

Beachwood Buzz

October 2022

Every Resident. Every Business. Every Month.

MAGAZINE



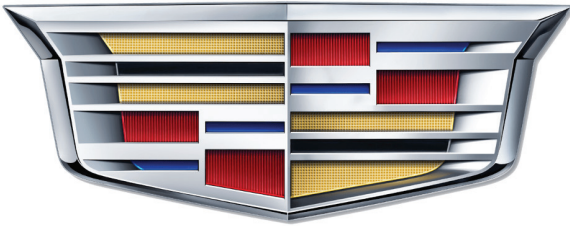
GOLDBERG HAS HAND IN

COACHING GUARDIANS' PITCHING PROSPECTS



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Letter from THE EDITOR

By Debby Zelman Rapoport

As a Cleveland Heights High School graduate, Class of '77, I recently enjoyed catching up with classmates at our 45th class reunion. Prior to the event, I participated on the planning committee by creating banners and signs that were placed around the room. When working on a memorial sign, my heart felt heavy.

Forty-five classmates of just over 1,000 had passed away. Some were friends and others I had never met, yet I felt sadness when typing each name.

Life is fragile and none of us know whether or when something may happen that will rock our world. My sister, Darcy Alter, battled cancer for 10 years, and my heart sunk deeper as I thought about her name being memorialized when the CHHS Class of '79 has their next reunion.

We all have family and friends who have received a difficult diagnosis, or we've received one ourselves. Thank goodness, some recover because of medical options, alternative treatments, and lifestyle choices. Unfortunately, others don't.

I'm currently taking a year-long program to become a certified wellness coach. The program, through the Institute of Integrative Nutrition (IIN), is a holistic approach that goes into depth about bio-individuality and food as medicine. Every week, professionals share information that, when followed, helps us maximize our odds for good health. Once we learn a new concept related to diet or lifestyle choices, we can create a ripple effect by passing it along through such means as coaching, publishing, social media, and presentations.

Dr. Mark Hyman, a practicing family physician and an

internationally recognized educator and advocate in the field of functional medicine, was a recent IIN speaker. He talked about detrimental effects of living in an environment that encourages the consumption of foods full of added sugar and unhealthy fat. He explained how sugar, along with other contributing factors, plays a huge role in fueling the rise in health issues related to inflammation, which include Alzheimer's, autism, cancer, diabetes, depression, autoimmune disease, heart disease, and obesity.

After viewing Dr. Hyman's video, I further explored his research. He emphasizes that – by far – the biggest regulator of what triggers disease is food. On his website's homepage it says, "Food isn't like medicine, it is medicine, and it's our number one tool for creating the vibrant health we deserve."

To start spreading a ripple effect toward better health, I share four principles by Dr. Hyman:

- **Eat real food.** Shop the perimeters of your market for nutrient-dense whole foods.
- **Clean up your diet.** Choose organic, grass-fed, and pasture-fed meats; and wild, sustainably farmed fish.
- **Go organic.** Choose as much organic food as your budget allows. Check out the Dirty Dozen list at www.ewg.org/foodnews/dirty-dozen.php to help decide when you should splurge for organic produce.
- **Stay local.** Farmers markets and Community Supported Agriculture shares are great resources for high quality fresh food.

Dr. Hyman clarifies, "Conventional medicine is absolutely necessary in the face of emergencies and life threatening illness, but what is missing is the science of prevention and creating optimal health. What is missing is the fundamental understanding that our body is an interconnected system and that all of our daily inputs (food, exercise, joy, etc.) influence our health status."

"Food isn't like medicine, it is medicine, and it's our number one tool for creating the vibrant health we deserve."

– Dr. Mark Hyman

My hope is that functional medicine will be the norm because it focuses on identifying and addressing the root cause of a disease, not just its symptoms, and it takes a holistic approach to understanding us as unique individuals. I also hope that food being medicine becomes more mainstream and that health and wellness coaches, who are trained to share this information, play a leading role in doctors' offices, businesses, and schools.

When we eat healthy foods, we crowd out unhealthy choices and maximize our potential for better health. Small steps lead to big results.

For more information, visit www.drhyman.com and <https://tinyurl.com/hymanaltmed>.



Breast cancer care is unique to each patient.



Alicia Fanning, MD
Cleveland Clinic
Beachwood Family Health
and Surgery Center

Breast cancer: two words no one wants to hear. But 1 in 8 women develop breast cancer by age 85. It's important to talk to your doctor about your personal risk and screening recommendations.

If you receive a breast cancer diagnosis, Cleveland Clinic will assemble a care team for you. A unique treatment plan is created for each patient, to eliminate breast cancer and reduce the chance of it returning.

Diagnosed before age 50?

Breast cancer can be scary at any age. But for women age 50 and younger, there may be additional fears. Cleveland Clinic's Young Women's Breast Cancer Clinic addresses concerns like genetic risk factors and effects of treatment on overall health and quality of life for long-term survival.

"Worries about fertility can also trouble patients," says Alicia Fanning, MD, a breast specialist at Beachwood Family Health and Surgery Center. "When a woman

of childbearing age is diagnosed, we collaborate with reproductive specialists to plan the best way to preserve fertility for patients who wish to have a family."

Fertility disruptions can vary depending on the type of chemotherapy used and may be temporary. Unique treatment options may help preserve fertility, including:

- Freezing eggs for future use.
- In vitro fertilization.
- Medications to protect ovaries.

"When patients are diagnosed early in life, it's our goal for them to have a long, fulfilling life," says Dr. Fanning.

It's generally recommended to wait two years after treatment completion to start family planning. Talk with your doctor about your personal situation.

Cleveland Clinic makes it easy to find breast care.

Mammograms are available at 12 East Side locations. Find locations and hours at [ClevelandClinic.org/Mammogram](https://www.clevelandclinic.org/Mammogram).

To schedule a mammogram or an appointment with a breast cancer specialist, call 440.870.8661.



Sleep Health 101

A Virtual Event

Thursday, Oct. 13 | 5:30 to 6:30 p.m.

Having trouble sleeping, but not sure if there's a quick fix or it's a more serious health issue? Specialists from Cleveland Clinic will share their expertise and answer your questions on sleep health, including:

- What happens to your body when you sleep?
- How much sleep do you really need for optimal health?
- Why can sleep apnea cause abnormal heart rhythms?
- Which type of sleep test and treatment for snoring may be right for you?
- Do you have tips for improving sleep hygiene?

To register for this FREE virtual event, visit [ClevelandClinic.org/AskTheExperts](https://www.clevelandclinic.org/AskTheExperts). Questions? Email wellessevent@ccf.org.

Health With-In Reach: A health and resource fair

Saturday, Oct. 22 | 9 a.m. to 4 p.m.
Taussig Cancer Center
10201 Carnegie Ave., Cleveland

A variety of health and wellness services will be provided, including:

- Blood pressure screening.
- Colonoscopy.
- Eye exams.
- HPV vaccines.
- Mammogram screening.
- Pap/pelvic exams for HPV screening.
- Prostate cancer screening.
- Resource information on a variety of topics including healthy cooking/eating and tobacco cessation.
- More services and vendors on site.

Registration is required for screening exams. Call 216.444.7505 to register or ask questions.

Breastfeeding Medicine Clinic

Are you worried you'll have issues breastfeeding? Are you looking for additional support from breastfeeding experts? The Breastfeeding Medicine Clinic at Hillcrest Hospital provides comprehensive breastfeeding care and support to families in need.

Our team assists with various breastfeeding-related issues, including:

- Latching difficulties.
- Infant slow weight gain/failure to thrive.
- Low milk production.
- Oversupply, engorgement or plugged milk ducts.

To make an appointment, call 216.444.KIDS (5437).

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2022-23 U.S. News & World Report

[SouthPointeHospital.org](https://www.southpointehospital.org)

 Cleveland Clinic

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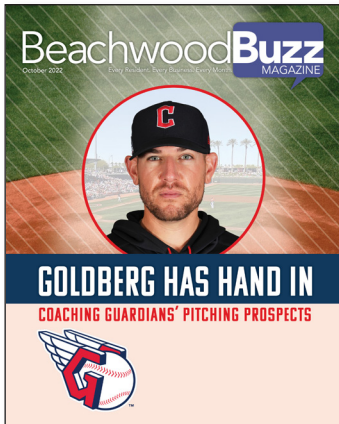
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GOLDBERG HAS HAND IN COACHING GUARDIANS' PITCHING PROSPECTS



Back in 2013, former Chicago White Sox pitcher Brad Goldberg's fastball was fast (mid-90-mph range!), and now, he feels privileged to have a hand in the pitch coaching side of Major League Baseball. He was hired in 2021 to start this season as a member of the Cleveland Guardians' minor league pitching coach staff, working on player development.

Story, by June Scharf, starts on page 7.

Photos courtesy of Cleveland Guardians and Brad Goldberg.

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Saturday, Nov. 5, 10 am – 6 pm • Sunday, Nov. 6, 10 am – 5 pm

Letter to the Community

We moved to Letchworth Road in 1975 and since then have watched *Beachwood Buzz* grow in size and quality to the slick magazine that it is today. We read it cover to cover to see what is happening in Beachwood.

When we saw that the city of Beachwood offers everything for a block party, we were all in! Together with our neighbor, Fern Weiss, a date was set and a truck containing everything you could want for a great block party was delivered. This was a first for Letchworth Road and those who attended had a very enjoyable afternoon.

The Beachwood fire truck, Mayor Berns, and even some

council members enjoyed our “meet your neighbors” block party.

Block parties are a lot of fun. They're a great way to get to know your neighbors better.

We wrote this article because we value the importance of *Beachwood Buzz* in our community. We appreciate your efforts.

Peace, love, and sea turtles,
Karen and Ezra Steiger



The Dachner family were among the Letchworth residents who enjoyed the block party. Pictured from left: Joel, Liesel, Daphne, and Ali Dachner. Not pictured: Aaron.

We wrote this article because we value the importance of *Beachwood Buzz* in our community.

Beachwood Can, Community Food Drive

The City of Beachwood, Beachwood Place, Beachwood City Schools, and Beachwood Chamber of Commerce team up on community-wide campaign.

The #1 suburb in *Cleveland Magazine's* 2022 ratings is taking aim at holding Harvest for Hunger's #1 collection campaign this fall. Beachwood Can is a community-wide campaign to support those who are food insecure through a joint effort by the City of Beachwood, Beachwood Place, Beachwood City Schools, and the Beachwood Chamber of Commerce. The food drive will benefit Harvest for Hunger, an initiative led by the Greater Cleveland Food Bank.

Beachwood Can kicks off at the 5th annual Fall Festival on Sunday, Oct. 2, noon to 5 p.m.

“Although Beachwood’s Fall Festival is a free family event, we encourage all attendees to bring canned goods or non-perishables for the launch of the Beachwood Can food drive,” explained Community Services Director Derek Schroeder. “Each individual or family that brings a donation will get to contribute to a fall themed public art

piece that will be created at the event. We want to receive so many donations that the scale of our art piece will really show the community’s impact and enthusiasm for giving back.”

Following the initial collection on October 2, Beachwood Can will continue at a variety of locations and end with a Stuff the Truck event at Beachwood Place on Saturday, Nov. 12. Donation bins will be available at Beachwood Place, Beachwood Community Center, and the Cuyahoga County Library – Beachwood Branch until the November 12 event. Beachwood City Schools will also host a student collection competition this fall with prizes provided by Beachwood Place.

“We’re very excited about the Beachwood Can food drive and all these organizations coming together for one great cause,” expressed Heidi Yanok, senior general manager at Beachwood Place. “Our Stuff the Truck

event, from 11 a.m. to 1 p.m. on November 12, will be a last call for donations and a handoff as we fill the Harvest for Hunger trucks with everything collected by the community. You’ll even be able to see our collection grow in a storefront at Beachwood Place throughout the food drive. Let’s leave hunger behind this fall!”

Residents, businesses, retailers, students, and visitors are all encouraged to contribute. If your business would like to participate and receive your own donation bin, contact Megan Baechle, Beachwood Chamber of Commerce executive director, at director@beachwood.org.



Donation bins will be available at Beachwood Place, Beachwood Community Center, and the Cuyahoga County Library – Beachwood Branch until the November 12 event.



BEACHWOOD PLACE

GOLDBERG HAS HAND IN COACHING GUARDIANS' PITCHING PROSPECTS

By June Scharf

Back in 2013, former Chicago White Sox pitcher Brad Goldberg's fastball was fast (mid-90-mph range!), and now, he feels privileged to have a hand in the pitch coaching side of Major League Baseball. He was hired in 2021 to start this season as a member of the Cleveland Guardians' minor league pitching coach staff, working on player development.

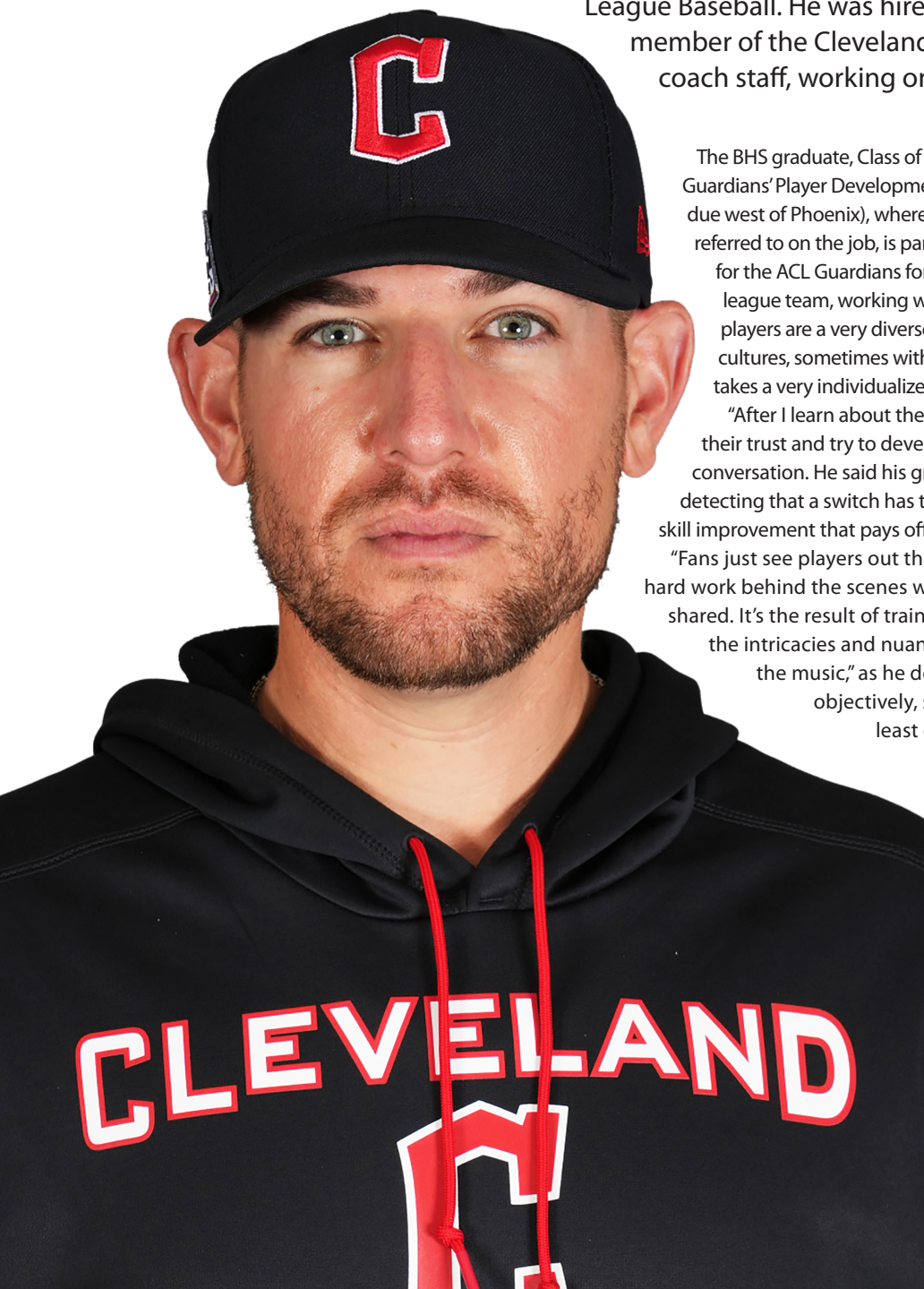
The BHS graduate, Class of 2008, is stationed most of the year at the Guardians' Player Development Complex in Goodyear, Arizona (about 20 miles due west of Phoenix), where new talent is grown and groomed. "Goldy," as he's referred to on the job, is part of a seven-to-10-member pitching coach team for the ACL Guardians for Arizona Complex League, the Guardians' minor league team, working with roughly 100 prospects. These potential MLB players are a very diverse group, culled from a range of backgrounds and cultures, sometimes with language barriers to overcome, he explained. It takes a very individualized approach to help them refine their skills.

"After I learn about their interests and baseball history, I need to gain their trust and try to develop a personal relationship," said Brad in a phone conversation. He said his greatest professional satisfaction comes from detecting that a switch has turned on within a player and there's incremental skill improvement that pays off in a game.

"Fans just see players out there performing, but we (coaches) see all the hard work behind the scenes with the delivery of specific pitches," Brad shared. It's the result of training their thought process and working on the intricacies and nuances of certain pitches, "the notes between the music," as he describes it. "Seeing the players get better objectively, seeing them maximize their potential, or at least get on their way in a positive direction, that's what is fulfilling for me, if I'm involved."

"Lots of people are trying to become the best, and there's just so much failure surrounding those efforts, it's just ingrained in the game. But you can fail upwards, meaning you can use those situations as opportunities to develop and get better."

Photo credit: Cleveland Guardians





Brad, coaching at OSU, after playing for the team.

There's no "one size fits all" approach either. The training is very tailored to each player, taking into account the player's own goals. What's the winning formula? "A big mix of data, ball flight, and many other elements that I can't reveal," said Brad, noting that people might think he's unorthodox with some of the strategies he takes, but it's also a big source of the fun for him.

Other factors he considers in his training work include movement mechanics, body composition, strength, conditioning, flexibility and mobility, and "all of these things must be the best version of themselves to succeed," he explains.

As a pitching coach, Brad's role is not focused on selecting

which players get called up to the Guardians. It's strictly about pitch coaching. As such, he considers himself a baseball nerd, always seeking more education on topics like movement, strength and conditioning, and "all things in the pitching stratosphere." One book in particular from which he has gleaned some valuable information is *The MVP Machine: How Baseball's New Nonconformists are Using Data to Build Better Players*, by Ben Lindbergh and Travis Sawchik.

An inescapable aspect of his work is dealing with the mental challenges of the game, along with the frequent presence of failure. How does he handle these issues? "How much time have you got?" he asks, facetiously.

"Lots of people are trying to become the best, and there's just so much failure surrounding those efforts, it's just ingrained in the game." Nonetheless, he believes that major league baseball players may have a different lens on competing simply because they fail so often. "But you can fail upwards, meaning you can use those situations as opportunities to develop and get better." Ultimately, though, he says "the mental part of the game is unquantifiable, and the people who handle it internally the best generally have the best chance of optimizing their performance."

He speaks from experience, having faced down extreme pressure on the mound during his pitching days in the majors, as well as at The Ohio State University.

"It took me a long time to get a grasp on it and I don't know if you ever have it, but I think you have to be realistic with yourself. The older I got, the more I looked at failure as a driver of locking myself back into finding what made me good and getting back into my proven routines."

Overall, he thinks baseball players are generally more even-keeled, and a little bit more reliable on the psychological front. The way people handle the stress? "Well, that's the secret sauce right there," he admits.

With MLB ambitions, he says there's no replacement for hard work. His advice to others is to "train fast, exhaust all resources and be curious." During his youth, he explored outlets like YouTube to learn as much as he could, then he would "trial and error" what he picked up. He went to training centers all around Cleveland, too, which helped to improve his skills.

"It's important to have as much confidence as humanly possible."

He attributes some of his success in the sport to "being blessed with a really good training economy with the Ohio State baseball team staff and a great strength and conditioning coach at OSU, Dean Hansen," who also helped him "lock into all things related to diet and nutrition, sleep, recovery and the details related to each." He also practiced Bikram yoga.

"Fans just see players out there performing, but we (coaches) see all the hard work behind the scenes with the delivery of specific pitches," Brad shared. It's the result of training their thought process and working on the intricacies and nuances of certain pitches, "the notes between the music," as he describes it.

Simply being a very competitive person is another factor that compels players forward, including Brad. "It's the attribute of the highest performers, being maniacal, although I'm not saying that's the be-all and end-all for success, but I think people who love to compete are generally higher performers in their sport."

While baseball has been Brad's consuming passion for most of his life, he wasn't always set on being a pitcher. "I knew that I loved baseball and I seemed to be pretty good at it, so the older I got, the more I realized I had some potential." While growing up, he attended baseball showcases and received guidance from coaches in high school and college who all told him that "baseball could be a real avenue in the future," so he says he started taking baseball more seriously.

His earliest days involved playing with his backyard catch net, or heading out to the oval in front of his house on Wimbledon or to the fields on Fairmount Boulevard. He often played with friends in the neighborhood, including Garrett Mayers, who was one of the better players in Beachwood at the time. He also had private lessons, and his dad was always a big role player in his development.

"He pushed me but never forced me. He set a good foundation for what hard work looked like." On the practice fields, he was the frequent catcher, receiving Brad's practice pitches. One of his reminders to Brad was that there are kids all over the world who will out-work you. Brad took that to heart.

When he's not plugged in to baseball, Brad likes to golf and travel, but during football season, he says he loves watching OSU games and hanging out with friends. While his future in pitching coaching looks extremely bright, he says he will always cherish the memories of his time in Beachwood when he could play baseball with his best friends.



June 3, 2017: Brad's MLB debut for the Chicago White Sox with family and friends in attendance.

Brad Goldberg – Background

- **32 years old**
 - **BHS Class of 2008**
 - **6' 4"**
 - **Right-handed pitcher; fast ball (mid-90-mph range), relied on sinking fastball and slider (82-84 mph) and curveball (76-78 mph)**
 - **2019 – 2022** – Director of Pitching Development at The Ohio State University
 - **2018 – 2019** – Arizona Diamond Backs; Pitcher
 - **2018** – Birmingham Barons, Class AA Southern League
 - **2018** – Jackson Generals
 - **2017** – Pitched for Team Israel in the World Baseball Classic
 - **2013** – MLB Draft Pick, Chicago White Sox, Round 10, Pitcher; Overall Pick: 303; played 11 games
 - **2013** – Pitcher, Ohio State University, All-Big Ten third team selection as senior; Big Ten Pitcher of the Week twice*
 - **2010** – Charlotte Knights, Triple-A affiliate team of the Chicago White Sox and the International League
 - **2009 – 2010** – Coastal Carolina Chanticleers
 - **2016** – Birmingham Barons, Class AA Southern League
 - **2013** – Great Fall Voyagers (Great Falls, Montana), Pioneer League, White Sox's advanced rookie team
 - **2008** – Pre-season Baseball America All-American; First Team All-Ohio; MVP of Chagrin Valley Conference after leading the Beachwood Bison to the Division III regional semifinals
- *Played one season, sat out in 2011 due to old NCAA transfer rules, then missed the 2012 season after some college credits didn't transfer to OSU and he was ruled academically ineligible*
- **Childhood:** played on Beachwood Legends Travel Team
 - **Guardians fan history:** had season tickets when growing up and attended nearly every home game with his dad, mostly in the mid 1990s
 - **Family:** Marla, mother; Bryan, father (deceased); Rob and Todd, twin brothers
 - **Social Media:** Twitter - @B_Gumbo30 (8,500 followers) and Instagram - BG_30 (nearly 3,700 followers)

Beachwood Community Garden

Beachwood has been building community at its Community Garden for the past four years by bringing together residents who have a love for gardening. Located behind the Beachwood Family Aquatic Center, the gardens provide a welcoming place for residents to sow and nourish fruits, vegetables, and flowers for their own use and to share with each other.

On August 15, the city of Beachwood held a gardeners' gathering with live music, snacks, and recipe books.

"The gardens are popular. They build community, provide family opportunities – often intergenerational – and allow residents to grow, eat, share, and celebrate their own traditional foods."

"We provided notebooks and encouraged the gardeners to share favorite recipes they create with the produce they grew," said Derek Schroeder, Community Services director. "The gardens are popular. They build community, provide family opportunities – often intergenerational – and allow residents to grow, eat, share, and celebrate their own traditional foods."

Photos by Scott Morrison, Discovery Photo



Mayor Justin Berns (center) with Pat and Don Isenstadt



Debbie Ross



Cheryl Isaacson



Minh-Y Canh with her daughters, Penelope, Alexandra and Ella Zoller



Richard Forman, aka "Mayor of the Gardens" with Beachwood Mayor Justin Berns



Hayley Dubin and her dad, Roger Weiss, with his dog, Sunny



Susan Raphaely and Leah Ratner





Rachel Rosenthal, Beth Rosenthal, Lisa Millard, and Audrey Weiss



Carole, Ken, and Gary Blake



Sherrie Kantarovich



Kuhui Duan



Lisa and Rich Mercado



Ellen Wohl, with her grandchildren, Myles Miller and Reese Miller



Jodi Zawatsky



Amber, Brenda, Kali, and Dave Phelps



Lisa Golovan

Beachwood Community Theater

With Marquee Showcase Productions in the Director's Chair

Beachwood Community Theater kicks off the season with Marquee Showcase Productions in the director's chair. This production company, under the leadership of casting director/acting coach Julie Matthews and professional vocalist/musical director Debi Lewin, trains talent to shine in the spotlight.

Julie has worked successfully as an on-camera talent, vocalist, agent, casting director, talent scout, television director, acting coach, publicist, writer and producer. She worked in the casting department and appeared in the now-classic movie, *A Christmas Story*, and currently manages *In The Heartland*, the Michael Stanley Tribute Band, featuring Danny Powers, her life partner, of MSB. Julie has also worked with many well-known actors and has an extensive bio on IMDB.

Debi is a former Beachwood resident whose children, Adam and Andrew Bankhurst, are Beachwood High School graduates. Debi has more than 40 years experience in show business as a professional singer, entertainer, band manager, and producer. Her love of music comes from a history of three generations of musicians, including her very famous brother, Dennis Lewin, of Beau Coup. Debi has performed on many stages with well-known names, including Wayne Newton, in Las Vegas.

Derek Schroeder, Beachwood Community Services director, spoke with several area theater directors and references before selecting Marquee to run the show. "Julie and Debi, both with extensive experience and a passion for theater, stood out as the best fit for our fall youth showcase. They are well respected in the field and have worked with several other cities throughout Northeast Ohio," Derek told us. "We're very excited to bring this new theater opportunity to the community. We had a terrific response, sold out our K-5 group, and expanded our capacity due to demand."

Beachwood Community Theater also has a grades 6-8 program.

"Debi and I have moved careers forward for many young people; maybe we'll find our next star in Beachwood."

– Julie Matthews, Marquee Showcase Productions

Beachwood Community Theater's debut show, *The Magic Toy Chest*, will take place at Beachwood Middle School, November 5 and 6, 2 p.m., with young actors and singers performing favorites from *Toy Story*, *Singing in the Rain*, *Frozen*, *Ghostbusters*, and more.

"We look forward to working with the talented students in Beachwood because we love working with kids who enjoy acting, singing, and performing," said Julie. "Debi and I have moved careers forward for many young people; maybe we'll find our next star in Beachwood."

The duo discovered and managed Kaley Ann Voorhees, from Aurora, who performed on Broadway as Christine in *Phantom of the Opera* for 6 years, from 2014-2020. They have also submitted performers to the producers of *The Voice* and *American Idol*, a few of whom made it to the top 10, and they produced recording-studio projects that were submitted to major record labels.

"Our mission is to cultivate talent and move individuals forward in their careers," Julie said.

A new project, Perform It Forward, is a two-part singing competition that leads to a live finale. Money raised through competition voting is donated to St. Jude Hospital's music program and performers advance in the competition. For details, visit www.performitforward.com.



Julie Matthews and Debi Lewin

Julie and Debi's bios may be found at www.marqueeshowcase.com.

"Our mission is to cultivate talent and move individuals forward in their careers,"

– Julie Matthews

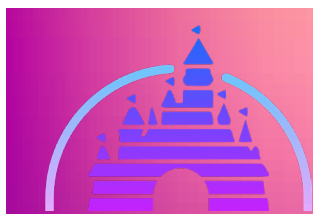
The Magic Toy Chest

**Beachwood Middle School
November 5 & 6
2 p.m.
Free Admission!**

"All our dreams can come true, if we have the courage to pursue them."

"If you can dream it, you can do it."

– Walt Disney





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FOOD SCHEDULE

Artful Healing - One Brushstroke At a Time

By Arlene Fine

The pen may be mightier than the sword, but for artist and cancer survivor Carolyn Frankel, the paintbrush is her weapon of choice.

"I painted my way through cancer," said Carolyn, who underwent four surgeries and radiation therapy following her cancer diagnosis in 2017. "My diagnosis was traumatic, one that led to a spiritual pilgrimage that allowed me to use art as a tool to help others in their healing journey."

When Carolyn first learned she had cancer she cycled through fear, shock, and anger, and was determined not to let anyone know what she was going through.

"Keeping those emotions bottled up was hard, until I had an epiphany," said Carolyn. "I realized that resilience is a character trait I admire and that I needed to demonstrate the same resilience described in my book, *Be Like Rachel, Lessons of Character from Women of The Bible*. I knew it was time to come out of the closet and share my experience, no matter how traumatic it might be."

Coupling her new-found resilience with her artistic talent, Carolyn set to work creating her recently published 40-page illustrated book, *Spiritual Warrior*,

that chronicles her five-year journey from diagnosis to recovery. Using watercolors, ink, mixed media, and acrylic, Carolyn created exquisite drawings to inspire others and promote healing.

"The goal of this book is to be of service," said Carolyn, who is also the author of *Poems From the Pandemic and Other Encounters*. "Art for me has always been less about ego and more about an act of service to others. The title refers to a Tibetan principle of turning suffering into something positive for the greater good of all."

The Gathering Place in Beachwood was such a powerful, emotional, and therapeutic resource for Carolyn in her cancer journey that she decided to launch the exhibit of her *Spiritual Warrior* illustrations in its art gallery. She is donating a portion of the proceeds from the sale of *Spiritual Warrior* and her watercolors to The Gathering Place.

"All three of us who worked on the book, including my photographer, Scott Morrison of Discovery Photo, and publisher,

Ron Humphreys of Wind Jammer Adventure Publishing, are cancer survivors," said Carolyn. "Cancer is so prevalent in our society – one of eight American women develop breast cancer. Fortunately, so many of us recover and live our best lives. I hope people viewing The Gathering Place exhibit will realize they are not alone and will come away with a feeling of hope and strength."

"I hope people viewing The Gathering Place exhibit will realize they are not alone and will come away with a feeling of hope and strength."

– Carolyn Frankel

Michele Seyranian, CEO of The Gathering Place, said she is grateful the nonprofit is hosting Carolyn's exhibit at their Beachwood location.

"It is amazing to see the impact that self-expression can have on a person during their cancer journey," Michele said. "It



Artist and cancer survivor Carolyn Frankel painted her way through cancer.

is one of the reasons we provide art, music, journaling, and other avenues of expression for our participants. Carolyn's donation will help us to support, educate, and empower individuals and families currently coping with the impact of cancer in their lives by helping us continue to offer programs and services free of charge."

To learn more, please contact The Gathering Place at 216.595.9546 or www.touchedbycancer.org.

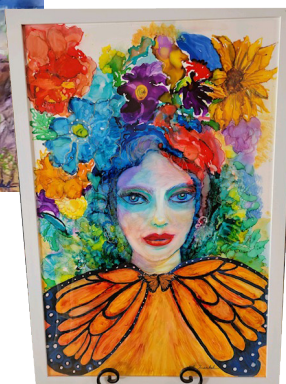
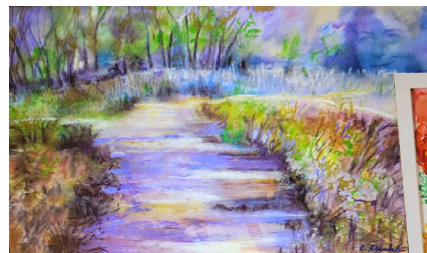
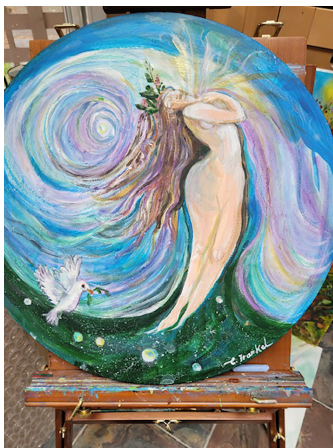


Upcoming Exhibits

Spiritual Warrior
The Gathering Place
23300 Commerce Park
Through November 28

Harmony
Beachwood Arts Council Show
Beachwood Community Center
November 19 – December 16

For information, contact Carolyn Frankel at ckathleenfrankel@gmail.com



From left: *Spiritual Warrior 1*, inspired by nature; *Spiritual Warrior 2* and *Spiritual Warrior 3* display resistance and hope in Carolyn's cancer journey.



What Future Do You Want?

by State Representative Kent Smith

Earlier this summer, a white supremacist gunman attacked a supermarket in a predominantly Black area of Buffalo, New York, killing 10. Unfortunately, as we all know, this shooting was not an isolated incident.

Similar attacks in recent years have included a shooting spree in March 2021, that occurred at three spas in metropolitan Atlanta. Eight people were killed, six of whom were women of Asian descent. In August 2019, there was a mass shooting at a Walmart in El Paso, Texas, where a gunman had published an anti-immigrant manifesto. In October 2018, an antisemitic terrorist attack took place at the Tree of Life – Or L'Simcha Congregation, a Conservative Jewish synagogue in the Squirrel Hill neighborhood of Pittsburgh. In June 2016, 49 patrons were murdered and another 53 were wounded in a

mass shooting at Pulse, a gay nightclub in Orlando.

All of these mass shootings targeted different specific segments of the American tapestry. These were hate crimes made deadly due to the easy access to firearms.

This horrifying news gets worse because the ease of acquiring weapons and the prevalence of hate crimes are both increasing.

There were 580 hate crimes reported in Ohio in 2020, representing a 41 percent increase over 2019.

Things were not any better across the USA as the nationwide total for hate crimes in 2020 was

8,305. That was the most since 2001 and third highest since the federal government began tracking such data nearly three decades ago.

In the midst of these disturbing trends, three Republican governors are transporting busloads of migrants hundreds of miles to blue states for the sport of it.

These government-sanctioned kidnappings send the wrong message to a segment of the population that is already armed and dangerous. It's a waste of taxpayer dollars, un-American, and it may end up being deadly.

America is changing. Let's all have optimistic conversations

about tomorrow's promise in the hope that our shared future will be a change for the better.

America is changing.
Let's all have optimistic conversations about tomorrow's promise in the hope that our shared future will be a change for the better.

State Representative Kent Smith represents Ohio's 8th House District which includes Beachwood, Euclid, South Euclid, Richmond Heights, East Cleveland, Woodmere Village, and a little bit of the city of Cleveland.



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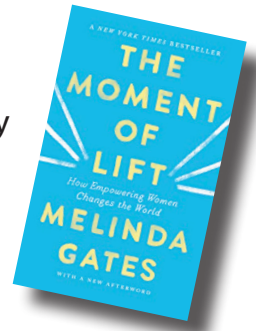


The Moment Of Lift: How Empowering Women Changes the World

By Jen Stern

In this important book, Melinda Gates shares stories of women fighting for equality all around the world. Their stories exemplify the necessity of having access to education, child care, and healthcare – family planning and autonomy over personal healthcare decisions – in order to have a thriving society.

When you lift up women, you lift up everybody: families, communities, entire countries ... Empowered women rise up, and bring their families and communities with them.



If you want to lift up humanity, empower women. It is the most comprehensive, pervasive, high-leverage investment you can make in human beings. Barriers that prevent women from caring for themselves in ways that ensure physical, emotional, mental, and financial health and autonomy perpetuate barriers that hurt families and communities from thriving.

Melinda Gates wrote this solution-focused book for all of us – regardless of gender, race, religion, or political affiliation – utilizing data and more than 20 years of experience seeking solutions for people with the most urgent needs all around the world.

Her travels, research, and humanitarian efforts conclude that when societies empower women, they lift

communities out of poverty, violence, devastating health, and education disparities by understanding the impact of unpaid labor, family planning, restricted access to education, and advocacy. *As soon as we began to spend more time understanding how people live their lives, we saw that so many of the barriers to advancement can be traced to the limits put on the lives of women.*

The stories shared are impactful, revealing, and eye opening.

If you want to lift up humanity, empower women. It is the most comprehensive, pervasive, high-leverage investment you can make in human beings.

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, or visit www.transformativegrief.com and sign up for monthly posts.



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Yarn Over Beachwood

Yarn Over Beachwood members knit, crochet, and loom items for different organizations and charities throughout Northeast Ohio. Goup members share ideas, patterns, projects, websites, links to patterns, and more.

The group meets the first Friday of each month from 10-11:30 a.m. at the Beachwood Library.

Participants create varied projects that include hats,

bird nests, lapghans, and more – and yarn donations are always welcome! To participate or donate yarn, contact Iris November at lbrtyclub@gmail.com or 216.375.9111.



Talent is the ability to do hard work in a consistently constructive direction over a long period of time.

– James Whistler, American Painter

Designer Dress Days Returns with Updated 2022 Location and New Hours!



NCJW/CLE's three-day sale on November 4,5,6 held at Legacy Village

National Council of Jewish Women/Cleveland's (NCJW/CLE) Designer Dress Days, Cleveland's premier, annual three-day sale, is back and better than ever.

Designer Dress Days 2022, NCJW/CLE's 54th annual sale, will take place on Friday, Nov. 4, through Sunday, Nov. 6, at Legacy Village, next to Dick's Sporting Goods.

Designer Dress Days is Cleveland's most anticipated sale of new and gently worn exclusive designer brands, such as *Rag and Bone*, *Prada* and *Armani*, plus luxurious furs, handbags, jewelry and accessories.

DDD combines the fun of bargain shopping with fashionista finds and the satisfaction of philanthropy. More than 250 volunteers make DDD an easy-to-navigate shopping experience that supports NCJW/CLE's many programs that impact lives for women, children, and families.

Proceeds pay for the organization's volunteer activities in the community, its social justice work, and its

educational programs. Projects include a focus on foster care, literacy improvement, and restoring dignity to sexual abuse victims, as well as educational and advocacy work for women's rights, voter rights, and human trafficking survivors. The organization is constantly assessing the community and legislative activity to meet current needs.

Beth Milstein serves as vice-president of Retail Operations

for NCJW/CLE. Marcy Schwartz and Kelly Markowitz serve as co-chairs of Designer Dress Days.

For more information, call 216-378-2204 or visit DDD's facebook page @DDDCleve.

HOURS:

- Friday, Nov. 4 • 10 a.m. – 4 p.m.
PREVIEW DAY • \$20 admission
- Saturday, Nov. 5 • 10 a.m. – 6 p.m.
- Sunday, Nov. 6 • 10 a.m. – 5 p.m.



"If you want to touch the past, touch a rock.
If you want to touch the present, touch a flower. If you want to touch the future, touch a life."
– Author Unknown



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Locations in Beachwood and Chagrin Valley

Beachwood Arts Council Art and Music Programs

The following music programs are sponsored by grants from Ohio Arts Council and Cuyahoga Arts & Culture.

The Giambelli String Quartet of Pittsburgh Sunday, Oct. 16 • 2-3 p.m. • Beachwood Community Center • Free

The Giambelli String Quartet of Pittsburgh features Tami Osborne Pederson, Katie Wickesberg, Louise Farbman, and Kathleen



Melucci. For over 20 years, these talented musicians have performed before delighted audiences in Pittsburgh and throughout Western Pennsylvania. This concert will include music by W.A. Mozart, Fanny Mendelssohn Hensel, Stephan Konez, Rhiannon Giddens, Ritchie Valens, and Lady Gaga.

Cleveland Museum of Art – Guided Exhibit Tour From Modernism to Impressionism: The Keithley Collection Saturday, Nov. 12 • 10 a.m.

This exhibition celebrates the extraordinary gift and promised gift of art made by Clevelanders Joseph P. and Nancy F. Keithley to the Cleveland Museum of Art. The Keithleys' collection focuses on Impressionist, Post-Impressionist, and modern European and American paintings. Reservations are required, call 216.595.3400 by Saturday, Oct. 29. The cost is \$10 per person, with checks made payable to Beachwood Arts Council.



Henri-Edmond Cross (French, 1856–1910). *The Pink Cloud*, c. 1896. Oil on canvas; 54.6 x 61 cm. The Cleveland Museum of Art, Nancy F. and Joseph P. Keithley Collection Gift, 2020.106

"An Afternoon at the Theatre" with Marshall Griffith, Piano, and Virginia Crabtree, Flute Sunday, Nov. 13 • 2-3 p.m. Beachwood Community Center

BEACHWOOD



ARTS COUNCIL



Israel Philharmonic Orchestra to Perform in Cleveland for First Time with New Music Director, Lahav Shani

Concert launches "Israel at 75" celebration series

The Jewish Federation of Cleveland will kick off the community's "Israel at 75" celebration series with a performance by the Israel Philharmonic Orchestra (IPO) on Saturday, Nov. 12, at the Jack, Joseph and Morton Mandel Concert Hall – Severance Music Center. The IPO has performed in Cleveland only twice before – most recently in 2015.

The IPO is the leading orchestra in Israel and is globally recognized as a world-class symphonic ensemble. Founded in 1936 by famed Polish violinist Bronislaw Huberman, the IPO is based at the Charles Bronfman Auditorium in Tel Aviv and performs throughout Israel and internationally. Since its inception, the IPO has enjoyed long-lasting relationships with renowned soloists and conductors who have kept it at the forefront of the classical music world.

Led by its music director, Maestro Lahav Shani, the concert program will feature some of the classics composed by Russian Composer Sergei Prokofiev: Prokofiev Symphony No. 1 (Classical), Prokofiev: Romeo and Juliet (suite of 20 minutes), and Prokofiev Symphony No. 5.

"We are thrilled to launch our 'Israel at 75' celebration series with a rare Cleveland performance by the Philharmonic," said Federation Board Chair Daniel N. Zelman. "The strength of the bond between Jewish Cleveland and Israel cannot be overstated. To begin the community's year-long celebration of Israel's diamond anniversary with the Israel Philharmonic is a testament to the commitment and care our communities have for each other."



Maestro Lahav Shani

To begin the community's year-long celebration of Israel's diamond anniversary with the Israel Philharmonic is a testament to the commitment and care our communities have for each other."

– Board Chair Daniel N. Zelman

Sponsorships – with access to prime seating – are available by contacting Rachel Lappen at rlappen@jewishcleveland.org or 216.593.2841. Individual tickets are available at the Severance Music Center Box Office, 216.231.1111.

For more information about the IPO, please visit www.ipoco.il/en/. The 2022 tour of the Israel Philharmonic Orchestra is sponsored by American Friends of the IPO.



TOGETHER
WE CAN BE

HERE FOR GOOD

Together we can help keep our community safe, strong, and growing! Help change and improve lives in Cleveland, Israel, and around the world by supporting the annual Campaign for Jewish Needs.

campaignforjewishneeds.org



Jewish Federation
OF CLEVELAND

HERE FOR GOOD
2023 CAMPAIGN

BAKED by Abbie

Apple Cider Doughnut Cake

Apple cider doughnuts are the ubiquitous fall treat. Delightfully, their origin is among America's immigrant success stories.

In the 1920s, Russian refugee Adolf Levitt, looking to own a business, invested in a chain of New York City bakery shops (which later became the Doughnut Corporation of America and Mayflower Doughnut stores). When Adolf noticed that soldiers loved local fried dough snacks, he created a doughnut machine to meet his patrons' sweet-tooth desires. According to the *Cider Scene* blog, apple cider doughnuts were created during a 1950s' effort "to push a new

fall treat that would encompass everything people loved about fall in sweet dough form."

While the origin of apple cider doughnut cake is more elusive, this treat deserves to be in everyone's dessert repertoire!



Recipe adapted from Martha Stewart

Cake Ingredients

- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 2 teaspoons cinnamon
- ¼ teaspoon allspice and/or nutmeg (optional)
- ½ teaspoon salt
- 1 ½ cups white sugar
- 1/2 cup brown sugar
- 1 cup neutral oil, like Canola
- 3 eggs at room temperature
- 1 cup applesauce at room temperature
- 1 cup apple cider at room temperature
- 1-2 teaspoons vanilla
- 1-2 teaspoons apple schnapps

- With mixer on low, add one-third of flour mixture, followed by half of the apple cider. Continue alternating the flour mixture and cider, finishing with the flour mixture. Mix until no streaks of flour remain. Batter will be slightly thin.
- Transfer batter to prepared pan and bake 50-60 minutes, or until a tester inserted near the center comes out clean. Cool cake one hour in pan before inverting onto a platter or cooling rack.
- To finish the cake, use a pastry brush to add additional melted butter. Combine remaining sugar and cinnamon, and sprinkle liberally on cake and sides (you may need to use your hands).

Topping Ingredients

- 2 tablespoons unsalted butter, melted
- ¼ cup white sugar
- 2 teaspoons cinnamon

Directions

- Preheat oven to 350°F. Grease and flour a 12-cup Bundt pan.
- In a medium bowl, whisk together both flours, baking powder, baking soda, cinnamon, and salt.
- In large bowl, using either a hand or electric stand mixer, combine sugars and oil. Mix. Add eggs and mix for about 2 minutes.
- Add applesauce, vanilla, and schnapps. Mix to combine.



Abbie Nagler Sender, a licensed, award-winning baker, is the owner of BAKED by abbie, a Beachwood-based home bakery that offers customized baked goods with a Jewish twist. For more information, visit www.BAKEDbyabbie.com and like her Facebook business page, [BAKEDbyabbieCLE](https://www.facebook.com/BAKEDbyabbieCLE).

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A Night to Remember

On Friday, July 22, Jill Koslen Freireich was honored at “A Night to Remember,” a tribute event that celebrated her 40 years as founder and director of Beachwood Theater Camp and Community Theater.

July was a significant and busy month for Beachwood Theater campers and staff. The summer group of 50 students performed *Have a Kind Summer, Charlie Brown*, an original script demonstrating the importance of kindness and paying it forward.

The following week, the master students performed *Cheers to 40 Years*, a tribute to Jill, which was intermingled with performances and speeches by former campers and counselors who were strongly impacted by this program.

Jill said she was so moved, humbled, and beyond grateful for this group that got together to do something so special for her.

Jessie Pollak organized the event. She began as a camper in 2005, at age 8, and moved up to master student, junior counselor, counselor, and assistant director, and her experiences with the theater led her on a career path in the clinical counseling field.

“I’ve loved every minute, theater has meant so much to me,” Jessie told us. “This was my way of sharing with Jill and everyone else in our theater family my deep appreciation for what she has done. She created an incredible program that cultivated the love of theater, family, and work ethic – all of which produced

phenomenal results. I can’t thank Jill enough for what she created for so many people. I hope to be as impactful to others in my life.”

Jill said she was so moved, humbled, and beyond grateful for this group that got together to do something so special for her.

Former campers, counselors, and actors, including Dani Apple, Eugene Sumlin, Cody Swanson, Paige Schiller Horowitz, Saige Eitman, Taryn Weiss Derin, Lindsay Walker, Cheryl Eitman, Ricki Cardenas, Diane Sofer, Eric Sofer, and David Henry, along with six of the seven current master students, spoke and performed during this tribute event. Pete Conces, Beachwood’s former Parks and Recreation director, was the evening’s emcee.

Jill was touched by the outpouring of love during this event. “This has been my career for 40 years and a home away from home for so many people,” she humbly shared. “I thank Jessie; City Council members Mike Burkons, Josh Mintz and June Taylor; and everyone else involved for making this night so special.”

A dessert reception, hosted by the City of Beachwood, followed the tribute event.



On behalf of the City of Beachwood, City Council persons Josh Mintz and June Taylor presented Jill with a plaque and flowers for her 40 years of service.



Jill, center stage, surrounded by members of her theater family.

Photos by Jonathan Koslen, New Image Photography

And Justice for All?

Maltz Museum exhibition portrays the civil rights struggles of the 1960s and continuing efforts to bridge America's racial divide with the return of *This Light of Ours: Activist Photographers of the Civil Rights Movement*

As relevant today as they were half a century ago, more than 150 black-and-white images chronicling the Southern Freedom Movement are featured in *This Light of Ours: Activist Photographers of the Civil Rights Movement*, on view October 26 – April 2 at the Maltz Museum

This Light of Ours is based on a book of the same name, edited by Leslie G. Kelen, that features works by nine activist photographers who documented the clash between institutionalized discrimination and determined resistance by activists and volunteers during the mid-1960s. The stunning photographs chronicle a pivotal time in American history that can be explored through interrelated sections: Black Life in the Deep South, Organizing for Freedom, State and Local Terror, Marching Against Fear, and Black Power. The Maltz Museum added video footage, life-size installations, and material about voter suppression today.

The exhibition originally premiered in Cleveland in 2016, traveled the country, and now returns home for its final showing in 2022. "We added a new section for this run," explained David Schafer, the Museum's managing director. "We are in a voting year and this exhibition is about Americans participating in democracy. That's why we chose to add a new section on voter suppression, then and now. What happened 50 years ago is highly relevant to what is happening today."

It is the Museum's hope that every middle and high school student in Northeast Ohio can see this exhibition and witness events of the 1960s through the literal lens of people who were there – activist photographers.

Cleveland's own Rev. Dr. Otis Moss Jr., a former regional director of Martin Luther King Jr.'s Southern Christian Leadership Conference and a Selma march participant, once said, "If there is no conscience in the community, we have to be that conscience."

Here are five ways to celebrate this exhibit:

- Now through October 22: Beta test the new interactive biography of the Reverend Dr. Otis Moss Jr., free!
- Wednesday, Oct. 26, 7 p.m. Attend the launch event: Otis' Dream with Rev. Dr. Otis Moss Jr. and his son, Rev. Dr. Otis Moss III.
- October 26-30 • Visit for \$5 Week. Maltz Museum members and children under 5 are free.
- November 1 – April 2 Book an adult or student group tour with discounted pricing.
- All Season – Participate in online or in-person programming.

This program features photographers Bob Adelman, George Ballis, Bob Fitch, Bob Fletcher, Matt Herron, David Prince, Herbert Randall, Maria Varela, and Tamio Wakayamas. The exhibition is organized by the Center for Documentary Expression and Art (Curator: Matt Herron; Historical Consultant: Charlie Cobb Jr.; Project Originators: Leslie Kelen and Steven Kasher) with major support provided by the Bruce W. Bastian Foundation and the National Endowment for the Arts. The films, design, and exhibition experience were conceived and produced by the Maltz Museum.

For complete information, directions, and related programming, including information about the public launch event, call 216.593.0575, or visit maltzmuseum.org.



© 2016 Matt Herron, Courtesy CDEA

THIS LIGHT OF OURS

ACTIVIST PHOTOGRAPHERS OF THE CIVIL RIGHTS MOVEMENT

JOIN US FOR A SPECIAL LAUNCH EVENT ON WEDNESDAY, OCTOBER 26

OTIS' DREAM WITH REV. DR. OTIS MOSS JR. AND REV. DR. OTIS MOSS III

\$5 General; Free for Museum Members

Celebrate the special exhibition *This Light of Ours: Activist Photographers of the Civil Rights Movement* as it opens to the public! Join us for a film screening of *Otis' Dream*, the powerful and poignant story of Otis Moss Sr. and his journey to vote in 1946 Georgia, twenty years before federal legislation prohibited racial discrimination in voting. After the film, Otis Moss Sr.'s son and grandson, the Rev. Dr. Otis Moss Jr. and the Rev. Dr. Otis Moss III, discuss their mission to fulfill Otis' Dream through the Civil Rights Movement of the 1960s and continued struggles of today, with the determination of achieving an equitable tomorrow.

Register at maltzmuseum.org



Maltz Museum's Goodman Gallery
2929 Richmond Road, Beachwood
216.593.0575 | maltzmuseum.org



CITY OF Beachwood

CLEVELAND MAGAZINE'S BEST PLACE TO LIVE

OCTOBER 2022

MAYOR'S MESSAGE

Prior to being elected to serve as Mayor, I understood that focusing on and implementing a strategic economic development plan is essential to our future. Knowing that we did not have a full-time Economic Development Director overseeing and advancing our development efforts for nearly five years was something, without question, that I knew needed to be addressed.

The City of Beachwood has a strong economic climate with more than 2,500 businesses and major commercial investments totaling over \$900 million since 2009. We have world-class healthcare facilities, Northeast Ohio's premier shopping destinations, Fortune 500 headquarters, research and development facilities, middle-market companies and entrepreneurs. A bustling business sector contributes to the overall health and success of the city, and in Beachwood, our businesses provide approximately 90% of our operating revenue.

Given the limited amount of open space Beachwood has left for development, focusing on our current businesses and redevelopment opportunities is critical. We must strategically plan for and manage commercial development that strengthens the city's tax base, increases our revenue and enhances the quality of life enjoyed by our residents.

Fortunately, we now have someone in place to oversee and direct our economic development program. With unanimous support and confirmation by City Council, we hired Cathy Bieterman as our Economic Development Director. She will be a strong advocate for Beachwood. She is seasoned, savvy and ready to serve in this pivotal role. For the past 17 years, Cathy worked as the Economic Development Director for the City of Painesville. She will lead our efforts to attract new businesses while working on business retention and expansion, marketing and attraction, entrepreneur and small business development, real estate development, revitalization and land reuse, and workforce development.

The City of Beachwood is undergoing transformational changes which present opportunities to bring new mixed-use residential, office, retail and commercial development, as well as opportunities to redefine our commercial areas. We are working hard to ensure these projects preserve the level of sophistication the city should have in its development efforts going forward.

Setting new standards for what we want to achieve is crucial, and with the planned improvements to the Chagrin/Richmond/I-271 corridor, we have an opportunity to further enhance our location as an optimal place to work, live, learn and thrive. My vision is to spearhead development and make

improvements that will draw new residents and increased commercial activity, all while enhancing our image as one of the premier places to conduct business in the Cleveland market.

We will concentrate on setting the foundation for our economic development strategy and defining key projects and focus areas including Commerce Park, Chagrin Highlands, Science Park, Cedar Road, Beachwood Place, Park East Drive and Chagrin Boulevard. We will also place an emphasis on creating collaborations

and strong business partnerships. City Council and I are excited about what lies ahead for the City of Beachwood, and we are committed to prioritizing our economic development efforts.



“Given the limited amount of open space Beachwood has left for development, focusing on our current businesses and redevelopment opportunities is critical. We must strategically plan for and manage commercial development that strengthens the city's tax base, increases our revenue and enhances the quality of life enjoyed by our residents.”

Mayor Justin Berns
MayorBerns@beachwoodohio.com

THE INSIDER



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216.292.1913

FIRE & RESCUE
216.292.1965

LAW
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE
216.464.2343

PUBLIC WORKS
216.292.1922

EMERGENCY
Dial 9-1-1 or
216.464.1234

MAYOR AND SERGEANT VISIT WIGGINS RESIDENTS

Mayor Justin Berns and Sgt. Matthew Page recently took some time to speak to a well attended gathering of interested and attentive residents at Wiggins Place. The residents expressed their thoughts on a range of topics, including their gratitude for the speed with which EMS appears when called and the help offered by a detective who followed up quickly after a credit card was stolen.

They gained some info related to scams the police have seen directed at seniors, and they expressed concerns about speeders on I-271, security at synagogues and overall rising anti-Semitism.

The mayor and sergeant both appreciated the opportunity to connect with this warm and welcoming group and will be happy to return for future discussions.



Sgt. Matthew Page addressing residents at Wiggins Place.



Mayor Justin Berns taking some time to meet residents following the event.



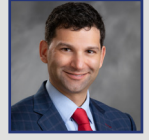
Residents from Wiggins Place in Menorah Park lined the room for a well attended discussion about safety with Mayor Justin Berns and Sgt. Matthew Page.



MAYOR JUSTIN BERNS
216.292.1901



COUNCIL PRESIDENT ALEC ISAACSON
216.291.2797



COUNCIL V.P. ERIC SYNEBERG
216.401.0074



MIKE BURKONS
216.832.6771



BARBARA BELLIN JANOVITZ
216.406.5914



JOSHUA MINTZ
650.464.6788



DANIELLE SHOYKHET
216.212.9212



JUNE TAYLOR
216.533.7640

HOW TO EMAIL YOUR COUNCIL MEMBER:

FirstName.LastName@beachwoodohio.com
Ex: alec.isaacson@beachwoodohio.com



BIETERMAN SWORN IN AS ECONOMIC DEV. DIRECTOR

Beachwood welcomed Cathy Bieterman as the city's new Economic Development Director after her appointment was unanimously approved at the city council meeting September 6.



Cathy Bieterman being sworn in as the Economic Development Director by Mayor Justin Berns at the city council meeting on September 6.



Cathy Bieterman pictured with her daughter and Mayor Berns following the meeting.

UPCOMING CITY MEETINGS

City Council:
October 3 at 7:00 p.m.

Planning & Zoning:
October 27 at 6:30 p.m.

Architectural Board of Review:
October 3 at 4:30 p.m.
October 17 at 4:30 p.m.

LICENSE PLATE READERS INSTALLED THROUGHOUT CITY TO ENHANCE POLICE DEPARTMENT'S APPREHENSION EFFORTS

The City of Beachwood and Beachwood Place have coordinated their efforts to increase surveillance measures through the acquisition and use of license plate readers (LPR). This highly effective technology has been widely adopted among law enforcement departments and retail businesses nationwide to help apprehend suspects.



Beachwood Police Chief Kate McLaughlin reports that Beachwood now has 31 LPRs stationed throughout the city and uses two mobile units in patrol vehicles. Additional units are on order and expected to be installed in Fall 2022.

"We believe our LPRs will greatly enhance our efforts to ensure public safety, and expedite our ability to identify and apprehend individuals involved in criminal activity," states Chief McLaughlin.

"This technology will better align our law enforcement work with what's happening nationwide, and it will offer greater protection to our residents and visitors," states Mayor Justin Berns.

LPRs are electronic devices with high-speed cameras that capture the visible license plates of passing vehicles. That information is recorded as to its location, date, and time. If the information matches that of a vehicle recorded on a "hot list," it will alert law enforcement. That information can be used to stop crimes in progress, locate missing and/or endangered persons, as well as provide investigative leads for crimes that have already occurred.

"Beachwood Place is proud of our deep roots in the community and grateful for our partnership with the Beachwood Police Department and Mayor Berns' office," states Heidi Yanok, General Manager Beachwood Place. "We strive every day to create a great environment for our guests and tenants, and the use of LPRs at our entrances help to ensure our entire community feels safe."

VETERANS DAY SALUTE:

Sunday, November 6 | 11:00 a.m. | Beachwood Cemetery on Green Road

Held in partnership with the Beachwood Historical Society. Local veterans, presentation of colors and more.

TONS OF SHREDDING

Shred Day on September 11 was a huge success with 273 participants and 9,165 pounds of paper shredded. That's 4.58 tons! Thank you to everyone involved for your time and effort.



Left to right: Matt Powalio, Harvey Rose, Tim Kolat, Tony Aveni, Mayor Justin Berns, Danielle Shoykhet, Josh Mintz, Shannon Diamond

CITY EARNS CLEAN AUDIT AWARD

The City of Beachwood has been recognized with an "Auditor of State Award of Distinction" by Keith Faber, Ohio's Auditor of State, for a clean audit report. He says these awards honor public entities that have "put in hard work to keep their finances in order."

Larry Heiser, Beachwood's Finance Director, credited the work done by those in his department with ensuring that the city's finances remain accurate and up to date.

"We are pleased that our hard work is reflected with this recognition and that the residents of Beachwood can rest assured the city's finances are being handled in a highly responsible manner," states Heiser.

The award is presented to local governments upon the completion of the annual financial audit. Winners meet the criteria of a clean audit based on each city's superior record keeping which demonstrates a commitment to efficient, effective and transparent service. The award vetting process reveals the city's elevated level of diligence required to keep finances in order.

Mayor Justin Berns praised Beachwood's finance and audit departments for their outstanding work throughout the year.

"This clean audit award is a real point of pride for the entire community and shows that deadlines are being met and a close eye is kept on our entire financial portfolio. Residents should feel assured that fiscal accountability is fully present in Beachwood."

The Auditor of State's office audits more than 6,000 state and local government agencies and investigates and prevents fraud in public agencies.

ERIE FOOT & ANKLE CENTER CUTS RIBBON

Congratulations to Drs. Jacqueline Donovan, Michelle Hurlless and Sai Narra on the opening of Erie Foot & Ankle Center, located at 23175 Commerce Park, Suite C. The August 19 ribbon cutting ceremony was attended by Mayor Justin Berns and City Council members Josh Mintz and Danielle Shoykhet, along with the support of the Beachwood Chamber of Commerce.



Smiles all around during the ribbon cutting ceremony at Erie Foot & Ankle Center in Commerce Park.

BEACHWOOD POLICE WELCOMES NEW PART TIME OFFICERS

Throughout August and September, Beachwood Police added several part time officers to their team. Each were sworn in by Mayor Justin Berns and welcomed by Police Chief Katherine McLaughlin.



Officer Jackelyn Burgos-Camargo with Chief McLaughlin and Mayor Berns.



Officer Rick Friedl being sworn in on September 6.



Officer Todd Simpson with Deputy Chief Resek (left), Mayor Berns and Chief McLaughlin.

MAYOR & CITY COUNCIL DEMONSTRATE MOVES AT THE FITNESS PARK

Trainer Glenn Pisching was joined by Mayor Justin Berns and members of City Council for a video demonstration at the new Fitness Park, located in City Park East. Your elected officials learned some basic exercises that you can follow next time you visit the park. See them in action on our website at BeachwoodOhio.com or the city's YouTube channel.



Visit BeachwoodOhio.com to view the exercise video.

FIRE DEPARTMENT ADDS THREE NEW FIREFIGHTERS TO STAFF

John David Hopkins, Rayshaun McCurdy and Jack Buckley were sworn in as the newest members of the Beachwood Fire Department at the city council meeting on August 15. The department is excited to work with these new members who will be serving our community.



Pictured left to right: Mayor Justin Berns, John David Hopkins, Rayshaun McCurdy, Jack Buckley and Fire Chief Steven Holtzman



John David Hopkins



Rayshaun McCurdy



Jack Buckley



OCTOBER RECREATION GUIDE

CITY OF
Beachwood

FUN FOR ALL AGES!

CLE MARKET HALLOWEEN FAMILY NIGHT

OCTOBER 12TH 4:00 - 8:00 PM
BEACHWOOD CITY HALL PARKING LOT

SHOPPING & CANDY FROM LOCAL VENDORS
FAMILY-FRIENDLY MOVIE SHORTS
GAMES, ACTIVITIES, FOOD TRUCK

** (CRAFTS, ACTIVITIES AND MOVIES FROM 5-7 PM ONLY.)*

BEACHWOODREC.COM

CITY OF
Beachwood

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#1 SUBURB

BUILD YOUR OWN SCARECROW!
OCTOBER 18TH, 4:30-6:30 PM, CITY PARK EAST

SCARECROWS REMAIN ON DISPLAY THROUGH OCTOBER 31ST IN THE PARK.

REGISTER: BEACHWOODREC.COM OR CITY HALL
RESIDENTS - \$5/SCARECROW • NONRESIDENTS - \$7/SCARECROW • RAIN DATE: OCT. 20TH
** INCLUDES FRAME ONLY. PLEASE BRING YOUR OWN MATERIALS. **

BEACHWOOD ART GALLERY: The Personal Work of the Pretentious Cleveland Portrait Artists | October 13-November 12
Featuring the work of over 50 artists. Reception scheduled for October 23 from 1:00-2:30 p.m.

YOUTH BASKETBALL PROGRAMS

Sign up at BeachwoodRec.com or call Community Services at 216-292-1970.

- **Little Hoop Stars: Ages 4-5, Thursdays at 5:30 p.m., November 3-December 15**
Led by Jump Start Sports at Hilltop Elementary. Get your child started with the basics included dribbling, passing, shooting and defense in a fun format.
- **Hoop Stars: Grades 1-2, Thursdays at 6:30 p.m., November 3-December 15**
Led by Jump Start Sports at Hilltop Elementary. Players will develop their basic skills plus positioning and rebounding. Skills will then be applied in low competition games.
- **Beachwood Youth Basketball: Boys in grades 3-6, December-March**
Leagues are divided into grades 3-4 and 5-6. Boys in grades 3-4 will play on Sunday afternoons. Grades 5-6 play on Wednesday or Thursday nights.
- **Bison Girls Recreational Basketball: Girls in grades 3-6, December-February**
Teams begin games in January that are played in both Beachwood and in other communities. Games are on Thursdays or Sundays.

CITY OF
Beachwood
RECREATION

Everything you need in one place!
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DOG DAYS OF SUMMER

Who let the dogs out?! Beachwood's resident dogs got a chance to take over the Family Aquatic Center for one special evening on Thursday, September 8. The dog paddle featured two sold out groups during the second annual event. The crowd was barking and wagging with excitement.



Pictures proudly taken by Discovery Photo.

RECORD SETTING SUMMER FOR THE AQUATIC CENTER

Patrons poured into the Beachwood Family Aquatic Center this summer to beat the heat and have some fun in the sun. The record setting season was highlighted by 3,267 members, 51,814 visits and 22,440 chlorine tablets used!

"We take pride in the award-winning aquatic facility that we have in Beachwood," expressed Community Services Director Derek Schroeder. "We'd like to thank everyone who came out for a visit this summer in addition to our aquatic staff members. Our lifeguards and seasonal employees were exceptional. This summer also marked the final year for Pool Manager Missy Bystrom who has spent five years with our team. Her dedication to the facility and the city is truly appreciated."

Information about 2023 memberships will be posted in January. Visit BeachwoodRec.com.



"Although you could have arranged for much more pleasant weather for the last two days the pool was open, you and your staff deserve praise for the great job you all did throughout the season in making for an enjoyable and safe experience for residents and guests. Thanks so much."

- Ronald Kahn
Resident & BFAC Member

**The Magic
Toy Chest**

Free Admission!

FREE LIVE PERFORMANCE
Featuring your favorite Broadway hits!

Beachwood Middle School

November 5th - 2 PM

November 6th - 2 PM

Learn more at BeachwoodRec.com!

BEACHWOOD  COMMUNITY
THEATER

Casting Director/Acting Coach:
Julie Matthews

Professional Vocalist/Musical Director:
Debi Lewin

BEACHWOOD SENIORS

Learn more and register at
BeachwoodRec.com!
Questions? Call 216-292-1970.



A group of seniors with Senior Adult Manager Susan Gordon Merdler (far right) embarked on a naturalist led tour of Acacia Reservation on Tuesday, August 23.

MEDICARE OPEN ENROLLMENT

Medicare open enrollment happens annually from October 15 through December 7, giving you a dedicated time period to change your Medicare coverage and look at your drug plans. If you are interested in talking to an Ohio Senior Health Insurance Information Program (OSHIIP) counselor, please call the Beachwood Community Services office at 216-292-1911 to schedule an appointment.

BEGINNER CANASTA LESSONS

Learn the fun and challenging game of Canasta with Ellen Rabb! You will practice playing while you learn about card point values, melding strategy and more. Four lessons will have you ready to play, bring a friend or two and join the fun! Lessons will be Tuesdays and Fridays from 10:00 a.m. to noon, October 11 – 21 at the Beachwood Community Center. Residents are \$42 and non-residents cost \$50. The registration deadline is October 6 at BeachwoodRec.com.

OCTOBER SENIOR DAY OUT

Hello Ruth

Thursday, October 20, at noon (Register by 10/12)

Beachwood Community Center

Residents - \$13, Non-Residents - \$16, Program Only - \$5

Ruth Bader Ginsburg (RBG) was an American lawyer, jurist, and advocate for gender equality and women's rights, winning many arguments before the Supreme Court. Join Juliette Regnier from Women in History as she portrays this incredible woman.

THE MUSICAL THEATER PROJECT

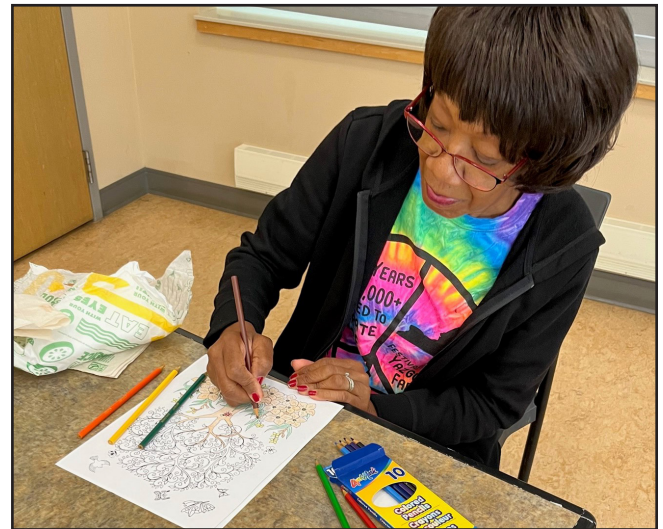
I'm Getting My Act Together

Sunday, November 6, at 2:30 p.m. (Register by 10/18)

The Anshe Chesed - Fairmount Temple

Residents - \$25, Non-Residents - \$35

A show about the life choices faced by Heather, a cabaret singer!



Connie Strong participating in Coloring Day on September 7. View upcoming celebrations at BeachwoodRec.com or in the Monthly Minute.

ALWAYS BE AN INSIDER, STAY CONNECTED!

Official Facebook Pages:

@BeachwoodOH
@BeachwoodPolice
@BeachwoodFire
@BeachwoodOHRec
@BeachwoodPublicWorks
@BarkwoodDogPark

Official Twitter Accounts:

@BeachwoodOH
@BeachwoodPolice

Beachwood eList:

Sign up at BeachwoodOhio.com





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Beachwood City Schools congratulates the following students for achieving the Ohio Seal of Bilingual Literacy.

- Vincent Crenshaw (12th grade) - Spanish
- Maya Eisengart (12th grade) - Spanish
- Xinyu Feng (12th grade) - Chinese
- Audrey Hardis (12th grade) - Spanish
- Samah Khan (12th grade) - Spanish
- Kaajal Krishnan (12 grade) - Spanish
- Julian Landes (12th grade) - Hebrew
- Rebecca Lawton (12th grade) - Hebrew, Spanish
- Ilay Lev (BHS '22) - Hebrew
- Molly Markowitz (BHS '22) - Spanish
- Hannah Plotkin (12th grade) - Hebrew
- Yonadav Ptahia (BHS '22) - Hebrew
- Adam Ritzenberg (12th grade) - Spanish
- Shira Rub (12th grade) - Hebrew
- Rebecca Shapiro (BHS '22) - Hebrew
- Grace Yan (BHS '22) - Chinese
- Ryleigh Zabell (12th grade) - Spanish

Welcome Class of 2035!



The Beachwood Schools community gave a rousing welcome to the Class of 2035 at the September 9 home opener. Kindergarteners donned "Class of 2035" T-shirts sponsored by the **Athletic Boosters**. An adoring crowd cheered them on during the halftime celebration. Beachwood's littlest football fans were undoubtedly the biggest stars of the night.

Elementary Facilities Update

The Board of Education continues to seek ideas on a plan for the **Fairmount**, **Bryden** and **Hilltop** facilities and grounds that best serves the entire Beachwood community. Recent activities have included facility tours, staff and student engagement sessions, public meetings and a community-wide survey.

Staff and students met with architects to identify priorities for upgrading the facilities to accommodate growing elementary enrollment and programming needs. The architects captured their ideas, which will inform the master planning process.

More than 500 residents participated in the community-wide survey distributed to residents July 27-August 14. **TRIAD Research** presented the results during the September 12 board meeting. Residents also shared input during a September 15 community meeting facilitated by the architects and master planners. These presentations and the community survey results are available on the district's website.



Community Meeting Schedule

Community Presentation: Elementary Facilities Master Plan Options

Thursday, October 20, 7 - 8:30 p.m.
Hilltop Elementary, 24524 Hilltop Dr.

*The community is invited to arrive 30 minutes early to tour the grounds and building. Childcare is provided.

Special Meeting: Facility Master Plan Recommendation to the Board of Education

Thursday, November 17, 7 - 8:30 p.m.
Board of Education, 24601 Fairmount Blvd.
Childcare is provided.

GO ONLINE
to view updates, watch public meetings and share your input on the elementary facilities master plan.



ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, (216) 464-2600 ext. 2201 • rph@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, (216) 464-2600 ext. 2211 • mm@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent, (216) 464-2600 ext. 2202 • kev@beachwoodschoools.org
Jennifer Polak, Director of Pupil Services, (216) 464-2600 ext. 2215 • jpolak@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement, (216) 464-2600 ext. 2207 • kth@beachwoodschoools.org
Linda LoGalbo, Director of Curriculum & Instruction, (216) 464-2600 ext. 2208 • lhl@beachwoodschoools.org
Lauren Broderick, Interim Administrator – Pupil Services, (216) 464-2600 ext. 2218 • ljb@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, (216) 464-2600 ext. 2210 • ks@beachwoodschoools.org
Lauren Meade, Director of Communications, (216) 464-2600 ext. 2205 • lmeade@beachwoodschoools.org



National Arts in Education Week

Beachwood City Schools celebrated September 11-17 the transformative power of the arts in education. A special thank you to our fine arts educators who make a positive impact in the lives of Beachwood students everyday.



Board of Education NEWS

Recent Resolutions:

- Renew contracts for Administrators
- Engage Reminger for Chagrin Highlands Court Case
- Social Studies Curriculum Audit Presentation
- Third Reading of Multiple, Updated Board Policies

Future Resolutions:

- 2022-2025 Handbook for Administrators and Supervisors
- Approve Revised 5-year Financial Forecast
- Treasurer Search Firm Presentation

Board Meeting Calendar:

- October 10, 2022 @ 7:00 p.m.
- October 24, 2022 @ 7:00 p.m.



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



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

October is Breast Cancer Awareness Month – Schedule Your Mammogram

Expanded breast health services coming to UH Ahuja Medical Center in 2023

At University Hospitals (UH) Ahuja Medical Center and UH Minoff Breast Health Center, breast cancer specialists are dedicated to helping patients prevent, treat, and overcome cancer so they can continue to live healthy, active lives.

Patients can visit these UH locations in Beachwood for a variety of reasons – whether they need an annual mammogram, are experiencing symptoms, such as finding a lump or some type of change in their breast, or if they have already received a breast cancer diagnosis and are seeking a second opinion.

Many UH specialists play a role in developing a comprehensive care plan to ensure patients feel supported along their journey from breast cancer screening and diagnosis, to the development and implementation of advanced treatment plans, to recovery and survivorship.

The Importance of Early Detection

“Breast cancer is the most common cancer in women, and routine mammogram screenings provide the best opportunity to identify cancer at a curable stage,” explains Holly Marshall, M.D., Division Chief of Breast Imaging at UH. Dr. Marshall goes on to say, “About one in eight women will be diagnosed with breast cancer. Nearly 75 percent of women who develop breast cancer have no family history of the disease, so mammograms are

recommended even if you don’t have a family history of breast cancer.”

While not every breast cancer is the same, the five-year relative survival rate of women with localized cancer, an early stage of the disease, is 98 percent. So, it’s crucial to get regular breast screenings. Knowing your family history and your personal risk for cancer is also important in identifying when to start breast cancer screening.

The breast surgical oncologists support the screening guidelines issued by the American College of Radiology (ACR), the Society of Breast Imaging (SBI), and the American Society of Breast Surgeons (ASBrS) and recommend for an average risk woman that an initial baseline mammogram be performed when they turn 40, and continue on an annual basis while they are in good health.

Screening may start earlier based on personal and family risk factors, including:

- A strong family history (mother or sister diagnosed at a young age)
- Previous radiation therapy to the chest
- A family history of ovarian cancer
- Dense breast tissue



Holly Marshall, M.D., consults with a patient who has just had her mammogram.

Expanded Breast Health Services Coming to UH Ahuja Medical Center

Currently, patients can visit UH Ahuja Medical Center for diagnostic and screening radiology needs as well as surgery, and UH Minoff Health Center at Chagrin Highlands for comprehensive breast care. UH Ahuja Medical Center’s Phase 2 expansion, expected to be completed in summer 2023, will include a new, comprehensive breast center with 3-D mammography, diagnostic radiology, breast biopsies, surgical oncology, medical oncology, surgery, and survivorship.

Highlights of the breast cancer treatment program at UH Minoff Breast Health Center, and coming to UH

Ahuja Medical Center in summer 2023, include:

- Fast access to a breast specialist, usually within 48 hours
- Comprehensive multi-disciplinary breast cancer care
- Support services during recovery
- Access to supplemental screening with Fast Breast MRI, a self-pay option that detects three times the cancers compared to mammograms

Fast Breast MRI

“Breast MRI is the most sensitive exam for finding breast cancer,” Dr. Marshall says. “An MRI uses strong magnets to create images of the breasts.”

“Breast MRI is the most sensitive exam for finding breast cancer,” Dr. Marshall says. “An MRI uses strong magnets to create images of the breasts.”

There is a new type of Breast MRI, called a Fast Breast MRI, offered throughout the UH system. Unlike a full breast MRI study, which can take 45 to 60 minutes or more to complete, the Fast Breast MRI takes 10 minutes. For the test, a safe, contrast material is injected through an intravenous line. The contrast material enhances the abnormal tissue within the breast and is highlighted on

the images obtained during the scan.

“Breast MRI is our most sensitive tool to detect breast cancer,” adds Dr. Marshall.

Fast Breast MRI is an out-of-pocket expense and is not covered by insurance companies. It is important to talk to your doctor about your family history and risk factors, including breast density, to determine if a Fast Breast MRI study is right for you.

Unlike a full breast MRI study, which can take 45 to 60 minutes or more to complete, the Fast Breast MRI takes 10 minutes.

UH Ahuja Medical Center

is located at 3999 Richmond Rd, Beachwood, OH 44122.

UH Minoff Health Center at Chagrin Highlands

is located at 3909 Orange Pl, Shaker Heights, OH 44122.

To schedule a mammogram or make an appointment with a UH breast specialist, call 216.245.1204. For more information, visit UHhospitals.org/Mammogram.



UH Ahuja Medical Center’s Phase 2 expansion, expected to be completed in summer 2023, will include a new, comprehensive breast center with screening and diagnostic radiology, breast radiology intervention services, surgical oncology, medical oncology, surgery, and survivorship. Currently, patients can visit UH Ahuja Medical Center for surgery and diagnostic radiology, and UH Minoff Health Center for comprehensive breast care. To learn more, visit: UHhospitals.org/AhujaExpansion.



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Beachwood Entrepreneur's Second Screenplay Hits Theaters

Javon Bates, known as Javon Bates The Legacy, is a local entrepreneur with an incredible legacy of entertainment work. During the pandemic, Javon wrote a book and produced a movie, *Dark Ether*, after researching true events. In his book, he provides useful information for victims of domestic violence.

Dark Ether's logline is: Agents James Reeves and Jessica Taylor are tracking a serial rapist, Dark Ether, who prowls into Cleveland's dark shadows. Victims can't identify the masked attacker, but it appears he's expanding his hunting and new fixations of evil.

Javon will proudly premiere this suspenseful mystery at a red-carpet event on Wednesday, Oct. 19, 7 p.m., at the Lorain Palace Theatre; He will be on-location for a book signing and a meet and greet.

Javon has built his career with a goal of breaking into the

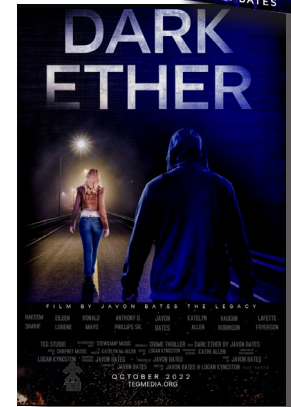
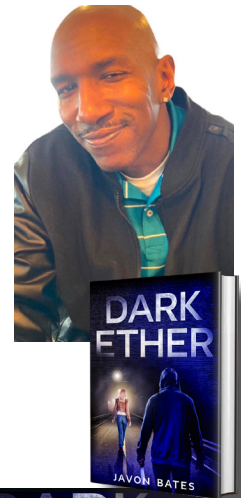
entertainment industry. As part of that mission, he launched Tomahawk Entertainment Group, a marketing and promotional services company.

He is also known in the Cleveland community for his philanthropic and creative work. To date, he has held over 20 charity drives for various local causes, written six books, released four music albums, and now, two movies. Cleveland's FOX-8, WOIO-19, and WKYC-3 News also recognized him in July and August, 2019, for his philanthropic endeavors.

Pre-sale tickets for the red-carpet event are \$25 each and may be purchased at tegmedia.org. You may also text DARK to 216.505.0548 to receive a purchase link. Tickets will also be available at the door for \$30 each. The Lorain Palace Theatre is located at 716 Broadway, in Lorain, Ohio.

The *Dark Ether* book will be sold at the premiere, and is available on Amazon and at Barnes & Noble.

For more information, please contact Javon at tegmedia1@gmail.com or 216.659.1513, or visit www.tegmedia.org.



Cleveland Kosher Food Pantry Fall Holiday Campaign

The Cleveland Kosher Food Pantry is in the midst of its 2022 fall holiday campaign, "Be blessed and be a blessing." As the New Year is an auspicious time to pray for good health, peace, and sustenance in the year ahead, the theme encourages donors to join the fight against local food insecurity by being a blessing to others through donations to Kosher Food Pantry (KFP).

A partner agency of both the Greater Cleveland Food Bank and the Hunger Network, KFP is one of the busiest food relief facilities in Northeastern Ohio. While in regular times the Pantry provides food for more than 5,000 people per month, recent numbers have swelled to close to 6,000 per month. Volunteers pack bags of food and deliver them bi-monthly to about 1,800 senior citizens in 10 low-income apartment buildings. Weekly drive-thru distributions of food assist approximately 250 area families.

"There's no time like the Jewish New Year to think of those less fortunate. Kosher Food Pantry takes care of our struggling

neighbors by providing them with food and items to set the holiday atmosphere. We appreciate every dollar donated so that our efforts can continue," said Devorah Alevsky, director. Prior to Rosh Hashanah, kosher chicken, round challahs, apples and honey were included in the regular food distributions. Jewish calendars and Yizkor candles were given out, as well.

"Anyone in need is encouraged to contact our office at 216.382.7202. All calls will be confidential and no one is turned away," Devorah continued. "We pray that the year ahead will be a good one as Kosher Food Pantry does its part to help the community."

"Anyone in need is encouraged to contact our office at 216.382.7202. All calls will be confidential and no one is turned away," Devorah continued. "We pray that the year ahead will be a good one as Kosher Food Pantry does its part to help the community."

Tax-deductible donations may be sent to Cleveland Kosher Food Pantry, 2004 S. Green Rd., South Euclid, Ohio, 44121. Donations are also accepted online at kosherfb.org/donate.



In the New Year, may you **BE BLESSED** and **BE A BLESSING**



Smylie One Offers Pro-Max Heating Tune-Up & Safety Inspection That Will Keep You Warm All Winter Long!

While weatherizing your home this fall, let Smylie One help you keep your heating system in tip-top condition.

In 1957, William Smylie started his distinguished career with Smylie Bros. Inc, a Local 120 Pipefitters firm that specialized in industrial and commercial engineering projects. His brothers, Leon and Bernie, started the company in 1955. Since then, the Smylie name has been one of the most trusted and recognizable names in heating and cooling in Northeast Ohio. Their slogan was "Service with a Smylie." This carries on today with Smylie One Heating, Cooling & Plumbing Co., Inc. Over the years, Smylie One has established itself as a company built on integrity and trust.

Smylie One specializes in residential add-on and

replacement, along with light commercial, heating, air conditioning, and plumbing installations and services.

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that will determine the efficiency and dependability of the entire operation of your heating system. These, along with many other checks, are vital to keeping your heating system working through the coldest days of winter.

You can have a Pro-Max tune-up at your home for only \$99.95, a \$20 savings. Call Smylie One at 440.449.4328 today. When booking your appointment, say you saw this in *Beachwood Buzz!*

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IT TAKES

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*Subject to credit approval. See Smylie One for details.

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Akron's Firestone Community Learning Center Student Wins Shining Star CLE Singing Competition

Senior Fiona Coughlin won over the judges and audience at Menorah Park's sixth annual Shining Star CLE competition, now back live at the Mimi Ohio Theatre at Playhouse Square after two years of being virtual performances. Expressing her vocal range with seemingly superhuman feats in her operatic rendition of *Poor Wandering One* from the *Pirates of Penzance*, Fiona showed her dedication to the craft leading up to this crescendo of talent. She shared that her journey included months of practice.

During the evening, Fiona and three other contestants were selected as the final four by the event's judges: Antonia Bennett, talented singer and songwriter, and daughter of legendary singer, Tony Bennett; Rashad V. Chambers, Tony Award nominated Broadway producer of *Ain't Too Proud – The Life and Times of The Temptations*; Ben Fankhauser, Orange, Ohio, native and Broadway actor and singer best known as Davey from *Disney's Newsies* (Broadway); Carl Topilow, artistic director and conductor of the Cleveland Pops Orchestra; and Gina Vernaci, president and CEO of Playhouse Square.

Audience members then had the opportunity to vote for top placement. Fiona's first place finish earned her the grand prize of a \$10,000 college scholarship, plus \$2,500 to her school's music department and an opportunity to perform with the Cleveland Pops Orchestra at Severance Hall in Cleveland.

Hudson High School junior Lindsey Ross placed second with her performance of *My Grand Plan*, earning a \$5,000 college scholarship.

Lauren Ravas, a junior from Beaumont School in Cleveland Heights, performed *Gravity* resulting in receipt of a \$2,500 college scholarship.

Alexandra Newman, a rising junior at Western Reserve Academy in Hudson, earned fourth place for her rendition of *One Perfect Moment*, and received a \$1,000 college scholarship adding to her third place winnings at last year's competition.



After the exciting announcement of the winner, the evening's host, WKYC senior health correspondent Monica Robins, shared the importance of supporting Menorah Park's memory care services, emphasizing that music provides a universal benefit for all ages and encourages memories and joyful experiences for older adults diagnosed with Alzheimer's disease and related forms of dementia.

The event raised more than \$415,000 to support these meaningful efforts.

Donations may still be made by going to www.shiningstaracle.org.



Brian Sokol, Menorah Park chief development officer; Rick Rivitz, Menorah Park Foundation board chair; Larry Mack, honorary event co-chair; Harry Singer, Menorah Park board chair; and Jim Newbrough, Menorah Park president and CEO present a \$10,000 check to Shining Star winner Fiona Coughlin.

Connor Bogart O'Brien returned as artistic director for his third year. He's a native of Ashtabula and has been a soloist with several well-known orchestras, including the Cleveland Orchestra. As a songwriter, several of his original songs have been featured on national television including ABC's *Days of Our Lives* and MTV's *The Hills*, and he has

received acclaim for songs in his two full-length albums. The students appreciated his coaching during their preparations for the competition.

Larry Mack acted as honorary co-chair. Event co-chairs were Nancy and Ira Goffman, Judy and David Kaufman, Carmie and Todd Stein, and Judy and Steve Willensky.

For more visit www.shiningstaracle.org.

Saturate the Beachwood market, advertise in Beachwood Buzz • Every resident, every business, every month!

BHS Class of '71 Celebrates at Its 50+1 Reunion

by Paula Zavell Rollins

Beachwood High School Class of '71 recently celebrated its 50+1 reunion, where classmates reminisced about childhood memories and created new ones for the future. The event was rescheduled from last year due to Covid.

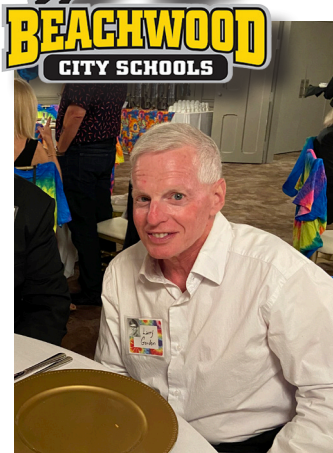
Friday night's get-together, catered by Alfredo's at the Mayfield Holiday Inn, provided an opportunity for friends to catch up with one another before the main event, which took place on Saturday, at Landerhaven.

At the 50+1 event, WIXY 1260 radio piped in music from 1968-1971, honored song requests, and gave shout-outs to classmates. Souvenir tie-dye T-shirts and masks, along with throw-back album covers and candy, adorned the tables.

Food stations were inspired by restaurants from the late '60s and early '70s, and a trivia host led the class in an hour of 1968-1971 trivia questions, with prizes awarded to three winning teams.

Steve Hacker, the husband of classmate Ellen Arnoff Hacker, produced and showed a beautiful four-minute "In Memoriam" video to honor those classmates who have passed away.

On Sunday, Superintendent Robert Hardis led a small group of BHS grads on a tour of Beachwood High School, where a few had not visited since they graduated 50 years ago. The City of Beachwood welcomed classmates to a complimentary visit to the Beachwood Family Aquatic Center over the weekend, as well. Everyone who attended the reunion festivities had a wonderful, memorable time, and those unable to attend were missed.



Pictured, from top left: Sandi and Martin Horwitz, Paula (Zavell) and Mike Rollins, Larry Gordon, Ellen (Arnoff) and Steve Hacker, Bonni and Alan Berger, Linda Weisberg Shepard, Ronna Gould Bernstein, and Joanne Bookatz Umansky

October 16, 2022
9am - 2pm
Beachwood High School

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 Proceeds from sale of parking spots benefit BHS baseball team.
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Park Synagogue Presents

Women As Peacemakers

Three women's groups at Park Synagogue present their annual Sisters in the Sukkah event on Thursday, Oct. 13, 7 p.m, at Park Synagogue East in Pepper Pike.

Enjoy refreshments in the Sukkah before hearing guest speaker Myesha Watkins, director of the Cleveland Peacemakers Alliance, present "Women as Peacemakers." Ms. Watkins will enlighten everyone about her organization which works to make our city's neighborhoods safer through street outreach, violence interruption, and involvement with those already in the justice system.



To help the teens and young

adults served by Cleveland Peacemakers Alliance, participants are asked to donate any of the following NEW items: iPhone/Android chargers, bus passes, gas cards, gift cards to Target or Walmart, personal hygiene products (lotion, deodorant, lip balm, etc.), and wallets.

The program is free and open to the community. Pre-registration is required by visiting www.parksynagogue.org or contacting Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

This event is co-sponsored by Park's Neshama, Sisterhood, and Women's Rosh Chodesh groups.

Pictured: Myesha Watkins

Virtual Tour of Jewish Rome

Take a trip to Rome with Park Synagogue without leaving your home. We'll travel with Micaela Pavoncello, an energetic young owner of Jewish Roma Walking Tours.

In the first session, Micaela will help us understand the history of the Jewish community of Rome, from its beginnings in 161 BCE, through 22 centuries of Jewish life in the city, including ghetto times, World War II, and life today.

The second session will be a live tour as Micaela walks through the ghetto and shows us its history, people, monuments, alleys, and food. Don't miss this rare opportunity to enjoy all the beauty and history of Rome and its vibrant Jewish community from your armchair.

Virtual tours, free and open to the community, will take

place on Thursdays, Oct. 27 and Nov. 3, 10-11 a.m. on Zoom. Preregistration is required by Thursday, Oct. 20, to receive the Zoom link. Register at www.parksynagogue.org. For questions, please contact Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122.

Virtual tours, free and open to the community, will take place on Thursdays, Oct. 27 and Nov. 3, 10-11 a.m. on Zoom.

This event is sponsored by the Park Senior Adult Group.

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Get Your Home Ready for Fall and Winter!

As Northeastern Ohio residents, we enjoy the passing of all four seasons. And, while regular maintenance is always a priority for homeowners, it's particularly important to prepare your home for the upcoming colder weather. Here are two handy checklists to help keep your home weather ready. And, remember, if you are a snowbird, be sure to winterize your home to avoid a frozen pipe disaster. Any trusted plumber can assist you with that. Please call me on my "Sell" phone at 216.338.3233 if you have any questions!

Sharon Friedman
BHHS Professional Realty

Please call me on my "Sell" phone at 216.338.3233
if you have any questions!

Fall Checklist

- Get heating system serviced
- Schedule a chimney sweep
- Seal cracks around windows and doors
- Winterize sprinkler system
- Clean gutters and downspouts
- Over-seed and aerate the lawn
- Check attic vents
- Remove shower heads and clean deposits
- Test smoke detectors
- Replace HVAC filters



Winter Checklist

- Check on insulation
- Pick up a good humidifier
- Check for drafts around windows and doors
- Inspect fire extinguishers
- Clean the range hood and filter
- Clean garbage disposal
- Clean dryer duct
- Lubricate garage door



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24410 Greenwich Lane
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2436 Richmond Rd

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3 Bed, 2.1 Bath in Cranberry Court



14 Kenwood Court
List price \$475,000

3 Bed, 2.1 Bath Townhome

Sharon's 2022/2021 Beachwood Listings & Sales

SOLD 7/22: 22655 Chagrin Blvd in Stratton House #215 listed at \$144,900

SOLD BEFORE PROCESSING 6/22: 23990 Letchworth Rd listed at \$363,000

SOLD OVER LIST 6/22: 23219 E Groveland Road listed at \$329,900

SOLD 5/22: 25300 Letchworth Road listed at \$795,000

SOLD 5/22: 2647 S Green Road listed at \$299,900

SOLD 3/22: 26001 Hendon Road listed at \$379,900

SOLD 11/21: 24640 Cedar Rd in Community Gardens listed at \$549,900

SOLD 10/21: 3305 Havel Drive listed at \$489,900

SOLD 7/21: 24100 Woodside Lane listed at \$1,050,000

SOLD 7/21: 24061 Halburton Road listed at \$459,900

SOLD 6/21: 2402 Brian Drive listed at \$449,900

SOLD 5/21: 11 Kenwood Court in The Village listed at \$479,900

SOLD 3/21: 1 Sherwood Court in The Village, listed at \$349,900

SOLD 3/21: 21514 Halburton Road listed at \$349,900

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Once Upon a Kingdom: Parables of Morals, Values and Kindness



Rabbi Emeritus Daniel A. Roberts launched his latest book, *Once Upon a Kingdom: Parables of Morals, Values and Kindness*, to a full house of congregants and friends at Temple Emanu El on Tuesday, June 28. The stories capture the heart and imaginations of children (ages 6-10), leading them to an understanding of proper conduct. Over 150 books were sold at the event, which included a book signing by the rabbi.

Rabbi Roberts drew upon the stories he shared with children over his 35-year career at Temple Emanu El. He wrote the book to share with parents, grandparents, teachers, and clergy to teach important ethical lessons to youth because, "Once upon a time' happens all the time."

"Each story contains a life lesson intended to evoke discussion, aided by questions at the end of each story," Rabbi Roberts said. "My hope is that you, the storyteller, will read the book to your loved one and stop

along the way to engage your child(ren) in a dialogue about the words, the themes, and the lesson found in each story." The hero in many of the stories is a rabbi, but that can be changed to another religious figure, grandparent, or someone who represents wisdom to them.

The book is available through Square for \$18 at <https://once-upon-a-kingdom-book.square.site> with all proceeds benefitting Temple Emanu El. It is illustrated by Peter Trimarco, and edited by Sherrie Sperling and Brenda Sheldon.



Rabbi Daniel A. Roberts at the book launch at Temple Emanu El.

Put Your Best Foot Forward



Sharon Schmeltzer with physical therapist assistant Jim Sosic

Each year since 2007, the first day of fall – September 22 – also marks Falls Prevention Awareness Day. While we can't put a stop to the change of seasons, we can take steps to mitigate the risks that seniors face when it comes to balance.

Vertigo is a dire condition that impairs the sense of balance and increases the risk of falls. An estimated one-third of the over-40 population experiences vertigo at some point. Only those who have experienced the dizziness associated with vertigo can fully appreciate how debilitating it can be. Sharon Schmeltzer, a resident of nearby Three Village, knows the challenges of vertigo.

"It's horrible," she says. After several falls, she had to exchange her cane for a walker.

Several years ago, Sharon sought treatment from local healthcare providers. While the physical therapists were highly trained and the program was good, she was unsatisfied with

the treatment outcome. "The balance activities were good, but they weren't personalized to my specific needs."

Sharon's treatment improved after working with therapists Eran Shiloh and Jim Sosic at The Peter B. Lewis Aquatic & Therapy Center.

"Eran scheduled time with me to see my abilities and evaluate my fitness level, and after a thorough exam he said he could help me."

Sharon began her therapy at the pool and then migrated to land-based therapy.

"Both Eran and Jim make me feel like I can do anything that I try to do, and they do it in a very caring way," Sharon said. "They explain it, show me how to do it, and if I don't do it right, they show

me again. Progress can be slow sometimes, but you can't give up."

Sharon is focused. She wants to confidently return to navigating her daily activities with a cane and be freed from using a walker, and she now feels like her journey is on firm footing.

As part of Menorah Park's fall prevention activities, they are offering free balance screens. With their new Balance Tracking System, they provide each client with a personalized balance score and fall risk assessment. Screenings are available Friday, Oct. 7, 9:15 - 10:45 a.m., and Wednesday, Oct. 19, 2:30 - 5:30 p.m.

To make an appointment or for more information, call 216.595.7345.



Beachwood High School Class Reunions

Class of '83

The BHS Class of '83 will hold its 40-year reunion the weekend of June 24, 2023.

Additional details to follow. For more information, email bhs1983reunion40@gmail.com.

BHS Class '72

The BHS Class of '72 will hold its 50-year reunion on Saturday, Oct. 29, 7 p.m., at the Winking Lizard Party Center on Miles Road. The cost is \$55 per person, including a buffet dinner. A cash bar will be available.

Information about the Friday night get together, the Saturday high school tour, and reunion registration may be found at www.beachwoodclass1972.com.

Alumni on Facebook are asked to like and share the Beachwood Class of 1972 Facebook page.

Beachwood Fire Local 2388 Goes Pink!

The Beachwood Fire Local 2388 will be going Pink for the month of October, which is Breast Cancer Awareness Month. They are selling t-shirts for \$20 each, and proceeds will benefit The Gathering Place, whose mission is to support, educate, and empower individuals and families currently coping with the impact of cancer. Programs and services are provided free of charge.

If you'd like to support the cause, order your t-shirt today by emailing local2388treasurer@gmail.com or by scanning this QR code. Group orders are also available.



Beachwood Democrats invite you to join them the second Wednesday of each month at 7 p.m. to learn more about Democratic candidates who will be on our ballot. There is no fee to attend. To vote at meetings, you must be a member. Membership is \$20 per year. For more information, email beachwooddemocrat@gmail.com or follow the group on Facebook at BeachwoodDems.

Internet Purchase Exchange Location

Residents can now transfer goods that were purchased online in the city's Internet Exchange Zone, a safe area designated for in-person contact. The zone is composed of two marked parking spots that are monitored 24/7 in the Beachwood Police Department parking lot at City Hall, 2700 Richmond Rd. Parking spaces are marked with signs that provide emergency and non-emergency telephone numbers to call if needed.



Bison Book Machine

The Bison Book Machine is a book vending machine located at Bryden Elementary School. Donated by the Beachwood Schools Foundation, it holds up to 300 books to delight and inspire a life-long love of reading.

The vending machine uses tokens to dispense books to students, and the community is invited to help fill it!

To make a donation, please visit <https://tinyurl.com/BisonBook>.




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Upcoming Programs at the Beachwood Library

All event listings can be found online at <https://cuyahogalibrary.org>.

ADULT PROGRAMS

Tuesday Book Chat

Tuesday, Oct. 11 • 7-8 p.m.

Enjoy a discussion of *Take My Hand*, by Dolen Perkins-Valdez. Register at <https://attend.cuyahogalibrary.org/event/6719749>.

Blood Drive

Wednesday, Oct. 12 • 11-5 p.m.

To make an appointment, call 1.800.733.2767 or visit www.redcrossblood.org.

Other Brown Girl + Other Jewish Girl: A Conversation

Thursday, Oct. 13 • 7-8:30 p.m.

Jing Lauengco and Brandi Larsen lean into their identities to start the discussion and invite audience members to consider the truths about their own stories. Register at <https://attend.cuyahogalibrary.org/event/6759067>.

attend.cuyahogalibrary.org/event/6766158.

Through the Eyes of the Artist – Auguste Rodin

Friday, Oct. 14 • 10-11 a.m.

Join art historian Felicia Zavarella Stadelman as she presents a program on the life of Auguste Rodin. Register at <https://attend.cuyahogalibrary.org/event/6759067>.

Knit and Lit - Knitting Group

Monday, Oct. 17

6:30-8 p.m.

Knitting and informal chats about what everyone is reading. Register at <https://attend.cuyahogalibrary.org/event/5592588>.

Arts for Wellness:

Pendant Jewelry Workshop

Tuesday, Oct. 4 • 1:30-3:30 p.m.

Tuesday, Oct. 18 • 1:30-3:30 p.m.

Two-part workshop. Participants must be available to attend both sessions of this program.

Capture a memory by collaging a glass pendant and a resin tray pendant necklace. To register, call Barbara DiScenna at 216.844.1211 or visit <https://attend.cuyahogalibrary.org/event/6745929>.

Third Wednesday Book Discussion

Wednesday, Oct. 19 • 2-3 p.m.

A discussion of *The Personal Librarian*, by Marie Benedict, on Zoom. Register at <https://attend.cuyahogalibrary.org/event/6767654>.

Third Thursday Book Discussion

Thursday, Oct. 20 • 2-3 p.m.

A discussion of *The Personal Librarian*, by Marie Benedict, on Zoom. Register at <https://attend.cuyahogalibrary.org/event/6767672>.

The Music of Judy Garland

Friday, Oct. 21 • 2-3 p.m.

Debbie Darling leads you through the ups and downs of the entertainer's life and performs her greatest hits along the way. Register at <https://attend.cuyahogalibrary.org/event/6759157>.



CHILDREN'S PROGRAMS

All programs require registration at cuyahogalibrary.org. Residents can call the library at 216.831.6868 for more details.

Art Explorers

Grades K-5

Thursday, Oct. 6 • 4-4:45 p.m.

Get creative while learning something new. Hear about the life of a famous artist and get inspired to create your own works of art.

Adapted Storytime

Ages 3-5 with caregiver

Friday, Oct. 7 • 2-3 p.m.

Children with varying learning styles and abilities will learn together in a safe, supportive environment where respect and appreciation for differences is encouraged.

STEAM Club

Grades 2-5

Tuesday, Oct. 11 • 4-5 p.m.

Enjoy fun monthly STEAM activities.

Tween Graphic Novel Book Club

Grades 5-8

Tuesday, Oct. 25 • 4-5 p.m.

Join other tweens and discuss

great graphic novels. October's title is *Chunky*, by Yehudi Mercado.

Picture Book Pals

Family Book Discussion

Wednesday, Oct. 26 • 6:30-7:15 p.m.

Sit down and chat about some of the librarians' favorite picture books. October's title is *Watercress*, by Andrea Wang.



Free Parenting Series



Beech Brook offers free parenting series to help parents CONNECT[©] with teens and pre-teens

Parents of teens or pre-teens (ages 11-19) in Cuyahoga County are invited to participate in a free 10-week small group program offered by Beech Brook staff called CONNECT[©].

- The program's goals are to:
- Help parents strengthen their relationship with their teen
 - Enhance teens' cooperation with other adults
 - Provide a support group for parents who have middle or high school students.

Mark Groner, clinical director of Beech Brook, says, "Research shows that strong relationships with parents protect adolescents from risky behavior. Beech Brook wants to help parents in our community connect better with their pre-teens and teens so all can thrive."

CONNECT[©] will be offered on Beech Brook's campus in Pepper Pike, at 3737 Lander Rd., from 6:30-8 p.m. on Tuesday nights. Classes begin on Tuesday, Oct. 18. Dinner is included.

This program is free, based on a grant from the Ohio Children's Trust Fund. Limited spots are available.

"Research shows that strong relationships with parents protect adolescents from risky behavior."

Contact Mark at mgroner@beechbrook.org or 216.513.9657 to register or learn more.

5K Race & Family Fun Run

Beech Brook will host its 12th Annual 5K Race & Family Fun Run on Sunday, October 23, at the Orange City Schools Campus (32000 Chagrin Blvd., Pepper Pike). The event begins at 9 a.m.

All proceeds will benefit Beech Brook's programs for Northeast Ohio's most vulnerable children and families.

Participants can join the timed 5K race or the 1-mile course for walkers or casual runners. This family-friendly event is geared to all ages with face painting, a balloon twister, a kid zone area, and more.

The cost is \$20 if registered by October 21 (register by October 12 to be guaranteed a shirt);

\$25 on race day. Free for kids ages 3 and under. Sponsorship opportunities are also available.

New this year, participants can fundraise from family, friends, and co-workers to help support Beech Brook's programs dedicated to helping children and families thrive.

In addition, Beech Brook Foster Care Families will be welcomed as special guests to celebrate the support and care they provide children in our community. Currently, 60 children live with Beech Brook Foster Care Families and 23 of these children were placed in the past year. Beech Brook wants to honor these families for opening their homes and providing stability and support

for these vulnerable children in their time of need.

Register, donate, and learn more about the 5K Race & Family Fun Run at www.beechbrook.org/support-us/5k-race-and-family-fun-run. For more information, contact Heidi Lang at hlang@beechbrook.org or 216.831.2255, ext. 2240.

12th Annual
5K Race & Family Fun Run
Raising funds to help children & families thrive
Sunday, October 23 • 9 a.m.
Orange City Schools Campus

Interested in Playing Bridge?

Andy Halpern, a full time bridge instructor/duplicate bridge director, has recently relocated his Monday duplicate game to B'nai Jeshurun on Fairmount Boulevard. The game begins promptly at 11:30 a.m. and ends no later than 2:45 p.m. Players from 0-2000 master points are welcome and proof of COVID vaccination is required.

For further details, call Andy at 216.533.9715.

Food Truck Fridays

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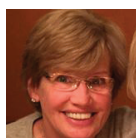
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Entertaining by Design is Back!

Friday, November 4, 12 - 7 p.m. • Saturday, November 5, 10 a.m. - 4 p.m.

The Ohio Design Centre, 23533 Mercantile, Beachwood

\$10 at the Door – Benefits Providence House

Enjoy this two-day extravaganza and mingle with Cleveland's most talented interior designers as they showcase spectacularly themed tabletop, dining, and entertaining vignettes with as many as 20 different displays. This is a great opportunity to gather special occasion and holiday ideas, and vote for the best design. For details, contact Jennifer Allen at showroom@surfacematerials.com or 216.292.4242.

About the Ohio Design Centre

The Ohio Design Centre is one of Cleveland's best kept secrets – a group of exceptional showrooms featuring beautiful products that inspire and that typically cannot be found at local retailers. The finest custom furniture, exclusive fabrics, wall coverings, artwork, rugs and floor coverings, lighting, and accessories from premier manufacturers are on display. Experience where the interior designers shop! Open Monday through Friday, 9 a.m. - 5 p.m. The public is welcome.

About Providence House

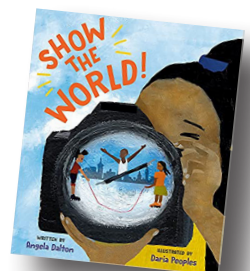
Providence House supports children and families in crisis, strengthening communities to end child abuse and neglect. Its Crisis Nursery offers free, voluntary emergency shelter for babies and children through age 12, while its social workers provide family preservation services to parents and guardians to help address their specific needs and improve stability. As Ohio's first Crisis Nursery, Providence House has served more than 13,300 children and families in its 41-year history. They've also expanded services to the community to offer family resiliency programming and essential needs items to families who are not using their Crisis Nursery. Construction is under way on its new East Campus in the Buckeye-Shaker neighborhood of Cleveland, which will allow them to address the increased demand for services. For more information, visit www.provhouse.org.

StoryWalk®

The August StoryWalk® is *Show the World*, by Angela Dalton, illustrated by Daria Peoples. From painting, music, and slam poetry to engineering, protesting, and photography, a young narrator journeys through her neighborhood encouraging readers to explore the many ways they can express themselves.

The StoryWalk® Project was originally created by Anne Ferguson of Montpelier,

VT, and developed in collaboration with the Kellogg- Hubbard Library to help build children's interest in reading, while encouraging healthy activity for children and adults. StoryWalk® is a registered service mark owned by Anne.





We're Expanding to Meet our Community's Needs

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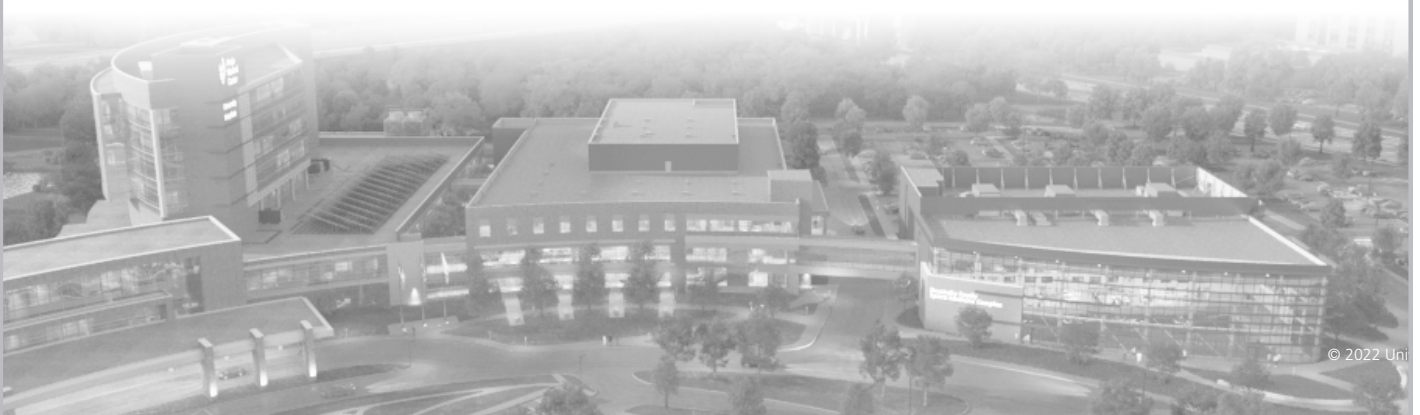
And now, that commitment is stronger than ever, and growing. We are currently expanding and enhancing our facility to offer even more of the quality services you need.

New and innovative services coming in 2023, include:

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- Comprehensive Breast Imaging Health Center
- Advanced Imaging and Radiology
- Expanded Emergency Department
- State-of-the-art Drusinsky Family Sports Medicine Complex
- New UH Cutler Center for Men
- Modern STERIS Surgery Center



Learn more about this exciting project
UHhospitals.org/AhujaExpansion



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