

Football Coach Runs Interference for Team, Teaches Life Lessons Along with Game



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Painting is one of my hobbies. When classes fit my schedule, I love spending time with Susie Porges at her Beachwood art studio with fellow students and friends. It's fulfilling to be around talented, like-minded people in a room filled with positive energy. Like anything in which we wish to excel, we must commit to practicing on a regular basis. Since my schedule often doesn't mesh with Susie's, I supplement classes with Marla Baggetta's online pastel painting program. It's not the first online program I've tried, but it's the best.

I'm not writing this column to encourage you to paint or sign up for online classes (although if you do paint, I recommend both options). I am writing it to share something that Marla says, which can be applied to whatever you're trying to achieve – painting, sports, cooking, dieting, lifestyle changes, writing, etc.

She reminds us to "Remember the 3 P's – Perfectionism, Procrastination and Paralysis."

When I first read this, it resonated with me. I've been painting for several years, know the technical skills and have produced some nice work. Yet, when I'm away from my easel for a while, I procrastinate because I question my abilities, which further keeps me away from my easel. I know that each painting will not be a masterpiece, yet I struggle to restart. Painting, like so many other things, is a process, and with continued practice comes better results.

We can be so hard on ourselves!

According to an article that was recently published in the *New York Times*, we're all our own worst critics. Evolutionary psychologists have studied our

natural "negativity bias," which is that instinct in us all that makes negative experiences seem more significant than they really are. In other words: We've evolved to give more weight to our flaws, mistakes and shortcomings than to our successes.

Gina Hiatt, PhD, recently published an article about the 3 P's on www.academicladder.com, in which she explains how the 3 P's become a vicious cycle – especially when we're working on long-term projects with no clear deadlines. Although her article is targeted toward academics, it applies to many endeavors.

She talks about perfectionism, or setting extremely high goals for ourselves, and how if something isn't perfect, we may view it as horrible. Gina sees perfectionism as existing on one end of a continuum, saying that up to a certain point, aiming high can help you become successful. "It only becomes a problem when the goal is always set beyond your reach," she wrote.

Gina added that people who set more realistic goals often outperform perfectionists since

they don't get caught in the 3-P's process.

So true!

In the book *Art & Fear*, David Bayles and Ted Orland write about the ceramics teacher who announced on the first day of class that he was dividing students into two groups. All those on the left side of the studio would be graded solely on the quantity of work they produced, all those on the right solely on quality. On the final day of class, he weighed the work of the "quantity" group: fifty pounds of pots rated an A, forty pounds a B, and so on. Those being graded on quality, however, needed to produce only one pot – albeit a perfect one – to earn an A.

At grading time, the works of highest quality were all produced by the group being graded for quantity. It seems that while the "quantity" group was busily churning out piles of work and learning from their mistakes, the "quality" group had been theorizing about perfection and, in the end, had little more to show for their efforts than grandiose theories and a pile of dead clay.

If you're feeling paralyzed, take a deep breath and start. We're often our own worst critics. Set realistic goals and take baby steps; find mentors, classes or programs; and silence your negative self-talk.

If you're feeling paralyzed, take a deep breath and start. We're often our own worst critics. Set realistic goals and take baby steps; find mentors, classes or programs; and silence your negative self-talk.

In closing, here's one more quote from Gina – "Eventually your productivity will start to look like Progress. And that's the last "P" for today."

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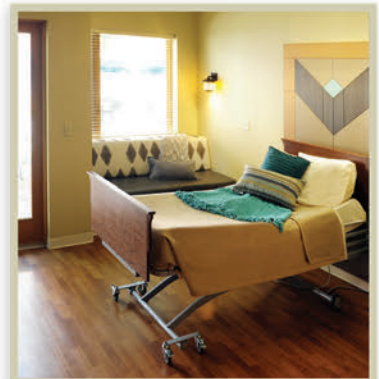
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Cover Photo



Bison head football coach Damion R. Creel always teaches his players one lesson that he knows for certain: you can't be successful if you don't believe in yourself. But the other buy-in he adds is that they also need to believe in his mission and culture, and so do their parents. His main mandate is for players to show some serious work ethic and earn what they want to achieve.

Full story starts on page 9.

Photos by Scott Morrison, Discovery Photo.

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Beachwood Police Department Offers RAD Self-Defense Program for Women

**Sundays, October 14 and October 21 • 10 am – 2:30 pm
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This program is designed for women with no previous self-defense experience or background. There are 20 spots available for this lecture-style and hands-on training program, which is free to Beachwood residents.

Workout-style clothing and athletic shoes are recommended. This program is recommended for participants 16 years or older. Anyone under 18 must be accompanied by an adult. The program is taught by Officer Andrew Calvey and Officer Matthew Page.

To register, please call the Beachwood Recreation office at 216.292.1970.

The Rape Aggression Defense (RAD) program teaches realistic self-defense tactics and techniques for women. It is a comprehensive, internationally known women-only course taught by nationally-certified instructors. The course begins with awareness, prevention, risk reduction and avoidance, and progresses to hands-on interaction.

RAD teaches defensive concepts and techniques against various types of assault by utilizing easy, effective and proven self-defense tactics. Its goal is to provide women with the knowledge to make an educated decision about resistance. Effective options are provided for women to take an active role in their own self-defense and psychological well being.

For more information, please visit www.rad-systems.com.

Make Sure Your Vote Counts!

Voting is one of the most important rights we have as American citizens. Your participation ensures that laws and government leaders represent and reflect our community. Please spend a few minutes making sure that you are ready to vote in our November election by following these suggestions.

1. Ohio is actively purging its voter rolls this year. Google the July 15 Cleveland.com article by Rich Exner, "Find out if you are in danger of being purged from Ohio's registered voter list (database)" to determine if your voting status is in jeopardy.
 2. If you are in danger of being purged, have recently moved, have changed your name or just need to register for the first time, enter your information online at the Ohio Secretary of State website under "Ohio Online Voter Registration" by October 9 to be eligible to vote in the November 6 General Election.
 3. Check that your Voter ID is current (as of Election Day, November 6) and ready. Common forms of ID may include:
 - a. An unexpired Ohio driver's license or state identification card with present or former address, so long as the voter's present residential address is printed in the official list of registered voters for that precinct;
 - b. A military identification;
 - c. A photo identification that was issued by the United States government or the State of Ohio, that contains the voter's name and current address and that has an expiration date that has not passed;
 - d. An original or copy of a current utility bill/current bank statement/government check with the voter's name and present address.
 4. Be informed and take some time to research the candidates and issues on your ballot. You can get a sample ballot at the Cuyahoga County Board of Elections website. The League of Women Voters – Ohio provides nonpartisan information about candidates and issues at www.vote411.org.
 5. Vote EARLY, if at all possible! You can do it two ways:
 - a. To vote absentee, apply for a vote by mail ballot at the Cuyahoga County Board of Elections website before noon on November 3. Once you complete your ballot, it must be returned to the Board by 7:30 pm on Election Day or postmarked by the post office by the day before Election Day.
 - b. Or even easier, vote early, in person, at the Board. There is free parking at the Board. Voting begins October 10, and continues weekdays and a few weekend days through November 5. See the complete schedule online at the website for the Ohio Secretary of State.
 6. If you plan to vote on Election Day (again, November 6), confirm your polling location in advance at the Cuyahoga County Board of Elections. Polling locations can change year to year, so be sure you have the most current information and print out a copy to bring with you in case of any question.
 7. Serve your community on Election Day! If you are 17 or older on Election Day, you can apply to become a paid poll worker at the Cuyahoga County Board of Elections website. Cuyahoga County needs more than 4,500 people on Election Day to help staff the polls, transport ballots and materials, and maintain political balance. This is a wonderful way to support our democracy and assist your neighbors. Training is provided and no prior experience is needed.
 8. Lastly, please share this list with friends and family and encourage everyone to participate fully in our election process. People listen to someone they know and trust. Your encouragement can be powerful. If anyone needs a ride to the polls, or other help getting ready, lend a hand. The future of our city, state, and country depends on all of us!
- Make sure your vote counts: not just in November, but at every election.
- Sincerely yours,
Martin S. Horwitz
Mayor

Letters to the Community

Last year, The Montefiore Foundation held a fundraiser that featured the talents of Northeast Ohio high school students, based on popular singing competitions. We learned that Cleveland really has a lot of talent and as a result, we filled up the auditorium at Ohio Theatre at Playhouse Square.

Our event, Shining Star CLE 2017 was a hit – so we're bringing it back, and it's expected to be bigger and better than last year's performance. Shining CLE 2018's Finals Performance & Competition, a benefit to support memory care programs for Montefiore & The Weils, will take place Sunday, October 7, 7 pm, at the Ohio Theatre at Playhouse Square.

Shining CLE 2018's Finals Performance & Competition, a benefit to support memory care programs for Montefiore & The Weils, will take place Sunday, October 7, 7 pm, at the Ohio Theatre at Playhouse Square.

This extraordinary musical event was created to encourage and foster talented high school students throughout Northeast Ohio in a solo-singing competition. It's an evening you won't want to miss – and is the perfect way to spend a Sunday night while supporting Montefiore.

After several rounds of auditions, the Top 10 Finalists will put on the performance of their lifetimes as they



compete to win more than \$18,500 in college scholarships. Audience members, along with professional judges in the entertainment industry, will be able to vote on the placement of the top four finalists.

Returning for The Finals Performance & Competition is the very talented and musical Monica Robins of WKYC-TV3 who will host the event.

There's still plenty of time to participate - become a sponsor, place an ad in the Shining Star Playbill and/or purchase tickets to this exciting event. Individual tickets are available at playhousequare.org/events or by calling 216.241.6000.

For sponsorships, ads or patron ticket information, please contact me directly at rgreller@montefiorecare.org or 216.910.2652 – I'll be glad to help you! For more information, visit www.shiningstarcle.org.

I'm grateful to be a part of this spectacular event, and I hope you'll join me as we cheer on these young, talented musicians, while supporting Montefiore.

Thank you,
Renee Greller
Long-time Beachwood resident and Montefiore Foundation staff member

After an incredible summer at Beachwood's Kidz Camp, we can't praise its dedicated director, Heather Sinn, and her incredibly warm and caring staff highly enough.

Kidz Camp is a magical place where adorable art projects, engaging science experiments, yoga, sports, swimming lessons, special events and field trips delighted our kids each day. The worst part about Beachwood Kidz Camp is that it comes to an end – it is truly a gift for Beachwood residents and a point of pride for this community.



Sincerely,
Lauren and Mark Freiman

Counselors Anna Posta and Danielle Dubin with Rayna and Romi Freiman.

Do you have a message you would like to share with the Beachwood community?
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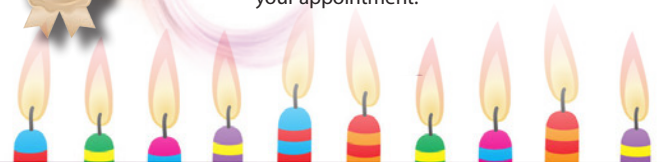
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Cleveland Jewish FilmFest Tickets Go on Sale September 4

The Mandel JCC's 12th annual Cleveland Jewish FilmFest kicks off this fall with a tremendous lineup of international films and special events. The FilmFest, which runs October 4-14, will showcase 20 feature, documentary and short films from the US, Israel and abroad—all with Jewish or Israeli themes. Films will screen at five local theaters and venues including Shaker Square, Cedar Lee Cinemas and Atlas Cinemas Eastgate 10.

Tickets for the FilmFest, a signature event of The J's Arts and Culture season, go on sale Tuesday, September 4. Ticket prices are \$12 for evening films and \$10 for matinees. Tickets for opening night, October 4, which includes a dessert reception, are \$20. Tickets are available online at www.mandeljcc.org/filmfest and

at The J's membership desk. There are no ticket sales on Saturdays and on Jewish Holidays. Group tickets and all-access tickets, which include admission to all films, are also available for purchase.

For additional information, contact Jan Rutsky at 216.831.0700, ext. 1348 or visit www.mandeljcc.org/filmfest.

Highlights include:

Opening Night: THE LAST SUIT

(pictured, top)

October 4 • 7 pm

Shaker Square Cinemas

This touching drama tells the story of Abraham, an 88-year-old tailor in Buenos Aires, who has waited decades to fulfill a promise to a Polish friend who helped him escape the Holocaust.

In his travels across Europe to Poland, cantankerous Abraham clashes with everyone whose help he needs. But he seems to be mysteriously blessed, as the very people he fights with become his guardian angels, helping him each step along the way. Heartfelt and charming, *The Last Suit* reminds us of the importance of family, friendship, and keeping your word.

Closing Night: HEADING HOME:

THE TALE OF TEAM ISRAEL

(pictured, bottom)

Sunday, October 14 • 7 pm

Cedar Lee Theatre

For the first time ever, the underdog Israeli team qualifies for the 2017 World Baseball Classic with a roster comprising several Major League players, including Beachwood's Brad Goldberg. As



most players have had little exposure to Judaism or Israel, the documentary film is part surprising sports story and part exploration of Jewish identity.

Major sponsors include: Leonard Krieger Fund of The Cleveland Foundation, The Harry K. and Emma R. Fox Charitable Foundation, John P. Murphy Foundation, Ohio Arts Council, Jay Auto Group and *Cleveland Jewish News*.

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Football Coach Runs Interference for Team, Teaches Life Lessons Along with Game

By June Scharf



Bison head football coach Damion R. Creel always teaches his players one lesson that he knows for certain: you can't be successful if you don't believe in yourself. But the other buy-in he adds is that they also need to believe in his mission and culture, and so do their parents. His main mandate is for players to show some serious work ethic and earn what they want to achieve.

He calls it his Church of Football.

"I want the kids to not feel entitled and to learn how to handle adversity," he explains during an interview at a local coffee shop. "Many don't know to grind," he adds.

Next, he slips into a recollection of how hard he and his teammates worked when they were playing for Bison Coach Baraona and, as a result of their efforts, received a great deal of recognition for their victories. Creel, in fact, was named an All-Ohio football player as a quarterback, Class of 1994. He speaks from experience as a baseball player at BHS, too, for which he also earned the All-Ohio status.

Creel, 42, began to serve as head coach here in 2013, a month before two-a-days began. He understood the challenges inherent in the position, since Beachwood is known more for basketball than football, he says. He also serves as a 7th- and 8th-grade physical

education teacher at Beachwood Middle School. More than anything, though, his interest lies with teaching life lessons.

"As much as I want to win-win-win, it's more important to impact kids in a positive way," he states. Ultimately, he wants them to succeed long-term in life. "Not everyone will go to college but they can still be productive citizens and they can be happy."

He knows his methods have reached at least a few of his athletes because they have returned to thank him, he explains. "They tell me they're glad I stayed on them." And that often took the form of spending extra time and energy on their personal issues.

Creel started his coaching career for a team of inner-city students in Columbus. He then returned to the Cleveland area in 2001 to coach for two years in Bedford Heights, followed by two years at Richmond Heights, where he turned the team around from 1-9 to CVC champs in 2007-2008 season. He credits his mentors with teaching him how to approach the art of coaching. Those people included Glenville High School football coach Ted Ginn Sr., with whom he worked when serving as Ginn's defensive coordinator, and Derek Johnson, then head coach of Richmond Heights and now head coach at Hermitage High School in Virginia. Former Cleveland Heights head coach Mike Jones was also an influence.

He comments that he draws an equal amount of wisdom from the way he was raised. "I had a father who preached to me about how to treat others and a mother who cared for us and was the rock for our family and extended family," he says.

Life, however, taught him many more lessons, particularly some relating to loss in its many variations. The hardest was the passing of his mother when he was 21. He also suffered a dramatic injury during his football career.

“This is a unique community and it shaped me. Plus, the power of sports and what they can do for kids is very important.”

- Damion R. Creel, BHS Head Football Coach and BHS Class of 1994

Maybe it was the impact of these harsh life events that contributed to molding him into the soulful, contemplative, sensitive, religious and wise person he is. To illustrate his disposition, when he describes how he helps others, such as a football player who lost his mother, he says it's as much about the silence as it is about what he says.

“There weren't always many words, but there were a lot of moments. Hugs. A look. Stillness. It's about being present and accessible. I remember what wasn't available to me when I lost my mom, so I wanted to provide that for someone else. I want to be there for the kids and their families.”

When Creel talks about coaching, he really talks more about the grind of life, about the notion that no matter how low you go, it's not over. He knows this because his sports injury took him that far down.

He became paralyzed his senior year while attending Hiram College and quarterbacking in the Homecoming game in 1998. He was illegally hit and suffered a spinal cord concussion by being speared in the back with another player's helmet, something players are taught never to do. He became paralyzed from the waist down, and a helicopter flew onto the field to transport him to the hospital.

His goal was to play baseball that upcoming spring. He was told it would never happen, but he refused to accept that outcome.

He consulted with a doctor who had treated a Cleveland Cavaliers' player who was involved in a serious car crash and had symptoms similar to Creel's, but recovered with loads of physical therapy.

“This doctor told me that it would be a tough road, but I could do it. It was up to me and how hard I was willing to work. That's what I needed to hear.”

Six months later, he was walking and able to complete his education degree. He partially explains this drive and determination with a simple thought: “Once you are a competitor, you are always a competitor.”

As further manifestation of this mindset, he and some high school buddies got back together, and in 2006, won a national flag football championship with Creel serving as the quarterback. That kind of camaraderie means a great deal to Creel and helps color his memories of his time growing up in Beachwood.

Coming full circle was no accident. The former Beachwood student purposely chose Beachwood as a place to work, while also selecting Beachwood as the nurturing place to raise his family.

“This is a unique community and it shaped me. Plus, the power of sports and what they can do for kids is very important.”

He cites himself as an example. “I wasn't a terrific student because I needed to overcome a learning disability, which was very stressful. But the schools have a wonderful support system.”

Through his work as a coach, he sees himself similarly playing the role of a mentor. “I feel the pressure of trying to impact every single kid,” he adds. It's a huge responsibility, he notes, and there are consequences if it's done the wrong way.

He is aware of the delicate balancing act he performs, and that relates to kids not always getting their way. “They need to learn that you don't always get



what you want.”

Creel says he practices at home what he preaches on the field. His family includes wife Deandrea and children Russell Marvin, 4, and Randall Brown, 11. He tells them that just as he never judges athletes by the scoreboard, he judges everyone by what's in their hearts and by their attitude and effort. “That's all I ask for.”

When he projects out into the

future, Creel hopes to coach his son. Eventually, when his coaching career is over, he says he would like to one day become athletic director. But for now, he's happy working with athletes on the BHS football team and is grateful for all the support he receives from our schools and community.

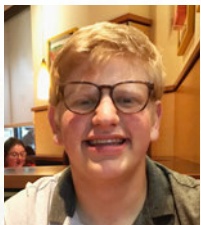
“Kids can surprise you, and that's part of what's so special about my work.”

Coming full circle was no accident. The former Beachwood student purposely chose Beachwood as a place to work, while also selecting Beachwood as the nurturing place to raise his family.

- Coach Creel



We reached out to a couple of Coach Creel's graduating seniors and here's what they said:



Max Alter

How would you describe yourself before you met Coach Creel?

Undeniably, my association between my football instincts and my character attributes were incredibly separated. Yes, I valued the brotherhood of participating on an athletic team, but I couldn't quite grasp how that value could be implemented anywhere outside of football.

Describe the impact that Coach Creel had on you, from when you met through graduation.

As soon as I met Coach Creel, he welcomed me with a sense of genuine care. I soon realized that this first impression was real, rather than just an attempt for a coach to build rapport with one of his players. Yes, I recognized that practices were still going to be brutally hard, but by truly demonstrating the type of character he was trying to instill into our team, he was able to help us grow as people simultaneously. This continued past the football season and throughout each school year.

I learned that everything I experience is bigger than just myself. Anything that impacts me also impacts others. Coach Creel always preached at the end of practices to go home and be a good son, be a good brother, be a good friend, be a good boyfriend, be a good worker and be a good person. This really resonated with me.

How would you describe Coach Creel's character?

Coach Creel often talked about the only two things we can control in life: our attitude and our effort. This speaks volumes about the type of person he is. No matter what situation he finds himself in, I constantly observe his positive attitude and maximum effort. It goes without saying that this piece of his character trickles down to the entire team.

Closing comments?

When I was a sophomore, during Coach Creel's first season, my mother was losing her battle with cervical cancer. Coach Creel knew all about it, and, having been through a similar experience himself, he was able to guide me through the complex emotions I was feeling. He rallied the team behind me, dedicating a whole game to my mother. After she passed away, he continued to provide support to me and my family.

Coach Creel often talked about the only two things we can control in life: our attitude and our effort.

- Max Alter, Class of 2018



Ben Connor

How would you describe yourself before you met Coach Creel?

Before I met Coach Creel, I was a shy kid who wasn't quite sure if I was ready to be the next starting quarterback for Beachwood. I wasn't aware of the potential I had.

Describe the impact that Coach Creel had on you, from when you met through graduation.

My first year with Coach Creel was a rough one. The team went 1-9, and as a team, we also worked through the loss of a couple of teammates' family members. But what Coach Creel taught me through our struggles is that football is a lot like life. Not everything is going to go your way. You have to work hard for what you want in life. As a 16-year-old kid at the time, it was hard to see light in such a dark year.

As Coach Creel continued to preach about character – who you are as a person, how you're supposed to carry yourself as a person, how to deal with the hard times that were dealt to us – it pushed me to be the best version of myself that I could be. He taught me that as long as you give 100% effort in what you do, you should be able to live with the results. If you can't live with those results, then you need to work even harder to change them.

Coach Creel instilled a drive in me that helped make me the man I am today. As a first-year quarterback, it was hard for me to win over a team of players, many of whom were older than me. That's something Coach Creel and I always talked about. He pushed me to be more vocal, more understanding and more open to helping my teammates.

As a senior, I sometimes felt frustrated when dealing with younger, less experienced players. But that's when I would think back to what Coach Creel would say to the teammates in my grade. "You guys are the foundation of this program." I'd always think back to that, and how I was once in their shoes just wanting to have an older teammate show his love and support for me. I realized the only way to make this program what we wanted it to be was to be a leader who wasn't afraid to hold other teammates accountable for their actions, all while being a positive role model for my younger teammates.

How would you describe Coach Creel's character?

Coach Creel is a man of immense passion, not only for the game of football, but for the impact he has on this community. Coach Creel's one goal that always remained constant was that we must change the culture of Beachwood. When he came to Beachwood, he saw a community that wasn't well-knit, so he took it upon himself to try and bring the community together through the sport of football. He always wants the best for anyone he meets, and he is willing to stand up for someone, no matter what the consequences may be. I think that speaks volumes about this man.

Closing comments?

Coach Creel is always there for anyone who needs him. It doesn't matter whether or not you're of his athletes. If you need to talk to someone, Coach Creel's office door is always open.

Coach Creel understands that at the end of the day, we're all human beings with different feelings. He shows love when there seems to be none in sight. That's why whenever I see Coach, there's always a hug, followed by me saying, "Love you Coach," followed by Coach saying, "Love you too, guy."

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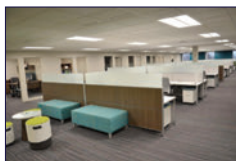
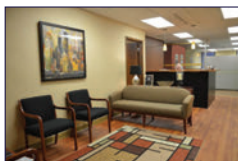
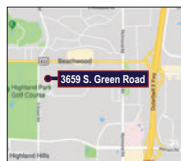
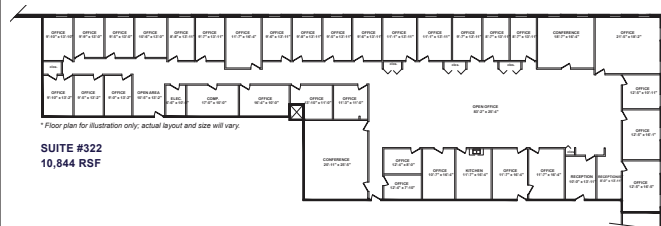
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- **Location:** Near the corner of Green Road and Chagrin Blvd., across from Highland Golf Course, two buildings north of the Beachwood Post Office
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- **Boma Factor:** Ten Percent (10%)
- **Rental Rate:** \$16.95 RSF
- **PDC Cafe:** Located on the first floor. Daily specials, in addition to their standard menu of soups and salads. Eat in, take out and catering available
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2nd Annual Beachwood Fall Festival Vendor Opportunities Available!



The 2nd Annual Beachwood Fall Festival will take place on Sunday, October 7, from noon until 5 pm, at Beachwood City Hall. Sponsored by the City of Beachwood, Beachwood City Schools and the Beachwood Chamber of Commerce, this free, family-fun event will feature food trucks, crafts, games, inflatables, a scavenger hunt, pumpkin patch, Ninja course, Unique Boutique, live music by Revolution Pie and more.

The Unique Boutique Art Fair will feature more than 70 vendors and include paintings, clothing, handbags, textiles, wood items, furniture, ceramics, jewelry, garden accessories, etc. – **and there's still time to reserve a booth!** Whether you're an artist, vendor or business that would like exposure at the event, please visit www.beachwoodschoools.org/UniqueBoutique.aspx or email boutique@beachwoodschoools.org for details.

There are also sponsorship opportunities for businesses.

You can sponsor an activity or entertainer at the event and gain visibility along the midway, for as little as \$75. For details, call 216.292.1970.

You can sponsor an activity or entertainer at the event and gain visibility along the midway, for as little as \$75.

At last year's event, the attendance count surpassed 5,000 people by 4:30 pm and this years event is bigger and better!



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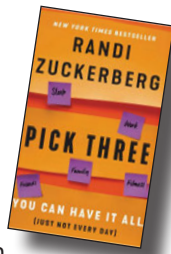
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The Women's Forum: You Can Have It All (Just Not Every Day)



Thursday, September 27 • 7-9 pm
Jewish Federation of Cleveland's
Jack, Joseph and Morton Mandel Building
25701 Science Park Drive, Beachwood
Cost: \$25
Wine and light bites will be provided
(kosher dietary laws observed)



Connect with women in our community at The Women's Forum. Join moderator Dara Yanowitz (pictured) for a discussion on Randi Zuckerberg's book, *Pick Three: You Can Have It All (Just Not Every Day)*.

This event covers topics relevant to women today and has historically attracted a sold-out crowd of women diverse in age, affiliation, and interests.

To register, visit www.jewish-cleveland.org.

Rain Barrel Workshops

Cuyahoga Soil & Water Conservation District is hosting Rain Barrel Workshops in neighboring communities, the closest being Shaker Heights, on September 27, 6-7:30 pm. For additional dates and locations, visit www.cuyahogawcd.org and click on "Events."

Rain barrels are \$60 each (includes downspout diverter). For more information or to register, contact Amy Roskilly at 216.524.6580, ext. 1005, or aroskilly@cuyahogawcd.org.

A rain barrel is a container used to collect and store rainwater that would otherwise be lost to runoff and likely diverted

to a storm drain. Collected water may then be used to water lawns and gardens.

Rain barrels may be used to receive a reduction in the stormwater utility fee that is being charged by the Northeast Ohio Regional Sewer District, and the collected water is a free source of chlorine- and fluoride-free water.

The Cuyahoga Soil & Water Conservation District's mission is to advocate and implement best management practices for conservation of land and aquatic resources in a developed environment through education, stewardship and technical assistance.

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HEY NEIGHBOR!

by Arlene Fine

New BAC President in the Picture

As the newly-elected president of the Beachwood Arts Council, Paula Rollins has vowed to hit the ground running, and based on her track record, that's a lot of woman power.



From the day she entered Beachwood schools, Paula was always the kid in class who became involved in school activities. Recognized for "Most Service to the School," while at Beachwood High School, Paula co-edited the school newspaper, *The Beachcomber*, which gave her the skills to help her own high school students create school newspapers when she was an English teacher and school newspaper advisor, first in Cincinnati and then in Shaker Heights.

Staying connected with her Class of '71 classmates, Paula maintains the group's contact list and heads the class reunions and birthday parties. "We're having a 65th Birthday/Medicare Party this month, as many of our classmates enjoy staying in touch and reminiscing about the good old days," she explains.

Paula's community involvement continued when she and her husband, Mike, raised their own children, Lauren and Gregg. When she left the teaching side of the classroom, she became a Beachwood school volunteer and served as PTO president for 10 years.

In 2003, Paula was tapped by the Beachwood School Board to serve as coordinator of the Gallery of Success, which recognizes outstanding Beachwood alumni every three years. "Beachwood schools are a huge asset, and our graduates have achieved amazing things locally, nationally and internationally," says Paula. "Our schools also reflect our community's rich diversity and closely-knit neighborhoods."

In 2013, Paula and her sisters, Karen and Donna, along with a number of former Edgewood Road residents, organized a street reunion for neighbors who lived on Edgewood from the 1960's to the present, and more than 100 people attended. Also in

2013, Paula's good work,

positive attitude and civic pride earned her the title of Citizen of the Year by the Beachwood Chamber of Commerce. That same year, she was approached by (the late) Ileen Kelner, a founding member of the Beachwood Arts Council, to help revamp the annual BAC Si Wachsberger Arts Scholarship Award, which supports graduating high school students who plan to pursue the arts in college.

Soon thereafter, Paula accepted an invitation to serve on the BAC Board of Trustees.

The Beachwood Arts Council, founded in 1964 as a nonprofit organization, nurtures, promotes and celebrates the visual and performing arts and the diverse cultures in our area, and membership is open to all residents of northeast Ohio.

"I quickly realized that the BAC was a vibrant, grass-roots organization, and I was thrilled to be part of it. The scope and breadth of the programming are truly amazing," says Paula.

The organization presents art exhibits and hosts a variety of events, workshops and lectures in the contemporary galleries of the Beachwood Community Center. The BAC solo and group exhibits feature artists of local and national acclaim. The group also sponsors the Ileen Kelner Juried High School Art Show, in which 25 schools in northeast

Ohio participate; and an annual Beachwood Schools K-12 Art Show and Music Program.

In addition, the BAC offers tours of museums, galleries, private collections, homes, gardens and artists' studios. The group also sponsors speakers, music and dance performances, diversity festivals and workshops led by skilled artists who teach hands-on projects, such as painting, silk scarf designing, monoprinting and jewelry making.

As president, Paula is working to raise awareness about the BAC and is encouraging more community engagement.

In June, after rising through the BAC ranks, Paula took over the BAC helm from outgoing president Joe Kalk and retiring executive director Leah Gilbert. "I have big shoes to fill," says Paula. "I learned so much from Joe and Leah, both active board members, who promised to be just a phone call away whenever I need help."

As president, Paula is working to raise awareness about the BAC and is encouraging more community engagement. Collaborating with other arts organizations is one way to get the word out. "Leah arranged a joint art exhibi-



Paula Rollins (president), Joe Kalk (past president), and Leah Gilbert (former executive director). *Photo by Scott Morrison, Discovery Photo.*

"I quickly realized BAC was a vibrant, grass-roots organization, and I was thrilled to be part of it."

~ Paula Rollins, BAC president

tion with the Shaker Heights Arts Council (see "Call for Artists" on this page), and I would love to build on that program and have other collaborations," says Paula.

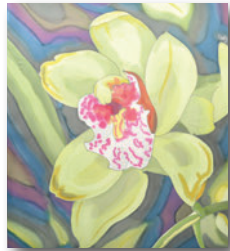
Paula praises support of the City of Beachwood, promotional efforts of *Beachwood Buzz*, and the commitment of the dedicated BAC trustees, who work hard to create and support the BAC events and programs.

Looking to the future, Paula and the BAC Board hope to increase their revenue stream. Currently, the nonprofit receives funding from membership dues, donations and sponsorships. Ohio Arts Council and Cuyahoga Arts & Culture have also awarded grants for the group's diverse music programs, which, like the art exhibitions, are free and open to the public.

"If each event attendee would donate even one dollar, it would

help to keep our programs going for a long time," encourages Paula. "We welcome individual and corporate sponsorships, as well as donations in honor or in memory of someone. These funds would serve to further our mission of supporting the arts, and to elevate and promote our programs."

She adds, "The BAC is a community gem. I encourage Beachwood citizens and all of northeast Ohio to value this treasure and help keep it shine."



Silk painting by Gunter Schwegler.

Call for Artists

The Beachwood Arts Council (BAC) and Shaker Heights Arts Council (SHAC) are proud to announce "Good Neighbors," a juried Spring 2019 exhibit, scheduled to run from June 5 – 27, at the Beachwood Community Center.

The BAC and SHAC are looking for artists, 21 years and older, who work in any 2D medium. Artists must live in Beachwood or Shaker Heights, be in the Shaker Heights School district, or work in Beachwood or Shaker Heights. Interested artists should visit the BAC website (www.beachwoodartscouncil.org) or the SHAC website (www.shakerartscouncil.org) for an application.

The BAC and SHAC will collect the money and take a 40% commission on all artwork sold. Artists will be paid immediately upon receipt of funds.

Artists will retain all copyrights to their artwork and will grant sponsors the rights to use the exhibit images on printed materials and websites for promotional purposes only. Neither the BAC nor SHAC retain copyrights or usage beyond promoting the artists and their work.

There are no entry fees. Artists will be required to sign a BAC contract in order to exhibit at the Beachwood Community Center.

For more information, contact Leah Gilbert at leahgilbert@sbcglobal.net or 216.752.0752.

Important Dates:

Application Deadline:
September 10

Portfolio Reviews:
September 27, 7-9 pm and
September 29, 1-3 pm

Participant Announcement:
Notification will be made via email and by postings on the BAC and SHAC websites.

Exhibition Opening Reception: Saturday, June 8, 5-7 pm

Exhibition Closes:
June 27 • All artwork must be picked up on Friday, June 28

Upcoming Programs

Beachwood Fall Festival

Sunday, October 7 • noon–5pm
Beachwood City Hall Parking Lot
Visit BAC's booth at this family-friendly event and create fun crafts. This free festival is sponsored by the City of Beachwood, the Beachwood City Schools, and the Beachwood Chamber of Commerce.

Gunter Schwegler:

The New Silk Road Art Exhibit
Saturday, October 13 –
Sunday, November 4
Beachwood Community Center

Gallery Hours:

Mon.-Fri. 10am-4pm •
Sat. 10am-3pm • Sun. 10am-1pm

Opening Reception:

Saturday, October 13 • 5-7 pm
Renowned fiber artist, Gunter Schwegler, will exhibit his collection of colorful paintings on silk. His works include landscapes, cityscapes and abstract designs. Free and open to the community.

Silk Scarf Painting Workshop:

Saturday, October 27
9am-noon
Back by popular demand, this workshop will offer a fun-filled

morning of silk painting with Gunter Schwegler. Design and paint a beautiful silk scarf. No experience necessary. Fee includes all materials. \$35/BAC members • \$40/non-members. To register, please call 216.595.3400, leave your name and telephone number, and a volunteer will return your call. Registration deadline: Friday, October 12.

The Cleveland Bluegrass Orchestra Concert

Sunday, October 21 • 2-3pm
BHS Auditorium

Back by popular demand! Join five Cleveland Orchestra musicians in their alternate identities, The Cleveland Bluegrass Orchestra, for an afternoon of bluegrass classics, original arrangements, and more than a few surprises. This performance, free and open to the community, is made possible by grants from Ohio Arts Council and Cuyahoga Arts & Culture.

For a complete list of programs, visit www.beachwoodartscouncil.org.

“Whatever It Takes”

by Deborah L. Ross, Ph.D., Clinical Psychologist

Anyone who followed the NBA finals probably noticed burgundy-colored t-shirts with the Cavs logo and gold lettering that proclaimed, “Whatever It Takes.”

At the beginning of June, I had the opportunity to attend the USO Warrior Week in Virginia Beach, which gave me a new perspective on the phrase, “Whatever It Takes.” I attended as a guest of my daughter, Elana Ross, vice president of Corporate Relations for BBMC Mortgage (Bridgeview Bank Mortgage Company), a company that supports the USO through its Patriots Charity Initiative.

We shot laser rifles in the Marine trailer, “tried out” for the Air Force, and watched Navy SEALs help children do pull ups.

We watched brightly-colored parachutes drift down to earth, each carrying a trained paratrooper and active-duty military person or veteran. In spite of any disability, the USO and volunteers made it possible for a courageous few to experience the thrill of floating down from the clouds to the earth below.

We entered a trailer for “Wreaths Across America.” Its mission: “Remember our fallen veterans. Honor those who serve. Teach your children the value of freedom.” It occurred to me that we take for granted the sacrifices our military have made since the inception of this country. It also brought to mind that my own father was a soldier in the Army in World War II. This organization lays wreaths at the graves of the 400,000 veterans at Arlington Cemetery every December. They also lay wreaths at over 1,400 cemeteries around the country.

There was a trailer representing End 22, an organization that brings awareness to the Veterans Administration’s study, which reported that 22 veterans per day commit suicide, a gross under-representation because only 21 states reported statistics. We

discussed the invisible wounds of war with veterans in the trailer. They described the symptoms of PTSD, such as nightmares, flashbacks, hyper-vigilance, insomnia, withdrawal, anxiety and despair – trauma that can lead to suicide.

After a Friday evening concert, we noticed a man limping on a prosthetic leg. He sat down on the ground and was unable to make the walk to the hotel. My daughter arranged for an Uber and we all shared a ride. He was grateful and offered to buy us a beer, which we accepted.

We learned that Mike was from England, he lost his leg while in the service, and he was going to participate in a “Monster Mash” with the Navy SEALs the following morning. He planned to accomplish this feat without his prosthetic leg, but with crutches, instead.

I got up early to cheer Mike on. At 8 am, the temperature was 80 degrees. I watched as dozens of able-bodied men and women struggled to run, crawl, climb, jump and crab walk through the sand along the shores of the Atlantic Ocean. Mike was in the last group, and by then the temperature rose. I saw him “running” through the sand with crutches that wrapped around his arms. When it was time to crab walk, Mike threw his crutches to a British woman who was watching from the sidelines and proceeded to make his way through the sand with two arms and one leg. This was very challenging – even for those with four limbs. Mike was determined to finish the event, giving new meaning to “Whatever It Takes.”

To honor Mike, the race’s winner gave him his trophy and the Navy SEALs gifted him a shirt, exclusive to the SEALs.

Another event was a 20-mile bike ride, where participants gathered in bike shorts and jerseys, toting water bottles. There, I met Scotty Moro of The Adaptive Cycling Foundation. Scotty enthusiastically showed me bikes that he individually designed and constructed for veterans with various disabilities. There were bikes for amputees, paralyzed vets, and even a blind rider. One bike had a special braking mechanism for a veteran who had paralysis in his arms. For anyone who has a will, Scotty will find a way. Again, doing “Whatever It Takes.”

My thanks to our military
for their courage,
conviction and fortitude.
And my respect for the
sacrifices they make so that
we can enjoy our freedom
and comfort here in the
United States.

One of the weekend highlights was Surf Camp. If someone

wanted to surf, the USO and volunteers made it possible. There were professional and amateur surfers to help each person. Each “camper” got as many volunteers as they needed, and both a triple-amputee man and paralyzed woman rode the waves into the shore with glee.

“Whatever it takes” is the willingness to face challenges well outside of one’s comfort zone. It takes courage to face fear and uncertainty when doing the seemingly impossible.

Warrior Week was an inspirational, humbling experience. “Whatever it takes” is the willingness to face challenges well outside of one’s comfort zone. It takes courage to face fear and uncertainty when doing the seemingly impossible. It takes support of organizations like the USO, BBMC Mortgage, volunteers, families and friends.

My thanks to our military for their courage, conviction and fortitude. And my respect for the sacrifices they make so that we can enjoy our freedom and comfort here in the United States.



Elana and Deborah Ross experience Warrior Week.

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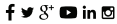
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How to Make Your Visit to the ER as Stress-free as Possible

The University Hospitals Ahuja Medical Center Emergency Department specializes in delivering fast, expert care for you and your family close to home. Staffed by board-certified emergency medicine physicians, physician assistants, nurse practitioners and nurses, the UH Ahuja ER is available 24 hours a day, seven days a week to care for you and your loved ones.

A trip to the emergency room is necessary sometimes, but it can be stressful and confusing. To help make your visit to the ER as smooth and stress-free as possible, UH Ahuja Medical Center Emergency Department Director Kirk Stiffler, MD, MPH, answers some of the most common questions people have about the ER.

How do I know when to go to the ER?

If you or your family member is experiencing any of the following symptoms, go directly to the ER without calling the doctor first.

- Bleeding that can't be controlled by pressure or bandaging
- Severe or continued diarrhea or vomiting
- Coughing or vomiting blood
- Confusion, slurred speech, sudden vision problems, drooping one side of the face
- Unable to move arm or leg
- Chest or upper abdomen pain or pressure
- Difficulty breathing
- Fainting
- Accident or serious fall

If you aren't sure about whether to take your loved one to the ER, call his or her primary care doctor. Always call 911 for life-threatening emergencies.

What are some of the most common problems the UH Ahuja ER treats in adults?

We see the whole range of accidents and illnesses in adults, from earache to broken bones. Some of the more common problems treated here include abdominal pain, broken bones, burns, heart attack, stroke, serious cuts and bleeding, shortness of breath and head trauma.

What are your capabilities for treating heart attack and stroke?

UH Ahuja Medical Center holds American College of Cardiology Chest Pain Center certification and Joint Commission certification as a Primary Stroke Center. These certifications mean that we are fully equipped, staffed, trained and prepared to provide the most efficient, effective and up-to-date evaluation and care for people experiencing chest pain, heart attacks or strokes. For individuals who come in with a heart attack in progress, we always have a specialized heart attack team either in-house or on-call to respond immediately. We also coordinate with all local EMS squads who can notify us ahead of time about possible heart attack and stroke patients so our team is prepped and ready when the patient arrives to ensure he or she receives immediate treatment.

Does the UH Ahuja Medical Center ER treat children?

We provide emergency care for children of all ages in a comfortable and safe facility. Our family-friendly waiting area features a glass wall filled with cascading bubbles, flat-screen televisions and age-appropriate toys, games and videos. If needed, our team has access to advanced care for

your child at the UH Rainbow Babies & Children's Hospital Level I Pediatric Trauma Center.

What are some of the common problems you treat in children?

We treat the whole range of accidents and illnesses in children. Some of the most common problems we treat in children include earache, broken bones, respiratory illnesses, pink eye (conjunctivitis), traumatic accidents, diarrhea, vomiting and high fever.

What should I bring to the ER?

The two most important items you should bring are a list of the family member's current medications and his or her insurance information. Don't bring valuables such as credit cards, cash or jewelry.

What should I expect when I get to the UH Ahuja Medical Center ER?

First, a triage nurse will evaluate you or your loved one to determine if you or your loved one needs to be seen immediately or can safely wait. The nurse will take the patient's vital signs such as temperature, pulse and blood pressure. Depending on the patient's condition, you may be taken to an exam room immediately or asked to take a seat in the waiting room if a treatment area is not immediately available.

If my family member doesn't need treatment immediately, how long will we have to wait?

Waiting times vary, depending on how busy we are and the urgency of the other patients' problems. For your comfort while you wait, our waiting room has flat-screen televisions and free wireless Inter-

net access. To reduce waiting times for our patients and maximize our efficiency, we have 22 private patient rooms. All rooms are placed near central nursing stations to help ensure attentive and responsive care for all of our patients.

What if my family member needs advanced care not available at UH Ahuja Medical Center?

The staff at Ahuja Medical Center ER have on-call specialists to handle most emergencies. If needed, we will consult with other specialists and transfer patients by ambulance or helicopter to UH Cleveland Medical Center. In this event, the emergency medicine physician would speak with you to explain your family member's situation and our plan of care.

Smoother Sailing

Check in online from home and make your ER visit easier. Go to <http://www.uhhospitals.org/ahuja/services/emergency-room> and enter your expected arrival time under the red Skip Lengthy ER Waits box on the right.

Feeling under the weather or have a non-emergency injury?

Providers at the UH Chagrin Highlands Health Center Urgent Care, 3909 Orange Place, Orange Village, are available Monday – Friday, 9 a.m. – 8 p.m., until 5 p.m. on weekends and until 3 p.m. on holidays, except Christmas and Thanksgiving. Services are available on a first-come-first-serve basis, and current wait times and online check-in are available at <http://www.uhhospitals.org/chagrin-highlands/urgent-care>.

Rescue Village Holds Dog-Friendly 5K with Special Tribute

On Sunday, August 5, Rescue Village welcomed hundreds of runners and their dogs to Orchard Hills Park in Chesterland for its third annual Wet Nose 5K.

At this year's event, there was a special mile marker at which a tribute was paid to Abby Bendis, a young Beachwood volunteer, who recently passed away.

"Abby joined Rescue Village as a volunteer to support her passion and love for animals. With our camp program, she instantly connected to children of all ages as a positive role-model and mentor," said Nicole Latosky of Rescue Village, who worked closely with Abby. "Her smiling face and caring demeanor embodied the kindness and spirit that symbolizes our vision at Rescue Village. As a true advocate for all species, Abby's legacy will carry on through her family and friends as they inspire others to help build a more humane community."

More than 200 people signed up to "Run for Abby," and the Bendis family donated an additional \$10 for each one. Included were family and friends; and BHS administrators and teachers, including: Robert Hardis, Ryan Peters, Daria Cayne, Pam Ogilvy, Todd Butler, Jamie Lader, Craig Alexander, Meghann Sullivan, Liz Osicki, Kim Nowak and so many more. BHS junior Joe Spero was instrumental in generating interest among our district's students.

"It was heartening for my family to join hundreds of Beachwood community members to remember Abby by doing something positive for a terrific organization that she loved," said Robert Hardis, Beachwood's superintendent. "Running for Abby' was a way to show Cheryl, Todd and Amanda Bendis how much we care about and support them."

Daria, Abby's Spanish teacher, came out with her son, daughter and daughter's friend to honor Abby. "I run for Abby because I can, when others cannot," she said. "Abby was just 16 when her ability to decide to run ended and she would have wanted us to run for her."

"It is impossible to fully describe how much support the Beachwood community has provided to our family," added Abby's dad, Todd Bendis. "We're truly appreciative of so many people running with us to remember Abby."

"It is impossible to fully describe how much support the Beachwood community has provided to our family," added Abby's dad, Todd Bendis. "We're truly appreciative of so many people running with us to remember Abby."

Rescue Village sold special lime green ribbons (Abby's favorite color) before the race, and at a designated mile marker, volunteers blew bubbles in her honor for every runner who wore a ribbon.

All proceeds raised benefitted the homeless animals of Rescue Village. Proceeds from ribbon sales were donated to Rescue Village in Abby's name.

For more information, visit www.geaugahumane.org.



Top: The Beachwood community comes together to "Run for Abby." Center, clockwise from left: Emily Clar, Audrey Hardis, Robert Hardis, Ben Sosin and Asher Hardis. Bottom, clockwise from left: Jay Bendis, Sanjana Murthy, Lauren Clar, Wesley Cayne, and Daria Cayne – with her Vizsla, Rudy.



Fairmount Temple Adult Cultural Arts Program presents:
Frank and Dinah: Side by Side

Sunday, October 7 • Fairmount Temple, Beachwood

The community is invited to attend a special tribute featuring Michael Sonata and Dianne Palmer, two talented artists who have teamed up to bring the musical chemistry of Sinatra and Shore together with duets and medleys from their famous television shows. You won't want to miss this delightful performance!

Enjoy drinks and appetizers in the foyer at 4:15 pm, followed by the musical performance at 5 pm. Dinner will be served after the program at 6:15 pm.

Michael's love for music and the sound of Frank Sinatra led him, in 2004, to investigate Sinatra's unique singing style. After weeks of research, observation and rehearsal, he came up with a very life-like recreation of "Old Blue Eyes," which led to Tribute

to Frank, his one-man show that reflects a wide range of Sinatra moods. His show includes more than 100 songs that Sinatra recorded, with more added all the time.

Dianne is an in-demand singing talent and the featured vocalist with a well-known, 18-piece Big Band, providing audiences all over Northeast Ohio with the nostalgic sounds from The American Songbook,

Glenn Miller, Basie, Dorsey and, of course, Frank Sinatra.

The cost for dinner and the program is \$16 for Fairmount Temple members and \$30 for guests. For more information, please call Susan Namen at 216.646.0607. The registration deadline is September 28 (no exceptions). This program is made possible through the generosity of the Max and Ella Green Fund.

2018 Beachwood Business Expo

October 4 • 3-6:30 pm
 Embassy Suites, Beachwood

Area business persons are invited to attend the 2018 Beachwood Business Expo to interact with exhibitors from multiple industries in and around Beachwood, including: technology, financial services, food and beverage, education and culture, media, productivity, lifestyle, health and wellness, and more. There is no charge or pre-registration required to attend the show.

The Chamber offers:

- Free goody bags to the first 250 participants
- Free professional head shots, courtesy of Discovery Photo
- CEU credit opportunities and more!

For more information, call 216.831.0003 or email chamber@beachwood.org

ה'ת

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 Yom Kippur: September 18-19

with Chabad

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Did The Great Gatsby Take Place in Cleveland?



Pictured above: Patty Isenstadt, Rosemary Nemeth, Nancy Hart, Christopher Whipple and Sally Isenstadt strike a pose in Christopher's 1920s Sparrow racing car. Opposite page: Patty, Rosemary, Maidie Volpe and Toni Leone take a trip down memory lane.

On July 19, the Beachwood Historical Society and the City of Beachwood's Community Services Department sponsored a luncheon and historical presentation by historian Christopher Whipple. Participants learned about Cleveland in the 1920s, an era when Cleveland was infused with the arts, culture, music, gracious gardens, theatre, World Series, glamour, jazz, cars, monuments, millionaires, Van Sweringens, rum and much more. Cleveland was *THE* city – the home to more millionaires than any other city its size.

Christopher took the full house of 144 attendees down memory lane with photos and anecdotes about the flapper era. He presented convincing evidence that *The Great Gatsby*, a 1925 novel written by American author F. Scott Fitzgerald, was based on a story that took place

in Cleveland, not New York, after he examined the similarities between the real-life Van Sweringens and fictional Jay Gatsby.

Christopher also shared information about the Shoreby Club, the Mather House, and the green light that still exists on the house across the street from the Van Sweringen mansion in Hunting Valley – a light that was featured in the iconic book.

Rosemary Nemeth, president of the Beachwood Historical Society, said, "F. Scott Fitzgerald

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always wrote about real people and changed their names. Daisy is really Louise Jenks. She was known for her wisdom that helped her husband's company and the Vans' empire as well. You know the expression, that behind each great man there is a lady. In this case, behind three gents, there was Daisy."

While guests digested their delicious lunches along with Christopher's theories, they admired those in the room who dressed for the occasion in Roaring 20s attire. And in the spirit of the day, Christopher parked his 1920s Sparrow racing car out front, which provided roll-back photo opportunities to those who attended.

Although Christopher's evidence about the Gatsbys isn't conclusive, it is believable. One thing attendees did agree on

was that Christopher's presentation and the Gatsby event were entertaining and fun for all.

Does this hypothesis catch your attention? If so, be sure to read the story, "Did the Great Gatsby have ties to Cleveland?" on www.coolcleveland.com.



SEPT. 3RD - 9TH

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CITY OF *Beachwood* Council Update

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MARTIN S. HORWITZ



216.292.1901
mayor@beachwoodohio.com

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COUNCIL V.P.
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JUNE TAYLOR



216.533.7640
june.taylor@beachwoodohio.com

PERSONAL SHRED DAY & HABITAT FOR HUMANITY DONATIONS



SATURDAY, SEPTEMBER 22 • 9 A.M. – NOON

BEACHWOOD COMMUNITY CENTER PARKING LOT

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



HABITAT FOR HUMANITY

Donate usable household items and construction/rehab materials. A tax receipt is available. Pick-up arrangements can be made for larger items by calling (216) 429-3631.

2ND ANNUAL BEACHWOOD FALL FESTIVAL

FREE • SUNDAY, OCTOBER 7

NOON – 5:00 PM • BEACHWOOD CITY HALL PARKING LOT
FOOD TRUCKS – CRAFTS – GAMES – INFLATABLES – UNIQUE BOUTIQUE
SCAVENGER HUNT – PUMPKIN PATCH – LIVE MUSIC BY REVOLUTION PIE

NINJA COURSE



WITH GUEST APPEARANCE BY MICHELLE WARNKY
AMERICAN NINJA WARRIOR ATHLETE

City Contact Information

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



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CLERK OF COUNCIL
216.595.5493

RECYCLING: BACK TO THE BASICS

Recycling contamination happens when well-intentioned recyclers mistakenly put the wrong items into their recycling. It can wreak havoc on the recycling process. Recycling contamination is an issue across the nation and is also a major problem in Cuyahoga County.

Avoid contamination by only recycling these five core items:

- **CANS:** Empty and rinse.
- **CARTONS:** Empty, rinse and replace the cap.
- **GLASS BOTTLES & JARS:** Empty and rinse.
- **PAPER & BOXES:** Flatten cardboard items. (ex: cereal boxes)
- **PLASTIC BOTTLES & JUGS:** Empty and rinse. Replace the cap.

Place these items loose – not bagged – in your recycling bin or cart. All items should be clean, empty and dry. Plastic bottles and jugs include items with an opening or neck that is narrower than the body. Learn more at www.cuyahogarecycles.org/how_to_recycle.

HOUSEHOLD HAZARDOUS WASTE DISPOSAL PROGRAM

The City of Beachwood can only accept materials that originate from a **household**. Beachwood residents may drop off their HHW year-round at the Public Service Department, 23355 Mercantile Road, Monday-Friday, 7:30 a.m. until 3:30 p.m.

Materials not accepted: Tires, Electronics, Appliances, Business/Commercial Waste



50-YEARS! CONGRATULATIONS TO OUR GOLDEN RESIDENTS

L to R: Mayor Martin S. Horwitz, David Ostro, Jordan Wexler, Judy Landis, Allan Farkas, Tayloria Anderson, Sheila Farkas, Antoinette LaMarca, Charles Loparo, Norman Kabert,

Susie Loparo, Elaine Kabert, Marian Seder, Dr. Joseph Seder
Not Pictured: Florence Brofman, Laura and Robert Geuder, Gerrie King

FALL LEAF PICK UP

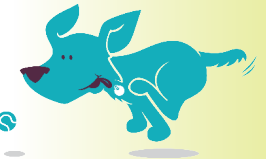
Loose leaf pick-up begins this month and runs through mid-December, weather permitting.

- Leaves need to be raked into piles on the tree lawn.
- Keep piles free of other debris such as grass, twigs or branches.
- Vehicles parked in the street may impede the City's ability to collect.

BE A GOOD DOG OWNER

The Beachwood Police Department reminds you to please keep your dog on a leash and clean up after it. City ordinances state:

- No person shall permit a dog to run at large anywhere within the city, except upon the owner's property.
- No person shall keep any dog that by barking, biting, howling or in any way or disturbs the quiet of any other person or damages any other person's property.



UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, September 4 & 17. Questions? 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meetings: Thursday, September 27. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, September 4 & 17. Questions? 216.292.1914.

Departments

AUDITOR
216.595.3712

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

CHARTER AMENDMENTS

Last year, a nine-person Charter Review Commission was created to review the City Charter and to submit proposed amendments to City Council. The Commission met regularly to review the Charter, Article by Article. Members of the City's administration and Cuyahoga County Board of Elections offered insight on proposed changes. A town meeting, open to the community, was held on July 30. City Council planned to vote on proposed changes at a third and final reading on August 20, (after this magazine went to print). To view the Charter changes, visit BeachwoodOhio.com. Once approved by City Council, these changes will appear on the November ballot. Look for more information in the October Council Update.

ATTENTION BICYCLISTS

Please slow down in parks and share paths. Maximum bike speed is 10 mph and cyclists should pass on the left. Use verbal signals. Cyclists are encouraged to wear helmets. Individuals under the age of 16 are required to wear helmets.

BEACHWOOD ENTREPRENEURSHIP 101 A 3-PART SEMINAR SERIES

10 A.M. – 12 NOON (+ NETWORKING)
BEACHWOOD COMMUNITY CENTER
SEPTEMBER 18, OCTOBER 16 & NOVEMBER 13

- SESSION 1 • September 18 • Getting Started
- SESSION 2 • October 16 • Marketing & Leasing
- SESSION 3 • November 13 • Legal & Lending



Free - Reservation Necessary
Questions? 216.292.1915
Keri.Zipay@beachwoodohio.com

Council Update

HONKIN' HAULIN' HANDS ON TRUCKS



19TH ANNUAL

SUNDAY, SEPTEMBER 16
12:00 NOON – 3:00 P.M.
MUNICIPAL SERVICE CENTER

Get into the driver's seat of City safety and service vehicles including: Fire Engines, Ambulance, Rubbish Truck, Front End Loader, Dump Truck and more! Questions? Call 216.292.1970



FOLLOW US ON SOCIAL MEDIA

Follow the City on social media for up-to-date information! Beachwood's website at www.BeachwoodOhio.com serves as the primary source of information for City news. Community events and more may be found at www.facebook.com/BeachwoodOH and www.twitter.com/BeachwoodOH. The city also has a presence on www.Nextdoor.com and LinkedIn.com (search City of Beachwood).

UPCOMING ART EXHIBITS

BRIGHT AND BEAUTIFUL featuring Lizzi Aronhalt, Mary Kay Thomas, Parlay Yvette and Jamie Morse
August 22 – September 12



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.

A JOURNEY IN STONE & WORD

Sculptures by Alice Kinderman

Poems by Shira Atik

Structures and Space: Artwork by Bob Cohen

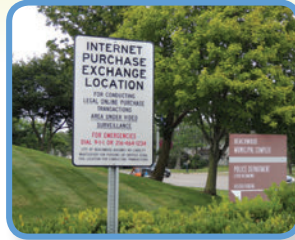
September 17 – October 8

Opening Reception: Sept. 23, 1 – 2:30 p.m.



SAFE INTERNET PURCHASE EXCHANGE LOCATION

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



Using this area is safer than a random location or having the buyer go to your residence. Questions? Call 216.464.1234.

SAFETY TOWN GRADUATES

Beachwood Safety Town held its annual graduation ceremonies in August. Children learned about traffic, bus and bicycle safety, how to recognize, understand and enlist help from our City's safety forces, playground safety and how to cross the street.

Patrol Officers Jamey Appell and Matthew Page served as this year's Safety Town Officers.

Thanks to our student volunteers and staff!



BEACHWOOD
SAFETY TOWN



USE CAUTION & BE SEEN

Use caution when walking at dawn, dusk and evening hours. Add reflective items to clothing. Walk on the sidewalk. If it is necessary to walk in the street, walk facing traffic and single file if in a group.



OF SPECIAL NOTE

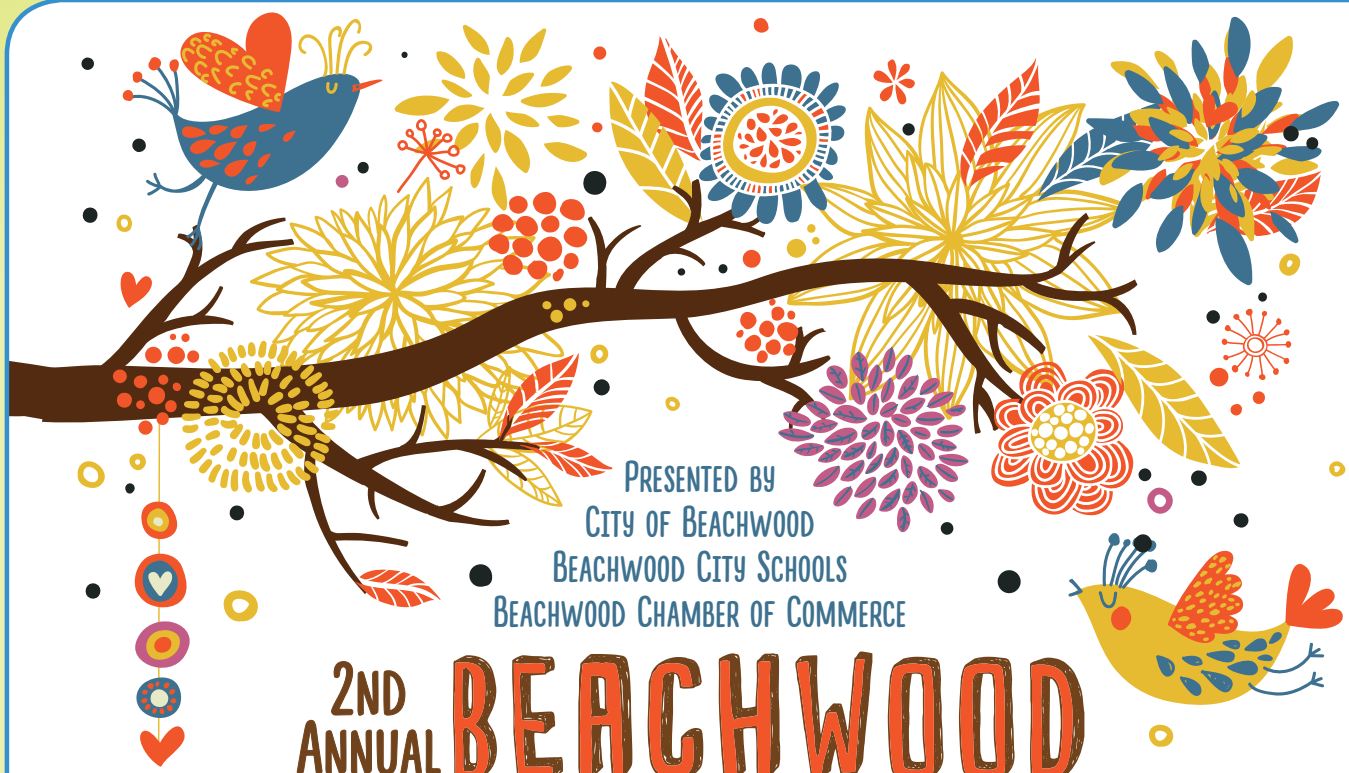
Drivers seeing a stopped school bus with the stop arm out and lights flashing are to stop at least 10 feet from the front or rear of the bus and not move until signaled to do so by the bus driver. A driver does not need to stop for a school bus approaching from the opposite direction when traveling on a highway with four or more traffic lanes.



RX DRUG DROP BOX

A prescription drug drop-off box is located in the Police Department lobby for unused, unwanted or expired prescription drugs. Drugs can be dropped off Monday – Friday, 8:00 a.m. – 4:30 p.m. No liquids or needles. No special containers needed.





PRESENTED BY
CITY OF BEACHWOOD
BEACHWOOD CITY SCHOOLS
BEACHWOOD CHAMBER OF COMMERCE

2ND ANNUAL **BEACHWOOD**
FALL FESTIVAL

FREE • SUNDAY, OCTOBER 7

NOON – 5:00 PM • BEACHWOOD CITY HALL PARKING LOT

**FOOD TRUCKS – CRAFTS – GAMES – INFLATABLES – UNIQUE BOUTIQUE
SCAVENGER HUNT – PUMPKIN PATCH – LIVE MUSIC BY REVOLUTION PIE**

NINJA COURSE



WITH GUEST APPEARANCE BY MICHELLE WARNKY
AMERICAN NINJA WARRIOR ATHLETE



CITY OF
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DEFICIENCY-FREE SURVEY three years in a row! 

Gold Medal Gymnast Aly Raisman to Headline NCJW/Cleveland Opening Meeting

Aly Raisman, gold medal gymnast and activist, will headline National Council of Jewish Women/Cleveland's Fall Opening Meeting on Wednesday, September 26. The sit-down lunch and candid conversation will be held at Executive Caterers at Landerhaven, and moderated by Laurel's Head of School, Ann Klotz. The event begins at 11:30 am for luncheon attendees, with the main presentation at 1 pm.

Raisman will talk about her journey as an athlete, outspoken activist and now author of *Fierce*, an inspiring story of dedication, perseverance, and learning to think positive even in the toughest times.

"Our hope is that Aly's story will become a platform for others to tell their stories, to share their feelings and to unite together to make their voices heard," said Elaine Geller, NCJW/Cleveland president. "As a powerful voice in the community, we feel it's so important to ignite the conversation surrounding anti-sexual harassment and make sure people don't feel alone during this movement," she continued.

NCJW's opening meeting kicks off the year's theme for its organization – Be the Voice. See the Change. For 124 years, NCJW/Cleveland has been at the forefront of social change. Each day, the organization champions the needs of women, children and families in the Cleveland community. In the midst of the anti-sexual harassment movement nationwide, the organization adds its 2,000 voices to this and other important causes in our community.

For the first time, students will also have the opportunity to join the opening meeting to hear Raisman.

Cost for the luncheon, dessert, brief intimate remarks by Raisman, main Raisman presentation and signed copy of *Fierce* is \$125 for members and \$140 for non-members. Cost for the luncheon, dessert, brief remarks and main Raisman presentation is \$75 for members and \$90 for non-members. Cost for dessert and main presentation is \$30 for members, \$45 for non-members and \$20 for seasoned seniors (80+).

For more information and to register, visit www.ncjwcleveland.org.

Israel: Then & Now

Sunday, September 23, 2018 – Sunday, May 12, 2019

Tuesday, Thursday, Friday, Saturday, Sunday: 11am – 5pm

Wednesday: 11am – 9pm

Included with regular Museum admission available in advance or at the door. Special \$5 General Admission on Opening Day, Sunday, September 23. Members are always free.

A people with no home, rejected across the globe for religious beliefs, find hope in a land they can make their own. In 1948, when Israel was declared the first Jewish state, it gave the Jewish people an opportunity to create a home for themselves and their children — what would come of this land, the people and a culture?

Take a look back and imagine what's ahead during this world premiere special exhibition that combines milestone moments, historic images, interactive media and film to explore *Israel: Then & Now*.

- Learn about major moments in Israel's history, such as the Balfour Declaration, Israeli Independence and the Camp David Accords.
- Discover the early Zionist movement, agricultural transformations and current innovations in natural conservation. A 3D topographic map will highlight shifting national borders, historic sites and varied landscape.
- Meet the people of Israel by learning about the waves of immigration that contributed to a diverse population. Visitors can explore the experiences of early Jewish pioneers, and children can imagine the courage it took to move far away and build a new society.
- Explore the creation of a unique culture and the revival of Hebrew as a spoken language. Learn about the cuisine, pop culture, music and literature that reach across borders to influence the world.

- Be inspired by the technological and medical advancements being made in Israel today that are changing the world.
- Hear from everyday Israelis on subjects such as the role of religion in society, Israel's creative and social challenges, politics and the idea of Israel tomorrow.

This world premiere exhibition opens at the Maltz Museum in September 2018 and will tour nationally following that appearance.

Take a look back and imagine what's ahead during this world premiere special exhibition that combines milestone moments, historic images, interactive media and film to explore *Israel: Then & Now*.

We are proud to announce the collaboration of Jewish Cleveland's two great educational and cultural institutions: Case Western Reserve University's Siegal Lifelong Learning Program and the Maltz Museum partner to offer joint programming to the community. We have organized a full season of dynamic Israel programs designed to engage, enrich and educate. Meet our visiting scholars, join us for an Israeli documentary film series, take part in a Israeli play readings and more.

Events will alternate between venues. Discounted rates are available for both members of CWRU–Siegal and members of the Maltz Museum.



A World Premiere Special Exhibition

ISRAEL THEN & NOW

**JOIN US ON OPENING DAY
SEPTEMBER 23, 11AM - 5PM**

**SPECIAL \$5 ADMISSION
MEMBERS ARE ALWAYS FREE**



**MALTZ MUSEUM OF JEWISH HERITAGE
2929 RICHMOND RD., BEACHWOOD
216.593.0575 · MALTZMUSEUM.ORG**

Designer Dress Days – Bargains Never Go Out of Style

BY ARLENE FINE

Life is too short to wear boring clothes – even if you are 98 years old.

That's how Beachwood resident Dorothy Ackerman feels – and with good reason. Dorothy has been a Designer Dress Day volunteer ever since National Council of Jewish Women/Cleveland Section launched its first DDD fundraiser in 1968.

"I'm probably the only one around who was there at the very beginning when Liz Faulb, then-NCJW's vice president of ways and means, began this amazing undertaking," says Dorothy.

Liz is credited with bringing DDD to Cleveland, having duplicated the idea from NCJW St. Louis section. While at a NCJW national convention in St. Louis in 1967, Liz saw the potential of using a sale of gently-used, fashionable items as a fundraising tool.

Within months after returning to Cleveland, Liz invited her friends to a "Sherry Hour" at her home and took the

clothes off their backs, literally. "The women came to the affair dressed in their finest and left wearing paper dresses donated by a paper-manufacturer friend," says Leslie Resnik, NCJW vice president of communications.

With a caché of her friends' clothes to start the DDD inventory, Liz and other NCJW members began getting the word out about the new NCJW fundraiser. It wasn't long before gently-used designer clothes and accessories began pouring in.

"Every inch of Liz's house and garage was overflowing with merchandise for the first DDD. She couldn't even walk up the stairs to get to the bedrooms," says Dorothy.

That initial sale, which occurred in a torrential downpour, raised a whopping \$14,000. Dorothy remembers how women lined up all day to get into the sale. Disc jockey Bill Randle was on hand for the entertainment, and policemen were need to control traffic on the streets.



NCJW 50-year DDD volunteer, Dorothy Ackerman.

DDD has come a long way since then. "We kept moving the sale to different locations as it continued to grow," says Dorothy. "It was held at the old NCJW office building on Lee Road, the initial Thriftique on Larchmere, the old Shaker Theatre, The Civic, Fairmount Temple, a warehouse on Miles Road, Joseph Beth Bookstore, and now at the Mandel JCC."

PINSTRIPES

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Seeing Is Believing



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111 Park Avenue | Orange Village, OH | pinstripes.com



Fifty years later, DDD is bigger and better than ever. Merchandise from this year's four-day sale that runs from October 12-15 will include new and gently-worn famous label and designer clothing, accessories, jewelry, handbags, coats, furs and leathers – all at rock-bottom, bargain prices. Special celebratory promotions and discounts will be offered during the sale in honor of the 50th anniversary of DDD.

Special celebratory promotions and discounts will be offered during the sale in honor of the 50th anniversary of DDD.

"We are hoping to have another successful sale this year so we can continue to fund NCJW initiatives, projects and programs in the areas of

community service, advocacy and education to improve the lives of women, children and families," says Leslie.

In the meantime, Dorothy will once again be on hand to ensure yet another successful DDD. You'll find her at the jewelry counter – along with other precious NJCW gems.



NCJW Designer Dress Days

50th Anniversary Sale
Mandel JCC
26001 S. Woodland Rd.
Beachwood

Fri, October 12 • 10am-4pm
(Preview Day: \$20 admission)
Sunday, October 14 • 10am-4pm
Monday, October 15 • 12-8pm
Tuesday, October 16 • 10am-8pm

Contact:
NCJW at 216.378.2204

Let's Make Memories

Beachwood Community Center
September 11, October 9, November 13 and December 11
10:30 am – noon

Gloria's Way Memory Café provides an opportunity for those with cognitive challenges, accompanied by their caregivers, to laugh, share stories and make meaningful connections. Through music, exercise, food tastings, discussions of world and cultural events and more, this program provides an opportunity to celebrate life with others affected by memory loss.

Gloria's Way Memory Café, free and open to the community, is presented in partnership with Right at Home, In Home Care and Assistance; Daniel P. Seink Co., eldercare attorneys; and AgeFit Consulting.

For more information about Gloria's Way Memory Café, contact Tonia Porras at 216.352.1106 or tporras@gloriaswaymc.org.

About Gloria's Way

Gloria's Way is a community based, non-profit organization that provides support services at reduced costs to individuals experiencing memory loss, their families, and caregivers living in and around our community. Through its one-to-one memory-care planning program, every family is assigned a memory-care navigator who will be your go-to person, working with you and your family to identify your immediate needs, develop plans of care, and access local resources at reduced costs. At Gloria's Way, its staff will work tirelessly to ease the burden, relieve stress, and support each of you, every step of the way. For more information, visit www.gloriaswaymc.org.

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Beachwood High School 50-Year Reunion

The Beachwood High School Class of 1968 recently held its 50-year class reunion. The weekend began on Thursday, July 26, when classmates met at Bar None to catch a sax and flute performance by classmate Mal Barron.

On Friday, festivities kicked off with a get-together at Burntwood Tavern on Landerbrook, which was attended by about 70 classmates and friends.

The weekend continued on Saturday, beginning with a tour of the new Beachwood High School. Classmates were impressed with the wide expanse of today's academic opportunities and how the school has physically changed. Next was a golf outing at Gleneagles Golf Course in Twinsburg, where classmates Jud Kline, Alan Starkoff, Barbara Gordon Cannon, Sue Warner Newman, Shelly Robinson, Jeff Stein, Michael

Brown, Tony Guzzo and Jan Kleinman (*organizer*) enjoyed each other's company and a day on the links.

Saturday evening, more than 100 classmates, spouses and friends met at Landerhaven to enjoy cocktails, a buffet and re-connections. The group was entertained by former BHS band director Ron Papa-
leo, followed by a special treat performance by classmate Karen Shane, a professional performer.

Interestingly enough, the Orange High School Class of '68 was holding their reunion across the hall, which promoted cross-over visits. This was especially nostalgic for classmate Alan Starkoff who spent most of his years at BHS, but actually graduated from Orange.

The weekend concluded on Sunday at the Beachwood Family Aquatic Center.

"What a great weekend to

reconnect and share where our lives have gone and what our encores are beginning to look like, said Jud Kline. "It was a time to reflect about our past and to consider our future. Congratulations to the Beachwood High School Class of 1968."

In recognition of the reunion, Mayor Martin S. Horwitz and City Council presented a proclamation that named this day Beachwood High School Class of 1968 50-Year Reunion Day in the City of Beachwood.

Reunion committee members included: Bonnie Adler Davis, Karen Berger Williams, Karen Brooker*, Sharon Comet Epstein, Hermine Gutowitz Kahn, Sharlene Kahn, Jan Kleinman*, Jud Kline*, Amy Mandell Handel, Mark Mintz, Barbara Rothenberg Rosskamm, Jeff Stein, Linda Vinocur Evans and Wendy Weisman Dermer.

* Committee chairs.



Pictured from top:
Dr. Steve and Sharyl Cowan Bloom, together since 7th grade. Barbara (Rothenberg) and Alan Rosskamm, together since high school. Diana D'Amico D'amari, Jan Kleinman, Joel Golub, Laura Miller and Bernie Friedman.

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Boost Your Brain: The Mediterranean Diet

Menorah Park Center 4 Brain Health presents The Raizelle Laskin Brain Health Food Experience – Boost Your Brain: The Mediterranean Diet, Wednesday, October 17, 5:30-7:30 pm in the Menorah Park Saltzman Auditorium.

- Enjoy three live food demonstrations from Menorah Park's Chefs
- Excite your palette with fresh

- food tastings
- Engage your brain during the brain health food fair

This event is free of charge. Advance registration is required. Registration deadline is Friday, September 23.

This event is made possible by the Raizelle Laskin Brain Health Food Experience Fund. Kosher dietary laws observed.

Community Lectures

As a part of the Kenneth & Deborah Cohen Lecture Series, the community is invited to attend the following programs in Menorah Park's Saltzman Auditorium, free of charge. For more information, contact LeAnne Stuver at 216.360.8208.

Hamilton

Wednesday, September 5 • 2:30 pm
Presented by Daniel Goldmark, Ph.D.
Professor/Head of Popular Music
Director of the Center for Popular Music Studies
Case Western Reserve University

- Why is the musical so popular?
- Why did Lin-Manuel Miranda incorporate so many different styles of music into the show?

- How do the political issues addressed in the show relate to the current political and social climate?

Why Phillip Roth Matters

Wednesday, October 24 • 2:30 pm
Anthony Wexler, Ph.D.
Full-time Lecturer
Case Western Reserve University

- What is the literary and cultural significance of Roth's long and remarkably productive career?
- How did Roth's relation to Jewishness and the Holocaust evolve with the passage of time?
- How has Roth's work inspired a new generation of Jewish American writers?

High Holiday Services

Menorah Park invites the community to attend its High Holiday Services, September 9 through September 18, in the Jennie and Jacob Sapirstein Synagogue and

R.H. Myers Apartments. To view the complete schedule, visit www.menorahpark.org or contact Megan Cisler at 216.360.8203 or mcisler@menorahpark.org.

Join Us for the Fun

Menorah Park's Mandel Adult Day Center is celebrating Adult Day Services Week, September 17-21, and the community is invited you take a virtual journey, "Around the World in 5 Days."

Stop by to experience the Center and what it has to offer between the hours of 10:30 am to 2:30 pm.

For more information, contact director Tina Witt at 216.839.6673.



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JFSA Creates Solutions to Meet Evolving Needs of Family



Jewish Family Service Association of Cleveland, a private, non-profit organization, provides solutions designed to support each individual and family need and with these solutions comes confidence that each individual has support to face life's challenges.

JFSA, headquartered here in Beachwood, works with individuals and families at all stages of life and takes the time to give each individual customized support and the highest quality of care.

"We create solutions to meet the evolving needs of the family," Anne Rosenberg, JFSA-Cleveland's vice president of marketing and development, told us. "We understand our clients' needs and create the right solutions for them so we can be helpful in a dynamic, positive and forward-thinking way."

Many families facing challenges have multiple needs, which is why JFSA offers integrated solu-

tions and a team-based approach to addressing these challenges. Programs and services are designed to meet several objectives: achieving potential, strengthening families, empowering youth and providing care at home.

Achieving Potential

To help individuals with mental or intellectual disabilities, or other cognitive disorders, achieve their potential in life, JFSA provides residential supports to over 60 residential sites throughout our community, helps individuals find a job, onboard a new position and maintain current employment. PLAN, JFSA's member-run

organization, focuses on socialization and community-building opportunities for people with mental illness and other cognitive disorders. JFSA also works with individuals to use Cognitive Enhancement Therapy (CET) to improve mental stamina and reaction to unplanned situations, thereby advancing social engagement; and has brought this unique and effective therapy to more than 40 community mental health agencies across the country.

Strengthening Families

JFSA strengthens families in the Jewish and general communities by helping them achieve self-suf-

ficiency in the face of financial crisis, homelessness or domestic abuse. Its Family Violence Services, free and open to all community members regardless of religious affiliation or financial status, supports the diverse needs of women in abusive relationships. JFSA's Hebrew Shelter Home is the only shelter in Ohio and surrounding states specifically for Jewish women and children experiencing homelessness or domestic abuse. Forward Focus provides financial literacy and employment services for members of the Jewish community along with short-term assistance to help families achieve self-sufficiency. Its Jewish

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programming is funded primarily through the Jewish Federation of Cleveland, private foundations and individual donors.

"We understand our clients' needs and create the right solutions for them so we can be helpful in a dynamic, positive and forward-thinking way."

— Anne Rosenberg

Empowering Youth

JFSA empowers youth and strengthens the role of teens and young adults in our community. The Horvitz YouthAbility program uniquely brings together disabled and at-risk teens for vocational activities, volunteer services and social enrichment to help themselves through helping others; KNOW ABUSE™ gives teens the expertise to build healthy relationships in high school and into adulthood. A variety of scholarships, grants and loans are offered through the College Financial Aid Program allowing young adults to focus on learning as they pursue advanced education; and Campership Outreach offers youth the opportunity to build their sense of

Jewish identity and community connection by attending Jewish overnight camps.

Caring at Home

JFSA also provides solutions for seniors and other adults who wish to manage their independence and live healthier lives. Its home health aides provide personal and household solutions to give family members confidence in their independence; in-home medical care through a staff of nurses, physical therapists, and other skilled professionals is also available. Honoring and supporting Holocaust survivors with social, medical and financial assistance is a priority at JFSA. In addition, JFSA offers kosher home-delivered meals, transportation and Philips Lifeline emergency help and dedicated volunteers provide companionship and assistance to enhance the lives of clients and strengthen their community connection. Adult children of aging parents can work with JFSA's geriatrician to assess and diagnose dementia or other cognitive impairments and create a care plan to address these unique needs.

For complete information, visit www.jfsa-cleveland.org or call 216.292.3999.

Woofstock 2018

Woofstock 2018, the biggest dog- and family-friendly festival and FUN-draiser in Northeast Ohio, will take place on Sunday, September 16, at the Cleveland Metroparks Polo Field from 10 am - 4 pm.

You must purchase at least one of the following items to attend Woofstock. Fundraising is encouraged, too, to help more animals in need.

- Top-Dog T-Shirt: \$25
- Average Mutt Bandana: \$10
- Stray Dog Wristband: \$5

Entry is free for kids ages 10 and under and all dogs.

Woofstock 2018 will feature a celebrity-judged "Best Look" contest and parade, family and dog-friendly games and activities, food trucks, cool canine contests, dozens of vendors, adoptable animals, live music, and fun for the whole family. You're sure to have a tail-waggin' good time!

For complete information and to register, visit www.geaugahumane.org/woofstock.



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Geraci's Opens Second Location

Many of us grew up on Geraci's pizza and now, the next generation is carrying on the 63-year family tradition of casual family Italian dining by opening its second location. Geraci's Restaurant, located at 29425 Chagrin Blvd. in Pepper Pike, is now open. Its grand opening took place on August 13 with a ribbon-cutting ceremony.



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

BOMBA Tacos & Rum Opens in Beachwood

On August 3, the City of Beachwood welcomed BOMBA Tacos & Rum and its owner, Andy Himmel, founder and CEO of Paladar Restaurant Group and Beachwood High School graduate, to our business community.

Bomba Tacos & Rum celebrates the flavors and culture of Cuba, Central and South America and the Caribbean, and adds a new level of fun with a Rum Bar that features more than 100 premium rums and signature rum cocktails.

The restaurant is devoted to creating delicious and nutritious food with the highest quality ingredients, and is proud to support our neighborhood with fundraisers for local schools and non-profit organizations. The ribbon-cutting fundraiser was held on August 2, and all proceeds benefitted Belle-

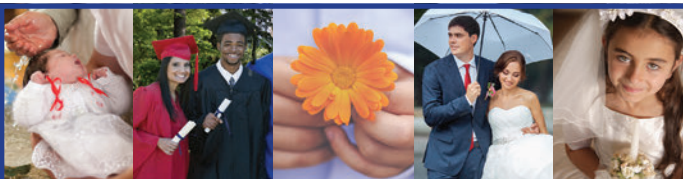
faire JCB. The restaurant officially opened on August 3.

In recognition of the restaurant's opening, City Council president Brian Linick presented a proclamation to Andy Himmel that proclaimed August 3, 2018, as BOMBA Tacos & Rum Day in the City of Beachwood.

At the City Council meeting that followed the opening, Mayor Martin S. Horwitz said, "It's exciting for us to have a Beachwood graduate who's been very successful in the restaurant business open a restaurant here at LaPlace. We wish him much success."



From left: Tiffany Adebo, Brian Linick (Beachwood City Council president), Andy Himmel (CEO and founder of Paladar Restaurant Group), Rob Wolff (immediate past chair of Bellefaire JCB) and Helen Kovac.



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Create Pause



Time passes so quickly, even when the days feel long. We become so consumed by our goals, obligations, to-do lists and relationships that we often overlook the moment we are in.

My goal for this summer was to create pause. To breathe. To be. My self-talk centered around stopping, breathing and observing. Often, I would use my Iphone camera as a way to focus, attend to and capture the beauty that surrounded me.

Creating pause allowed me to immerse myself in the present moment, gifting me the opportunity to appreciate the feeling of inner peace, regardless of the stress, pressure or complex emotions within me, and in

spite of the chaos around me.

This practice gifted me momentary respite. I was both deliberate and committed to just "be." Creating pause reminded me that although I cannot impact or control others – their feelings, perceptions, choices or actions – I can always gift myself moments of peace and gratitude. I can offer myself a reset at any time. I can deeply breathe in the calm that exists and is always available to me when I take the time to create pause.

by Jennifer Stern

Creating pause reminded me that although I cannot impact or control others – their feelings, perceptions, choices or actions – I can always gift myself moments of peace and gratitude.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243. Visit her website, www.transformativegrief.com, and sign up for monthly posts.

Women 4 Women, Knitting 4 Peace

Women 4 Women, Knitting 4 Peace continues to grow. Under the direction of Iris November, this group knit 137 caps for babies born in July at LakeHealth Hospital. Additionally, knitters donated six "lapghans" for Vets.

If you knit or crochet and would like to participate, the group meets on the first Friday of each month at the Beachwood Library from 10-11:30 am. Upcoming meetings are September 7 and October 5. If you don't have supplies, they will be provided at your first meeting. For more information, contact Iris at 216.375.9111 or lbrtyclub@gmail.com.



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Community Programming

The Women of Fairmount Temple invite the community to attend the following programs at Fairmount Temple:

Mitzvah Morning

Sunday, October 7 • 9:30–11:30 am

Drop in for coffee and help make blankets for new babies, lap robes for older adults, felt vests that hold a monitor for children with epilepsy, and Touch 'n Tell number books for preschoolers at the Sight Center. If you don't knit, you can help with assembly, cut and paste, etc. For more information, contact Phyllis Berlas at 216.381.8738.

Tuesday, October 9 Bible Study Class 11 am

Diane Lavin, a knowledgeable and engaging speaker, will begin with "An Introductory Look at David and Bathsheba: Love, Risk, and Consequences." For more information, contact Phyllis Berlas at 216.381.8738.

Optional Lunch • 12 pm

The class is followed by an optional lunch for \$10/WFT members, \$14/guests. Make your reservation the Friday before by calling Phyllis Henry at 440.461.7921.



Speaker • 1 pm
Brandon Chrostowski
Brandon Chrostowski from Edwin's Restaurant will talk to the group about his documentary, *Knife Skills*, a 2018

Oscar nominee. Edwin's Leadership and Restaurant Institute combines "award-winning French cuisine with a unique and revolutionary social cause." The restaurant's mission is to teach a skilled and in-demand trade in the culinary arts to formerly incarcerated men and women while providing them with a

support network for successful re-entry. There is a \$5 fee for non-members. Call Ellen Klein at 216.342.4755 for information.

Every Tuesday • 9:30 am Doll Making

Volunteers gather to create one-of-a-kind teaching dolls. Each doll is stuffed, dressed, and gets a hand-painted face. Hair is also added. These dolls teach children to zip, button, identify colors and shapes, etc. The dolls are donated to Project ACT for homeless children in the inner city. For information, call Nancy Klein at 216.752.4123.

Goldie's Donuts and Bakery

Donuts are all the rave!

Hip trends in the donut world are popping up around the country – New York has Cronut, Chicago has Donut Vault, and now, Cleveland has Goldie's Donuts and Bakery, located in the former Amy Joy building at 5211 Mayfield Road.

Former Beachwood resident Dustin Goldberg and Jeff Sabroff, co-owners and lifelong friends, are new to the donut scene, but not to eating donuts. They've been to donut shops throughout the U.S. and abroad, and have never come across one like Goldie's – a family-oriented, kosher bakery and donut shop that prides itself on homemade goods, made from scratch, using only the finest ingredients.

Dustin and Jeff saw an opportunity, took advantage of it, and now offer thirty varieties of donuts – one to try for every day of the month – and more than fifteen varieties of baked

goods, including Russian tea biscuits, cupcakes, brownies, black and white cookies, and Mama Goldie's cookies, which are like having a bite of home with a chocolate chip in every bite! Additional best sellers are old-fashioned sour cream donuts and apple fritters.

With the High Holidays just around the corner, Goldie's also offers tasty mandel bread, macaroons, sponge cakes, almond horns, rugelach and honey cakes.

"We have a sweet treat for whatever mood you're in," said Paloma, Dustin's wife, who manages the shop.

Since this is truly a family business, the name Goldie's is derived from the family's last name – Goldberg. Mama Goldie's cookies and other pastries are baked by Grandma Goldie, the boss, who puts love in all her recipes and is the secret keeper of all recipes, which are family approved and have withstood the test of time.

"Whether you're hosting an event, want delicious pastry for the high holidays or want something to satisfy your sweet tooth, we'll help make your day sweeter," Dustin said. "People like donuts from small local shops. It gives them a chance to feel a part of that community, which fits our mission of bringing together local community, great food and love."

Bakery items that don't sell by the end of each day are donated to a charity with a mission of making our world a healthier, safer or more unified place for everyone.

Each month, Goldie's offers a different specialty donut to its customers, and at the end of each quarter, 10% of all proceeds from specialty-donut sales is donated to a local charity.

To find out about this month's specialty donut, visit www.goldiesdonuts.com. Proceeds benefit the Jennie Goas Silverman Foundation, which was created with love by some of Jennie's closest

friends to honor her spirit, sparkle and brilliance. Jennie, who grew up in Beachwood, was diagnosed with triple negative breast cancer in June of 2016 and fought a hard battle with this devastating disease until she passed away on May 20, 2017. She was a special person who always impacted the lives of the people she touched. The foundation's mission is to give back to the community where Jennie lived and worked, and to continue to fight in her honor to find a cure for triple negative breast cancer. Funds are used to award scholarships to students where Jennie taught, and to raise awareness for triple-negative breast cancer research. For more information, visit www.jenniegoassilverman.org.

For more information about Goldie's, call 440.683.4746 or visit www.goldiesdonuts.com. Goldie's has a drive-through window and offers delivery for large catering orders.



Congratulations!



The Beachwood Indians, with players ages 9-10 who were coached by Akiva Shawel, won the minor boys championship. The Beachwood Recreation league consists of teams from Orange, Beachwood and South Euclid. *Beachwood Buzz* was the team's sponsor. Congratulations on a great season!

Block Party



On August 12, the 15 attached home on Stratford Court in the Village held their 4th-annual block party at which more than 20 people gathered to put the word "neighbor" back into their neighborhood. They enjoyed food, sunshine and catching up with each other. From the smiles on their faces, it's clear that they all enjoyed their time together!

The 6th Muttsquerade Ball • Sunday, September 16 • 5-9 pm • Moxie, The Restaurant

The 6th Muttsquerade Ball is the largest fundraiser for Dogs Unlimited Rescue, Inc., an all-volunteer, non profit organization that is dedicated to edu-

cating the public, saving abused and neglected animals from an uncertain fate, and improving the animals' fate by providing quality care and placement into permanent, loving homes.

Hosted by Moxie, guests will

enjoy extraordinary food from six local restaurants, wine, a martini bar, specialty beer by Sibling Revelry Brewing, live entertainment and unbelievable auction items. Stefani Schaefer, Fox 8 News anchor, will emcee this

extraordinary evening.

For complete information, or to purchase tickets, contact Gina Lutes-Finley at Gina@DogsUnlimitedRescue.org or visit www.dogsunlimitedrescue.org/muttsquerade.html.





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What Killed Grandma? Dissecting Death Certificates is Topic for Jewish Genealogy Society

Before the introduction of antibiotics and certain vaccines, there were common illnesses that were life-threatening and often appeared handwritten on death certificates. It is quite challenging for today's family genealogy researcher to comprehend fully what were common causes of death in the late nineteenth and early twentieth century.

Local veterinarian Mark Jamba will shed light on how to decipher death certificates with a lighthearted presentation titled "What Killed Grandma? Dissecting Death Certificates," at the Wednesday, September 5 meeting of the Jewish Genealogy Society of Cleveland.

Dr. Jamba will explain common causes of death dating back more than a century ago with emphasis on understanding the impact that sickness had on our ancestors and history. His presentation will cover each of the major organ systems with the necessary scientific terminology broken down into prefix, root and suffix to further comprehension. Fourteen infectious diseases that often killed our ancestors are introduced and for each the cause, transmission, diagnosis and treatment will be highlighted.

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

Don't Go it Alone

The Impact of Social Isolation and What We Can Do About It

Social isolation and loneliness have made headlines for being public health risks later in life. Reports show they're as bad as or worse than obesity, physical inactivity and smoking. In fact, loneliness and social isolation are as damaging to your health as smoking 15 cigarettes a day*. The World Health Organization now recognizes the importance of "social support networks" for our well-being as we age. As a nation, we are beginning to acknowledge social isolation and loneliness as public health priorities during our mature years.

In late July, Menorah Park's brain health expert, Dr. Krystal L. Culler, represented Menorah Park at the Healthy Aging Summit in Washington, D.C. to discuss and discover prevention strategies as proactive ways to stay healthy as we age. The Summit emphasized the importance of focusing on social isolation and loneliness, with the goal of highlighting these important health care issues in the United States.

Loneliness is a larger problem than an individual social experience and can have an impact on our physical and emotional health. There are different types of loneliness: emotional loneliness, when we miss a particular person; and social loneliness, when we lack a larger social group. Loneliness may come and go, may occur near a holiday or particular day of the week, or may be ongoing.

Dr. Culler presented information on the evidence-based programs and services offered by

the Menorah Park Center 4 Brain Health™. Beyond the Center, Menorah Park's residential Brain Health Institute offers weekly brain health educational classes based on its campus model that emphasizes: cognitive fitness, emotional wellness, social well-being and personal health.

Prioritizing your social health, much like your physical health and exercise, may require a shift in perspective, but many aging specialists discuss simple ways to reduce your brain health risk caused by isolation.

In fact, loneliness and social isolation are as damaging to your health as smoking 15 cigarettes a day

(Holt-Lunstad, 2015)

Tips:

- Get involved or encourage others to get involved. Invite

a friend to join you at a social outing, such as a community talk or luncheon. Bring a friend or family member with you to a Brain Health Institute class.

- Try something new or join a new group. Lifelong learning is beneficial to our brain health and our social wellness. If you are unable to attend a group in person, check out a free class online at www.FutureLearn.com.
- Aim to make social engagement a priority. It is suggested to aim for 12 interactions a week – that is 1-2 times per day. Keep in mind, these connections can be brief and include anything ranging from mailing a card to brighten someone's day, to ringing up an old friend to see how they are doing. At the end of the day, people need people.

For more information about maximizing your brain health, contact Dr. Culler at 216.839.6685.

* Holt-Lunstad, 2015

Chagrin Valley Camera Club

The Chagrin Valley Camera Club meets twice a month on Tuesdays at the Beachwood Library. Meetings are from 7 to 9 pm. Guests are always welcome!

September 4

Bill Berris, a professional photographer who works with drones, will discuss the basics of

drone photography and offer a live demonstration. He will also talk about formal rules governing the use of drones and issues regarding pilot certification.

September 25

"Critique session," where contributed images on a specific topic will be critiqued by a panel of fellow members. Although pho-

tos may only be submitted by existing members, the critique is open to those who want to learn more about photography.

For complete information, visit www.chagrinvalleycamera-club.com.



Back in the Day

Joyce Goodman, a former Beachwood resident, will always have a great fondness for and strong affiliation with Beachwood. She enjoys writing poetry and shares this poem with our community.

Back in the Day

by Joyce Goodman

Back in the day when my body was fit
I ate what I liked and gained not a bit
After a while the pounds slowly grew
I lost them quickly it was easy to do

Back in the day my summers were great
I stayed all day at the park
And then I'd remember what mom said to me
"You'd better be home before dark"

Back in the day my eyesight was good
I never wore glasses, I saw how I should
Now print seems so tiny and signs are unclear
My vision is hopeless unless I am near

I hate to admit that my memory is poor
It's starting to scare me, No lie!
I go in a room for a reason I'm sure
Then find that I'm wondering why

Back in the day we felt safe and secure
No shooters to ruin our fate
Now it's so frightening, there's no place to hide
And gun laws are coming so late
Back in the day I had strength to spare
No pains in my body no aches anywhere
Now walking is slow and my back is in pain
It's hard to look cool when you walk with a cane

I can't believe I'm not young anymore
I'm feeling the ravage of time
So I looked to my youth for how to stay young
Here is one answer that's mine

If you want to feel young and keep up with the times
Then find new things you can do
No need to hurry, who cares if you're slow
Keep your mind active and ideas will flow

Now when you think of "Back in the day"
You won't want to go back any more
Just keep yourself busy with things that you like
And you'll find that your spirits will soar

Tragedy Inspires Continued Activism

On Monday, October 8, Temple Emanu El will host a program titled, "Tragedy Inspires Continued Activism." Presenters include:

- Mark Barden, whose son, Daniel, died in the Sandy Hook tragedy. He is a co-founder and managing director of Sandy Hook Promise. The mission of this organization is to honor all victims of gun violence by providing programs and practices that protect children and prevent the senseless, tragic loss of life.
 - Kyle Pacque, of COR Foundation Inc., Virginia Tech. The focus of COR is to actively build a more compassionate and caring culture to reduce violence through programs and educational consulting based upon scientific research.
- A reception will begin at 6:30 pm and the program will start promptly at 7 pm. Temple Emanu El is located at 4545 Brainard Road, Orange Village.
- This program is free and open to the community. No backpacks or purses. Carpooling recommended. RSVP to 216.454.1300 or info@teecleve.org.

Understanding the Election: Voting Wisely, Voting Well

Understanding the Election: Voting Wisely, Voting Well, sponsored by NCJW/Cleveland and Anshe Chesed Fairmount Temple, will take place Thursday, September 6, at Fairmount Temple. Doors open at 6:30 pm and the event begins at 7 pm. Learn the following about the upcoming election:

What are the issues? Who stands for what? Who funds whom? What do the experts forecast? Why does it matter?

Brent Larkin, political columnist for cleveland.com; Karen Kasler, PBS political reporter; and John Corlett, president and executive director, Center for Community Solutions, will discuss the climate and impact of the 2018 elections for Ohioans.

Barbara Friedman Yaksic, board member of Judge4Yourself, will moderate. Attendees will receive a handout describing the specific positions and ratings of all of the candidates to help you make educated decisions in November.

Attendees will receive a handout describing the specific positions and ratings of all of the candidates to help you make educated decisions in November.

Roberta Herman and Roz Grossner are event chairs. The event is free of charge, but reservations are required at <https://www.eventbrite.com/e/understanding-the-election-voting-wisely-voting-well-tickets-48373289812>. For further information, call Cyndy Fellenbaum at 216.346.3159.

Who's Buzzin' in Beachwood?

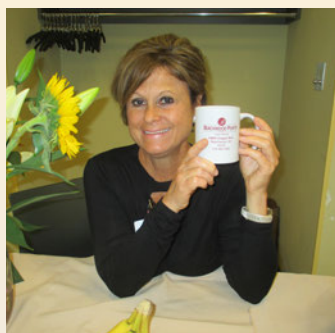
by Arlene Fine

Senior Expo – For Health's Sake

There were lots of freebies and door prizes at the "All Things Senior Expo" held at the Beachwood Community Center and presented by the City of Beachwood and the Professional Networking Group. The free event drew 40 exhibitors, many from Beachwood, who shared information about senior housing, health care, recreation, city services and wellness. Free health screenings were offered by University Hospitals.



Shalom Plotkin of Right At Home, In-Home Care and Assistance



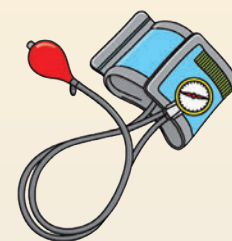
Rebecca Moore of Beachwood Pointe Care Center



Lisa Carlson, LSW, MA and Janet Kodrich of Montefiore



Nancy Papa of Homewatch Caregivers



The free event drew 40 exhibitors, many from Beachwood, who shared information about senior housing, health care, recreation, city services and wellness.



Linda Solomon, Beachwood's SilverSneakers chair yoga instructor



Aimee Lurie, branch manager of the Beachwood library



Laura Dales, MBA of JFSA Cleveland



Sally Rich of the Alzheimer's Association, Cleveland Area Chapter



Kathleen Parrino, LISW of Menorah Park



Tim Carney, Beachwood's SilverSneakers classic and yoga instructor



Paul Sobel, founder of Village in the Heights

50-year Resident Salute

Kudos, yellow mums and cozy blankets were presented to newly-minted 50-year Beachwood residents. The celebration took place at the Beachwood Community Center where Mayor Martin S. Horwitz introduced the honorees. Saluted residents included Tayloria Anderson, Sheila and Allan Farkas, Laura and Robert Geuder, Elaine and Norman Kabert, Gerri King, Judy Landis, Susie and Charles Loparo, Antoinette La Marca, David Ostro, Marian and Joseph Seder and Jordan Wexler.



Marian and Joseph Seder



David Ostro with Hermine Ostro and Stuart Ostro



Honoree Jordan Wexler and Ruth Baker



Antoinette LaMarca with Susie and Charles Loparo



Allan and Sheila Farkas with Tayloria Anderson



Norman and Elaine Kabert

Beachwood Community Center Art Gallery

An artist's reception at the Beachwood Community Center Art Gallery heralded the opening of the exhibit "Here and Now: Four Mindful Art Practices." The featured artists included Stephen Calhoun, Lainard Bush, Kathy Skerritt and Eva Volf.



Eva Volf



Stephen Calhoun



John Sargent and Evie Zimmer



Lainard Bush



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Milestones Announces 2018 Annual Benefit: The Spectrum of Possibility

Milestones Autism Resources, a Beachwood-based nonprofit dedicated to improving the lives of individuals on the autism spectrum, will be hosting its 2018 Annual Benefit, The Spectrum of Possibility, on Saturday, October 27, 7 pm at The Silver Grille in The Higbee Building (200 W Prospect Avenue, Cleveland, OH). Proceeds from the fundraiser will support Milestones' free autism Helpdesk, a service that connects families to local, vetted resources and trusted recommendations.

This year, Milestones Autism Resources is proud to honor Phillip Irvin, Marvin Lader, and Steven Wexberg for their extraordinary contributions to the local autism community.

The community is invited to support the honorees, Milestones, and the local autism community. To purchase tickets or to receive more information about sponsorship and advertising opportunities, please visit milestones.org.

This year's event will include a cocktail and hors d'oeuvres hour with an open bar and live music, followed by dinner and a live auction. RSVPs are encouraged by October 12.

"21 and Done"

The National Council of Jewish Women/Cleveland Section will sponsor "21 and Done" at the Chagrin Documentary Film Festival, Sunday, October 7, 3 pm, at the Chagrin Valley Little Theater. The film follows four youths who have aged out of the foster care system in a graphic portrayal of their difficult journeys and the organizations outside the system that are battling to help them find a successful future.



Jocelyn Scott, film director, will attend the screening and will be available for questions. Sandra Evers-Manley, producer through her organization, Films with a Purpose, will introduce the movie.

A presentation will follow the screening, along with a question and answer period. A dessert reception will conclude the event.

Cost for the film and program is \$5 for NCJW/Cleveland members and \$10 for the community. Tickets can be purchased after September 1 at www.chagrinfilmfest.org.



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