middle School. This situation essentially delivered two distinct injustices: the difficulty of being the new kid, and the pain of having his mother as an administrator.

"The situation definitely served as a formative piece of my comedic development," he says, further noting that a reliable element for comedy is material rooted in pain, although he wouldn't recommend these circumstances. The situation, however, did inspire him to write a television pilot script titled, "Your Mom Sucks," a "quintessential tragi-comic storyline."

Being a self-described class clown who was a magnet for trouble didn't help his situation either, but it was during this stage of his life that his interest in video production emerged. It was enabled by a "clunky VHS camera" that



he and some friends borrowed from the school library. With their mutual love of ridiculous forms of comedy, they created short, absurdist videos. Post production involved a primitive process.

"We edited on two VCRs, and our music came from cassette tapes." Despite the challenges, Goldstein had an outlet to channel his creative impulses. These efforts culminated in his first premiere: the 40-minute comedic film, "Apocalypse Here," created as an alternative to writing an A.P. English term paper on the novella "Heart of Darkness," by Joseph Conrad. That story also served as the inspiration for Francis Ford Coppola's film, "Apocalypse Now." Goldstein's movie, featuring students and teachers, was shown to the entire school during an assembly.

"Having that opportunity really opened my eyes. It can be hard to find outlets for comedy."

Another stage for his comedy came with the annual White & Gold variety show held at the High School. For some productions, he crafted Monty Python-influenced sketches that met with mixed reviews.

"I was such a fan of that material, and some of it worked, but some went right over people's heads."

Being a child of the '80s, he also came under the spell of some legendary comedies that helped shape his approach and thought process, including "Airplane!," "Police Academy," "Caddyshack," "Vacation" and "Stripes." Woody Allen also offered rich material that spoke to him.

After graduating from BHS, he attended the University of Michigan, where he majored in German Literature, which naturally leads to a career in comedy, he jokes. By way of an explanation for this choice, he states: "I saw college as a chance to learn as much as I could, but I didn't know what I was going to do with my life." Becoming a lawyer seemed like a reasonable way to earn a living.

During law school, he discovered that a friend was writing sample scripts with a partner in Hollywood, a method that can lead to getting noticed and, eventually, to finding work as a writer on the staff of a TV show, which was Goldstein's goal. Over time, his friend worked his way onto the writing staff of the show "Friends," which served as a playbook for Goldstein when he arrived in L.A.

"I wrote some scripts and sent out lots of query letters, and during this process, I figured out that having Harvard on my resume only suggested I was smart, but that wasn't going to help me get a job, unless it was for a legal drama, and I wanted to write for a sit-com."

A manager finally brought him on board which led to a meeting with an agent, and that resulted in landing a spot writing for a TV show on the F/X Channel. Since then, he has written for numerous network comedies in-



**Above:** Jacob Batalon (left, starring as Ned Leeds) and Tom Holland (starring as Peter Parker/Spider-Man) in Columbia Pictures' Spider-Man: Homecoming. (Photo by Chuck Zlotnick for Sony Pictures/AP Images.) **Below:** Goldstein offers his son, Samson, 5, a lesson in film making with professional studio equipment. (Photo courtesy of Jonathan Goldstein.)



cluding "The PJs," starring Eddie Murphy, "The Geena Davis Show," "Good Morning, Miami," "Four Kings," and "The New Adventures of Old Christine."

In 2007, he sold his first film script, written in collaboration with John Francis Daley, an actor he met while appearing on "The Geena Davis Show." The film, "The \$40,000 Man," was bought by New Line Cinema and established a solid relationship between the writing team and the studio.

Subsequent script credits include the 2011 comedy, "Horrible Bosses," starring Jennifer Aniston, Kevin Spacey, Jamie Foxx, Colin Farrell and Jason Bateman, which earned \$209 million at the box office. They also co-wrote the movie's sequel. Other successful screenwriting credits are "The Incredible Burt Wonderstone," starring Steve Carrell, Jim Carrey and

Steve Buscemi, and "Cloudy with a Chance of Meatballs 2." The opportunity to both write and direct presented itself with the "Vacation" (2015) reboot, starring Ed Helm and Christina Applegate, and featuring Chevy Chase, which provided an association with the actor that was "a childhood dream come true."

The process by which Goldstein and Daley began creating the Spider-Man script required studying a 30-page packet submitted by Marvel Studios, detailing the characters and their storylines. He reports also reading some comic books and seeing a few of the five previous installments in the franchise, but he ultimately wanted to "come at it fresh."

"We made a list of what we didn't want in the movie, like Spider-Man swinging from skyscrapers in New York." So, they shifted some of the scenes to Queens, and they used

the Washington Monument as a source of dramatic skyscraper scaling. Another prevailing thought was setting aside what might be expected of this type of movie. "We didn't want to be beholden to any mythology."

In fact, what he says they sought with their script was to feature a tone similar to that found in a 1980s John Hughes-directed movie. In other words, smart and down to earth, while simultaneously incorporating all of the superhero aspects. He says they were also guided by an interest in simply having fun with the script. An example of this storytelling style lies with a friend discovering Peter Parker's (Spider-Man's) superhero identity in the first half of the movie. Another playful device was featuring Tony Stark (Iron Man, played to maximum comedic effect by Robert Downey, Jr.) as an unlikely father figure.

The most obvious Goldstein fingerprints on the film relate to the plotline involving a homecoming dance with an '80s theme, an admitted harkening back to his time. He and Daley also had the idea for Peter to shoot a movie using his iPhone during a trip to Germany at the beginning of the movie. He recog-

## GOLDSTEIN'S ADVICE TO ASPIRING WRITERS:

First get ahold of some sample scripts of the type you hope to write. Format is important because if that's wrong, the reader will instantly know it's a novice writer. Most script examples can be found on websites these days. In terms of choosing your subject, the cliché is "write what you know." It's not a hard and fast rule, but it's always a good idea to start with a world or an experience of which you have unique knowledge. In other words, a story only you could tell. Don't spend too much time worrying about what Hollywood is looking for. That changes from week to week. Instead, think about your characters. What motivates them to do what they do? Make sure your dialogue reflects who they are. Spend some time outlining before you write. Plant little seeds early in the piece that come to fruition by the end. Go easy on the stage directions. Don't try to direct from the page. Nothing kills a good read like slogging through a half-page of action description. And most importantly, just write. That's the hardest part. Sitting down and doing it. Day after day.

"We didn't want to be beholden to any mythology."

Jonathan Goldstein,  
writer, producer and director,  
and co-writer of 2017's  
"Spider-Man: Homecoming"  
referring to the Spider-Man franchise

nized that this was a real departure from what a Superhero might typically be doing in this sort of movie. In many ways, Goldstein says he also sought wish-fulfillment in the plot twists for the Spider-Man character.

Goldstein admits that scripting this film was intimidating, especially considering that he had previously worked exclusively in the comedy space. But he viewed the film as a chance to reinvent the franchise, and Marvel executives were very receptive to this impulse.

"It was exciting to do something on this scale that hundreds of millions of people would see. The favorable critical response was gratifying, too."

With this film, Goldstein has gained further traction in the industry with his dual track career as a writer and director. He and his partner have been engaged in those capacities by New Line with "Game Night," a comedy/thriller they rewrote, starring Bateman, Rachel McAdams and Kyle Chandler, to be released in March 2018.

They also sold a script to Paramount based on the book, *The Vacation Guide to the Solar*

*System: Science for the Savvy Space Traveler*. He describes the project as set in the not-too-distant future, featuring tourism between planets and being "Jurassic Park" in tone." Another upcoming project will be producing a film adaptation of the beloved Care Bears franchise. Returning to his roots in TV, he's involved with creating a pilot for Fox, too.

While the experience with a big-budget blockbuster film was fulfilling, Goldstein is equally excited by smaller projects that aren't designed for mass audiences. This sounds strikingly similar to the inclinations belonging to his former high school self. He also expresses his independent thinking by bemoaning the generational shift witnessed among younger audiences who watch more content on their cell phones.

"Our movies are not intended to be seen on small screens with crappy speakers. It's like watching a play through a keyhole."

Family life for Goldstein includes wife Adena Halpern, a novelist and magazine essayist, and son Samson, 5.



Spider-Man climbs the Washington Monument in Columbia Pictures' *Spider-Man: Homecoming*. (Photo courtesy of Columbia Pictures.)



# The Cleveland Bluegrass Orchestra Concert

Sunday, November 12 • 2 – 3 pm  
Beachwood Community Center

The Beachwood Arts Council invites you to attend The Cleveland Bluegrass Orchestra Concert, Sunday, November 12, 2 – 3 pm.

Join five Cleveland Orchestra musicians for an afternoon of bluegrass classics and more. Trina Struble on fiddle, Mark Dumm on banjo, Jeff Zehngut on mandolin, Henry Peyrebrune on guitar and Derek Zadinsky on bass.

A reception will follow the concert. Meet the musicians and

enjoy tasty refreshment. Free and open to the community. Made possible by grants from the Ohio Arts Council and Cuyahoga Arts and Culture.



# Through the Eyes of the Artist: Lecture & Painting Workshop

Sunday, December 3 • 1 – 3 pm  
Beachwood Community Center

The Beachwood Arts Council invites you to attend Through the Eyes of the Artist: Lecture & Painting Workshop, at which art historian Felicia Zavarella Stadelman will present an insightful lecture about the life and works of impressionism artist Claude Monet.

After the lecture, Felicia will instruct participants to create a “Monet style” painting. No painting experience is necessary.



To register, please call 216.595.3400 and leave your name and phone number, and a volunteer will get back to you. The cost is \$25/BAC members; \$30/non-members. Fee includes all materials. The registration deadline is Wednesday, November 22.

# Veterans Day Salute

Sunday, November 12 • 11 am • Beachwood Cemetery • This event to honor veterans is free and open to the community.

On Sunday, November 12 at 11 am, The Beachwood Historical Society and City of Beachwood will partner to commemorate

Veterans Day at Beachwood Cemetery. The event will feature dignitaries, local veterans, presentation of the colors and

guided tours.

Beachwood Cemetery is the final resting place of 40 soldiers from the Revolutionary War,

War of 1812, Mexican-American War, Civil War, Spanish-American War, World War I and World War II.

## Dear Beachwood Residents

# We Have a Critical Vote for School Board This Election!

### **FINANCIAL FACTS**

High School renovation: \$36 million • Football Stadium: \$4.6 million • Auditorium: \$3.5 million

The current School Board's \$39 million consolidation project will result in increased property taxes of 12 to 18 percent.

**I am confident that my fiscal decisions will benefit all Beachwood residents.**

**As a 17-year successful business owner and CEO,**

**I understand how to be fiscally responsible and work as a team.**

**We have a critical vote on November 7th. It's not a vote to be taken lightly!**

As a 30-year Beachwood resident, BHS graduate (class of '90) and father of two children in the district, **I ask for your vote.** Please help me bring a fresh, open-minded voice to the Beachwood School Board.

**“I promise to work hard for you to maintain the success and integrity of our schools.”**

**JUST ONE VOTE ON NOVEMBER 7<sup>TH</sup>**



# SAM MALEK

Learn more about me at [Sammalekforbeachwood.com](http://Sammalekforbeachwood.com)



Paid for by the Committee to Elect Sam Malek • Allan Farkas, Treasurer

# JCC Men's Club – The Place to Be on Monday Mornings

by Debby Zelman Rapoport

**T**he JCC Men's Club is a Beachwood gem that offers its members the chance to socialize, meet new friends, and take part in discussion groups every Monday morning. The club meets from 11 am to noon, in Mandel JCC's Stonehill Auditorium. Most club members are retired and many are active volunteers who like to share their interests and hobbies.

A small group of members generally run the club although all members can participate. This non-elected volunteer group enjoys the club and all it offers, so week after week, they select a speaker, make sure that goodies and coffee are available, and act as a welcoming committee prior to each program's start.

Just a few weeks ago I attended a meeting at which Jared Isaacson, executive director of the Cleveland Hillel Foundation, was the keynote speaker. Steve Thompson, a dedicated club member, opened the meeting by breaking the ice with a few jokes – funny ones, may I add. With more than 40 people in attendance, his stand-up comedy routine would have been enough to draw in the crowd, but that was just the start.

After being introduced by Mickey Katz, another club member, Isaacson spoke for about a half hour, sharing his love of Cleveland and feelings about the importance of representing students. As a Hillel professional, Isaacson finds that most people feel obliged to say that Hillel is great, although most have never been there. He talked about the importance of engaging and empow-

ering students, and providing experiences to bring them back. He also explained the importance of Hillel and why it operates as it does.

He talked about social media and how it's changing, saying that Snapchat and Instagram are the apps of choice for students since posts are not permanent; and that Finsta, or fake Instagram accounts, are commonly used by students as secondary accounts to post things to only a select group of people.

Isaacson shared that Hillel offers a wide range of services to help students feel a sense of belonging. Whether they need a place to celebrate the holidays, help with a job search or internship, or counseling so they feel comfortable on campus, Hillel is there for them. Administrators study what works as they strive for excellence and to do so, they utilize connections with Hillel organizations from around the world.

The JCC Men's Club started in the early 80s when a small group of men decided to meet regularly for coffee and conversation. As the group's popularity grew, the club, which is supported by JCC staff, was formally structured. Today, there are more than 60 members.

"People come from all walks of life," Bob Young, another of the club's leaders, told us. "We have doctors, lawyers, bankers, entrepreneurs and all sorts of retirees and snowbirds – of all religions – who look forward to knowing that they have something going on every Monday morning."

"Many of our members fought in World War II," Thompson added. "They went out to save western civilization and never said a word about it to anyone. They came back, raised a family, live exemplary lives and are now bar and bat mitzvah-ing their great grandchildren."

Thompson paused, then said, "Every person you see here looks forward to being here. You won't find a better group of people anywhere."

---

Thompson paused, then said,  
"Every person you see here  
looks forward to being here.  
You won't find a better group of  
people anywhere."

---

Speaking topics include health, politics, art, wellness strategies, development and more. Topics are always interesting and are followed by Q&A sessions. On weeks when a speaker isn't scheduled, the group picks a topic and has a rap session, with members debating opposite sides of the topic.

The JCC Men's Club sends out a bulletin with upcoming meeting details two months in advance. There is a nominal fee for joining the club. Guests are welcome. Stop in to see first hand the benefits of attending.

For more information, contact Steve Thompson at 440.666.1805.

*Pictured from left: JCC Men's Club members Bob Young, Dick Dettelbach, Jared Isaacson (executive director, Cleveland Hillel Foundation), Mickey Katz, Jack Horwitz and Steve Thompson.*





**Leadership Innovation Experience Integrity**



Photo By Pollack Studio

# RE-ELECT MELVIN JACOBS Beachwood City Council

**Vote**  
**Tuesday**  
**November 7**  
6:30 am  
to  
7:30 pm

*Serving Beachwood and its residents since 1974!*

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- Planning and Zoning Commission 1995-1997
- Lieutenant in the Beachwood Fire and Rescue Department volunteer fire fighter 1974-1995
- Past VP Beachwood Arts Council
- Founding member and trustee Beachwood High School alumni association
- Founding member, past president and treasurer of the Beachwood Fraternal Order of Police Association
- Lifetime member of B'nai Jeshurum Temple
- Economic development while in office
- Eaton Corporation**
- Ahuja Medical Center**
- Hotels: Aloft, Clarion, Indigo**
- LifeTime Fitness**
- University Hospitals Rehabilitation Hospital**
- Cleveland Clinic**
- Jewish Federation**
- Beachwood Convention and Visitors Bureau**
- Beachwood City Parks and Aquatic Center**
- Cleveland Clinic Rehabilitation Facility**

Endorsed By



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Mayor, Beachwood, Ohio



**Armond Budish**  
Cuyahoga County Executive



**Sunny M. Simon**  
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District 11



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**Bradley D. Sellers**  
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**Kenny Yuko**  
Ohio Senate District 25



**Kent Smith**  
Representative,  
Ohio House District 8



**Steve Dettelbach**  
Former U.S. Attorney for the  
Northern District of Ohio

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

# Raking for Residents Race



Lit-Fit Crew, a 501(c) 3 organization started by 11-year-old Beachwood resident Kyndall Winston, provides opportunities for kids to have fun, get exercise and do worthwhile deeds for others.

Its upcoming event, Raking for Residents Race, will take place on Saturday, November 18 at noon. Lit-Fit Crew will have five teams, each with four participants, a team captain and an adult supervisor. Areas to rake were selected with help from the city, with the focus on areas containing many of our elderly residents.

Prior to the event, team members will solicit homes and obtain written permission to rake so they'll have a game plan when the 50-minute race starts. During the race, they will rake and bag leaves (no blowers allowed). Bagged leaves will then be brought back to a designated area and counted. Each teammate on the winning team will win a \$50 gift card.

During the race, they will rake and bag leaves (no blowers allowed). Bagged leaves will then be brought back to a designated area and counted. Each teammate on the winning team will win a \$50 gift card.

There is no charge to participate or have leaves raked. However, donations are encouraged! That's how Lit-Fit continues to organize events for kids and make charitable contributions. To make a donation, register or obtain more information, visit [www.lit-fit.org](http://www.lit-fit.org).

# Singing Angels Live!

Don't miss Singing Angels Live!, co-sponsored by Park Synagogue Senior Adults and B'nai Jeshurun's Hazak Group, on Sunday, November 12 at 3:30 pm at Park Synagogue East, 27500 Shaker Blvd., Pepper Pike. The event features an upbeat performance by Cleveland's own Singing Angels, made up of 32 singers of a variety of ages—grade 5 to 12. Their program includes a wide variety of popular music with something for all music lovers to enjoy. The evening concludes with a table-served dinner catered by Café 56.

Since its debut in 1964, The Singing Angels has performed in 34 countries, sung with major celebrities, accompanied symphonies, and entertained dignitaries, presidents and popes. The Singing Angels has been featured on national and international television, has performed four

times at the White House, and has appeared in concert with a host of stars.

The event is open to people of all ages in the community. Cost for the concert and dinner is \$35 per person for community members. Prepaid reservations are required by November 6.

For reservation information, please contact Ellen Petler at [epetler@parksyn.org](mailto:epetler@parksyn.org) or 216.371.2244, ext. 122.

Their program includes a wide variety of popular music with something for all music lovers to enjoy. The evening concludes with a table-served dinner catered by Café 56.

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# Create Recycling Success No Matter Where You Work in Cuyahoga County

## Book a FREE Recycling Presentation for Your Workplace Today

Recycling at work – whether it's in the office, at the manufacturing plant, in the restaurant or at the garage – can be challenging and confusing, but it doesn't have to be.

"Make it easy and convenient! Convenience is the number one factor for helping people decide to recycle," says Doreen Schreiber, business recycling specialist for the District.

Would-be work recyclers in Cuyahoga County can learn more about best practices for workplace recycling by requesting a FREE seminar or lunch-and-learn by contacting Schreiber at 216.443.3732 or dschreiber@cuyahogacounty.us. Seminars are customizable and can be held on site at the District or at the requesting company's location.

In the seminar, "Successful Re-

cycling in Your Workplace" participants will learn about the different recyclable commodities, commercial composting, waste haulers and specialty recycling companies. Schreiber will cover the finer points of performing a dumpster dive or waste sort and how to analyze the results. She will review how to choose the proper indoor recycling containers and signage for them along with how to choose a waste hauling and recycling company. Most importantly, participants will learn about educating employees/students/visitors on the program, changing recycling behaviors, marketing the recycling program, and how to make the recycling program sustainable.

Schreiber is certified as a Zero Waste Business Associate (ZWBA)

through the U.S. Zero Waste Business Council. She can assist businesses in preparing for their certification.

### About the Cuyahoga County Solid Waste District

The Cuyahoga County Solid Waste District is the public agency helping the people of Cuyahoga County reduce, reuse and recycle at home, at work and in our communities. We serve as the leading resource in the County for information, expertise and programs that support sustainable materials management and reduce the environmental impact of waste.

Visit [www.CuyahogaRecycles.org](http://www.CuyahogaRecycles.org) or call 216.443.3749 to learn how to recycle at work, in your community and discover other recycling and disposal options.

## Color Shape Form Mixed Media Exhibit

The City of Beachwood presents  
Color, Shape, Form:  
Mixed Media Exhibit  
November 16 – December 9  
Featuring works by  
Brad Bailey  
Donna Coleman  
Gregory Cross and  
Annette Poitau

An artists' reception, open to the community, will take place Sunday, November 19, from 1 – 2:30 pm.



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# Re-Elect James **PASCH**

**For Council**

**Trusted Leadership for Beachwood**



## **PROVEN RESULTS**

- Fought for transparency and secured live broadcast of council meetings
- Strengthened our safety forces and service department
- Increased collaboration between the city and school district

### **ENDORSED BY:**

- County Executive **Armond Budish**
- Beachwood Council Pres. **Martin Horwitz**
- Beachwood Council members **Berns, Bellin Janovitz, & Linick**
- County Councilwoman **Sunny Simon**
- State Sen. **Kenny Yuko**
- State Rep. **Kent Smith**
- **Cuyahoga County Democratic Party**
- **Beachwood Democratic Ward Club**
- Cuyahoga County **Young Democrats**
- Cleveland **Stonewall Democrats**
- Cuyahoga **Democratic Women's Caucus**

Re-Elect Councilman **James**

# **PASCH**

Paid for by Friends for James Pasch, Joseph Medici, Treasurer • 2152 Campus Rd, Beachwood OH 44122

## Cuyahoga County Department of Consumer Affairs Shares Tips for Equifax Data Breach

A massive data breach at the credit bureau Equifax has left millions of Americans at risk of ID theft. The size of the breach means many Cuyahoga County residents will be affected, according to the Cuyahoga County Department of Consumer Affairs.

It appears that hackers accessed information, including Social Security numbers, birth dates, addresses and, in some cases, driver's license information. Consumers may have had hackers access credit card numbers, in which case they may have to submit dispute documents to the bureau to have the inaccurate information removed.

"It could be a while before any of us have enough information to determine how much risk the breach poses for each of us," said Sheryl Harris, Cuyahoga County's Director of Consumer Affairs. "There are some steps you can take now, but you may need to take additional steps later, as you find out more information about which of your records may have been compromised."

Equifax is offering consumers free credit monitoring – whether or not they are affected by the breach, but the Cuyahoga County Department of Consumer Affairs recommends consumers wait to get more information about the breach and about this monitoring program before deciding whether to participate.

If you have not done so already, you should:

- Discover whether any of your records were affected by logging onto [www.equifaxsecurity2017.com](http://www.equifaxsecurity2017.com), using a secure wi-fi connection. Click on the "potential impact" tab and

enter your last name and the last six digits of your Social Security number.

- If the website indicates your records were affected, or if you don't have computer access, contact Equifax's toll-free breach hotline at 1.877.447.7559. The hotline is open from 7 am to 1 am every day, including weekends.

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*"It could be a while before any of us have enough information to determine how much risk the breach poses for each of us," said Sheryl Harris, Cuyahoga County's Director of Consumer Affairs.*

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- Visit the FTC's Identity theft website, <https://identity-theft.gov>. This website will provide you with a personalized, step-by-step identity-theft-recovery plan, once you know which records were compromised. You can also browse through ID-theft-recovery steps, which will give you a good idea of the steps you may need to take in the future.
- If you haven't already frozen your credit reports (you would have a PIN from each bureau if you had), consider doing so now. While a freeze wouldn't have protected you from the hack of the credit bureau itself, it does keep ID thieves from establishing new credit in your name.

*Continued on page 18*





# HORWITZ

## BEST CHOICE FOR MAYOR

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**Focused on safety, savings, services, and transparency** to ensure city government works for all our residents.

**Delivered on promises** to broadcast meetings, build a new fire station, and reduce Mayor's perks and salary.

**Saved taxpayer dollars** by streamlining city departments.

**Supports economic development** and new Master Plan to keep taxes low and meet changing community needs.

**HORWITZ**  
**FOR MAYOR**



Paid for by Friends of Martin Horwitz, David B. Ostro, Treasurer

If you don't want to freeze your credit reports, you can put a temporary fraud alert on your files by going to [www.annualcreditreport.com](http://www.annualcreditreport.com) or by calling any ONE of the nation's three major credit bureaus. The bureaus share fraud alert requests with each other.

- Carefully monitor your credit card and other accounts to make sure there are no fraudulent transactions. You should be doing this anyway.
- If you are worried about account activity, you can go to the bureaus' shared site, [annualcreditreport.com](http://annualcreditreport.com), to get free copies of your credit report from all three bureaus. Look for any accounts you did not open. You can also request copies of your free credit reports by calling 1.877.322.8228.
- If you discover your Social Security number was compromised, you will want to file your income taxes as early as possible, so that an ID thief doesn't beat you to it.
- Watch for mailed notices from Equifax and make sure you open them. They may have important details for you.
- Keep an eye on news reports. Breach information tends to come out in bits, over time, so stay informed. You also should check the site of our Scam Squad partner, the Federal Trade Commission, at [www.ftc.gov](http://www.ftc.gov) for updates.

The Cuyahoga County Department of Consumer Affairs will continue monitoring the situation.

# HEY NEIGHBOR!

## Couponing – The Road to Redemption

By Arlene Fine

I recently attended an Extreme Couponing seminar held at the Doubletree Hilton in Beachwood.

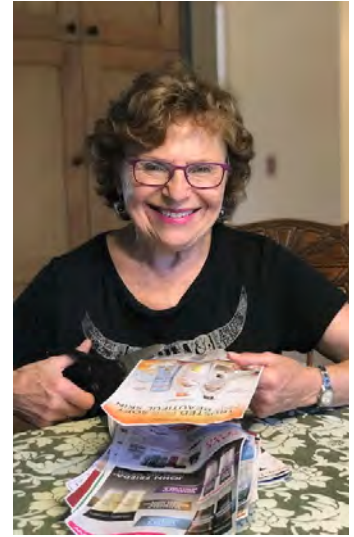
Mandy, a certified Couponista, was our teacher. Her skill at maximizing coupon efficiency earned her a spot on TLC's Extreme Couponing. Mandy admitted she "lives and breathes" coupons and has a thing for Nutella – which she gets gallons of for free – thanks to her coupon savvy.

I sat through the hour-long seminar in awe of Mandy. Through cunning couponing and herculean organizational skills she will never buy another toothpaste, deodorant, salad dressing, pasta sauce or razor blade for the rest of her life. Her infant son has enough diapers to last him through puberty, which he'll need because of all the Raisin Bran she has bought in bulk for 29 cents a box. And don't get me started on the vast quantity of Kleenex, Nyquil, cereal bars, fruit drinks and croutons warehoused in her basement.

Warehousing bounty is big with extreme couponers like Mandy. After listening to Mandy describe her multiple shopping carts overflowing with groceries each week, it makes perfect sense that the TLC show Hoarding Buried Alive follows the network's Extreme Couponing.

If you want to start accumulating enough nonperishables to feed a small town for five years, and become a coupon savant like Mandy, here some of her couponing techniques:

1. Products go on sale in cycles of 8-12 weeks. So hang on to your coupons and when the sale hits – you buy – big. "In my vocabulary the "F" word is full price," says Mandy. "Don't waste your coupons on full-price items. Treat every coupon as if it were money in your wallet."
2. Buy five Sunday papers every week to maximize the number of coupons you have available for extreme purchases. It was at this point I understood why *The Plain Dealer* sponsored the seminar.
3. Search for additional printable coupons online by visiting store and brand websites, and savings sites, such as SmartSource.com and RedPlum.com.
4. Shop with a plan and match sales with your coupons. Organize and label groups of coupons before heading to the store. Use sandwich bags or paper clips to hold your coupons. And pray a mother with a hungry toddler is not in line behind you.
5. When a coupon does not specify a size, buy the smallest and least expensive. This is part of Mandy's shop-smart philosophy.
6. If the sale item that matches your coupon is sold out – ask for a rain check.
7. Watch the cash register during the checkout to ensure prices



Arlene Fine learned couponing techniques at an Extreme Couponing seminar.

are rung up properly and your coupons are redeemed for full value.

8. Forget brand loyalty – don't buy your favorite brand unless it's on sale and you have a coupon for it. Tough love.
9. If you have enough coupons to get a hundred jars of mustard and you don't like mustard, donate it to a homeless shelter or food bank.

---

With all the coupon mavens redeeming billions of coupons each year – this is big business.

---

With all the coupon mavens redeeming billions of coupons each year – this is big business. Next thing you know there will be two-for-one cruises on – what else – clipper ships.





# RE-ELECT ALEC ISAACSON

**BEACHWOOD CITY COUNCIL**

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- A PROVEN TRACK RECORD.**
- AN INDEPENDENT VOICE.**
- FOCUSED ON BEACHWOOD.**

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- The Cuyahoga County Democratic Party
- State Senator Kenny Yuko
- State Rep Kent Smith
- County Council Member Sunny Simon

*Paid for by the Committee to re-elect Alec Isaacson to Beachwood Council. Lisa Cynamon Mayers, Treasurer. 26011 N. Woodland Road, Beachwood, OH 44122*

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Eliana LeVine, Laura Simon & Darby Steiger, Book Festival Co-Chairs*



# To Belong

by Jennifer Stern

*Our sense of belonging can never be greater than our level of self-acceptance. ~ Brene Brown*

**W**e are living in divisive times. Us against them. All or nothing. Good or bad. Right or wrong. Polarizing. This mentality, this culture, can render a person helpless, anxious, isolated. Where do I stand? With whom do I stand? Can I stand firmly and confidently on my own and still feel a sense of greater belonging? Yes, through self-acceptance.

We spend precious time coveting the strength, confidence and courage we perceive in others. All of us have the ability to develop those very qualities within ourselves. To be brave. To be strong. To be compassionate. To recognize what we have to offer the world through our own unique experiences and perspective. Through the lense of self-acceptance we become empowered to be, to become, to exist in a place of knowing. Knowing that who we are is enough. Knowing that our unique qualities, values, strengths, skills,

and talents matter. Self-acceptance is the hard-earned result of active, deliberate, mindfulness in recognizing humanity in ourselves and therefore in others. It is through self-acceptance that we strengthen our sense of knowing (and comfort in) who we are, what we believe, and how we wish to exist in this world. We strengthen our sense of belonging, first to ourselves, and then among others. Through self-acceptance we understand that when we respectfully accept ourselves we in turn are better able to

respectfully accept others. Respectful acceptance of others does not necessarily look like agreement or solidarity, it does look like space to allow for humanity, civility, curiosity and compassion to exist. It is because we accept ourselves that we have the space and the capacity to accept others. To truly belong.

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.

Respectful acceptance of others does not necessarily look like agreement or solidarity, it does look like space to allow for humanity, civility, curiosity and compassion to exist. It is because we accept ourselves that we have the space and the capacity to accept others. To truly belong.

## WE SUPPORT ERIC SYNENBERG

“Eric has the **vision to lead.**”  
Nick Petty

“We’re voting for **Eric Synenberg.**”  
Hildee Weiss  
*(pictured with daughter Liat & husband Gary)*



“Eric is the **future for Beachwood** and has what it takes to **get the job done.**”  
Michael Friedman

Paid for by Citizens to Elect Eric Synenberg, Alan Feuerman, Treasurer. 2429 Brian Drive, Beachwood, Ohio 44122



## The Chagrin Valley Camera Club

The Chagrin Valley Camera Club meets twice a month on Tuesdays, usually at the Beachwood Library (unless another location is indicated below). Meetings are from 7 to 9 pm. Guests are always welcome! Upcoming meetings include:

### November 7 (at the Orange Library)

Guest speaker Steve Manchook, a veteran local photographer, will speak about "Eclectic Imaging." In a presentation that offers visual themes of the eye and camera lens, he will offer his insight on what attracts him most to a subject and his approach to capturing images, both with his camera and in post-production.

### November 21 (at the Mayfield Library)

At this "critique session," members will offer insightful feedback about contributed images. Although sessions are often theme based, this session will be open to photos of any kind. Even if you don't submit a photo, these gatherings are a great way to learn about what other photographers look for when viewing images.

For a complete overview of meetings, speakers and events, please visit <http://www.chagrinvalleycameraclub.com/>.



## Women of Fairmount Temple

The Women of Fairmount Temple invite you to the following programs:

### Sunday, November 12 • 9:30 am

Rabbi Caruso will lead a conversation titled "Why We Chose Judaism." Bagels and Coffee will be available at 9:30 am and the program will begin at 10 am. This program is sponsored by Men of Fairmount Temple and Women of Fairmount Temple.

### Tuesday, November 14 • 11 am

Join us for First Families of the Bible class with Diane Lavin, followed by lunch at 12:15 pm. Reservations must be made for lunch by Friday, November 10, by calling Phyllis Henry at 440.461.7921. Cost for all is \$10 and Eva is the caterer. Steve Presser of Big Fun will speak on

the "The History of Toys" at 1 pm. If you have an old toy you would like Steve to examine, bring it along.

### Sunday, November 19 9:30 – 11:30 am

Help us help others at Mitzvah Morning. Everyone is invited to work on projects that help various organizations. Coffee is always available.

### Tuesday, December 5 • 7-9 pm

Join us at our Chanukah Celebration and enjoy food (potato latkes), music and a gift exchange. The gifts are inexpensive, but the reaction to some of them is a howl!

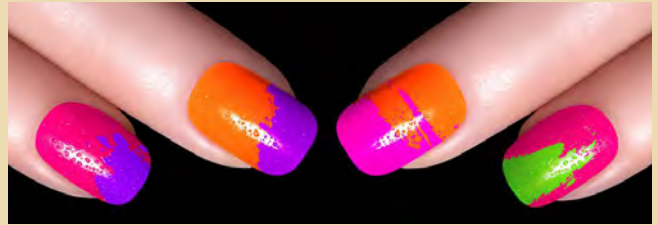
**Voting is a privilege.**

**Be sure to vote on or before Tuesday, November 7th.**



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# Oncologist Joins National Conversation Covering Cancer Policymaking

By June Scharf

Joel Saltzman, MD



When it comes to cancer policymaking, legislators in Washington D.C. must grapple with the overlapping interests of cancer patients, care delivery systems and funding mechanisms.

As a medical oncologist, Beachwood resident Joel Saltzman traveled to Washington D.C. last month to join the annual advocacy summit of the American Society of Clinical Oncologists (ASCO), a multi-disciplinary group of 40,000 professionals worldwide who treat people with cancer. The group addressed the most pressing issues and met with legislators to advocate for better patient cancer care. Members who attended the summit included approximately 100 doctors nationwide, including surgeons,

pathologists and representatives from industry, in addition to medical oncologists.

Saltzman has been a member of ASCO's clinical practice committee since 2014, and in this capacity, he works to guide the oversight of oncology practices to help ensure that issues related to providing cancer care nationally are addressed. Through his work on this committee, he co-authored a unique payment model to encourage quality, value-based care in cancer care. Locally, he is the medical director at Lake Health University Hospitals Seidman Cancer Center in Mentor and sees patients at University Hospitals Cleveland Medical Center as part of the multidisciplinary gastrointestinal team. He is also the medical

director for community-based clinical trials for the Seidman Cancer Center.

The issue of greatest concern to ASCO at this recent summit is related to the National Institutes of Health's funding. The group advocated for a 3% increase (\$2 billion) in the face of the Trump Administration's proposed historically large 21% cut. They also pushed for increasing funding to the National Cancer Institute, which helps pave the way for clinical trials.

"We provided justification for why the funding should be increased, and there is bi-partisan support on this issue," Saltzman says.

Another issue of great importance involves the Oral Parity law, which addresses equal in-

surance coverage for chemotherapy drugs that are administered orally, comparable to coverage for drugs provided intravenously at an oncology clinic. The oral route is more convenient and less time consuming, but in a few remaining states, it's treated as a pharmaceutical benefit instead of a hospitalization benefit and, as a result, the coverage is not as comprehensive. According to Saltzman, 43 out of 50 states already have laws providing for parity between oral and IV drugs. What ASCO seeks is the

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<b>DEBATES IN JEWISH HISTORY</b> 6 Wednesdays beginning November 1, 2017 10:00-11:30 AM -or- 7:30-9:00 PM	
<b>READ IT IN HEBREW</b> 5 Sundays beginning January 7, 2018 9:30-11:00 AM	
<b>THE ART OF COMMUNICATION</b> 6 Wednesdays beginning January 17, 2018 10:00-11:30 AM -or- 7:30-9:00 PM <i>Accredited for CME &amp; Mental Health Professionals</i>	
<b>THE ISRAEL EXPERIENCE</b> 10 day trip in Israel, March 4-13, 2018 www.LandandSpirit.org	
<b>PATTERNS OF EVIDENCE - EXODUS</b> Award winning film viewing March 25, 2018 6:30-9:30 PM	
<b>THE EXISTENCE: RETHINK IT</b> 6 Wednesdays beginning April 18, 2018 10:00-11:30 AM -or- 7:30-9:00 PM	
<b>SHABBAT IN THE HEIGHTS</b> Shabbat at Chabad's World Headquarters, NY April 27-29, 2018 www.ShabbatintheHeights.org	



same standard for all states. Ohio is among those states that have a parity law.

The final issue they addressed follows a thread in the Affordable Care Act, which penalizes or rewards medical practices for their value-based care with a 4% attachment, depending on an evaluation for which Medicare is the interpreting body. The problem lies with how the law affects drug costs that medical practices buy first, then charge and recoup the cost from patients. If a practice is penalized by 4% after drugs are sold, it will be operating at a deficit. "This will put some practices out of business and possibly deny cancer treatment to people living in small towns," he reports.

In separate meetings, Saltzman participated in conversations concerning clinical trials. Breaking down barriers was the thrust of the mission among the ASCO members involved. The issues relate to developing

efficient systems that allow patient access to clinical trials as close to home as possible.

Another challenge lies with how insurance companies sometimes limit participation.

Creating more widespread awareness of trials is a key element, with both doctors and patients needing increased information about access and availability. To address the limited access aspect to treatment and to enhance patient experiences, Saltzman reports that a push was made to have trials offered at smaller regional medical facilities instead of the nearly exclusive arrangement at large academic institutions.

Working on the frontlines of cancer diagnosis and treatment, Saltzman noticed an increase in colon cancer among those under 50 years of age. Theoretical, population-based evidence suggests that obesity may be a contributing factor. Treatment is effective, but preventive

colonoscopy screening may be recommended too late, starting at age 50, which exposes those who are younger to advanced stage detection.

Saltzman initially was interested in becoming a primary care doctor, but new drug developments and other treatment innovations led him to find traction with oncology, where these new modalities are frequently introduced.

"New technologies have changed how we care for oncology patients," he says, adding that as an oncologist, he also plays a role very much like that of a primary care doctor, where tangential medical issues must be addressed. Ultimately, he likes playing these dual roles, and sees the efficacy of each. He also enjoys the way his work drills down deeply into fact-based research.

"Oncology is the translation of science into something useful," he concludes.

---

To address the administration's suggested deep National Institutes of Health funding cuts: "We provided justification for why the funding should be increased, and there is bi-partisan support on this issue."

—Joel Saltzman,  
Beachwood resident, medical oncologist and medical director at Lake Health University Hospitals Seidman Cancer Center in Mentor

---

## Please vote for Gail McShepard on November 7th!



*"I love Beachwood and would love the opportunity to serve as your City Council representative. I will help to increase diversity, and maintain integrity and government accountability."*



### "A Fresh Perspective for Beachwood"

- Wants to create more effective ways to engage residents.
- Embraces diversity and listens to and respects all voices.
- Believes in maintaining strong safety forces.
- Promotes transparent fiscal accountability.
- Encourages the enhancement of economic development.

### A Proven Leader

- Beachwood Democratic Ward Club Member.
- Member of Democratic Party of Cuyahoga County.
- Past Board Member, Murtis-Taylor Human Services Center.
- Past Board Member, AM/PM Breakfast Club.
- Stewardess Board Secretary at St. James AME Church.
- National and Local campaign volunteer.
- Advocate for public education and social justice.

### Commitment to Beachwood

- Chose to build our family's home in Beachwood 10 years ago.
- Two children who are current students at Beachwood High School and a third child that is an alum.
- Participate regularly as a member of the P.T.O. and Beachwood Boosters.



Endorsed by: U.S. Representative Marsha L. Fudge, District 11 Former Ohio Attorney General and Lieutenant Governor Lee Fisher  
The Honorable Peter Lawson Jones, former Cuyahoga County Commissioner Cuyahoga Democratic Women's Caucus Mr. Albert Ratner The Stonewall Democrats

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

# Select Medical and Cleveland Clinic Open State-of-the-Art Medical Rehabilitation Hospital in Beachwood

Select Medical Corporation, a wholly-owned subsidiary of Select Medical Holdings Corporation (NYSE: SEM), recently held a ribbon-cutting ceremony to celebrate the opening of its new medical rehabilitation hospital in Beachwood as part of a joint venture with Cleveland Clinic.

The new 60-bed inpatient hospital, Cleveland Clinic Rehabilitation Hospital, Beachwood, features private rooms and state-of-the-art rehabilitation equipment to treat patients who suffer from stroke, spinal cord injury, brain injury, amputation, neurological disorders and orthopedic conditions.

The new Beachwood location marks the second medical rehabilitation hospital to open under the joint venture. Cleveland Clinic Rehabilitation

Hospital, Avon, opened its doors in December 2015. In November, a third rehabilitation hospital will open in Bath, Ohio. The focus of the joint venture between the organizations is to enhance inpatient rehabilitation services in Northeast Ohio and improve access for patients with complex rehabilitation needs.

Cleveland Clinic Rehabilitation Hospital, Beachwood, is an acute inpatient rehabilitation facility. Its patients will have physician specialty care, including physicians trained in physical medicine and rehabilitation. Programming at the new hospital will take advantage of Select Medical's experience by partnering with its flagship hospital Kessler Institute for Rehabilitation in New Jersey. For at least a decade, *U.S. News & World Report*

has named Kessler among the top one percent of the nation's rehabilitation hospitals.

In recognition of the hospital's opening, Mayor Merle S. Gorden and City Council proclaimed Monday, October

9, 2017 as "Cleveland Clinic Rehabilitation Hospital Day" in the City of Beachwood.

For more information about Cleveland Clinic Rehabilitation Hospital, Beachwood please visit [clevelandclinicrehab.com](http://clevelandclinicrehab.com).



From left: Mayor Merle S. Gorden, Toby Cosgrove, MD, president and CEO of Cleveland Clinic; David Chernow, president and CEO of Select Medical; Fredrick Frost, MD, chairman of Physical Medicine and Rehabilitation at Cleveland Clinic; and Dave Richer, market administrator and CEO of Cleveland Clinic Rehabilitation Hospital, Beachwood.

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Dell Duncan,  
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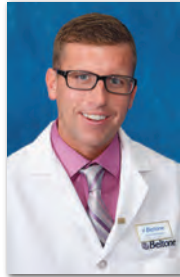
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# WEISS



RE-ELECT MIKE

# ZAWATSKY



ELECT MARIA

# BENNETT



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

# Cleveland Yoga Acquires Barre Cleveland

**T**ami Schneider, owner of Cleveland Yoga, recently acquired Barre Cleveland, located at 3737 Park East Drive in Beachwood. In celebration of this acquisition, Schneider held a ribbon-cutting ceremony on Saturday, September 23.

Schneider's goal is to build Barre Cleveland to offer 30-32 classes per week. She also plans to add meditation classes, Cleveland Yoga teacher training and a couple of prime-time therapeutic-type yoga classes.

At Barre Cleveland, classes offer a personalized one-hour regime of light cardio, pilates, strength and flexibility training with the use of light weights for warming-up, and the ballet barre for support and balance. This total body conditioning technique has evolved to create an intense workout, guaranteed to transform and sculpt your entire body.

Workouts use one's body weight as resistance, which is one of the best ways to maintain a high level of physical well-being. They offer variety, discipline

and a built-in support system.

Schneider has been teaching yoga since 1999. She is an internationally recognized yoga-teacher trainer and senior faculty member of the globally-known Baptiste Yoga Institute.

Cleveland Yoga, which now has studios in Beachwood and University Circle, is opening a third studio in Westlake later this fall.

In recognition of Schneider's Barre Cleveland acquisition, Mayor Merle S. Gorden and City Council proclaimed Saturday, September 23, 2017 as "Barre Cleveland Day" in the City of Beachwood.

*Pictured: Mayor Merle S. Gorden presents a proclamation to Barre Cleveland owner Tami Schneider, who is surrounded by Cleveland Yoga and Barre team members and supporters.*



## BEACHWOOD DEMOCRATIC WARD CLUB 2017 ENDORSEMENTS

MAYOR

**MARTIN HORWITZ**

and

CITY COUNCIL

**JAMES PASCH**

The Beachwood Democratic Ward Club is dedicated to promoting discussion of city, county, state and national Democratic candidates and civic issues. Our club meets monthly. Our next meeting is November 21, 2017, 7 pm, at the Beachwood Public Library.

*New members are always welcome!*

For more information, please contact George Carr, President, at [beachwooddemocrat@gmail.com](mailto:beachwooddemocrat@gmail.com).

Paid for by Friends of Martin Horwitz, David B. Ostro, Treasurer and Friends for James Pasch, Joseph Medici, Treasurer



# Interplay Joins with Fairmount Temple to Present Anita Hollander in Still Standing

Saturday, November 18, 8 pm, at Fairmount Temple



Interplay Jewish Theatre and Anshe Chesed Fairmount Temple announce their joint presentation of *Still Standing*, an evening of original songs written and performed by Cleveland native Anita Hollander. The performance takes place on Saturday, November 18, 8 pm, at Fairmount Temple in Beachwood.

Hollander, a New York-based actress/singer/songwriter, wrote her evening of original songs to chronicle a journey that began with a diagnosis of neurofibrosarcoma (nerve cancer), at age 21. A recurrence at age 26 led to the amputation of her left leg. Two weeks after the surgery, she was on a Boston stage performing in Jacques Brel *Is Alive and Well* and *Living in Paris*.

Hollander subtitles this show “A

Musical Survival Guide for Life’s Catastrophes.” Each song represents a different survival tool.

“Among them,” she says, “are perspective, imagination, humor, and chutzpah.

“The show is funny, moving and generally entertaining, while also speaking to the strength in all of us to survive whatever comes our way.”

*The New York Times* declared her performance “provocative, funny, moving, communicative and beautifully polished [with] a wide rainbow of vocal colors that she uses with dramatic sensitivity as well as comic insights – plus a charming presence that flavors everything she does.”

Hollander’s stage credits span the U.S., Europe and Asia. Among her venues: Carnegie Hall, The Kennedy Center, Playwrights Hor-

izons, London’s West End, New York Shakespeare Festival, Chicago’s Goodman Theatre and the White House. She has appeared in several productions at the off-Broadway company Theater Breaking Through Barriers, most recently in TBTB’s revival of Charles Ludlam’s *The Artificial Jungle*.

Most tellingly, Hollander has also performed with Infinity Dance Theatre and Heidi Latsky Dance and has sung and danced her way through *Cats*, *Ragtime*, *Oklahoma!* and three *Nunsenses*.

A nationally known champion of artists with disabilities, she serves as National Chair of SAG-AFTRA’s Performers with Disabilities Committee.

“Fairmount Temple was a natural partner on this project,” says Faye Sholiton, Founding Artistic Director of Interplay. “It’s where Anita

Hollander received her religious education and where her family remains active. We’re thrilled to bring her home.” Anita and sisters Celia and Rachel, along with brother-in-law Charlie Lewis will join Fairmount Temple’s clergy and provide inspiring Jewish music for the Friday evening Shabbat service on November 17, at 6:15 pm.

Rachel will offer ASL interpretation at Saturday evening’s event.

Admission to *Still Standing*, a suggested \$10 donation, is payable at the door. The evening is underwritten, in part, by the Roy and Eunice Berko Fund at Interplay.

Reservations are available at [interplayjewishtheatre@gmail.com](mailto:interplayjewishtheatre@gmail.com) or by calling 216.393.PLAY (393.7529). For information on the November 18th Shabbat service, visit [www.fairmounttemple.org](http://www.fairmounttemple.org).

## What’s Missing From Our School Board is a Committed-to-Beachwood, Alumna Mom



- Born and raised in Beachwood
- 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

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## Humor Exemplifies the Fine Lines of Age and Wisdom

There are fine lines in life of which we are aware: The finish line that represents winning a race. Those that we have learned through our upbringing to never cross. There are obvious lines that differentiate our faces with experience and time – and those that fit into a song just perfectly to bring humor to the art of aging. Menorah Park's R.H. Myers Apartments' resident Jane Friedman finds and crosses those lines with ease. She says aging is her friend.

Friedman spent much of her adult life working to bring smiles to the faces of those she served, while volunteering with children, adults and seniors. She performed as Raggedy Ann for children for many years, and then spent time singing songs of joy and laughter for senior adults. Her dream to spread her humor and joy to a broader audience came true when a YouTube video created by the Menorah Park Dream Team made its way to news reporter Lauren Wilson from Cleveland's Channel Five.

In Friedman's YouTube video, she sang an original song to the tune of "I Feel Pretty," but she doesn't use the word pretty; it was replaced with a rhyming word that can mean something you may find in a baby's diaper. The song is a humorous testament to all the changes the body goes through as years go by. For some,

the teeth fall out. The hair and skin go thin. The memory fades. The eyes and ears don't work like they used to. "It's not pretty," she says, "and there's not a lot you can do about your age. But your attitude can make a big difference in how you age."

Keeping the funny bone in shape is just half the secret. Friedman is usually busy having lunch with friends, or working out, or swimming, or creating something, or doing something fun and amazing, according to her family. While making others smile comes naturally in all that Friedman does, she recognizes that aging should be taken seriously, and says, "You can't ignore your body."

Friedman receives occupational therapy at the Peter B. Lewis Aquatic & Therapy Center, works on improving her balance and takes yoga and other exercise classes to keep her limber and mobile, which helps her maintain a great attitude and find purpose and meaning in life with ease. She loves to help help others and share her humor about getting older.

Friedman taught second-grade students for many years. She impacted the lives of hundreds of kids, which she says, also kept her young at heart. So, even though her body is aging, she does it with grace, as her heart remains youthful and full of song. For Friedman, that's a wonderful way to live.

Jane was interviewed recently by Channel 5's Lauren Wilson. Her video is at approximately at 10,000 views as of the publish date of this article. Please, go to the Menorah Park YouTube channel to view and share Jane's video. Be sure to like her and share on the Menorah Park Facebook page.





## Beachwood Historical Society Display at City Hall

**N**ext time you visit 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 Beachwood Fire Department. It features images of the city's very first fire truck as well as its modern hook-and-ladder trucks.

### Here's some information:

- Our city's fire chief is Patrick Kearns. Did you know 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 had 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 in our great city, 24 hours a day, seven days a week.



## Free Memory Screenings

**M**enorah Park's Center 4 Brain Health is offering free memory screenings, November 13-15 from 10 am – 1 pm.

If you answer "yes" to any of the following questions, you may benefit from a memory screening.

- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in a conversation?
- Do I sometimes forget where I am or where I am going?
- Have family or friends told me that I am repeating questions or saying the same thing over and over again?
- Am I misplacing things more often?
- Have I become lost when walking or driving?
- Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

Call Krystal at 216.839.6685 to schedule your appointment today. Screenings are provided by Menorah Park's Nursing, Social Work, and Center 4 Brain Health Departments.

Advertise in *Beachwood Buzz!*

# We are Proud to be Endorsed by the Cuyahoga County Democratic Party



**On or Before  
Tuesday, November 7th,  
Please Vote for:**

### Beachwood Mayor

**Martin S. Horwitz**

### Beachwood City Council

**James Pasch**

**Alec Isaacson**

### Beachwood School Board

**Brian Weiss**

**Michael Zawatsky**

**Maria Bennett**

**Thank you for supporting the candidates who are supported by the Cuyahoga County Democratic Party.**

Paid for committees to elect:  
 Martin Horwitz (David B. Ostro, Treasurer)  
 James Pasch (Joseph Medici, Treasurer)  
 Alec Isaacson (Lisa Cynamon Mayers, Treasurer)  
 Brian Weiss, Michael Zawatsky and Maria Bennett  
 (Michael Zawatsky, Treasurer)

10th Annual Beachwood Chamber of Commerce

# Taste of Beachwood



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Participant Voted 2016 Best Overall Display  
**Texas de Brazil**



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# How A SIG Can Further Genealogy Research featured at Jewish Genealogy Society Meeting

Genealogy experts Amy Wachs and Russ Maurer will present "How a SIG Can Further Genealogy Research" at the Wednesday, November 8 meeting of the Jewish Genealogy Society of Cleveland. Special Interest Groups, or SIGs, bring together family-history researchers with common interests. In Jewish genealogy, SIGs are organized around region of origin or special topics. Amy Wachs and Russ Maurer have extensive experience with a variety of SIGs as users, volunteers, and in leadership positions. In their presentation, they will draw on their knowledge to explain how SIGs work and how SIGs can help genealogy research.

Amy Wachs is the president of the Jewish Genealogy Society of Cleveland. She is a member of the Board of LitvakSIG, and

coordinator for the Trakai District Research Group. Wachs is a retired attorney and university instructor, was a Fulbright Scholar, and taught law in Latvia. She later returned to Eastern Europe to teach law in Moldova as a two-time Fulbright Senior Specialist. While living in Eastern Europe, Wachs traveled extensively throughout the region. She has done research on-site at state archives in Lithuania and Poland, and visited archives in Ukraine and Moldova. In June, she taught a full-week course on Eastern Europe genealogy research at the Genealogy Research Institute of Pittsburgh. She often speaks to local groups and at conferences on Eastern Europe and Jewish genealogy topics.

Russ Maurer is active in Jewish genealogy. He serves as a member of the board of LitvakSIG and

coordinator for the Klaipeda district research group. He will be assuming responsibility for coordinating records acquisition and translation for LitvakSIG and is a volunteer indexer and translator for LitvakSIG and Gesher Galicia. Maurer is the administrator for the Jewish Tarnów Facebook group and is active on other Facebook groups including Jewish Genealogy Portal and Genealogy Translations. He has been part of a long-term collaboration with Polish colleagues regarding the Jewish cemetery in Jodłowa, his ancestral village, and helps support the Tarnów cemetery restoration. Maurer's expertise includes on-the-ground research in Polish archives and genealogy-related travel in Lithuania and Ukraine. Russ Maurer retired in 2014 from a career in science education.

Genealogy experts Amy Wachs and Russ Maurer will present "How a SIG Can Further Genealogy Research" at the Wednesday, November 8 meeting of the Jewish Genealogy Society of Cleveland.

The Jewish Genealogy Society of Cleveland meets at 7:30 pm on the first Wednesday evening of the month, in the Miller Board Room at Menorah Park, 27100 Cedar Road, Beachwood. Board members are available at a Help Desk from 7 pm to assist with individual research questions. Guests are welcome. RSVP to: [Programming@ClevelandJGS.org](mailto:Programming@ClevelandJGS.org).

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# CITY OF Beachwood Council Update

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**JAMES PASCH**



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james.pasch@beachwoodohio.com

## POSSIBLE TRASH ASSISTANCE PROGRAM

The City of Beachwood is considering a trash assistance program. Before we can determine how/ if this service can be provided and at what cost, we need to gauge the level of interest. If you are 80+ years or disabled and have no one in your single-family home to assist you and would be interested in this service, please call 216.595.3733 or email [communityservices@beachwoodohio.com](mailto:communityservices@beachwoodohio.com).

A postcard was mailed with a deadline of October 14. If you missed this and would like to respond, please do so at your earliest convenience. We are always looking to improve the quality of life for our residents.



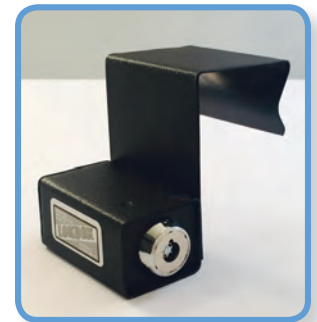
## NEW LOCKBOX PROGRAM

### NEW LOCKBOX PROGRAM EXPEDITES EMERGENCY ACCESS INTO BEACHWOOD HOMES; REDUCES PROPERTY DAMAGE CAUSED BY FIRST RESPONDER FORCED ENTRY

Beachwood Department of Fire-Rescue is offering a residential lockbox program to expedite emergency access into homes during emergencies. To date, over four dozen lock boxes have been placed throughout the City.

“Often times in emergency situations people are not able to open their door,” said Mayor Merle S. Gorden. “The lockbox program will offer a faster and less costly solution than breaking down a door to help victims.”

Pay a one-time \$30 fee for a small, secure metal box which hangs over the front door with a spare key inside. The box is locked by a unique key that is accessible exclusively by the Beachwood Fire Department and only used in the event of an emergency. Residents interested in purchasing a lock box should contact 216.292.1965.



## City Contact Information

**CITY OF BEACHWOOD**  
25325 Fairmount Boulevard  
Beachwood, Ohio 44122

216.464.1070  
[www.beachwoodohio.com](http://www.beachwoodohio.com)



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**CLERK OF COUNCIL**  
216.595.5493



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

## BEACHWOOD: A BUSINESS FRIENDLY COMMUNITY

Beachwood is a thriving commercial hub that is home to more than 2,500 businesses. With a longstanding, well-deserved reputation as a blue chip business center, Beachwood attracts more than 100,000 people every day for business, health care, shopping and entertainment.

To learn about new businesses that have recently opened in Beachwood, visit our Economic Development webpage at [beachwoodohio.com](http://beachwoodohio.com).

## LEAVES TODAY...MULCH TOMORROW

The City of Beachwood recycles 100% of all leaves and brush collected.

## FALL LEAF PICK-UP

Now through December, leaf trucks are in continuous daily operation throughout the City (weather permitting).

Collection is ongoing from one end of town to the other end of town. There is no need to call for a special pick-up.

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



## MISSED A COUNCIL MEETING?

To listen to audio recordings or view live & archived videos, just visit [www.beachwoodohio.com](http://www.beachwoodohio.com) and click on the link.

## OF SPECIAL NOTE

Veterans Day Salute will take place on Sunday, November 12 at 11:00 a.m. Beachwood Cemetery. Open to the public.

## USE CAUTION & BE SEEN

As daylight hours get shorter, use caution when walking at dawn, dusk and evening hours. Add reflective items to your clothing. When and if it is necessary to walk in the street, please walk facing traffic and if in a group, single file.



**American Red Cross**

## BLOOD DRIVE

FRIDAY, DECEMBER 15 FROM 1:00 – 7:00 P.M.  
BEACHWOOD COMMUNITY CENTER



Give blood.  
Save a life.

## UPCOMING MEETINGS

### CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Monday, November 6, 20 and December 4. Questions? 216.595.5462.

### PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, December 14. Questions? Call 216.292.1914.

### ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Monday, November 6, 20 and December 4. 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

## DID YOU KNOW?

Anyone can view monthly statements of cash from revenue and expenses as well as our monthly check report in the publications section online at [www.beachwoodohio.com](http://www.beachwoodohio.com).

## TIPS FOR MANAGING A POWER OUTAGE



If you see a wire down, stay away from it and call 1.888.LIGHTSS (544.4877) or the police or fire department. Never use your stove, gas grill or a heater designed for outdoor use to heat your home. Never use candles around pets or small children. Visit [www.firstenergycorp.com](http://www.firstenergycorp.com) for outage maps and useful information.

Hazards are restored first and priority goes to hospitals, safety departments and other critical facilities. Repairs are prioritized to restore lines that affect the largest number of customers. Text OUT to 544487 to report an outage via text messaging. You can also sign up for outage email or text alerts.

## VETERANS DAY SALUTE

NOVEMBER 12, 2017 • 11:00 A.M.  
BEACHWOOD CEMETERY

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



## ART EXHIBIT

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.

HeArt ESPIRITU

NOW - NOVEMBER 12



Beachwood Arts Council board member Carolyn Frankel-Krieger exhibits her acrylic and mixed-media paintings from her book, *Be Like Rachel, Lessons of Character From Women of the Bible*. Signed copies available for purchase at the reception.

Beachwood Recreation Community Theater  
Proudly Presents

# Annie

This timeless tale of Little Orphan Annie demonstrates a beautiful message of hope to all generations. Join this famous red head on her journey from the orphanage to the home of Oliver Warbucks, business tycoon. Not only does Annie wiggle her way into his home but in a matter of weeks she finds a way into his heart, permanently. This heartwarming tale includes songs such as "Tomorrow", "I Don't Need Anything But You" and "We'd Like to Thank You, Herbert Hoover".

### PERFORMANCE DATES

Sat., December 2 - 4 p.m.  
Sun., December 3 - 2 p.m.  
Fri., December 8 - 7:30 p.m.  
Sat., December 9 - 4 p.m.  
Sun., December 10 - 2 p.m.  
Fri., December 15 - 7:30 p.m.  
Sat., December 16 - 4 p.m.  
Sun., December 17 - 2 p.m.

### LOCATION

Beachwood  
Middle School  
Auditorium

### TICKET PRICES

\$8.00 - Students  
\$8.00 - Seniors  
\$9.00 - Adults

Tickets available at the door  
30 minutes prior to curtain

Director: Jill Koslen-Freireich Musical Director: Rory Sanders

CITY OF  
*Beachwood*

Call Beachwood Recreation 216.292.1970 for more information



## Council Update





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# HONKIN' HAULIN'

## HANDS-ON TRUCKS

Photos by Scott Morrison

On Sunday, September 17, the City of Beachwood held its 18th annual Honkin' Haulin' Hands-On Trucks event at its Municipal Service Center on Mercantile Road. While kids enjoyed a fleet of activities including crafts, cruising in safety town cars and getting up close and personal with more than 30 trucks, parents had an opportunity to get a behind-the-scenes look at the city's Municipal Service Center. Kids also created their own license plates, dressed up like a service worker and fire fighter, tried their hand at pulling a real fire hose, talked with a mechanic, learned how to call 9-1-1 from a simulator, enjoyed refreshments and much more. Families came from near and far to enjoy this spectacular event.

*Pictured, this page, from top left:* Nachum and Nathaniel Spinna; Simcha Spolter with Officer C.J. Piro; Andrea Jimerez, Rodrigo Valeuzuels, Camila Valeuzuels and Custobal Valeuzuels; Carlos Aravena, Claudia Jimenez, Matias Aravena and Sofia Aravena; Adrian Cang; Vaani K. Neelahantan and Madison McShepard.

*Opposite page, from top left:* Rabbi Gancz with Mendel, Mayer, Shmuel and Sora Gancz; Michael Sanson; Lucas Vickers with Ptl. Jamey Appell; Simon and Emma Ginsberg; Stella Schultz; Ariela Roski and Priyasha Ghosal; Laya and Kedar Viswanath; Brennan Wohl, Reese Miller, Addy Wohl and Brody Miller; Cameron and Amber Phelps; Rafi Eleff; Aren Fahradyan; Zorrie and Cooper Lefko with Officer C.J. Piro; George and Antoni Hinczewski; Ayden Zakowsky and Ara Locsei.









# BEACHWOOD FALL FESTIVAL





On Sunday, October 8, The City of Beachwood partnered with Beachwood City Schools and Beachwood Chamber of Commerce to host its 1st Annual Fall Festival, which took place in the Beachwood City Hall parking lot. This event brought more than 3,500 members of the community together on homecoming weekend to enjoy face painting, balloon creations, inflatables, carnival games, a 9-hole miniature golf course, food trucks, a melt-in-your-mouth caramel apple and funnel cake bar and more.

Guests enjoyed a free performance by Beachwood's own American Idol semi-finalist Stephen Fowler and his band, TCB. Fowler is a 2000 graduate of Beachwood High School and a current resident with two boys attending Beachwood Schools.

Pumpkin carvings by Mike Pickett and a pumpkin patch were new features of this year's family event. Unique Boutique, which provides an opportunity for artisans, businesses and other organizations to offer hands-on activities and sell their wares, was also a part of this festival.

*Pictured, opposite page, from top left:* Grant Zelman plays in the pumpkin patch; Sanaa Sayeed and Sadiq Khan enjoy caramel apples; James Blankenberg on the bouncy ride; Taylor Balazs and Melondy Shen go through the corn maze; Liz Morrison and her service dog, Cedar, visit Amy Pierce at the Heidi's This-n-That booth; Police Chief Gary Haba and Judy Kossoff at the Beachwood Police Department booth; Leilani West spins around on an inflatable ride; Zeiah Lawniczak nails it at the football booth.

*Pictured, this page, from top right:* Nana Mamoto and Ayaka Sasaki with their twisted balloons; Sriram, Sahana, Samhita and Swetha Rajagopal visit the Fire Department's exhibit; Tahu and Dhruv Goyal Singla try their luck at putt putt; Rachel Glibert at her LuLaRoe booth, Ellie and Jill Small enjoy ice cream; Matt, Graham and Mariana Polomsky at the rock-painting booth.

*Photos by Scott Morrison*





## Continued Operating and Bond Levy - May 2018



Dear Beachwood Community Members,

Last month, the Beachwood Board of Education began the process of placing a combined operating and bond levy on the May 8, 2018 ballot. These levies complement one another, providing funding for two distinct needs facing our community.

All Ohio public schools are funded, in large part, by operating levies. Beachwood has not asked its voters for an operating levy since 2005, longer than many other school districts in Ohio. After **13 years of cautious fiscal stewardship**, it has become necessary for the district to ask our community for more funding. For the average homeowner (\$250K home), the **operating levy will cost \$43/month**. Despite years of **holding our expenditures flat** when adjusted for inflation (1.2% average annual increase over 10 years -- lower than the rate of inflation), one important reason why we must now ask for additional operating revenue is because the **Ohio General Assembly** has passed legislation that will **cut \$2.5 million in funding from Beachwood** annually. More than half of the new operating revenue we seek simply makes up for the loss of state funds.

The **bond levy** will pay for the consolidation of our three primary schools into **one state-of-the-art, energy efficient elementary school** on the Fairmount School site. This project is a **critical investment in the future** of elementary education in Beachwood, keeps our district on the forefront of education, and will attract families to, and retain families in our community. Additionally, consolidating schools will result in at least **\$500,000 of operational savings per year** – the equivalent of at least \$16 million in present day value over the life of the levy. The bond levy will raise the estimated \$39 million to construct the new addition to the Fairmount School. For the average homeowner (\$250K home), **the bond levy will cost \$20/month**.

**Bryden and Hilltop elementary schools are nearly 60 years old** and have significant infrastructure needs that we are unable to remedy with simple repairs or minor renovations. These facilities **do not match the quality of the educational programming Beachwood provides its children**. The new consolidated elementary building will be designed to meet our educational needs for the next half century and to accommodate our steady student enrollment. In addition, after consolidating, the district will have the opportunity to repurpose the **Hilltop site as a community recreational park**. The **Bryden site** would be developed for **single-family homes**, Beachwood's first opportunity for new housing like this in decades. These exciting components of our plans will also be of benefit to the entire Beachwood community.

**The need for the combined operating and bond levy cannot be understated.** Neither issue can be delayed a few years. By combining the issues now, we are able to ask for less in the operating levy due to the anticipated operational savings noted above. If we do not secure new operating revenue, we will be forced to make cuts over the next several years that will significantly diminish the educational offerings and experiences the Beachwood community has grown to expect from our award-winning schools.

Thank you for your time and consideration of these important issues. **There is much at stake on May 8, 2018.**

Please visit our website ([www.beachwoodschoools.org](http://www.beachwoodschoools.org)) to learn more and feel free to send me any comments or questions you may have about our plans.

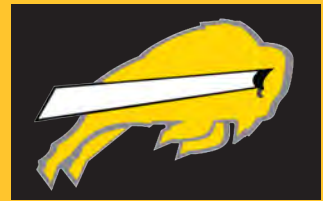
Thank you for your steadfast support of our school district,

Dr. Robert P. Hardis, Superintendent



**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 • kevin@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



## Beachwood vs. Orange Food Drive at Beachwood Place

Please join Beachwood Schools in a friendly challenge to see who can provide the most food for the Cleveland Food Bank. On Saturday, Nov. 4 and Sunday, Nov. 5 families and community members can visit Beachwood Place between the hours of 8 am to 8 pm to drop food in the Beachwood bin. The food bank will pick up the bins on Monday morning to weigh and sort the donations. The winning community will be announced that week. We invite all of our Beachwood community to join with the schools to provide basic food supplies for families in need. Unsure what to donate? Here are the seven most requested items: canned or dry beans, canned tuna in water, peanut butter or other nut butters, rolled oats, canned fruit in juice, canned vegetables and canned soups.



## Beachwood Choirs Present A Night of Cabaret

Please join us on   
**Tuesday, November 2 at**  
**Beachwood High School's Auditorium**  
for a one night, special performance featuring music selections from our **High School Show Choir and Choir, Middle School Choir and Hilltop Sign Choir.**  
Doors will open at 6:30 pm.  
Tickets (\$5 students and senior citizens/ \$7 adults) are available online at [www.beachwoodschoools.org](http://www.beachwoodschoools.org) or at the door that evening.  
Following the show, please stay for a dessert reception and mingle with the cast.

# HOMECOMING WEEKEND

Homecoming Weekend saw the return of the BONFIRE along with a new, combined City - Chamber - Schools event, the Fall Fest! Plans are already underway to plan next year's joint events.



School Board President Mitchel Luxenburg, Board Member Brian Weiss, Vice President Mike Zawatsky and Superintendent Bob Hardis, enjoy the bonfire



Homecoming queen Abby Brewer, center, flanked by runners up Gabrielle Rodriguez and Raya Holz



ASL Club led by teacher and alumni, Sharon Weisman



Visit us at [www.beachwoodschoools.org](http://www.beachwoodschoools.org)  
[www.facebook.com/BeachwoodBison](http://www.facebook.com/BeachwoodBison)



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 Mon - Fri 10 to 8 • Sat 10 to 6:30 • Sun noon to 5



# Happy Holiday Shopping

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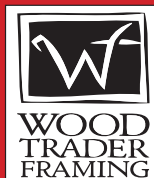
- Target
- Toys R Us/Babies R Us
- Old Navy
- Ulta
- Five Below
- Micro Center
- Bed Bath & Beyond
- Michaels
- Marc's
- Fish Furniture
- Marshall Carpet
- Great Clips
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- CVS
- Fox & Hound
- 5th Avenue Deli
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- Café 56
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- Nail Lacquer
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- Games Workshop

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**The Music Settlement**



**Holiday CircleFest, Dec. 3**  
An afternoon of performances & activities for all ages

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Sort by age & enroll online:  
[TheMusicSettlement.org/all](http://TheMusicSettlement.org/all)

**Express your ABCs**  
Preschool • Day School • Kindergarten  
**Early Childhood Open House**  
Sun. Nov. 12, 2017 & Sun. Jan. 7, 2018, 1:00 - 2:30 p.m.  
Other January dates at [TheMusicSettlement.org/calendar](http://TheMusicSettlement.org/calendar)  
Curious? Call 216-421-5806 xt. 160

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

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# 20 Holiday C

**Heidi's This N That** mirrors its owner's, Heidi Shupp's life. She has always shopped diligently – admittedly way too often – for anything unique at a good price that could bring happiness into her life or someone else's. The store, its displays and the items in it are unique, fun, inspiring, different and “happy” – all offered at good prices. It is truly a “this n that.” Heidi purchases clothing, purses, accessories, housewares and anything else that touches her in some way, which she feels may touch someone else as well. Whether shopping for yourself or someone else, stop in and see Heidi's selections. They're bound to make you smile. For additional information, please ad on page 42.



### **Robert & Gabriel Jewelers**

Celebrate your holidays with the perfect gift from Robert & Gabriel Jewelers. We have a wide selection of beautiful jewelry and giftware starting at \$40.00. Complimentary gift wrapping is also available. Call us at 440-473-6554 for Special Holiday Hours or just stop by.



### **Fairmount Temple Unique Holiday Boutique**

The 8th annual Fairmount Temple Unique Holiday Boutique will take place on Sunday, November 19 from 9 am – 2 pm at 23737 Fairmount Boulevard. The event is one of a kind, free and open to the public! *Pictured: Necklace by Eggzotika, created with egg shells.*



### **Mulholland & Sachs**

At Mulholland & Sachs, we offer personalized service. If you have no idea what to give to someone, let us help you. Complimentary gift wrapping is available; and shipping, if needed. Open until 8 pm Monday through Friday from Thanksgiving weekend to the 23rd. *Pictured: Necklace by Julie Vos.*



### **Wood Trader**

At Wood Trader, we invite you to preserve your unique treasures with framing this holiday season. Photos, artwork, kid art and memorabilia all make for great gifts. Allow us to frame your most precious memories for generations to come. We offer eco-friendly custom framing, mirrors, sculpture bases, installation, framed artwork, photo frames and more.



# 17 Gift Guide

## **Eastgate Shopping Center**

Eastgate Shopping Center provides the best of great retail, convenience and value. Shop at our impressive collection of stores, stay for lunch, dinner or breakfast, and treat yourself to a movie, a manicure, or a massage. We offer plenty of close-in parking, too.

*EastGate*  
SHOPPING CENTER



## **Discovery Photo**

Discover Photo is a full-time, full-service photography studio that has been serving the Beachwood community since 1991. Take advantage of our state-of-the-art studio or locations in and around the area this holiday season. We are creative and personable. From head shots to family portraits, Discovery Photo offers exceptional quality at reasonable rates. Call 216.310.7722 to book your appointment today!



## **Maltz Museum of Jewish Heritage: The Museum Store**

This holiday season, skip the big box stores and check out boutique gifts to show your appreciation. Whoever you're buying for, whatever their style, this store has stylish Judaica and holiday gifts for the ones you love. For a personal shopping appointment, please call Helen Fineberg at 216.593.0581 or email [hfineberg@mmjh.org](mailto:hfineberg@mmjh.org). Regular store hours are Tuesday – Sunday, 11 am – 5 pm and Wednesday it is open late 'til 9 pm. For more information, visit [www.maltzmuseum.org](http://www.maltzmuseum.org).



## **The Corner Alley Uptown**

Gifts can be a challenge, but you can never go wrong with giving the gift of an amazing experience. That's what you get when you give a gift card from The Corner Alley Uptown. It's non-stop fun for all ages. With state-of-the-art bowling, great food and drinks, and free video games, your loved ones are sure to appreciate the gift and the memories they'll make.



## **The Music Settlement**

The Music Settlement invites you to celebrate the holiday season at University Circle's Holiday CircleFest on Sunday, December 3 from 1 – 5 pm. Enjoy its ensembles, soloists, children's craft, Inlet Dance Theatre's trainees and apprentices, and more. Donations of playable band and string instruments welcome! Visit [www.TheMusicSettlement.org/calendar](http://www.TheMusicSettlement.org/calendar) for a schedule of events.

*Pictured: Zarhia Blue plays the violin at The Music Settlement during last year's Holiday CircleFest.*

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## From the Cleveland International Film Festival

The Cleveland International Film Festival (CIFF) has unveiled the first of its 2017-2018 Presentations Event Series. The series, now in its second year, celebrates independent film and filmmakers and strives to connect them to audiences. This year's line-up includes:

### CIFF Encore Presentation: STUMPED

Friday, December 8 • 7 pm  
The Breen Center  
for the Performing Arts  
\$50 per person

This very special event will include a screening of the Global Health Competition Award Winner from CIFF41, STUMPED, as well as a pre-film catered reception and a post-film Q&A with some of the film's principals. The CIFF41 Global Health Competition was sponsored by the Cleveland Foundation.

### CIFF Preview Presentation:

#### GET SHORTY

Friday, February 9  
7 pm  
The Breen Center  
for the Performing Arts  
\$50 per person

This one-of-a-kind event lets you program some of the short films to be screened at CIFF42. This unique night out will also include an array of hors d'oeuvres and beverages.

Enjoy one or both of these special evenings as CIFF celebrates independent films and filmmakers. Space is limited, so make your reservations today at [clevelandfilm.org/presentations](http://clevelandfilm.org/presentations), or call 216.623.FILM, ext. 14.

CIFF42 will take place April 4 – 15, 2018 at Tower City Cinemas and select neighborhood screening locations. For more information, please visit [clevelandfilm.org](http://clevelandfilm.org) or call 216.623.3456.

The Cleveland International Film Festival is supported in part by the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture.





# Jewish Cleveland Announces the "Double Your Impact Match"

The Jewish Federation of Cleveland announces the "Double Your Impact Match," a new match initiative to benefit the Campaign for Jewish Needs, the annual fundraising campaign that ensures our community's vitality and vibrancy in the year ahead. To learn more or make a gift, visit [www.jewishcleveland.org/campaign](http://www.jewishcleveland.org/campaign).

"An anonymous donor has generously contributed \$500,000 to challenge us to expand our reach during this year's Campaign," said David F. Adler, general campaign chair. "I encourage everyone to meet the challenge of the match. These funds will increase our ability to meet our goals of ensuring a Jewish future, safeguarding our community, supporting Israel, and aspiring to leave no one behind."

About the Double Your Impact Match

- This match is made possible through the generosity of an anonymous donor and is available only through the close of this year's Campaign for Jewish Needs on December 13, 2017.
- Matching funds are available for all new gifts or increases up to \$10,000 made during the 2018 Campaign.
- For all donors who sign up for Monthly Giving of \$10 or more per month, a \$100 matching gift will go to the 2018 Campaign.
- Up to \$500,000 is available through the match. Help our community receive the full \$500,000 by making a new gift, increasing your own gift, or signing up for Monthly Giving and spread the word to others.

Meeting the match will allow us to further our community's Campaign priorities and help change and save lives in Cleveland, Israel, and 70 countries around the globe.

For more information, please contact Abbie Levin, vice president of Development, at 216.593.2840 or [alevin@jcfclve.org](mailto:alevin@jcfclve.org).



Jewish Federation  
OF CLEVELAND

CAMPAIGN FOR  
JEWISH NEEDS

## INSPIRED by SPEAKING OUT FOR WHAT'S RIGHT



45,000

IN JUST ONE YEAR, WE HELPED SEND APPROXIMATELY 45,000 YOUNG ADULTS FROM ACROSS THE COUNTRY AND AROUND THE WORLD TO ISRAEL, DEEPENING THEIR CONNECTION TO OUR JEWISH HOMELAND.

**WHATEVER INSPIRES YOU,  
IT'S HAPPENING HERE.**

The Boycott, Divestment, and Sanctions Movement (BDS) continues to delegitimize the State of Israel, with growing support on our college campuses. We are helping young adults build strong Jewish identities by deepening their connection to Israel through personal experiences and providing the tools needed to stand up and speak out for what they believe in. We are proud to be Jewish Cleveland and support Israel.

**Together, we stand united.**

**DONATE NOW**

[WWW.JEWISHCLEVELAND.ORG/CFJN18](http://WWW.JEWISHCLEVELAND.ORG/CFJN18)

## 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.

"Thankfulness creates gratitude which generates contentment that causes peace."

~ Todd Stocker



Jill Dietz, MD

## What's New in Breast Cancer Diagnosis and Treatment?

**W**hat do you think of when you see a pink ribbon? Breast cancer, of course. Since 1990 when the Susan G. Komen Breast Cancer Foundation first handed out bright pink visors to breast cancer survivors running in its Race for the Cure, pink has become an internationally recognized symbol for breast cancer awareness. That heightened awareness, coupled with advances in diagnosis and treatment in the decades since, have contributed to higher survival rates for women with breast cancer, particularly for women over 50.

### Do the Mam Thing

Breast health specialists universally agree that an annual mammogram (breast X-ray) continues to be the most powerful tool a woman has to detect breast cancer early. In recent years, the technology has advanced from the standard two-dimensional mammogram to three-dimensional digital breast tomosynthesis, or the 3-D mammogram. "Breast tomosynthesis is probably the most significant advancement in breast cancer diagnosis and treatment developed over the last decade," says Jill Dietz, MD, University Hospitals Director of Breast Center Operations.

Tomosynthesis takes images from multiple angles and uses computer processing to build these "slices" into a three-dimensional image. "This technology gives doctors a clearer, more detailed picture that makes breast abnormalities easier to see and detect in their early stage," Dr. Dietz explains. "It is like reading all of the pages of a book instead of just the front and back cover. Another benefit is that the women who have a 3-D mammogram have to come back much less often for additional views than women who have 2-D mammograms."

Donna Plecha, MD, UH Director of Breast Imaging at UH, was an author on the scientific paper that introduced the world to the benefits of this improved technology. Today, UH Breast Health Centers use 3-D mammography routinely.

### New Techniques, More Options

Surgery is still the first-line treatment for breast cancer, but today women have more choices, and surgical techniques have advanced, Dr. Dietz reports. "Breast-sparing surgery (lumpectomy) followed by radiation is often an option for women with early-stage breast cancer," she says. "With the latest breast-sparing techniques, we now can remove larger tumors that used to require total mastectomy by using oncoplastic techniques.

"Many women are candidates for breast reduction or mastopexy, which allows the surgeon to take wider margins, preserve the shape of the breast and prevent deformity," she notes. "We also have the ability to treat women with several tumors with breast-conserving surgery, with the same outcomes as total mastectomy."

For women with more extensive breast cancer or

genetic abnormalities, UH breast and plastic surgeons now are able to achieve excellent aesthetic results by combining nipple-sparing mastectomy with the latest breast reconstruction techniques. With these techniques, the only scar a woman has can be hidden under the breast. "For some patients, depending on the tumor size and location, we can perform immediate reconstruction, eliminating the need for another surgery," Dr. Dietz adds.

### Chemo and Beyond

Research also has led to advances in chemotherapy with new drugs and drug combinations, as well as the development of non-drug treatments. Medical therapies like chemotherapy, hormone therapy, immunotherapy and targeted therapy are used in combination with surgery for women with later-stage breast cancer to improve survival and reduce their risk of the cancer recurring.

Targeted therapy is one of the newest forms of medical treatment for breast cancer available through UH Breast Health Centers. Targeted therapies are usually used along with chemotherapy, but have

milder side effects because these medications attack breast cancer cells without harming normal cells. Targeted therapies work by blocking cancer cell growth in specific ways such as targeting abnormal proteins that support tumor growth.

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Dr. Dietz urges women age 40 and over to take the first step toward breast health by scheduling an annual mammogram.

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Dr. Dietz urges women age 40 and over to take the first step toward breast health by scheduling an annual mammogram. "Women are not always the best at taking care of themselves, but are quite good at caring for others. Use the buddy system, pick someone you care about and remind them to get their mammogram," she suggests. To schedule a mammogram at one of UH's 28 convenient locations, call 216.844.3097.





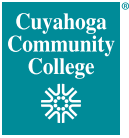
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## Heritage Home Program

Beachwood is proud to be a Heritage Home Program (HHP) community, offering Beachwood residents free technical assistance for home repair and maintenance projects for homes 50 years or older.

The program, conducted in partnership with the Cleveland Restoration Society (CRS), has provided millions of dollars of free services to Beachwood residents.

HHP and CRS provide services including site visits to answer home repair, improvement and maintenance questions, advice on energy efficiency, access to information on local contractors, evaluation of bids and much more. Qualified Beachwood homeowners also have the option of obtaining a low-interest, fixed-rate HHP loan. Eligible projects may include (and are not limited to):

- Exterior and interior painting
- Window repair and replacement
- Kitchen and bath improvements and remodels
- Carpentry and plumbing
- Chimney repair and masonry work
- Basement finishing and waterproofing
- Air conditioning
- Wood floor refinishing

If you have a home that's 50 years or older, you may qualify for this free resource and should consider taking advantage of it.

To learn more about the HHP program, please visit [www.heritagehomeproject.org](http://www.heritagehomeproject.org) or call 216.426.3116.

## A Mindful Approach A Better Feeling is Just a Thought Away

**B**etsie Saltzberg, PsyD, a psychologist and mindfulness practitioner, knows how to help children and teens live happier, healthier lives. For more than 25 years she has successfully worked with stressed, anxious, depressed youngsters.

"I developed a proprietary protocol, utilizing 21st-century, proven-to-succeed techniques, which I deliver in person and online," Dr. Saltzberg told us.

In addition to traditional talk and cognitive behavioral therapies, she treats youngsters using breath awareness, bibliotherapy, dream analysis, emotional freedom technique (EFT/Tapping), guided visualization, journaling, meditation, practical reiki, reflexology, releasing techniques and self-hypnosis.

Dr. Saltzberg's online treatment options are called BlissMinutes™. She offers 24/7 unlimited text messaging, along with video sessions, on a HIPAA compliant platform. BlissMinutes™ give parents the choice to provide pre-teens, teens and college students the convenience to connect with her from their digital devices. As Dr. Saltzberg puts it, "Teens are always on their phones, so instead of waiting a week or more to get feedback and advice on a troubling event from a therapist, a child can make immediate contact when a problem occurs at home or at school and get help the same day."

While online therapy is catching on for the adult population, to the best of Dr. Saltzberg's knowledge, hers is the first practice to offer services to children and teens.

"I'm excited about how A Mindful Approach is gaining

traction," she told us. "Teletherapy is here to stay; it's following in the steps of telemedicine."

Dr. Saltzberg recognizes that all children and teens encounter stressful, anxiety-producing events every day at school, at home and in life. As such, she arms them with techniques they can apply anytime and anywhere symptoms arise.

This gives youngsters a sense of control over disturbing thoughts and sensations, rather than feeling controlled by them.

"I love teaching kids, teens and college students how to access inner resources in order to find relief from the stressful circumstances in daily life," Dr. Saltzberg said. "When youngsters are happier, parents are happier," she said.

She candidly shared, "If I'd had a happy childhood, I couldn't be doing this type of work, nor could I exhibit the level of empathy I have for my clients. I've been in their shoes and I know how to help them feel better, quickly!" Over the years, she's learned what works and what doesn't. She clarified, "I didn't create or develop these therapies. However, I have become skilled at selecting and applying the best treatment(s) for each client based on his/her unique needs and chronological age.

"Treating children and teens is completely different than treating adults," she added.



Betsie Saltzberg, PsyD

"I'm confident in my ability to have a positive impact on this population. It's what I do best," she said. "A better feeling really is just a thought away."

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*"I'm confident in my ability to have a positive impact on this population. It's what I do best," she said. "A better feeling really is just a thought away."*

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To introduce potential clients to the therapeutic value of BlissMinutes™, Dr. Saltzberg is offering a complimentary week of unlimited text messaging OR one 25-minute online video session for a child or teen. No-cost, 10-minute initial phone consultations with parents and students over 18 years of age are always offered. One of the online stress-reducing resources she recommends to clients is [www.pixelthoughts.co](http://www.pixelthoughts.co). For more information, call 216.706.9176 or visit [www.AMindfulApproach.com](http://www.AMindfulApproach.com).



# New Museum Exhibit Examines Discrimination in Healthcare Through Jewish Lens

## Beyond Chicken Soup: Jews & Medicine in America

The Maltz Museum of Jewish Heritage is proud to announce its new special exhibit, Beyond Chicken Soup: Jews & Medicine in America, which tells the story of how Jews were forced to create access to their own healthcare in the face of discrimination.

This timely exhibit is an education on the historic fight for equality in healthcare and a look to the future of medicine in America.

"Today Jewish physicians are ubiquitous in America. It was not always so. The story of this evolution and the contributions of Jewish doctor's to modern medicine are the focus of this exhibit," said the exhibit's chair of the Advisory Committee, Dr. Jeffrey L. Ponsky

of the Cleveland Clinic Lerner College of Medicine and Case Western Reserve University.

In the early 20th century, with anti-Semitism on the rise, Jews were being shunned from medical schools and denied medical care. In response, Jewish hospitals were built to train Jewish doctors and treat not only Jewish patients but also other underserved populations.

"The exhibit tells the powerful story of the out-sized role of both the Jewish community and individual Jewish clinicians, researchers and teachers in the commandment to preserve human life at all costs," said Mt. Sinai Health Care Foundation President Mitchell Balk. "There is also a focus on the critical role of

Cleveland's Mt. Sinai Medical Center and other Jewish-sponsored patient care, research and teaching institutions in achieving this task."

This important exhibit features more than 200 artifacts, photographs, and documents, including highlights from Cleveland's own Mt. Sinai Hospital, and illustrates how Jews used medicine to assimilate into American society, making significant contributions to the medical world and advancing civil rights.

"We get inspired here – connecting the past to the present to better create our future," explained the Museum's managing director, David Schafer. "This museum creates awareness on how to be our better

selves and inclusive of others."

Experience Beyond Chicken Soup: Jews & Medicine in America at the Maltz Museum of Jewish Heritage (2929 Richmond Rd., Beachwood), through April 8.

For more information, admission and hours, or to schedule a group tour, please visit [www.maltzmuseum.org](http://www.maltzmuseum.org) or contact 216.593.0575.

Beyond Chicken Soup: Jews & Medicine in America was created by the Jewish Museum of Maryland with support from National Endowment from the Humanities and Institute of Museum and Library Services. The Maltz Museum of Jewish Heritage has added local content of specific interest to Cleveland audiences.

## Exploring the World of a Kindergartener: A Kindergarten Readiness Program for Parents Brought to you by Mandel Jewish Day School.

Open to the Community

Sunday, November 19, 2017 10:00 - 11:30 a.m.

Mandel JDS Auditorium ~ 26500 Shaker Blvd. ~ Beachwood

*\*Complimentary Childcare Available with Reservation\**

### Be Informed.

It's time to start thinking about Kindergarten and what to consider when researching programs. Learn about Kindergarten readiness and best practices in a school program.

#### Learn the importance of:

- Curricular Standards
- Differentiated Instruction
- Project Based Learning
- Social/Emotional Education
- Educating the Whole Child
- Integrated Curriculum
- Dual Language Immersion

### Local Child Development Expert Panel



Dr. Arthur Lavin  
Advanced Pediatrics



Amy Spiedel  
Senders Pediatrics



Jerry Isaak-Shapiro  
Mandel JDS Head of School



Karen Shiffman, Mandel JDS  
Kindergarten Teacher



Christine Catalogna, Mandel JDS  
2nd Grade Teacher



RSVP: [LSimon@MandelJDS.org](mailto:LSimon@MandelJDS.org) or 216.464.4055 ext. 106

Reservations are recommended, but not required. Childcare is available by reservation only.

# Cuyahoga County Clerk of Courts Now Accepts Passport Applications

The Cuyahoga County Clerk of Courts is now accepting passport applications on behalf of the U.S. Department of State.

"We are pleased to offer this service as we continue to bring added services to the residents of Cuyahoga County. This new initiative shows the benefits of driving collaboration with our federal partners," said Cuyahoga County Executive Armond Budish.

U.S. citizens who are planning international travel may apply for passports Monday through Friday from 8:30 am – 4:30 pm at the Cuyahoga County Clerk of Courts' Office located on the first floor of the Justice Center, 1200 Ontario Street, Cleveland, Ohio. In addition to accepting applications, the Cuyahoga County Clerk of Courts will provide passport photo services at a cost of \$10 per photograph. No appointment is needed.

For application forms, information on documentation required, fees, and other passport and international travel information, visit the official website for passport information: [www.travel.state.gov](http://www.travel.state.gov).

## The Temple Welcomes these Featured Friday Guest Speakers

The community is invited to attend the following programs at The Temple - Tifereth Israel, 26000 Shaker Blvd., Beachwood.

Professor John Grabowski, CWRU  
Friday, November 10 • 8 pm

### **Who Should Enter the Golden Door? An Immigration Policy in Historical Perspective**

The current political arguments about the American immigration policy is the most recent manifestation of a debate about who should be admitted to the United States. It is a discussion, arguably based on the question: What are America's values and what is an "American"? For more than two centuries that discussion has been juxtaposed between idealism and an economic pragmatism often tinged by xenophobia. This illustrated presentation traces that debate from the eighteenth century to the present within the context of changing immigration patterns during that time.

Professor Grabowski's interests and research span the fields of public and academic history. He specializes in the areas of immigration and ethnicity, local (Cleveland) urban history, and public history, particularly the fields of archives and museums. He is the Krieger-Mueller associate professor of Applied History at Case Western Reserve University and the Krieger-Mueller historian and senior vice president for Research and Publications at the Western Reserve Historical Society.

Rabbi Meir Azari,  
Beit Daniel Synagogue, Tel Aviv  
Friday, December 1 • 8 pm

### **Bridge over Troubled Water: Judaism in the 21st Century from an Israeli Perspective**

Saturday Morning Torah Study  
Saturday, December 2 • 9:15 am  
**Becoming Israel: Wrestling with God and our Fellow Human Beings – Exploring Va'Yishlach**

For close to three decades, Rabbi Meir Azari has dedicated himself to connecting Israelis to inclusive, egalitarian and Progressive Judaism in Israel. Since 1991, Rabbi Azari has been senior rabbi at Beit Daniel and head of the Daniel Centers for Progressive Judaism in Tel Aviv-Jaffa. The Daniel Centers today encompass three spiritual centers, run an award-winning service learning program to Diaspora post-college graduates, officiate hundreds of weddings and B'nai Mitzvot yearly including ground-breaking B'nai Mitzvot to interfaith families, and operate the largest non-Orthodox conversion school in Israel.

Rabbi Azari has also served as executive director of the Israel Movement for Progressive Judaism, where he helped establish the Israel Religious Action Center. He was one of the first Israeli rabbis ordained by the Hebrew Union College-Jewish Institute of Religion and has served as chair of MARAM (Israeli Council of Progressive Rabbis). He is also on the board of the Jewish Agency for Israel and a board member of the Company for Educational and Cultural Institutions in Tel Aviv. Rabbi Azari has published two books and is a sought-after speaker.

A 7 pm, Shabbat Dinner will precede both programs. For Shabbat dinner reservations and cost, visit The Temple's online payment center at [www.ttti.org](http://www.ttti.org), or call The Temple's reservation line at 216.831.3233, ext. 162.

### **Tea and Talk**

Mondays, October 20 and  
December 8 • 3 pm

Join Rabbi Haim and friends in a book group to discuss *Wise Aging: Living with Joy, Resilience, & Spirit*

This monthly series explores each chapter of *Wise Aging: Living with Joy, Resilience, & Spirit*, by Rachel Cowan and Linda Thal. The authors rewrite what it means to grow older by giving us the tools we need to live with renewed energy, intention, and joy as we navigate the challenges of aging. Rabbi Haim along with resource people relevant to the chapter will explore with the book's authors a wide range of issues including: relationships with adult children and spouses, body image, romance and sexuality, living with loss, and cultivating well-being. Together they will deliver practical, real-world suggestions, journaling exercises, meditations, and activities that dig deep and lead us to a better understanding of how to age well. No need to attend all sessions – jump in at any point!

Free and open to the community. RSVP to Cyndi Wilson at [216.455.1695](mailto:216.455.1695) or [cwilson@ttti.org](mailto:cwilson@ttti.org).

Be thankful for what you have; you'll end up having more.  
If you concentrate on what you don't have, you will never, ever have enough.  
~ Oprah Winfrey



# NCJW to Hold First Livespecial Celebration of Champions

**Benefit supports NCJW livespecial.com website and programs for people with special needs**

To celebrate the fifth anniversary of livespecial.com, the online resource that has helped countless families find appropriate providers to meet the needs of family members with special needs, National Council of Jewish Women is holding a gala fundraiser and awards dinner. The event, Celebration of Champions, takes place on Sunday, November 5, at 5 pm, at Executive Caterers Landerhaven.

People who are living well with a disability or who have been instrumental in the success of another with special needs have been nominated and will be honored at Celebration of Champions, a gala fundraiser and awards dinner.

Five gold-medal Champions, five silver-medal and five bronze medal champions are being honored, including bronze medal winner Chayee Kottler, a 15-year-old with Down Syndrome who is cheerleader at Beachwood High School.

Livespecial heroes eight-year-old Alana Gohn and David Rabinsky, director of beverage and catering for Cleveland's downtown Ritz-Carlton hotel, are the Hon-

orary Champions for the event. Alana, born with microencephaly, was the inspiration for the creation of the website livespecial.com. David was diagnosed with retinitis pigmentosa in 1997, which eventually stole his vision.

The cost to attend Celebration of Champions is \$150 per person. The cost for children is \$25. Funds will be used to continually research and update the website, sponsor workshops and boot camps for families who care for children or adults with special needs and to make the community aware of this resource and connect them to the help they request.

To register or for more information, call the NCJW office at 216.378.2204.

## Holiday Boutique and Craft Show

Sunday, November 12  
9:30 am – 3:00 pm  
Temple Emanu El  
4545 Brainard Road  
Orange Village  
For information, call 216.454.1300  
Free admission

Merchants will be selling artistic jewelry, beaded serving pieces, handmade scarves, purses, tie dyed clothing & socks, soaps, aprons, wall art, personalized baby gifts and books, and more. Raffle and food available for purchase.

The Gathering Place Warehouse Sale  
**Fabulous Furnishings & Home Accessories**

Saturday, December 2 • 9 am – 1 pm  
Sunday, December 3 • 10 am – 1 pm

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Proceeds help The Gathering Place support, educate and empower individuals and families coping with the impact of cancer in their lives through programs and services provided **free of charge**. For more information, call 216-595-9546 or visit [www.touchedbycancer.org/warehouse](http://www.touchedbycancer.org/warehouse).

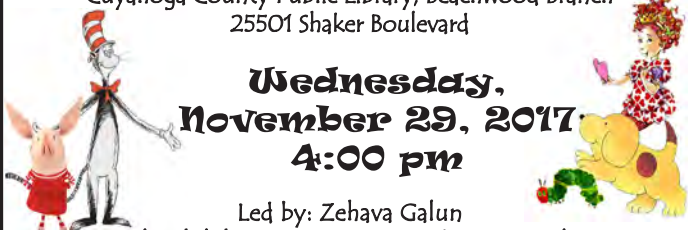


**Hebrew Storytime**  
סיפורים ושירים בעברית לילדים  
at the  
Cuyahoga County Public Library, Beachwood Branch  
25501 Shaker Boulevard

**Wednesday,  
November 29, 2017  
4:00 pm**

Led by: Zehava Galun  
Early Childhood Educator & Hebrew Specialist

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



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# Programs at the Beachwood Library

## Meet Authors

### Barb Brown and Margie Flynn

Wednesday, November 8

7-8:30 pm

BrownFlynn co-founders will discuss their book, *Uplifting Leaders*, who happen to be women. Women hold only 6 percent of the nation's top CEO positions, according to *Fortune*. This staggering gender-based gap in ranks prompted two Cleveland-based business partners, Barb Brown and Margie Flynn, to take a deeper look at women who made it to the top and to learn about their journeys to inspire others. In their book, Brown and Flynn capture insights and stories of 25 of the nation's most accomplished and influential women in business on how they empower and uplift others as they seek to progress in their lives and careers. Join the co-authors and other special guests to discuss how successful leaders – both women and men – reach the top while uplifting others along the way. For more information on the book, visit [www.UpliftingLeaders.com](http://www.UpliftingLeaders.com).

### Through the Eyes of the Artist – Michelangelo

Friday, November 10

10-11 am

Michelangelo once said that carving is easy – you just go down to the skin and stop. In an age of great artists, he was perhaps the greatest, creating immortal works in all three of the major artforms – sculpture, painting and architecture. 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.

### How to Fall in Love with Classical Masterpieces

Sunday, November 12

2-3:30 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. Registration preferred. Call 216.831.6868 for more information.

### Third Wednesday/

#### Third Thursday

#### Book Discussion

Wednesday, November 15

1-2 pm and

Thursday, November 16

2-3 pm

Monthly book discussions are led by library staff. November's book: *The Underground Railroad*, by Colson Whitehead. No registration is required. Books are available at the circulation desk one month prior to each program date. For more details, call 216.831.6868.

### History of Cleveland Botanical Garden

Thursday, November 16

7-8 pm

Go down memory lane with boathouses, books and the famous White Elephant Sale. Archival photographs highlighting the Cleveland Botanical Garden's illustrious past are presented along with highlights from the archives. Librarian Gary Esmonde will offer a slide show presentation of the Garden's long and exciting history from 1916 through its present day merger with Holden Arboretum. Registration is required. Call 216.831.6868 for more information.

### Afternoon Jazz with The Real Thing Band

Sunday, November 19

2-3:30 pm

Kamal Abdul-Alim and The Real Thing Band will present an afternoon of jazz music for your enjoyment. Original-

ly from Cleveland, Kamal is a composer and performer who works in the cross-pollinating idioms of Jazz and African Music. He studied at the Berkley School of Music in Boston and the University of Massachusetts at Amherst. The Real Thing Band includes Kamal on trumpet, Larry Hancock on drums, Cecile Rucker on vibes, Dan Myers on keyboards, and Kevin Muhammed on bass. This program is funded by the Jazz Foundation of America and will include a short lecture as well as a concert. Registration preferred. Call 216.831.6868 for more details.

### Finding Financial Peace – Part 3

Tuesday, November 21

6:30-8 pm

The goal of this interactive three-part series is to transform and heal your personal relationship with money. By becoming more aware of who are you around money you can not only feel richer now but you can also be able to make positive changes in your financial life going forward. This is NOT a financial planning class but an exploration about the psychology of money. This program series is sponsored by the Friends of the Beachwood Library. Registration is required. Call 216.831.6868 for more details.

### Meet Author D.M. Pulley

Monday, December 4

7-8 pm

Local author D.M. Pulley of *The Dead Key* and *The Buried Book* will discuss her latest novel, *The Unclaimed Victim*. In the book, set in 1938 at the height of the Great Depression, a madman hunts his victims through the hobo jungles of Cleveland. Ethel Harding, a prostitute struggling to survive both the cold streets and the Torso Killer,

takes refuge with a missionary sect only to find that its righteous facade conceals the darkest of secrets. Books will be available for purchase and signing through Macs Backs on Coventry. Please register at [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org) or call 216.831.6868.

### From Clutter to Clean – In 5 Easy Steps

Wednesday, December 6

7-8 pm

For busy moms to empty nesters, Adina Forouzan is an experienced professional organizer who helps people examine their unorganized areas and develop systems that will work. She will help identify causes of clutter and suggest proactive solutions for organizing closets and other spaces around the home. Supported by the Friends of the Beachwood Library. Registration is required. Call 216.831.6868 for details.

### Chinese Storytime

November 4 and 18

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.

### Techy Tuesdays: Makey Makey

November 7

4 pm

Grades 3 to 6

Calling all tech-savvy kids: This program is just for you. Join us this month as we explore the fun of Makey Makey.

*Continued on page 58*



## Caregiver Education and Support Group

Tuesday, November 7, 2017  
5-6 pm  
Montefiore

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? We're here for you!

Come to Montefiore's 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).

## Winter Safety For All Pedestrians

**For All Beachwood Residents, Visitors and Guests: Winter Safety Request**

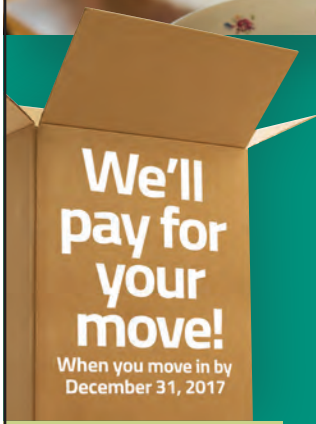
Once again, autumn is here and winter approaches – the days are growing shorter. We know that many of you, Beachwood residents, visitors and guests, will be walking to and from various places in the mornings and evenings, at dawn and dusk and sometimes in the dark.

In addition to the shorter, darker days, winter storms will soon be here to make the walks even more risky. Our Service Department makes every effort to keep the sidewalks clear of snow, but we know that sometimes walking in the streets is the only recourse when the weather turns bad.

Your safety is one of our primary concerns, so we are asking that you please add reflective items – vests, bands, belts, and similar items – to your clothing when walking in the early morning and evenings. Also, when and if it is necessary to walk in the street, please walk facing traffic, and if in a group, single file.

Morning, noon and night, The Weils embraces your life.

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### Afternoon Art Adventures with U-EarthH

November 14 • 4 pm  
Grades 2 through 5

Students in grades 2 through 5 are invited to create fun art projects based on favorite children's books. This program is presented in cooperation with U-EarthH (Ursuline Endless Art Healing), a student art therapy organization at Ursuline College.

### Build-O-Rama

November 16 • 4 pm  
Grades 1 to 5

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

### Friday Family Fun If You Give a Mouse a Cookie

November 17  
10:30 a.m.

Ages 2 to 6 with a caregiver  
What happens if you Give a Mouse a Cookie or a Pig a Pancake or a Moose a Muffin? Join us for stories, songs and activities that celebrate Laura Numeroff's classic book series.

### Hebrew Storytime

November 29  
4 pm

Ages 2 to 8 with a caregiver.  
Join us for a Hebrew/English storytime where we will hear stories and songs in Hebrew and English. Presented in cooperation with the Jewish Education Center of Cleveland.

### Magic Treehouse Club: Mummies in the Morning

November 30 • 4 pm  
Grades 1 to 4

Travel with Jack and Annie on magical adventures through space and time! This month we will discuss *Mummies in the Morning* and enjoy games, crafts and activities.

### STORYTIMES

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

### Toddler Storytime

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

### Baby & Me Storytime

Tuesdays at 6:30 pm and  
Thursdays at 10 am  
Caregivers and their babies from birth-18 months.

### Preschool Storytime

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

### Pajama Party Storytime

Wednesdays at 6:45 pm  
Ages 19 months – 5 and their caregivers.

Wear your PJs and join us for 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).

## CuyahogaRecycles.org is Go-To Source to Stay Green this Fall

When fall temperatures drop and leaves begin to turn, many people's thoughts turn to preparing their homes and yards for impending winter. That means cleaning up and cleaning out, which can produce a lot of excess stuff such as leftover hazardous wastes, leaves and yard debris, old clothing and outdated electronics. What's an environmentally-minded Northeast Ohioan supposed to do?

CuyahogaRecycles.org has all the answers. It's the go-to resource for residents to learn about recycling rules, composting, donating and everything to do with reducing, reusing and recycling in Cuyahoga County.

Here are just a few recycling tips for a cleaner and greener fall season:

1. Fall is the perfect time to gather up all your household hazardous waste products and participate in your community's collection program. Many communities across Cuyahoga County hold collection events during specific times of the year. Others collect household

hazardous waste year-round. Find your community's information at [CuyahogaRecycles.org](http://CuyahogaRecycles.org).

2. Last year's gear and gadgets are out of date the minute you get a new phone or computer. Don't let those old electronics go to the landfill. Recycle them. Just not in your curbside recycling. Take old computers and electronics to Staples, Best Buy or Cleveland nonprofit RET3 job corp.
3. We're blessed with an abundance of trees, which of course, means loads of leaves come fall. Don't let those leaves go to a landfill. Compost them

yourself or through your community's pick-up program. Visit [CuyahogaRecycles.org](http://CuyahogaRecycles.org) to learn about how your community disposes of leaves and yard waste such as grass and shrub clippings.

4. Old clothes seem to pile up at the end of the season and nobody wants them taking up space around the house. While you can't recycle them in your curbside recycling, they can be donated for reuse. Search "clothing" on [CuyahogaRecycles.org](http://CuyahogaRecycles.org) to learn about dozens of donation locations across Cuyahoga County.

When you visit [CuyahogaRecycles.org](http://CuyahogaRecycles.org) for information about how to reduce, reuse and recycle in Cuyahoga County, you can feel confident you're getting the right answers from the experts. The site was launched in 2016 as part of a comprehensive public education campaign focusing on teaching residents of Cuyahoga County how to recycle more and recycle better.

"Being green and staying green is easy in Cuyahoga County," says executive director Diane Bickett. "CuyahogaRecycles.org can help answer any recycling, composting or waste disposal question as you start your fall clean-up projects."



# Upcoming 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. 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.touchedbycancer.org](http://www.touchedbycancer.org) for a listing of all programs and services or call 216.595.9546 to talk with a staff member. The upcoming Beachwood programs listed below require advance registration by calling 216.595.9546 unless otherwise noted. The Beachwood address is 23300 Commerce Park.

## Post-Traumatic Stress Disorder & Cancer

Wednesday, November 1  
6:30-8 pm

A dialogue on the stressful impact of cancer and tools for coping. Presented by Joel Marcus, PsyD

in the last six months. Connect with prostate cancer survivors, ask questions, get support and learn about resources.

No registration required for this program.

## Guided Imagery: Latest Updates and Techniques

Thursday, November 30  
6:30-8:30 pm

Practice this mind-body tool and learn how and why it works. Presenter: Belleruth Naperstek.

stress while on the cancer journey.

## Prostate Cancer Information

Thursday November 9  
5:30-6:15 pm

This session is for men only, who have been diagnosed with-

## Group for Those with Gynecological Cancers

Wednesday, November 16  
6:30-8 pm

No registration required.

## Gift of Touch

Monday, December 4  
6:30-8 pm

Learn hand and foot massage. A great holiday gift and strategy for handling holiday

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.



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# Who's Buzzin' in Beachwood?

by Arlene Fine



## Block Busting Block Parties

"Neighbors by Chance, Friends by Choice" sums up the esprit de corps of two recent Beachwood block parties. Belvoir Oval neighbors grilled hamburgers and hotdogs at their old-fashioned block party and Brucefield Oval neighbors enjoyed a potluck dinner along with fun and games.

## Belvoir Oval Block Party



David and Annie Roth



Karin Schleifer, Wendy Firestone and Evy Davis



Grillmaster David Firestone



James and Amy Downing with daughters Penny and Julia



Dan and Shani Kadis with sons Gabe and Spencer



Jenny, Randy and Viktor Thatcher



Steven Vesce and Beachwood fire fighter Scott Schmauder





# Brucefield Oval Block Party



Lila Mills



Kennedy and Sharon Elman



Lianna and Liz Korah



Armin and Razi Soltani



Brennan Wohl, Addy Wohl, Sawyer Borland and Parker Borland



Mindy Toabe, Rachel Berkowitz, Lisa Kornspan



Balloon twister extraordinaire Andrew Philip

# Coffee With A Cop

Beachwood residents had a chance to say thanks a latte to Beachwood police officers at a recent "Coffee With A Cop" meet-and-greet held at Nervous Dog Coffee Bar and Roast at La Place. Beachwood Mayor Merle S. Gorden issued a National Coffee With A Cop Day proclamation at the brew-tiful event.



Ptl. Jamey Appell, Ptl. Matthew Page and resident Judi Bolinger



Beachwood Police Chief Gary Haba and Les Lunettes Optique owner Alan Bender



Chief Haba, Nervous Dog barista Kathryn Appleby and Mayor Merle S. Gorden

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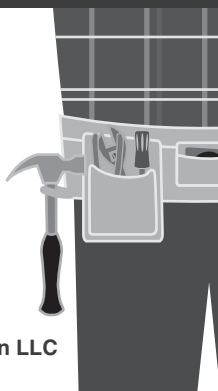
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## Prepare Your Teen for the Road Ahead

National Teen Driver Safety Week was October 15-21, and Ohio Department of Insurance director Jillian Froment and John Born, director of the Ohio Department of Public Safety (ODPS), which includes the Ohio State Highway Patrol, encourage all parents to talk to their teen drivers about the rules of the road when they are behind the wheel as well as the dangers of distracted driving.

Motor vehicle crashes are the leading cause of death for teens in the United States – ahead of all other types of injury, disease or violence. In 2015, 1,972 teen passenger-vehicle drivers (15 to 18 years old) were involved in fatal traffic crashes, resulting in 2,207 deaths nationwide, of which 1,730 were teens. An estimated 99,000 teen drivers were injured in motor vehicle traffic crashes.

- **No Drinking and Driving.**

All teens are too young to legally buy, possess, or consume alcohol, but they are still at risk. Nationally in 2015, almost one out of five teen drivers involved in fatal crashes had been drinking. Remind your teen that driving under the influence of any impairing substance, including illicit and prescription drugs, could have deadly consequences and is strictly enforced.

- **Buckle Up – Every Trip, Every Time. Everyone – Front Seat and Back.**

Wearing a seat belt is one of the simplest ways for teens to stay safe in a vehicle and it is required in all 50 States. Yet too many teens are not buckling up, and neither are their passengers. In 2015, 531 passengers died in a car, truck, or SUV driven by a teen driver, and 58 percent of those passengers

were NOT buckled up at the time of the fatal crash. Even more troubling, in 84 percent of cases when the teen driver was unbuckled, the passengers were also unbuckled. Remind your teen that it's important to buckle up on every trip, every time, no matter what – front seat and back.

- **Eyes on the Road, Hands on the Wheel. All the Time.**

Distractions while driving are more than just risky – they can be deadly. Remind your teen about the dangers of texting and using a phone while driving. Distracted driving isn't limited to cell phone use; other passengers, audio and climate controls in the vehicle, and eating or drinking while driving are all examples of dangerous distractions for teen drivers.

- **Follow the Posted Speed Limit.**

Speeding is a critical issue for all drivers, especially for teens. In 2015, almost one-third (29%) of teen drivers involved in a fatal crash were speeding at the time of the crash.

- **Passengers.** Passengers in a teen's car can lead to disastrous consequences. According to data analyzed by NHTSA, teen drivers were 2.5 times more likely to engage in one or more

potentially risky behaviors when driving with one teenage peer, when compared to driving alone. The likelihood of teen drivers engaging in risky behaviors triples when driving with multiple passengers.

- **Avoid Driving Tired.**

Teens are busier than ever, but should not compromise sleep. A good night's sleep makes them a better driver.

- **Parents can help protect their teen drivers by talking with them about these risks.**

Surveys show that teens whose parents set firm rules for driving typically engage in less risky driving behaviors and are involved in fewer crashes.

Ohioans with insurance questions can call the Ohio Department of Insurance consumer hotline at 1.800.686.1526. A young drivers guide to auto insurance is available at [www.insurance.ohio.gov](http://www.insurance.ohio.gov) while teen driving safety tips and an interactive teen driving contract can be found at [www.insureonline.org](http://www.insureonline.org).

For more information about National Teen Driver Safety Week and safe driving tips for teens, please visit [www.nhtsa.gov/road-safety/teen-driving](http://www.nhtsa.gov/road-safety/teen-driving).



# IT'S TIME TO WOMAN UP.<sup>SM</sup> GET A MAMMOGRAM

Though one in eight women will be diagnosed with breast cancer in her lifetime, her odds of beating it increase greatly if it's caught early.

## BREAST CANCER SCREENING

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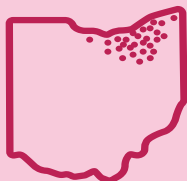
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CLINICAL  
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