

Beachwood Buzz

November 2014

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MAGAZINE

Reaching for the Stars

Retired NASA Administrator
Dr. Julian Earls tells how
preparation, endurance,
determination and a lifetime
of paying it forward can lead to
out-of-this-world success

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Find Your Happy

Since Thanksgiving is just around the corner, I dedicate this column to a recent article published by Shannon Kaiser on mindbodygreen.com. While it's a good idea to be thankful year round, it's inspirational to bring our thoughts back to the basics to recognize what it really takes to make us happy.

With Thanksgiving just a few weeks away, treat yourself by being thankful for what you have; and if items on this list pertain to messages that your future self may tell you, why wait? Listen to them today.

Kaiser is the bestselling author of "Find Your Happy, an Inspirational Guide to Loving Life to its Fullest." In her private coaching practice, she commonly asks new clients what messages their future selves have for them. Although responses vary, they often pertain to being comfortable on life's journey.

Simplistically, she says your future self might say things will work out, stop worrying so much or have more fun.

As a reflection on how to live a more balanced and happy life, Kaiser suggests creating your own list of what your future self wants you to know. She provides this list, saying that maybe these items will be on your list too. Read her list slowly to see the items that strike a chord within you.

1. Forgive yourself.
2. Experience is the best way to learn.
3. Believe in what you can't see.
4. Go for more barefoot walks on the grass.
5. Remember difficult roads lead to divine destinations.
6. If it's meant to be, it will be.
7. Don't judge people by how they look. Focus on how they make you feel.
8. It's not what you see that matters. It's how you see it.
9. Let your heart be your compass.
10. Take more bubble baths.
11. Smile at strangers.
12. Don't play games, especially with yourself.
13. Don't ever let anyone tell you what is best for you.
14. Find a partner who can keep up with you and grow with you.
15. Walk your dog longer. It's good for both of you.
16. Stop making excuses. You know that habit is hurting you.
17. Dance like no one is watching.
18. Ignore the health trends and do what feels right for your own body.
19. Don't lie to yourself. You know when it's time to move on.
20. Let yourself laugh so hard that you snort.
21. Eat more vegetables. Seriously, you'll crave them after a while.
22. Drink more water – a lot more.
23. Stop obsessing over that blemish.
24. People see your greatness. Start seeing it yourself.
25. You are your own worst critic. Don't believe everything you think.
26. Watch the sunset daily.
27. See your life as a creative adventure.
28. Forgive your friends who have turned into foes.
29. Watch animals in nature.
30. Find a partner who loves your dog as much as you do.
31. Stop feeling bad for eating and drinking things you love.
32. Love will find you.
33. Spend more time listening to your grandparents' stories.
34. Swim in the ocean at moonlight.
35. Your mom and dad love you. Stop blaming your parents.
36. It's OK to say no. Honor your-
self.
37. Don't be afraid of insects. There is no need to kill anything, ever.
38. Stay close to everything that makes you feel alive.
39. Travel to the place you keep daydreaming about.
40. Believe nothing unless it resonates with your own heart.
41. Don't compare yourself to anyone else. Hope you all make it.
42. Find a way to love the road you are on.
43. The past is not as relevant as you think. Let it go.
44. Travel more. It will stretch your mind.
45. You aren't what people say you are.
46. This too will pass.
47. Be kind to yourself.
48. Have more fun. Make play time a priority.
49. You really do get better with age.
50. Everything is going to be all right.

Now, edit the list to fit your own personal beliefs and goals. With Thanksgiving just a few weeks away, be thankful for what you have; and if items on this list pertain to messages that your future self may tell you, why wait? Listen to them today.

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Calendar Section

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

Article Submissions

Beachwood Buzz welcomes your story ideas. If you have a story idea or photos you would like to share, email beachwoodbuzz@gmail.com. All articles and photos will be reviewed by the publisher, and the person submitting the information will be contacted.

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Cover Shot:

The holder of 10 university degrees, including six honorary doctorates, and the recipient of government service awards from two U.S. presidents, Julian Earls has proven that he can accomplish just about anything he sets his mind to.

Full story on pages 6 and 7.

Photos by Scott Morrison.

City Council Update • Pages 26-31

Heritage Home Program –

Informational Presentation, November 20, 2014

Illumient Solar and Wind Powered

Smart Off-Grid Lights

Shred Day Results

Veterans Day Commemoration –

November 9, 2014

Upcoming Meetings

Shrek – The Musical

Beachwood App – Get Connected

Lt. Gary Haba Completes FBI National Academy

Crime Trend Alert –

Lock Your Car, Remove Your Belongings

Rubbish and Recycling

Art Exhibit

Fall Leaf Pick-Up

Beachwood Arts Council

Holiday Arts and Crafts Show

You and Your Schools – Page 34-35

5 BHS Students Earn National Merit Honors

Call for Artists for Beachwood's 100 Leaves Project

Public Notice:

Search for Children with Disabilities

3rd Graders Visit City Hall

8th Graders Invited to BHS Open House

Call for Artists for Beachwood's 100 Leaves Project

The City of Beachwood and Beachwood High School Junior Achievement are collaborating on a public art project, 100 Leaves, to honor the city's achievements and reflect on its roots.

For complete information on this project, see page 34.





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

A photograph of Julian Earls, a retired NASA Administrator, sitting in a control room. He is wearing a dark pinstriped suit, a white shirt, and a dark tie. He has a mustache and glasses, and is smiling. He is holding a joystick in his left hand. The background features a control panel with a digital display showing '0.135' in red, and labels for 'EARTH TIME' and 'MARS T'. There are also several illuminated buttons in red, green, and yellow.

Reaching for the Stars

**Retired NASA Administrator
Julian Earls tells how
preparation, endurance,
determination and a lifetime
of paying it forward can lead
to out-of-this-world success**

By Douglas J. Guth

An unknown pundit once claimed that human existence is a marathon, not a sprint. Dr. Julian Earls can attest to that, as a measured approach to life has gotten him far in both the boardroom and the running course.

The holder of 10 university degrees, including six honorary doctorates, and the recipient of government service awards from two U.S. presidents, Dr. Earls has proven that he can accomplish just about anything he sets his mind to.

Earls is currently an executive-in-residence at Cleveland State University's Monte Ahuja College of Business. He joined the school in 2006 after 40 years with the NASA Glenn Research Center that included a 3 1/2-year stint as center director. His office walls are festooned with plaques and framed degree certificates, as well as photographs of him as a younger man running several of the 27 marathons he's completed over the years.

Spry, fit and appearing a decade younger than his 71 years, Earls lives by the runner's credo, "The will to win means nothing if you haven't the will to prepare."

That mentality was forged at an early age, notes the 38-year Beachwood resident. As a teenager growing up in Portsmouth, VA, Earls was the first in a family of 11 children to attend college. Though neither of his parents graduated from high school, they created a nurturing environment that fed Earls's hunger for knowledge on science and outer space. The Soviet Union's launch of Sputnik 1 in 1957 held particular sway, translating into dreams of studying engineering at a university.

Earls's family could not afford to send him out of state, so he commuted to nearby Norfolk State University, receiving a scholarship to study physics. Upon graduation, he spent the next year earning a Master's in radiation biology at the University of Rochester. In September 1965, Earls walked into NASA Glenn as a 22-year-old nuclear engineer, researching the effect of space radiation on spaceship components.

So began a long, memorable career that encompassed a critical era for the U.S. space program. Earls was on the launch team of

the Apollo 13 lunar landing mission that safely returned to earth after an accident crippled the craft. He was also friends with Ronald McNair, one of the astronauts killed during the launch of the Space Shuttle Challenger in 1986.

In 1977, Earls was one of 8,000 applicants to sign up for NASA's astronaut program when the agency opened the field to scientists and engineers. While he wasn't selected, the experience taught him a valuable lesson.

"You may not get everything for which you apply, but the alternatives can be just as rewarding if you're properly prepared," Earls says in his pleasant Virginia drawl.

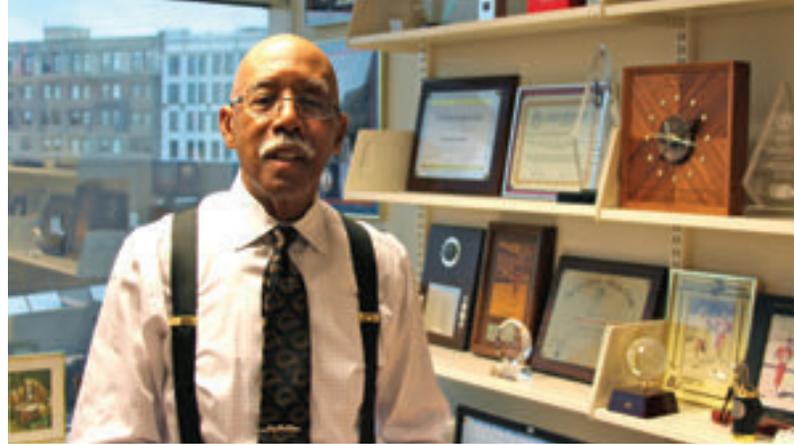
A series of administrative positions primed him for a directorship that included management of a \$650 million annual budget and over 3,000 employees. During his years as leader of the 350-acre NASA Glenn research complex, Earls helped organize experiments for the aeronautics and space programs. While portioning funds to create quieter jet engines and more efficient space-flight propulsion systems was demanding, the job was made easier by his hand-picked staff.

"I surrounded myself with smart people," Earls says. "When you never have to look at the clock, you know you've got the right job."

Earls left NASA in January 2006, joining CSU just two months later. "My wife says I flunked retirement," he chuckles.

As an executive-in-residence, Earls enjoys a flexible schedule of lecturing, grant-writing and fund-raising. He was part of a team that opened the on-site Campus International School, with a curriculum that includes teaching Mandarin Chinese to kindergartners. The educator also helped launch a STEM (science, technology, engineering and math) school aimed at giving young people of color the same high-tech learning opportunities he strived for during his formative years.

The Cleveland Metropolitan School District MC2STEM High



School has classes on CSU's campus as well as use of a cutting-edge fabrication laboratory. This work helped earn Earls an honorary doctorate of science from CSU at last year's spring commencement.

In addition to his on-campus STEM efforts, Earls co-organizes forums at local high schools where students interact with experts from various technical fields. A tech-savvy mindset must be nurtured at an early age, Earls maintains, a piece of advice he gave his pupils at Cuyahoga Community College where he taught physics and math for 27 years.

"I didn't really have those opportunities growing up," he says. "I wanted to pass that information on."

The same drive that earned Earls his doctorate in radiation physics from the University of Michigan has served him well in other pursuits. An avid runner, he completed his first marathon in the early 1980s. He also ran the Boston Marathon twice, and finished the 1984 Marine Corps Marathon at a personal-best 2:49:52.

"All runners remember their best time," Earls says.

Pulled into the sport by two NASA colleagues, Earls would embark upon twice-weekly, 20-mile runs that crisscrossed the neighborhood near his home on the corner of Richmond Road and Bridgeton Drive. He completed his first official foray into distance running in under four hours, growing to enjoy the challenge of improving his time and training in the worst weather Cleveland has to offer.

Running non-stop for 26.2 miles is a test of physical and mental endurance, says Earls. The last 6.2 miles, uncharted territory where legs turn to jelly and lungs to shriveled pulp, are especially grueling for the ill-prepared.

"If you're not there mentally,



Dr. Julian Earls pictured in his CSU office and receiving an honorary doctorate of science at last year's spring commencement.

you'll never finish," he says.

Although a torn meniscus ended Earls's racing career, the idea of preparing for and meeting goals has resonated. He taught that lesson to his sons Gregory and Julian, Jr., Beachwood High School graduates who, respectively, have moved on to post-production work in Hollywood and pain-management care in Macon, GA. Earls and Zenobia, his wife of 52 years, also have two granddaughters, Madsyn and Mariah.

Championing education and a life of service has a way of coming back to you during hard times, says Earls. When his home was lost in a May 2013 fire, the Beachwood community rallied around his family. The local police and fire department vigilantly protected his vacant property, he notes, while city leadership came to him with personal offers of assistance.

Forty years with NASA and more than two dozen marathons showed Earls how preparation, endurance, determination and a lifetime of paying it forward can lead to out-of-this-world success.

"If you focus on being of service, other people will act in kind and fight your battles for you," he says. "You can never lead with your ego."

Photo (opposite page) by Scott Morrison. Photos (above) courtesy of Cleveland State University.

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Republican Jewish Coalition Meeting

The community is invited to attend a Republican Jewish Coalition Discussion Group Meeting, Sunday, November 23, at 10 a.m. Registration opens at 9:30 a.m.

Gabe Scheinmann, director of policy at the Jewish Policy Center, will be the speaker. He is a Ph.D candidate in International Relations at Georgetown University. His publications have appeared in the *Wall Street Journal*, *The American Interest*, *The National Interest*, the *Washington Quarterly*, the *Jerusalem Post* and many others.

The event will take place at the Embassy Suites on Park East Drive in Beachwood. This event is free and open to the community. For additional information and to make a reservation, please contact Beachwood resident, Barbara Amper, at 216.831.2083 or bamper@earthlink.net.

Words From the Beachwood Democratic Ward

The next meeting of the Beachwood Democratic Ward Club is Tuesday, November 11, 7 p.m., at Beachwood City Hall in Council Chambers. It's free and open to all Democrats. I look forward to seeing you there. I'm Beachwood Ward Club President Steve Rosen, and I approve this message.

Heritage Home ProgramSM – Informational Presentation

For owners of houses over 50 years old, the Heritage Home ProgramSM provides free Technical Assistance for home repair and maintenance projects.

To learn more, please attend an informational presentation led by a Heritage Home ProgramSM representative on November 20, 2014.

For complete information, see City Council Update on page 26.

Chanukah in a Basket Program

Share the warmth of the holiday by donating new gifts to children and families in need. The Jewish Federation of Cleveland's Chanukah in a Basket program is collecting items to be wrapped in festive baskets by volunteers and delivered to area families facing economic challenges. For many children, these gifts may be the only ones they receive this season.

"There are many ways to take part in this program. No matter how people choose to get involved, their participation is important.

We look forward to a great gift collection and a great event," said Trish Adler, co-chair of the Chanukah in a Basket program.

Items sought (*new items only please*) include blocks, books, cars, and puzzles for toddlers, children and teens; stuffed animals; children's mittens, gloves, hats, and scarves; arts and crafts supplies; Lego building sets; men's and women's beauty products; sports equipment; handbags and wallets; Chanukah-themed items; and gift cards in \$10 increments including Target, Walmart, Toys R Us, Certified Kosher establishments, movie passes, gas, and grocery stores.

Donations may be dropped off from 8 a.m. to 6 p.m. Monday through Thursday and 8 a.m. to 4 p.m. on Friday, until Tuesday, November 25, at the Jewish Federation of Cleveland's Mandel Building, 25701 Science Park Drive, Beachwood.

Volunteers are needed to assemble and wrap the baskets on December 2, from 9 a.m. to 12 p.m., at the Federation. They are also needed from 12 to 2 p.m. to help spread holiday light by delivering baskets to day schools and synagogues.

Chanukah in a Basket is a program of the Federation's Jewish Volunteer Network and Women's Philanthropy Initiative. For more information or to RSVP, please visit www.jewishcleveland.org/involved/volunteer, email Susan Hyman at shyman@jfcfeve.org, or call 216.593.2887.

8th Night of Chanukah Project

Families and children 8 and under are invited to celebrate giving as part of the Jewish Federation of Cleveland's 8th Night of Chanukah project. Children will decorate tzedakah (charity) boxes, and then donate their collections at a community-wide celebration that features music, mitzvah-themed (*good deed*) crafts, PJ Library® story times and a parade. The event will take place on Sunday, December 7, from 9:30 to 11:30 a.m., at the Federation's Mandel Building, 25701 Science Park Drive in Beachwood.

Tzedakah boxes will be distributed at day schools and synagogues beginning Monday, November 3. After collecting money to help people in need, kids can bring their donations to the December 7 event to benefit the Federation's Campaign for Jewish Needs. Their generosity will be recognized at the event with stickers and fun.

The 8th Night of Chanukah project educates families that "kids count" when they donate to the 2015 Campaign for Jewish Needs and their gift changes lives in Cleveland, Israel, and 70 countries around the globe. The project is a collaboration of the Federation's Women's Philanthropy Initiative, PJ Library, and partner organizations.

The event is free and open to the public. To learn more, get a free tzedakah kit, or to RSVP, please visit www.jewishcleveland.org, email Kelly Rubanenکو at krubanenکو@jfcfeve.org, or call 216.593.2865.



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MONTEFIORE
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From Patient to Partnership

Approximately 20 years ago, Shira Lazebnik went to see Dr. Ira Weiss in his Beachwood office for orthodontic treatment. As a 10-year-old Beachwood Middle School student, Shira seemed like a sweet, intelligent girl.

Dr. Weiss reminisced back to the days when Shira was a patient, and told us he's always recognized that orthodontics has been a perfect match for him.

"I really enjoy getting to know my patients," he said. "In addition to making them look more beautiful, I try to make them feel beautiful inside by creating a positive experience that lets them be themselves and like themselves."

He humbly added, "I have been told many times that I have changed patients' lives by increasing their self-esteem."

Shira was one of those patients. She told us that after seeing the transformation she underwent while under Dr. Weiss's care, she decided she wanted to do the same for others.

Shira and Dr. Weiss kept in touch over the years. She stopped at his office to share her accomplishments, including when she was accepted to dental school, when she finished her general practice residency, and when she was accepted to orthodontic school.

Today, after 13 years of schooling, Dr. Shira Tor, now married, is an orthodontist.

About three years ago, Dr. Weiss and Dr. Tor began talking seriously about her joining the practice. Dr. Weiss said, "Sometimes in life you meet someone who says you have changed their life, while in reality, they change your life, too."

Today, with extreme pleasure, Dr. Weiss introduces Dr. Tor to the community of Northeast Ohio. One of Cleveland's own has come home.

To learn more, visit www.weissortho.net.



Montefiore opens new Hospice House on its Beachwood campus

Maltz Hospice House and Palliative Care Pavilion

Montefiore is pleased to announce the opening of its Maltz Hospice House and Palliative Care Pavilion on its Beachwood campus. Designed to create a calm and comforting space,



Pictured from top: Maltz Hospice House garden. Comfortable living and dining area for the entire family. Diane Korman, director, Vinney Hospice and Palliative Care of Montefiore.

Photos by McKinley Wiley.

the new Hospice House offers a home-like environment for patients and families facing end-of-life issues. Montefiore will now be able to better serve the growing needs of the community – offering compassionate care by its dedicated Vinney Hospice and Palliative Care team – in a setting worthy of its hospice services.

The 12-bed pavilion has all private rooms and bathrooms, beautiful living and dining areas for the entire family, a meditation room for quiet contemplation, a children's play area for visiting children and grandchildren and a consultation room that doubles as an overnight option for families. A private entrance and parking welcomes families and friends' visiting loved ones any time of the day or night. A lovely courtyard garden offers seating areas and walking paths.

For a tour or more information, contact Diane Korman, hospice director, at 216.910.2650 or visit montefiorecare.org.

Happy Holiday Shopping

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"On A Winter's Night," A New Collection of Holiday Favorites Released by Jim Brickman

Jim Brickman wouldn't play by the rules. Literally. He was eight years old, taking private lessons from a piano teacher down the street from his parents' Shaker Heights home, and wouldn't conform to the rudimentary regulations of piano playing, even after his piano teacher told his mother he "didn't have the knack for this." By the age of 12, Brickman found his mentor in the creative tutelage of a Cleveland Institute of Music graduate. As a child, Brickman had studied music at the prestigious conservatory and was honored in 2011, when the Cleveland Institute of Music established a scholarship in his name.



Pictured: Jim Brickman and Ellen Wohl.

That's all he needed to set his career in motion, and more than two decades later, Jim Brickman would become the most commercially successful instrumental pop pianist of the last three decades, selling more than seven million albums.

After living in Los Angeles from 1988 to 2010, Brickman felt more grounded in his hometown and opened an office back in Cleveland. He has since closed his LA office and is now located right here in Beachwood, on Commerce Park Drive, where he often records his CDs and hosts his syndicated radio show, "Your Weekend with Jim Brickman."

His location isn't the only thing that brought him back to his roots. He rekindled his relationship with Beachwood resident Ellen Wohl, who worked with him back in his jingle days, and is now his special project manager. Wohl co-wrote two songs, "Twas the Night Before Christmas," sung by John Oates and "I Wish It Was Christmas All Year," featuring Anne Cochran, on the legend's recently-released album, "On A Winter's Night: The Songs and Spirit of Christmas" (Green Hill Music), which is available on Amazon.

"Jim wanted some new lyrics for his Christmas album, so he called and invited me over," Wohl told us. "We write well together."

Brickman's music touches the heart in a special way – and his new album, *On A Winter's Night: The Songs and Spirit of Christmas*, is a staple for the 2014 holiday season.

A portion of all album sales will benefit The Zach Sobiech Osteosarcoma Fund, which supports groundbreaking research for osteosarcoma, a rare and aggressive bone cancer. Zach and his family started the fund in partnership with Children's Cancer Research Fund to help researchers find better treatments for this devastating disease. For more information, visit ChildrensCancer.org/Zach.

Ask PBC: Your Mental Health Q&A

Q: What is psychotherapy and how can it help me?

Licensed Professional Clinical Counselor *Hènnri (Toni) Davis, LPCC*, responds:

So, how do you know if therapy is the solution for you?

Perhaps you have been feeling down or sad and just don't know who to turn to or what to do to feel better. Or, maybe you have been suffering from nagging physical symptoms (e.g., headache or stomachache) for which your doctor finds no physiological cause. Finally, you may be understandably anxious or depressed because of relationship problems or a recent loss or change in your life but just have not been able to manage the negative feelings and thoughts on your own.

It might be time to consider psychotherapy. Sometimes it is the right solution when you are suffering from stress, depression, life changes or relationship issues and can't seem to manage on your own or get relief from talking to friends or family.

For example, psychotherapy might help you address conflict with your spouse or significant other:

An issue (or number of issues) have been unresolved for so long or are so intense that it is affecting your focus on work or your kids.

You feel as though the two of you will never work it out, and you feel miserable all the time. But you don't want to discuss your relationship problems with family or friends because you have done that before, with the result being harm to your mate's relationship with your family and friends.

You may have reached the point where you need the help of an unbiased professional who can collaborate with you to find and examine the source of your issue(s) and develop effective solutions.

Psychotherapy/counseling is NOT:

- Someone else solving your problems
- Just a "gripe" session
- Just someone listening to you
- Advice giving

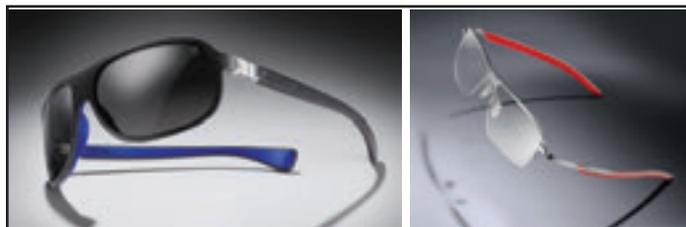
Psychotherapy/counseling IS:

- A process for dealing with issues or problems in your life that you cannot manage on your own or with help from family or friends
- A process for learning to manage life changes or adjustments more effectively
- A process for diagnosing and treating a mental or emotional disorder
- Help to manage grief and loss
- A process for self-discovery, growth and change

"Your Mental Health Q&A" is part of a Beachwood community service program provided by PBC. Email your questions to info@psychbc.com. All identifying information will be held in strictest confidence in the PBC secure email system.



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Paul Kelner

Sharing His Passions for Music and Medicine

What do you get when you cross music and medicine? You get a unique blend of Paul Kelner's talents.

Kelner, a Beachwood High School class of '78 graduate, has been playing the piano since 8 years of age. At the age of 13, he and fellow classmates Marc Cohn and Todd Pressman started a band called Doanbrook Hotel. "We used to write music in the basement of Beachwood High School and play local gigs around town," Kelner said.

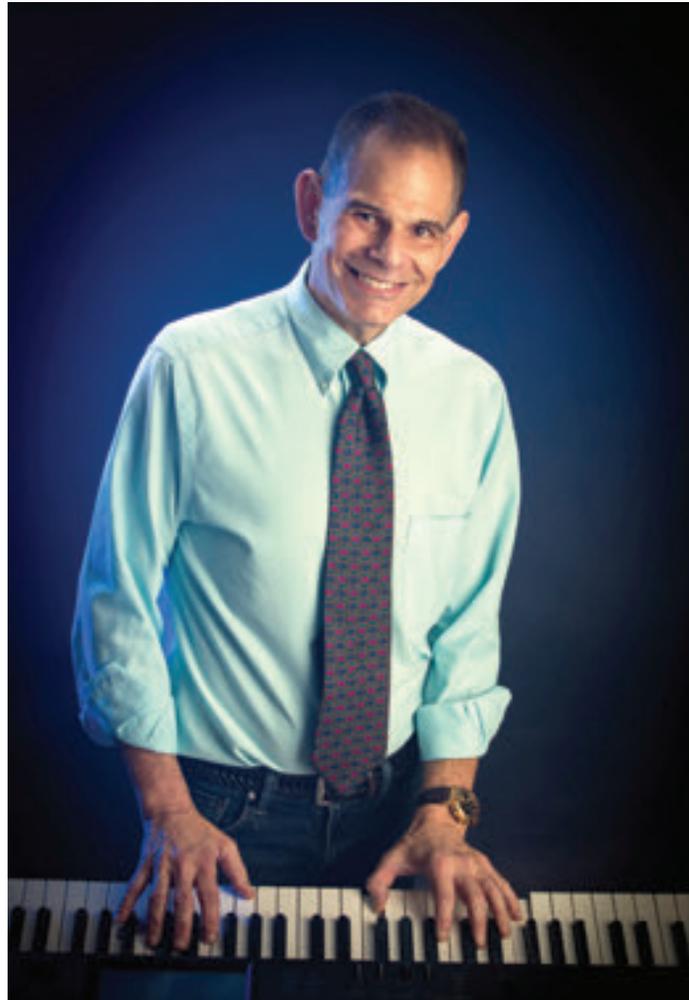
Like most beginning piano players, he was introduced to classical music and theory. Fortunately, his piano teacher, Dr. Benjamin Austin, also encouraged his creativity and interest in improvisation. "I was so blessed to have had Benjamin Austin as a piano teacher for 10 years," Kelner told us. "He looked, talked and played just like Duke Ellington. He was so smooth. He could play Beethoven one minute, and morph into Satin Doll the next."

"Looking back, if I had a more conservative teacher, I doubt whether I would have stuck with it," Kelner added. "Music is such a core part of who I am; I can't imagine my life without it."

Kelner paused, then added, "Like everyone else, I have had my share of challenges; and for as long as I can remember, music has consistently provided a refuge in the midst of the storm."

After high school graduation, Kelner headed to The Ohio State University for its pre-med program. Within a few months, he found many opportunities to play. Towards the end of his freshman year, Kelner answered an ad posted at the local music store by a band looking for a keyboard player.

"Although I didn't know it at the time, the band was composed of seasoned veterans from the Columbus music scene, most of whom were 10 years older than I was. Next thing I knew, academics were put on the back burner (with



my parents blessings) and for the next three years, I toured around the Midwest, playing rock and roll with the Vectors, hoping to make it big."

After three years of ups and downs, little money and even less sleep, Kelner had his wake-up call.

"In late 1983, we opened for Donny Iris at the Cleveland Agora. It was a Friday night, the place was packed and it was definitely one of the highest points of our career," Kelner said. "The next day, we were back in Columbus playing at one of our usual places for about 20 patrons. That's when I recognized that I had had enough."

Kick-starting his academic career, Kelner went back to school, completing his family medicine residency in 1992. He told us about some ups and downs since

then, saying his career to date has resembled an optical illusion or roller coaster. "Through all the hills and valleys," he said, "I always had my music."

Now, Kelner's path led him back to Beachwood, where it all started. "Music is my passion," he said. "Whether I am performing, recording and/or teaching, I sense that I am doing what G-d intended me to do."

While teaching pathophysiology and pharmacology to nursing and medical students over the last several years, Kelner caught the teaching bug, discovering his knack for explaining difficult concepts in an accessible way. "I just love seeing the light bulb turn on in a student's eyes," he said. So in addition to performing and recording, Kelner is teaching

jazz improvisation, songwriting and audio technology, taking him back to his roots with Dr. Benjamin Austin.

Kelner also writes music for cancer patients or others who are fighting chronic illnesses such as fibromyalgia, chronic fatigue or depression.

"Because of my medical background, I am able to visualize the disease and healing process in a unique fashion. Over the last several years, a host of controlled scientific studies and an overwhelming amount of anecdotal evidence have brought the so-called 'mind-body' connection to the forefront of mainstream medicine. Although people have understood the potential benefits associated with 'imaging' the body's fight against disease for centuries, we now understand some of the underlying molecular mechanisms."

Kelner talks with his clients to learn about their condition, their history and their musical preferences. "While writing the music, I imagine painting a sonic image that captures the essence of the individual, the power of their surrounding support system and my own visual images of the disease, the immune system and other elements – as influenced by my career. The music provides comfort, peace and hope at times when there was little to be found."

When playing on his Korg Krome, Kelner has the ability to record music with the sound of an orchestra behind him. "What I've found is music breaks down barriers," he said. "It's powerful and goes beyond words."

When asked if his true passion is medicine or music, he said, "Both. At the edge of science and edge of spirituality, the two meet. Music is my prescription for success."

To hear some of Kelner's works, visit <https://soundcloud.com/paul-kelner/tracks>.

Photo by Scott Morrison.

Hebrew Free Loan Association Offers Interest-Free Loans

The Hebrew Free Loan Association of Cleveland (HFLA) was founded in September, 1904, with \$501, beginning what is now a 110-year old history of making interest-free loans to people in need in Northeast Ohio, regardless of religion. With more than \$8.5 million lent and recycled in Northeast Ohio, HFLA has improved the lives of many in our broad community. Here are just some of the loans it has made this past year.

Small Businesses – HFLA has helped several entrepreneurs launch new businesses, including Chutney Rolls, Storehouse Teas, and Big J’s International Sandwich Shoppe. Not only are these business owners fulfilling their dreams, but they are also supporting a wide range of employees and suppliers.

Saved from Predatory Lenders – This year has brought HFLA many people who have been ensnared into predatory loans. A senior citizen, who was generously helping others through offering financial assistance, fell on hard times, and took out several loans from a local predatory lender. Before she knew it, she was on a two-year payment schedule on these loans, one of which had the outrageous APR of 270%! HFLA was able to assist her by paying off her loans, and she now is able to meet her monthly obligations, as well as paying back her interest-free loan.

With the support and collab-

oration of the Business for Good Foundation and Empowering and Strengthening Ohio’s People (ESOP), HFLA recently launched a program that is targeted at helping seniors on fixed incomes get out of high-interest loans. A key component to this program is the financial literacy education HFLA provides to help them avoid similar situations in the future.

Education – HFLA continues to expand its educational loans program, providing the extra assistance needed for students to earn undergraduate degrees, graduate degrees, and learn trades and acquire desired skills

for employment at technical and vocational schools. This past year, HFLA helped a single mom return to finish her education and we helped a young man pay to go through the police academy.

Opportunities are also available to honor the memory of a dear friend or loved one while preserving their legacy.

Please join HFLA to celebrate and help continue its mission, Saturday, November 15, at Temple Emanu El, from 6:30 to 10 p.m.

Additional information can be found at www.hflaclev.org or by calling 216.378.9042.

Please join HFLA to celebrate and help continue its mission, Saturday, November 15, at Temple Emanu El, from 6:30 to 10 p.m.

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Cleveland Jewish Book Festival

15th Annual Book Festival Runs From November 5 - 23

The Mandel JCC's 15th Annual Cleveland Jewish Book Festival, one of the premier Jewish book festivals in the country, will feature an exceptional lineup of 21 entertaining and fascinating authors, in 6 venues, with one fabulous kids' event that is presented in partnership with the Cuyahoga County Public Library with support from the Eugenia and Henry Green Family Foundation.

This year's festival, which is in town from November 5 to 23, provides opportunities to meet and greet a stellar lineup of authors that kicks off with literary superstars Jonathan and Faye Kellerman and their son, Jesse.

The Kellermans will be making a rare family appearance in Cleveland and will discuss their newest thrillers at the Mandel JCC on November 5, at 7:30 pm. Jonathan Kellerman, the *New York Times* best-selling author and master of psychological suspense, and his son Jesse, best-selling author of *The Potboiler*, have collaborated their talents to write *The Golem of Hollywood*. Faye Kellerman, also a *New York Times* best-selling author, joins her husband and son on the podium to discuss her latest thriller, *Murder 101*, the latest installment of the beloved Decker and Lazarus series. The event will be moderated by Regina Brett, columnist for the *Cleveland Jewish News* and *Plain Dealer*, also a *New York Times* best-selling author.

Well-known nutrition expert Elisa Zied, MS, RDN, CDN, an award-winning registered dietitian, nutritionist and author of the new book, *Younger Next Week*, will be speaking and providing health, nutrition and weight-loss tips at Nordstrom at Beachwood Place, on November 6, 7 - 9 p.m.

And for the very youngest readers, Kids Day, a family favorite, will be held on Sunday, November 9, at the Mandel JCC from 9:30-11:30 am.

Children will have breakfast with Biscuit the Dog and enjoy an action-packed morning with music, entertainment, balloons, crafts, stories, the Bubble Lady, a magic show performed by Flower Clown, and much more.



On Sunday, November 16, 2 - 3:30 p.m., Beachwood resident Marlit Polsky will be featured at the Mandel JCC Cleveland Jewish Book Festival's Local Author Day. In her book, *Rouge Hags*, Polsky brings color, anecdote and personality to her memoir, which she explains as "a romp through the cosmetics department as I experienced it."

"During my 16-year career in cosmetics' departments at Bloomingdale's (White Plains, NY) and Dillard's (Beachwood Place), I met a cast of characters who were inspiring, uplifting and fun, but also devious, calculating and combative," Polsky told us.

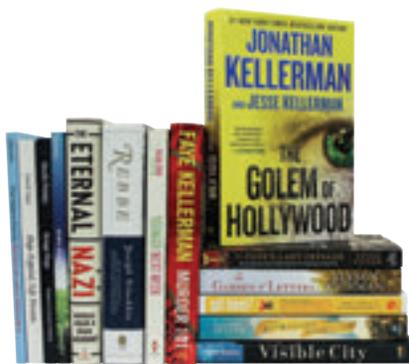
This is Polsky's first book. "It's been fun," she said. "I did share the anecdotes with my co-workers."

Other authors featured at the Local Author Day include Terri Libenson, Tim Tibbits, Joanne and Ron Humphrey and Art Stupay.

For a complete listing of all Jewish Book Festival events and ticket information, visit www.mandeljcc.org/bookfest.

Mandel JCC Cleveland Jewish Book Festival NOVEMBER 5 - 23, 2014

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1 Fabulous Kids Day.**



To purchase tickets:
mandeljcc.org/bookfest



Cyndi Port & Miriam Vishny, Book Festival Co-Chairs

Presented in Partnership with Cuyahoga County Public Library & with generous support from The Henry and Eugenia Green Family Foundation.

Sponsors



Local Author Day will take place Sunday, November 16, 2 – 3:30 p.m., when attendees will enjoy readings by the following Cleveland authors:

- Terri Libenson (The Pajama Diaries: Having It All and No Time to Do it and Pajama Diaries: Bat-Zilla)
- Tim Tibbits (Echo Still)
- Joanne and Ron Humphrey (Cruising The Amazon River)
- Marlit Polsky (Rouge Hags, Behind the Cosmetics Counter)
- Art Stupay (Hope Expired, Life Persists)

Additional programs include:

- Michael L. Satlow (How the Bible Became Holy)
- Alan Morinis (With Heart in Mind – Mussar Teachings to Transform Your Life)
- Peter Eisner (The Pope’s Last Crusade)
- Laurel Corona (The Mapmaker’s Daughter)
- Rabbi Joseph Telushkin (Rebbe)
- Alyson Richman (The Garden of Letters)
- Logan Levkoff, Ph.D, Co-author Jennifer Wider, MD (Got Teens?)
- Rabbi Jonathan Slater (A Partner in Holiness, Vol 1/Vol 2)
- Tova Mirvis (Visible City)
- Souad Mekhennet (The Eternal Nazi)
- Mitchell Bard (Death to the Infidels)

For additional information and to purchase tickets, please visit www.mandeljcc.org/bookfest. Tickets are also available at the Mandel JCC membership desk (no ticket sales on Saturdays). Book Festival passes, which include admission to all author lectures and group tickets, are available by contacting Jan Rutsky at 216.831.0700 ext. 1348. Unless otherwise noted, all activities will be held at the Mandel JCC, 26001 South Woodland Rd., Beachwood.

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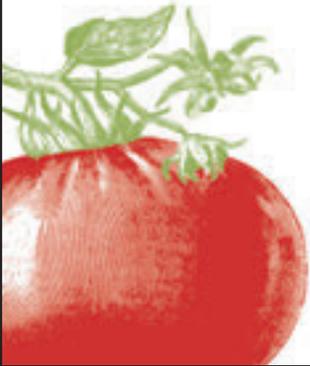
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Piccolo Italian Restaurant offers the epitome of home-made ethnic cuisine. Chef Chris Licht offers some Old World recipes and contemporary twists on quality cuts of

veal, chicken, beef, fresh seafood, and homemade pastas and pizzas, accompanied by a

full bar and extensive wine list. Happy hour is Monday through Thursday, 4-7 p.m.; Friday and Saturday, 4-6 p.m. and 9-11 p.m.; and Sunday 4-9 p.m.; offering \$5 appetizers, pasta bowls, wine and drink specials. Live entertainment schedule is on our website.



Tres Potrillos

Tres Potrillos, open 7 days a week, offers the most authentic Mexican cuisine with only fresh ingredients. Very fast lunch service. Stop in for our great happy hour everyday from 2 – 6 p.m. and 9 p.m. to close.



Valenti's Ristorante

Valenti's Ristorante offers authentic Italian cuisine with a homemade Sicilian style cooking. Join us for happy hour, Monday through Saturday, from 3 – 7 p.m. We offer

special dinner features daily, a private dining area for corporate and family gatherings, piano bar and live entertainment, and Sunday availability for private gatherings.



XO Prime Steaks

XO PRIME STEAKS is a modern gourmet steakhouse serving creative interpretations of classic appetizers, dishes and fresh seafood, delivered with warm and attentive service in a sophisticated ambience. We have elegantly appointed private and semi private dining space that can accommodate small and large events. Please contact us with your dining needs as we are booking up fast for the holiday season already. We are

also welcoming Tyler Brandeburg to the XO team. He is joining Chef Todd Hargiss at our Pepper Pike location and Austin Ruesch and Wyn Strickland at our downtown location.

For more information, please see ads on pages 22 and 23.

Upcoming Programs at the Library

Adult Programs

Artist Archives of the Western Reserve Second Annual Photography Competition Exhibit. Show runs through November 27 during library hours.

Sunday November 9, 2 p.m.

Music at the Library: History of American Jazz and Latin Classics
The Eric Everett Jazz Ensemble will perform and discuss American jazz and Latin classics by composers Miles Davis, John Coltrane, Duke Ellington, Bill Evans, and more.

Saturday November 15, 7 p.m. Beachwood Historical Society: The Presidential Curse

"The Curse" has effected every president that was elected in a year evenly divisible by 20 until Ronald Reagan. Join the Beachwood Histor-

ical Society for a look at Ohio's own Presidents Garfield and McKinley, and their assassins Charles Guiteau and Leon Czolgosz.

Tuesday, November 18, 7 p.m. Keep Calm and Read On

Come to the library for a program with Random House representative Lara Oliver. Get the "inside scoop" on hot new fall and winter titles. Advanced reading copies of many featured books will be given away, and you'll get a free "Keep Calm and Read On" tote bag.

Children's Programs

November 10, 1:30 p.m. Whoo's Ready for School? Kindergarten Readiness

Ages 4 and 5 with a caregiver
Topic: Shapes – Build math and literacy skills.

November 13, 4 p.m. Build-o-Rama

Grades 1-5
Calling all LEGO® bricks lovers! Join us for our building blocks program. Bring your mad skills and create your own masterpiece using our LEGO® pieces and a different building theme each month!

November 14, 1:30 p.m.

**Friday Family Fun:
Happy Birthday, Mickey Mouse!**
Ages 2-5 with a caregiver
Who's the leader of the club that's made for you and me? come to the library and have fun for Mickey Mouse's birthday! Listen to stories, sing "happy birthday," make crafts and celebrate everyone's favorite mouse.

November 19, 4 p.m. Hebrew Storytime

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

November 21, 1:30 p.m. Kiddie Café: Owl Fun!

Ages 2-6 with a caregiver
Cook up some fun with your little one! Enjoy your favorite books about owls and make our own fun, edible craft!

To register for these programs, visit the branch page at www.cuyahogalibrary.org or call 216.831.6868.



JANUARY



2014 is Your Year For Transformation

After 20 years of teaching and managing group fitness at Cleveland's largest fitness clubs, I opened Barre Cleveland, a female-only, spa-like, sparkling-clean fitness studio where I teach the BarreFit Format.

BarreFit is a combination of targeted exercises using your own body weight, small equipment and the ballet barre to produce dramatic changes in your physique in as little as a few weeks. These 60-minute, mixed-level classes are taught to women of all ages in groups not to exceed 20 participants.

Class choreography is changed weekly to continually challenge you, while working on different muscle groups, building on your previous week's progress,

New Client Special:

Purchase one month of unlimited classes at 60% off our normal price! Visit barrecleveland.com for details. Space is limited. We can only accept 12 more new monthly unlimited students before our studio will be at capacity and closed to new students, so go online and sign up for class today!

I look forward to seeing you at The Barre!



Yana Salwan
BarreFit Founder and Teacher
Barre Cleveland
3737 Park East Drive #209 • Beachwood
216-342-4229 • barrecleveland.com

Slim, Sexy, Strong & Stretched



APRIL



JULY



CITY OF *Beachwood* Council Update

MAYOR
MERLE S. GORDEN

216.292.1901



FRED GOODMAN
PRESIDENT

216.464.6624



MARTIN S. HORWITZ

216.464.6560



ALEC ISAACSON

216.291.2797



MELVIN JACOBS

216.464.1541



MARK MINTZ

216.360.0330



JAMES PASCH

216.630.9671



MARK I. WACHTER

216.765.1921



HERITAGE HOME PROGRAM

Much can be said about a community by its housing stock. We all take such pride in Beachwood's beautiful homes. Our houses tell the story of Beachwood – they are worthy of maintaining and improving.

To aid homeowners, Beachwood is participating in the Heritage Home ProgramSM of the Cleveland Restoration Society (CRS). CRS is a non-profit organization specializing in advising on housing repairs highlighting the architectural character of older homes during the renovation process.

For owners of houses over 50 years old, the Heritage Home ProgramSM provides free Technical Assistance for home repair and maintenance projects. For example, Technical Assistance includes:

- Site visit to your home to assess projects and provide feedback
- Advice on kitchen and bathroom makeovers
- Advice on repair and maintenance issues
- Advice on compatible additions
- Assistance finding contractors
- Evaluation of contractor estimates
- Impartial product & service reviews
- Color consultations for exterior painting



In addition to providing Technical Assistance, the Heritage Home ProgramSM offers low, fixed-interest loans for home improvement projects with current rates as low as 1.85% for 10 years. Most projects, interior and exterior, can qualify for this equity-based financing option. Interested homeowners can find more information at www.heritagehomeprogram.org or you can contact Heritage Home ProgramSM staff at (216) 426-3116.

To learn more, attend an informational presentation led by a Heritage Home ProgramSM representative on November 20, 2014. The meeting will take place at City Council Chambers.

City Contact Information

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



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Dial 9-1-1

CLERK OF COUNCIL
216.595.5493

ILLUMIENT SOLAR AND WIND POWERED SMART OFF-GRID LIGHTS

The City of Beachwood recently installed Illumient solar and wind powered "Smart Off-Grid Lights" as a pilot project to determine if the City and its residents could benefit from new lighting technology.



Poles were installed at Beachwood City Park East (parking lot) and are easily visible. The goal of this program is to enhance safety and convenience without the high cost and disruption of installing new power cables underground or overhead or incurring monthly utility charges.

ABOUT THE LIGHTS

Energy to power the lights is generated by the sun and wind and captured in batteries stored inside the poles.

What makes these lights "smart" is that they can be controlled and monitored over the Internet. Each light sends data every few minutes to a central software application that can alert City personnel if any problems arise. It also tells us how much energy is being generated and used; the environmental benefits they provide, and lets our personnel remotely change the operation of the lights to maximize efficiency.



As additional information becomes available it will be posted on the city website at www.beachwoodohio.com.

DID YOU KNOW?

The City of Beachwood's most recent Shred Day served 303 residents in 3 hours. We recycled 3.65 tons of material – saving over 62.05 trees and kept 10.95 cubic yards of rubbish out of the landfill.

VETERANS DAY

NOVEMBER 9, 2014 • 11:00 A.M.
BEACHWOOD CEMETERY

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

Tours will take place until 1:00 p.m. Free and open to the community.



UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Monday, November 3, November 17 & December 1. Questions? Call 216.595.5462.

PLANNING AND ZONING COMMISSION

Usually meets the last Thursday of each month at 7:00 p.m. Upcoming meeting: Thursday, December 11. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Monday, November 3 and November 17. Questions? Please call 216.292.1914.

Departments

AUDITOR
216.595.5492

BUILDING DEPARTMENT
216.292.1914

COMMUNITY SERVICES
216.292.1970

ECONOMIC DEVELOPMENT
216.292.1915

FINANCE DEPARTMENT
216.292.1913

FIRE DEPARTMENT
216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

BEACHWOOD RECREATION COMMUNITY THEATER PROUDLY PRESENTS

SHREK

THE MUSICAL

BEACHWOOD MIDDLE SCHOOL AUDITORIUM

Tickets Available at the Door
Students/Seniors \$7 • Adults \$8

CITY OF Beachwood

Friday, November 21 • 8:00 p.m.
Saturday, November 22 • 4:00 p.m.
Sunday, November 23 • 2:00 p.m.
Friday, December 5 • 8:00 p.m.
Sunday, December 7 • 2:00 p.m.
Friday, December 12 • 8:00 p.m.
Saturday, December 13 • 4:00 p.m.
Sunday, December 14 • 2:00 p.m.

WWW.BEACHWOODOHIO.COM

CITY OF Beachwood
GET CONNECTED

Available on the App Store
GET IT ON Google play

IT'S AS EASY AS:

1. Go to your Apple or Google app store
2. Search Beachwood, Ohio and look for the
3. Press Install and you're connected with Beachwood

LT. GARY HABA COMPLETES FBI NATIONAL ACADEMY

Beachwood Police Lt. Gary Haba recently completed the FBI National Academy, a 10-week program of advance management, investigative and fitness training for U.S. and international law enforcement executives.



Participation is by invitation only, through a nomination process and participants are drawn from every state. Two hundred and ten officers participated in this program by taking undergraduate and/or graduate college courses in Quantico, Virginia, with topics including: law, behavioral science, forensic science, understanding terrorism/terrorist mindsets, leadership development, communication, and health/fitness.

The final academy test, an optional one, was The Yellow Brick Road, a 6.1 mile fitness challenge consisting of a grueling run through a hilly, wooded trail built by the Marines. Along the way, the participants must climb over walls, run through creeks, jump through simulated windows, scale rock faces with ropes, crawl under barbed wire in muddy water, maneuver across a cargo net, and more. When (and if) the students complete this test, they receive an actual yellow brick to memorialize their achievement.

Congratulations to Lt. Haba for successfully completing this feat.

WWW.BEACHWOODOHIO.COM

Council Update

CRIME TREND ALERT

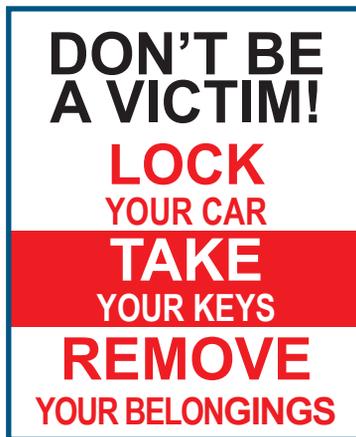
The City of Beachwood and surrounding communities have been experiencing an increase in thefts from vehicles. The suspects are entering UNLOCKED vehicles parked in residential driveways overnight.

In some instances, the suspects proceed to gain entry into the residence through UNLOCKED doors and steal various items such as purses, cash, and small electronics.

The Beachwood Police Department requests that all residents follow these simple crime prevention tips:

- Lock all vehicles parked in your driveway and either remove all valuables from your vehicle or hide them from view.
- Close overhead garage doors and lock man doors leading into the garage.
- Do not keep your car keys/house keys in your vehicle.
- Lock your doors at night.
- Keep outside lights on.

Contact the Beachwood Police Department at 216.464.1234 if you observe anyone suspicious in the area.



RUBBISH AND RECYCLING

HAPPY THANKSGIVING – The Service Department will be closed Thursday, November 27 and Friday, November 28 in celebration of Thanksgiving. PLEASE NOTE: If your rubbish day is Thursday, your trash will be picked up Wednesday, November 26.

RECYCLING REMINDER

Recycling bins have been distributed to all residents and ALL RECYCLABLE MATERIALS MUST BE PLACED IN BINS.

Because of our automated rubbish pick-up system, blue bags are no longer collected. Make sure bins are spaced 3 feet apart with tracks facing the roadway.



ART EXHIBIT

Beachwood Community Center



MONDAY – FRIDAY • 9:00 AM – 4:00 PM
SATURDAY • 10:00 AM – 3:00 PM
SUNDAY • 10:00 AM – 1:00 PM

**STONE, WAVE, DREAM:
THREE ARTISTS,
THREE WORLDS**

*Jack Bialosky Sr. – watercolor
landscapes and whimsical
etchings, Audra Rose – watercolor
and acrylic, Leonard Trawick – watercolor,
linoleum prints and etchings*

Show Dates: November 20 – December 6

Artists' Reception: Sunday, Nov. 23, 2 – 3:30 p.m.



FALL LEAF PICK-UP

Running continuously now through December 8, leaf trucks will be in operation daily. Collection is constantly on-going from one end of town to the other end of town. Therefore, there is no need to call for a special pickup.

Place UNBAGGED leaves on the tree-lawn only. DO NOT PLACE IN STREET. Leaf piles mixed with other debris – such as grass – WILL NOT be picked up. After January 1, all leaves need to be bagged and will be picked up with your regular rubbish. Questions? Call the Service Department at 216.292.1922.

BEACHWOOD ARTS COUNCIL HOLIDAY ARTS AND CRAFTS SHOW

SATURDAY, NOVEMBER 15 • 10 A.M. – 5 P.M.
BEACHWOOD COMMUNITY CENTER

Vendors will offer handcrafted items, including jewelry, ceramics, photography, glassware, knit items, chocolates and more! FREE and open to public.

Honkin' Haulin Hands-On Trucks

On Sunday, September 21, The City of Beachwood held its 14th annual Honkin' Haulin' Hands-On Trucks event at its Municipal Service Center on Mercantile Road. While kids enjoyed crafts, cruising in safety town cars and getting up close and personal with more than 30 trucks, parents had an opportunity to get a behind-the-scenes look at the city's Municipal Service Center.

New this year was a guest appearance by Bob Shimits, a Solon firefighter and head of the Solon Historical Society, who refurbishes old fire trucks. Kids got up close and personal with one of his trucks, and enjoyed spending time with Arson, his firehouse dog.

More than 1,000 people attended this event and fun was had by all.





8

10

4

9

3

5

2

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1

- ❶ Sam Ascherman enjoys playing in the tire maze.
- ❷ Joseph and Aaron Ireland pose in front of a fire truck.
- ❸ Desmond Thatcher dresses up as a fireman.
- ❹ Azriel and Chaya Gancz pose while sitting on a truck.
- ❺ Aniysha and Jada Smith check out the snow plow.
- ❻ Dylan Wilson takes a break in front of the Ronald McDonald House Charities vehicle.
- ❼ Lorenzo Tovanche poses in front of a bombardier.
- ❽ School Board member Josh Mintz makes this an annual event with his kids, Izzie and Drew.
- ❾ Councilman Martin Horwitz enjoys his first Honkin' Haulin' event with his grandson, Sam Besser.
- ❿ Lorena Tovanche gets in the driver's seat of a sidewalk plow.
- ❶ David Galperin stops to say hello to Arson, the firehouse dog.
- ❷ Sadie and Stella Barnholtz get in the driver's seat of a fire truck.
- ❸ Arshan Soltanzadeh sits on the bumper of a refurbished fire truck.
- ❹ Noah Isaacson, who attended with his dad, Councilman Alec Isaacson, enjoys being behind the wheel.
- ❺ Guests spend time checking out a refurbished fire truck.
- ❻ Ryan Ferns enjoys being in the driver's seat.





A message from
Executive Director Cindy Caldwell

Beachwood Chamber of Commerce Annual Awards Program – Call for Nominations

The Beachwood Chamber of Commerce Annual Awards Program

is an event that recognizes individuals, organizations and businesses that stand out as exemplary models in the community.

Beachwood-based businesses, not-for-profit groups and individuals who consistently go “above and beyond” are all eligible.

On May 14, 2015, three prestigious awards will be announced. Are you aware of a business that deserves recognition for its active civic involvement? Do you know of a not-for-profit organization that has improved the quality of life in Beachwood? Is there an individual who comes to mind when you think of someone who regularly brings benefit back to Beachwood? If so, nominate them for one of the Beachwood Chamber of

Commerce Annual Awards. Self-nominations are OK too!

Nominations are being accepted for:

- **Business of the Year**
- **Civic Organization of the Year**
- **Citizen of the Year**

The deadline for nominations is 4:00 p.m., Friday, December 12, 2014. Making a nomination is easy. Just log onto Beachwood.org and look for the “Annual Awards Program” link under the Chamber Events Calendar, or call us a 216.831.0003. Thank you in advance for your nominations.

The deadline for nominations is 4:00 p.m., Friday, December 12, 2014.

Making a nomination is easy. Just log onto Beachwood.org and look for the “Annual Awards Program” link under the Chamber Events Calendar, or call us at 216.831.0003.

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Beachwood Convention & Visitors Bureau Receives Four First-Place Marketing Awards

By Patty Lampert, President

The Ohio Association of Convention & Visitors Bureaus (OACVB) held its 17th Annual Awards of Excellence Luncheon in Columbus, Ohio on Wednesday, September 24, 2014, at which MIDDY Awards were presented for destination marketing and tourism development. Amir Eylon, former Ohio Tourism Director and current Vice President of Partner Engagement for Brand USA, served as Master of Ceremonies.

Recipients are recognized for excellence for objective, results, creativity and originality. All entries are judged by a team of experts in the communications, advertising, public relations, publications and/or tourism fields from outside of the OACVB membership.

The Beachwood Convention & Visitors Bureau (CVB) won awards for its creative promotion of Beachwood as an overnight leisure destination for dining, shopping and entertainment, as well as a great location for business meetings and events.

"The Beachwood CVB is honored to be recognized by its peers and to receive these four prestigious awards," said Patty Lampert, President of the Beachwood CVB. "My goal is to continue strengthening the tourism industry in Beachwood and to showcase the wonderful amenities in and around the city."

For more information about the Beachwood CVB, please visit www.VisitBeachwoodOhio.com or call 216.378.9333.



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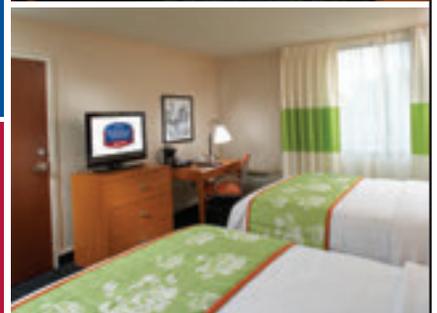


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5 BHS Students Earn National Merit Honors

Five Beachwood High School students have been recognized with National Merit honors. **John Li** and **Amital Haas** are National Merit Semifinalists. The 16,000 Semifinalists nationwide who earned this honor represent fewer than 1 percent of all high school seniors. These students are expected to advance as finalists and compete for more than \$33 million in National Merit Scholarships that will be offered in the spring. **Hannah Firestone**, **Aaron Lowenkamp**, and **Cathy Perloff** are Beachwood's National Merit Commended Students. and About 1.4 million juniors in more than 22,000 high schools entered the 2015 National Merit Scholarship Program by taking the 2013 Preliminary SAT/National Merit Scholarship Qualifying Test.



Pictured from left: Aaron Lowenkamp, Cathy Perloff, Hannah Firestone and John Li. Not pictured: Amital Haas.

Public Notice: Search for Children with Disabilities

School districts across the state of Ohio participate in an effort to identify, locate, and evaluate all children from birth through 21 years of age who may have disabilities. Disability, in this instance, means such conditions as hearing impairments, visual impairments, speech or language impairments, specific learning disabilities, emotional disabilities, cognitive disabilities, multiple disabilities, other health impairments, physical impairments, autism, and traumatic brain injury.

Public schools have responded vigorously to federal and state mandates requiring the provision of a free appropriate public education regardless of a child's disabilities. But before school districts can serve children, they must identify the children in need of such services. Many disabilities are not obvious because those who exhibit them may not function in the mainstream of the community, such as children who are homeless and children of migrant families.

Also, many unidentified children with disabilities are pre-schoolers. Parents may not be aware that their child has a disability or that there are programs and services available. School districts are interested in meeting the needs of children with disabilities. For more detailed information about our Search for Children with Disabilities, please visit www.beachwoodschoools.org, or if you have or know of a child who may have a disability, call (216) 464-2600, ext. 235 for more information and help.

8th Graders Invited to BHS Open House

Private school and BMS 8th graders and their parents are invited to a special dessert reception Open House on Tuesday, Nov. 18, at 7 pm. Meet the teachers, learn about registration and course selection, take a tour of the school's recently-completed \$35.6 million upgrade, and hear directly from students and parents about the Beachwood High School experience.



ADMINISTRATION

Dr. Richard A. Markwardt, Superintendent, 464-2600 • supt@beachwoodschoools.org
Michele E. Mills, Director of Finance/Treasurer, 464-2600 • mm@beachwoodschoools.org
Robert P. Hardis, Assistant Superintendent, 464-2600 • rph@beachwoodschoools.org
Lauren J. Broderick, Director of Pupil Services, 464-2600 • ljb@beachwoodschoools.org
Ken Veon, Director of Curriculum & Technology, 464-2600 • kev@beachwoodschoools.org
Kathleen Stroski, Assistant Treasurer, 464-2600 • ks@beachwoodschoools.org

Doug Levin, Director of Marketing & Communications, 464-2600 • dl@beachwoodschoools.org

Call for Artists for Beachwood's 100 Leaves Project

The City of Beachwood and Beachwood High School Junior Achievement are collaborating on a public art project, 100 Leaves, to honor the city's achievements and reflect on its roots. Named for beech trees that originally covered most of the 5 square mile village, Beachwood later became known as Beachwood.

Six-foot tall, two-sided, fiberglass, weather-proof beech leaves will be available to the public and community to sponsor. Sponsors may secure their own artist or choose from a portfolio of various designs. The leaves will be on display to the public at Beachwood City Hall (April 24, 2015 – May 15, 2015) and Beachwood Place (May 18, 2015 – June 26, 2015) and then returned for permanent display to their sponsor's business, home or garden.

Artists who are interested in working on this public art project are encouraged to submit their designs. This is an interactive project, which allows the public to touch and feel the designs. Each leaf has an integrated fiberglass base that measures 15" x 26" that sits flat on the floor.

Artists will decorate their beech leaf in the studio or home and may paint, sculpt, transform and adorn the beech leaf as he or she wishes based on the official guidelines. Designs must be submitted no later than December 1, 2014. Artists should bear in mind that the audience will be broad based and of all ages; designs should be appropriate for public display. Designs that are religious, political or sexual in nature will not be accepted. Up to two design proposals can be submitted.



The beech leaf sculptures are made of fiberglass and measure approximately 72" H x 36" W x 18" D. Each leaf weighs approximately 75 pounds and includes 4 metal brackets to secure to ground.

Submitted proposals will be reviewed by a Selection Committee to ensure that the designs conform to the standards set forth in the application. All designs are subject to the selection committee's discretion and the selection committee reserves the right to reject any submitted proposals. Once an approved design has been selected for production, the artist will be notified immediately and arrangements will be made to pick up the blank beech leaf sculpture.

Before the finished beech leaf is placed on exhibit, the sculpture must be inspected by a representative of the Selection Committee. If it is determined that an artist's finished Beech Leaf sculpture has been completed in substantial conformity to the artist's approved design, the finished beech leaf will be approved, and the



BHS marketing students Tal Yankevich, Hannah Frayman, and Adam Moses display a Beech Leaf at the Beachwood Chamber of Commerce B2B Show.

artist will receive a \$400 honorarium.

For more complete information on the process, guidelines and design template, please visit www.100leaves.com or contact Greg Perry at gwp@beachwoodschoools.org, 216-831-2080, ext. 114, or Karen Carmen at karen.carmen@beachwoodohio.com, 216.595.3720.

3rd Graders Visit City Hall

Hilltop Elementary School's third graders visited Beachwood City Hall on October 15 to conclude their unit on civic government. Students met with Mayor Gorden in his office, toured the city's various departments, and learned about the functions of city government. Pictured, City of Beachwood building commissioner William Griswold shows students drawings of a recently submitted building proposal.



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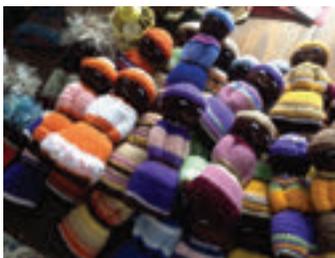
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For complete information about these listings, see ads on pages 36-37.



Knitting Opportunities

Women4Women Knitting-4Peace will hold its next meetings on Fridays, November 7 and December 5, at the Beachwood Library from 10 – 11:30 a.m. Yarn and patterns will be provided. The organization is in need of mittens, socks, baby blankets, adult caps and shawls, as well as pocket peace pals with medium-to-dark faces. Join the group to knit, chat and meet new friends. For more information, email Iris November at lbirty-club@gmail.com.

Beachwood Men's Softball League

Players and fans recently helped the Beachwood Men's Softball League end its season with a home run! In the 2nd annual "Legends" game, 41 players over the age of 60 participated, most of them sporting various ace bandages and other supportive devices. Congratulations to the Adelman Army in defeating the Nathan Navy, 7-6, in a comeback victory in the last inning, led by consecutive hits by Larry Adelman, Marty Emerman, David Marcus and Jim Heller. Players from Florida even came in for the game and the camaraderie among all the players and fans was overwhelming.

And since no game is complete without cheerleaders, Joanne Adelman led a team of nine, equipped with pompons. Staci Vincent, former Northwestern University flag corps leader, joined the team and entertained the crowd with her flag twirling.

In the All-Star Game, the "Odd Team" defeated the "Even Team," 14-8. Home runs by Todd Adelman, Dan Solomon, Roger Nudelman, and a perfect 4-for-4 day by Freddy Gross led the winners in a game that featured an array of outstanding players on both sides.

A large gallery of spectators witnessed both games at the Fairmount Elementary School field.

Pictured: Legends game players and cheerleaders.



Doors of Beachwood Photo Competition

Doors of Jerusalem? Doors of Ireland? Why Not Doors of Beachwood? The Beachwood Library and the Beachwood Historical Society announce the Doors of Beachwood Photo Competition to celebrate the City of Beachwood's 100th birthday in 2015. This juried exhibition will take place at the Beachwood Library and will carry the message of opening doors to our community.

Amateur and professional photographers are invited to submit their JPG images. Experimental and mixed techniques are welcome. Take a picture of your favorite front door and doorway area, provided it is located within the City of Beachwood. No more than three images per household may be submitted.

Prizes will be awarded and it's free to enter. All entries must be submitted electronically to doorsofbeachwood@gmail.com by December 1, 2014.

Instruction of how prints are to be prepared for the exhibit will be sent in mid-February. All subject matter must be appropriate for public viewing at the September 2015 show.



Beachwood Historical Society Exhibit

The Beachwood Historical Society invites you to stop by City Hall to see its newest exhibit that highlights the Beachwood Police Department. Come see the original jail-cell door, badges from the very first police chief, a rifle-range target, original handcuffs used in the 1920s and more. Special thanks to the Beachwood Police Department, Police Chief Keith Winebrenner, Joel Edelstein, Karen Carmen and Les Giesler for helping to create this display.

Here are some tidbits – That was then, this is now:

- 1925 – First Police Chief was Herbert Giesler
- 2014 – Police Chief is Keith A. Winebrenner
- 1954 – Five men comprised 100% of the Beachwood Police Department
- 2014 – Forty-four sworn in men and women comprise the Beachwood Police Department
- Police cars were also used as ambulances
- Today's police cars are equipped with technology

Where Did the Term COP Originate?

The term COP originated with the London police force back in the 1800s. Police officers or constables would walk their beat all day or night and return to their station at the end of their shift. Before going off duty, the officer would sign a log book or ledger. After their name, the abbreviation "COP, standing for Constable on Patrol, would be written.

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Fight Off the Flu and Other Illnesses – Put the Odds In Your Favor

It's easy to feel overwhelmed by all the information about how to stay healthy, but here's a simple way to think about it: Address the aspects of health you can control, and don't stress about what is out of your control.

That's the philosophy shared by Roy Buchinsky, MD, director of wellness for University Hospitals.

This philosophy applies even to chronic disease.

"While you could blame your parents and grandparents for your genes, there are also gene switches that can be turned on and off," explains Dr. Buchinsky. "By creating a positive environment, though, one can alter the expression of genes so that a positive outcome is achieved."

Building a positive environment means engaging in healthy behaviors – such as getting regular physical activity, eating whole foods, avoiding toxins such as cigarette smoke, and not allowing stress to turn into distress.

"Stress can set up an inflam-

matory cascade that can cause conditions such as diabetes, cancer and heart disease," says Dr. Buchinsky.

Practicing healthy habits can alter the expression of bad genes, preventing disease manifestation.

Research has proven how habits such as exercise, meditating, yoga and deep breathing, can alleviate stress.

This proactive approach, which protects and strengthens the immune system, is also relevant when it comes to facing an illness like the flu.

"Prevention is the best intervention, and the best prevention is getting the flu shot," says Dr. Buchinsky. "Nothing is foolproof, but it cuts your chance of getting the flu by about 80 percent.

"If you are among the unlucky 20 percent, don't be alarmed, as it will still be a less aggressive illness."

Here is some more "anti-flu" advice: when feeling ill, stay away

from work and social gatherings.

"You are contagious for the first two days once the symptoms start," Dr. Buchinsky says.

The usual tips apply when it comes to avoiding the flu, and to getting better if you do get ill: Wash hands, often. Get plenty of rest, to recover and stay healthy. And yes, chicken soup can make you feel better.

Take anti-inflammatory drugs, like ibuprofen for flu symptoms such as achiness (but it's always best to check with your doctor, too.)

If someone in your family becomes ill with the flu, others who live in the household might be able to stave it off by getting a prescription for anti-viral medications, such as Tamiflu or Relenza. However, if you do get the flu and take these medications within 48 hours, its duration will be reduced by one to two days.

As usual, an ounce of prevention is worth a pound of cure, Dr. Buchinsky says.

"So I definitely recommend that you get the flu shot."

Dr. Roy Buchinsky is a regular contributor to UH's Wellness webinars. For information on upcoming webinars, call 216.285.4069.

The usual tips apply when it comes to avoiding the flu, and to getting better if you do get ill: Wash hands, often. Get plenty of rest, to recover and stay healthy. And yes, chicken soup can make you feel better.

Welcome Dr. Alanna Cooper

Jewish Studies Program Manager Joins The Siegal Lifelong Learning Program at Case Western Reserve University

The Laura and Alvin Siegal Lifelong Learning Program at Case Western Reserve University continues to enhance its programming and community offerings with the hiring of Dr. Alanna Cooper as the Jewish studies program manager. Dr. Cooper, who holds a PhD in cultural anthropology, is an educator and author with experience in adult education administration. She will be integral in growing the Jewish studies programming at Siegal. In her position, Dr. Cooper will work closely with Executive Director Brian Amkraut to create innovative and unique Judaic offerings for Northeast Ohio. She comes to Cleveland from the Boston area, where she was most recently the director of Jewish adult education at the Jewish Federation of the North Shore.

"We are so fortunate to bring on board a scholar and creative programmer as experienced and enthusiastic as Dr. Alanna Cooper," said Director Brian Amkraut. "Her position on the Siegal administrative team is a wonderful addition to the university and the greater community."

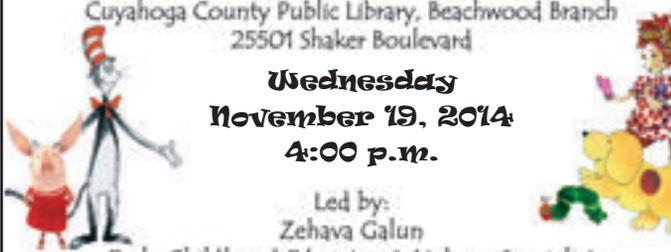
In addition to programming, Dr. Cooper will also teach classes for the university program, including the upcoming fall class, "Images of a Jewish World," which will draw upon photographic works to explore Jewish life in Yemen, Eastern Europe, Central Asia and the United States. Dr. Cooper is the author of *Bukharan Jews and the Dynamics of Global Judaism* (Indiana University Press). Her arti-



cles have appeared in scholarly journals as well as the popular press, including *Jewish Social Studies*, *AJS Review*, *Anthropology of East Europe Review*, *The Jewish Daily Forward*, the *Jerusalem Post* and *Jewish Review of Books*. She has held research and teaching positions at Harvard University, University of Massachusetts, University of Michigan and Boston University.

Dr. Cooper resides in Beachwood. The Laura and Alvin Siegal Lifelong Learning Program at Case Western Reserve University offers academically based, non-credit, continuing education programming throughout Northeast Ohio. For more information visit www.cwru.edu/lifelonglearning.

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 Zehava Galun
 Early Childhood Educator & Hebrew Specialist

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Suburban Symphony Orchestra Presents 20th Century Masterpieces

Celebrating its 60th anniversary season, Suburban Symphony Orchestra will present 20th Century Masterpieces on Sunday, November 23, with guest conductor Eric Dina. The program will include:

- Ravel:** Tzigane with Katherine Bormann, Violin
- Stravinsky:** Fireworks
- Ives:** The Unanswered Question
- Hanson:** Symphony No. 2 "Romantic"

Katherine Bormann is a member of the first violin section of The Cleveland Orchestra. Prior to her appointment, she was a member of the New World Symphony in Miami Beach, Florida, where she performed as soloist and concertmaster. Ms. Bormann holds a Bachelor of Music degree from Rice University and a Master of Music degree from the Juilliard School. Ms. Bormann has participated in the Aspen Music Festival, Beijing International Music Festival and Academy, Norfolk Chamber Music Festival, and the Tanglewood Music Festival, where she was awarded the Jules C. Reiner Violin Prize. Ms. Bormann is currently concertmaster of The Suburban Symphony Orchestra.

This concert, which will be held in Conway Hall, University School Shaker Campus, 20701 Brantley Road, Shaker Heights, is free and open to the community. Doors open at 3 p.m. for seating.



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Lou Ferrigno (63)
- Nov. 10 MacKenzie Phillips (55)
- Nov. 11 Leonardo DeCaprio (40)
Demi Moore (52)
Calista Flockhart (50)
- Nov. 12 David Schwimmer (49)
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Sammy Sosa (45)
- Nov. 13 Whoopi Goldberg (59)



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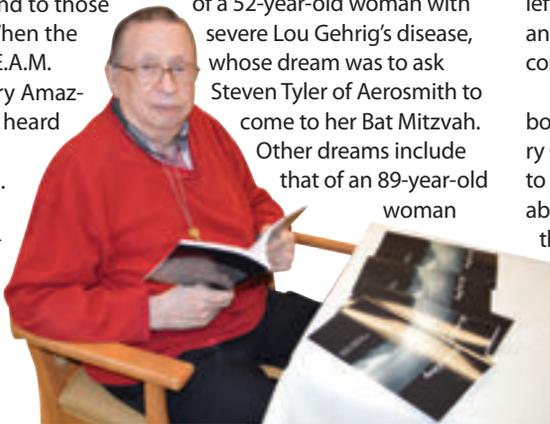
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Help Make a Dream Come True

Community Can Help Make Dreams Come True by Attending Book Signing on November 18

For those who dare to share their dream, dreams come true at any age at Menorah Park. Just ask long-time resident Art Yesikoff, who recently shared his dream to publish a book of his own poetry, and to have his own book-signing. In September, his book was published and presented to him; and on November 18, he will have a book-signing party in Menorah Park's Saltzman Auditorium at 2:30 p.m.

Art has had poetry in his soul for many years. He writes poems to friends, family, and to those who love poetry. When the Menorah Park D.R.E.A.M. (Dare to Reach Every Amazing Moment) Team heard of his dream, they jumped into action. For months, Art gave the team dozens of poems. The Team formatted the poems, paired them with art and photos created by talented residents



across the Menorah Park campus, and turned Art's dream into a reality.

His book, "The Art of Poetry and the Beauty of Words," is available at Amazon.com and on Kindle.

"I've always loved to write,"

Art confides. "I can't believe I'm a published poet, and am going to have my own book signing. I can't believe this is happening!"

The D.R.E.A.M. Team has fulfilled hundreds of dreams, ranging from a 90-year-old woman's desire to ride a motorcycle again, to that of a 52-year-old woman with severe Lou Gehrig's disease, whose dream was to ask

Steven Tyler of Aerosmith to come to her Bat Mitzvah.

Other dreams include that of an 89-year-old woman

who wished to go up in a helicopter and get an air-high tour of Cleveland; and that of an 88-year-old woman who wanted to be famous and landed a national ad campaign for Safe Auto.

Most recently, the team helped a 95-year-old artist reach stardom by being chosen as the face for Pfizer Drug's national "Get Old" campaign, designed to facilitate conversation on aging.

It is so rewarding to see senior citizens who thought their lives were all lived out, with no dreams left, to realize just the opposite—and to have their wildest dreams come true!

Please be sure to come to Art's book-signing. RSVP by calling Sherry Gavanditti at 216.839.6687. Due to a limited number of books available at the signing, we recommend that you pre-order your book from Amazon.com for \$8.95 and bring it with you for Art to sign. To donate your time or resources to the D.R.E.A.M. Team, contact Nancy Sutula at 216.831.6500, extension 705.

"A Taste of Menorah Park"

On Sunday, November 9, from 2 – 4 p.m., Menorah Park Campus invites the community to attend "A Taste of Menorah Park" to sample signature dishes prepared



by its campus' chefs. Enjoy tasting various foods while watching demos by well-known local chef Doug Katz. This is a great opportunity to mingle with friends and enjoy entertainment. The event takes place in the Menorah Park Saltzman Auditorium. Please RSVP to Sherry Gavanditti at sgavanditti@menorahpark.org or 216.839.6687.

Menorah Park is located at 27100 Cedar Road in Beachwood.

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Exciting Class on Jewish Positive Psychology

A partnership of religious and professional organizations campaign for happiness in Beachwood

When Israeli-born psychologist Tal Ben-Shahar began teaching a class called Positive Psychology at Harvard in 2006, a record 855 undergraduate students signed up. Drove of students at the academically-intense university came to learn, as the course description puts it, about "psychological aspects of a fulfilling and flourishing life."

Speaking to the Harvard Crimson, Prof. Ben-Shahar attributed the class's high numbers to one simple factor, that "...people want to be happy. Whether it is at Harvard or elsewhere, people want to be happier. [...] There are more than 200 campuses in the United States alone where positive psychology is being taught, and on most campuses it is one of the, if not the, largest classes."

Beginning in the first week of November, the Rohr Jewish Learning Institute (JLI), in partnership with A+ Solutions, will present, "How Happiness Thinks: Jewish Perspectives on Positive Psychology," the institute's new six-session fall 2014 course.

Rabbi Shmuli Friedman of the Jewish Learning Institute (JLI) will conduct the six-course sessions at 7:30 p.m., beginning Tuesday, November 4, at the Institute's new home at 25400 Fairmount Blvd, in Beachwood. Parallel courses are being offered on Wednesday mornings, from 10:30 a.m. – 12 p.m., at the same location, and on Monday evenings from 7:30 – 9 p.m., with Rabbi Moshe Gancz of the Fromovitz Jewish Learning Academy, at the Waxman Chabad Center, 2479 South Green Rd.

"The course focuses on ways to overcome the challenges that get in the way of our happiness, including stress, grief and self-concept," says Rabbi Friedman. "But we're also going to discuss techniques to boost our happiness, such as humility, gratitude and a meaningful living."

As with all previous JLI programs, How Happiness Thinks is designed to appeal to people at all levels of Jewish knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.

Interested students may call 216.282.0112 or visit www.myJLI.com for registration and other course-related information.

“When Songs Were Songs”

featuring Cleveland's own singing sensation, Evelyn Wright



On Thursday, November 9, The community is invited to attend “When Songs Were Songs,” featuring Evelyn Wright, a professional vocalist for more than 30 years, who entertains like no other in the styles of jazz, rhythm and blues (R&B) and pop. She has been award-

ed such titles as, Most Promising Female R&B Artist, Most Promising Female Artist, and Best Female Vocalist in conjunction with WCPN; and received the Jazz Legend Award from Cuyahoga Community College. Evelyn has toured throughout the U.S. and Canada, performing in top clubs and concert halls. She has opened for the likes of Mel Torme, Joan Rivers and Harry Belafonte, and performed for First Lady Rosalyn Carter, Oprah Winfrey and General

Colin Powell.

Sponsored by the Beachwood Board of Education, Elderclass affords residents an opportunity for learning and entertainment at Beachwood High School. Excellent lunches, catered by the vocational culinary arts class, are \$5 for Beachwood residents and \$8 for non-residents, if space is available. Programs are free and open to the public.

Elderclass coordinator Mort Biel reminds attendees that lunch will be served in the Beachwood Bistro at noon, with the program to follow at 1 p.m. in the adjacent community room. A bus will begin pickups going from the northeast corner of the parking lot to the front entrance beginning at 11:15 a.m. and ending at noon. The bus will return you to your car following the program.

Please register for the lunch by using the flyer you should have received in the mail. If you are not registered to receive Elderclass monthly program flyers, please contact Marlene Dunger at the Beachwood Board of Education, 216.464.2600. Reservations will be accepted by mail only. No walk-ins for lunch.

Women's Heart Health

On Sunday, December 7, Hadassah and Seigal Lifelong Learning will present a panel discussion on Women's Heart Health, from 1:30 – 3:30 p.m., at the Seigal Building, 26500 Shaker Blvd. The panel will include a nutritionist, heart survivor, paramedic, exercise specialists and University Hospitals heart specialist Ewa Gross, MD, PhD. This program is free and open to the community. Heart-healthy refreshments will be served. Please RSVP to SherylHirsh@case.edu. Questions? Call 216.368.2091.

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Saige Eitman, Photographer

Saige is a 17-year-old, Beachwood High School student who is an accomplished professional photographer, working with New Image Photography. Saige loves photographing weddings, receptions, engagements and special events. After college, she expects to start her own photography business.



Peter Nario-Redmond Songwriter/Singer/Musician

Peter's talent has been all over the Beachwood and northeast Ohio landscape. He has written dozens of songs, traveled with Gypsy jazz groups, played guitar with the Porch Swing Band, recorded with Gypsy Blossom and acted with Beachwood Community Theatre. He says the really good music is three chords and the truth.

David Chizek, Master Hair Stylist

David has been a master hair stylist for more than 25 years. His first job in hair styling started when he was just 15 years old. He is a trainer and educator of Aquage shampoos and conditioner products. When he is not in his salon at Salon Loft, he travels the country as a national platform artist. David's goal is to make people happy and beautiful.



Jared Shapiro, Actor, Singer, Dancer

Jared is a 13-year-old Beachwood student who has his sights set on a Broadway career. This talented young star has been showcased in numerous musicals throughout Northeast Ohio, including Peter Pan, Aladdin, Willie Wonka, Babes in Toyland, School House Rock and Yes, Virginia. When Jared is not on stage, he's performing on the Beachwood speech and debate team, where he placed 7th in the entire nation.

Ken Hersh, Custom Cabinetry Designer

Ken is part of a second generation of Hersh designers at East Woodworking Company in historic Little Italy. Ken, a 20-year veteran at the company, founded in 1957, designs and manufactures custom dining rooms, kitchens and office pieces for conference rooms and work areas. Their design work has been featured throughout the country.



Marla Dawn, Mixed-Media Artist

Marla's three-dimensional art is created by mixing paint with gauze casts to create body parts. These sometimes-controversial and eye-catching pieces have generated a lot of interest at area art exhibits, including a recent two-woman show at the Beachwood Library.

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Agnon Students Prepare For High Holy Days



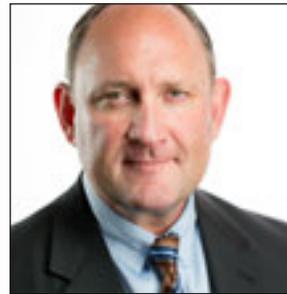
Pictured: After learning how honey is made, Noah Tannenbaum fills a jar with this sweet treat. Ellie Mayers displays the shofar she made out of a ram's horn.

Last month, Agnon 5th graders each created their own shofar – a trumpet-like instrument, made from a ram's horn, that is traditionally blown on the holidays of Rosh Hashanah, the Jewish New Year, and Yom Kippur, the Day of Atonement.

During this "Shofar Factory" program, students received a real ram's horn and proceeded to go through the entire process of creating a shofar – from cleaning to carving, from sawing to drilling, from sanding to varnishing. Students also learned how to properly blow this instrument and sound the traditional notes. Hosted by Chabad, the "Shofar Factory" program is very popular among the Agnon students.

"The idea is to engage 5th graders and give them a hands-on experience," said Leah Spector, Agnon's principal / director of the Hebrew and Judaics Divisions. "Hearing blasts from the shofar is intended as a wake-up call, telling us to refine and improve ourselves in preparation for the coming New Year. Creating a shofar personalizes the experience and helps our students to connect with and understand the importance of the High Holy Days."

In addition, Agnon 5th graders learned about the process used to make honey from an environmental educator, Agnon parent and Beachwood resident, Amalia Haas. Students also filled jars with honey to sell at the school as part of an Agnon Parent Association fundraiser. Honey is a traditional food served on Rosh Hashanah for a sweet New Year.



David A. Kulwicki, Esq.



Howard D. Mishkind, Esq.



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R.N., B.S.N.



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Beachwood Point Residents Celebrate Milestone Birthdays

September 11, 2014, was proclaimed as “Residents of Beachwood Pointe Care Center, Over 90 Day,” in the City of Beachwood. Congratulations and happy birthday to the following residents, all of whom are 90+ years old.

Pecolar Ferrell (103 years of age) was born on September 11, 1911, in Loganville, Georgia, and worked as a nurse for many years before moving to Cleveland. Once here, she worked for the Yanowitz family, some of whom attended her birthday party.

“Pecolar came to work for us 57 years ago, when Alan was a year old,” Donna Yanowitz told us. “She stayed with us for years, and we built strong relationships.”

Long after Donna’s children, Alan, Joel and Jerry, were grown and Pecolar was no longer employed, they continued to stay in touch, treating each other like family.

“It was nice to celebrate this milestone birthday with Pecolar,” Donna said. “She was always there for us, and now we’re there for her.”

Ferrell continues to enjoy Bible study and live music.

Laden Bell (100 years of age) was born on February 8, 1914, in Nashville, Georgia. He was an usher at his church for seventy years



Pictured: Mayor Merle S. Gorden with Bessie Smart and Laden Bell. Dara, Donna and Alan Yanowitz celebrate with Pecolar Ferrells on her birthday.



and is on the National Usher Board. He has two children and two grandchildren, and continues to enjoy his life and memories.

Bessie Smart (101 years of age) was born on June 23, 1913, in Birmingham, Alabama, and taught science for many years before moving to Cleveland. She has two children, many grandchildren and continues to enjoy spiritual groups and sweet treats.

The following residents, all of whom are

90+ years of age, were also recognized at this celebratory birthday event: Mabel Higgins (98 years of age), Catherine Hammonds (96), Elizabeth Ragland (95), Mabel Wade (95), Lillian Newton (92), Alberta Livingston (90), and Laureen Glover (90).

Congratulations and belated happy birthday to all residents on reaching these milestone ages!

The Gathering Place

The Gathering Place is a caring community that supports, educates and empowers individuals and families touched by cancer through programs and services provided free of charge in Beachwood and Westlake. Upcoming programs listed below take place at 23300 Commerce Park in Beachwood. For programs requiring advance registration, please call 216.595.9546. For more information, visit www.touchedbycancer.org.

Mondays, November 10 and December 8, 6:30 – 8 p.m.

KidShop/TeenShop – A workshop for children and teens who have an adult family member with cancer. Utilizing art, play and discussion, children, teens and their parents/guardians interact with families in similar situations. Advance registration required.

Thursday, November 6, 6:30 – 8 p.m.

Group for Young Adults with Cancer – Connect with other young adults and address how cancer is impacting your life.

Tuesdays, November 11, 18, 25 and December 2, 6:30 – 8 p.m.

Transformation through Art – Each week, participants will use different art materials and techniques to transform feelings through art. No previous art experience necessary. Advance registration required.

Tuesdays and Fridays, 11a.m. – 12:15 p.m. and Thursdays, 6:30 – 7:45 a.m.

Yoga – A gentle restorative exercise that helps increase energy and improve muscle tone and flexibility. Advance registration required.

The Jewish Federation Cleveland Israel Arts Connection

Part of its 2014-2015 Season:

Kibbutz Contemporary Dance Company (KCDC)

Presented by DanceCleveland
Saturday, November 8, 8 p.m.
Sunday, November 9, at 3 p.m.
Ohio Theatre at Playhouse Square
For tickets, visit playhousesquare.org/ceo or call 866.546.1353.
Use code “JFED” for ticket discounts. Sponsored with support from the Jewish Federation’s Cleveland Israel Arts Connection.

Israeli Virtuosos at Severance Hall, featuring Gil Shaham

Mozart Violin Concerto No. 5 (Turkish), San Francisco Symphony Orchestra presented by The Cleveland Orchestra
Saturday, November 15, 8 p.m.
Severance Hall
For tickets, visit www.clevelandorchestra.com or call 216.231.1111.

The Way We Looked:

Photographs of Shtetl Life from the “Petersburg Judaica”

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Daniel Levin and Israel Wiener, curators
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Roe Green Gallery, Jewish Federation of Cleveland, Mandel Building, 25701 Science Park Drive, Beachwood

To schedule group tours, email israelarts@jfcleveland.org or call 216.593.2868. For more information about Petersburg Judaica, visit <http://www.judaica-spb.com/en/>. Sponsored with support from the Jewish Federation’s Cleveland Israel Arts Connection and Cuyahoga Arts and Culture.

Only Seven Months Until Summer!

Find Your Perfect Jewish Overnight Camp Experience at "Not Your Typical Camp Fair" on November 9

Families are invited to the "Not Your Typical Camp Fair" on Sunday, November 9, which offers prospective campers and their parents the opportunity to learn about a variety of Jewish overnight camps, meet the camp directors, and talk with other camp families. The Camp Fair takes place from 2 to 4 p.m., at WhirlyBall Cleveland, 5055 Richmond Road, Bedford Heights. The event is sponsored by The Michael and Anita Siegal One Happy Camper Program, the Jewish Education Center of Cleveland, and the Jewish Federation of Cleveland.

Participating camps include BBYO Summer Experiences, B'nai B'rith Beber Camp, Brandeis High School Programs, Camp JRF, Camp Henry Horner, Camp Livingston, Camp Nageela Midwest, Camp Ramah in Canada, Camp Stone, Camp Wise, Camp Young Judaea Midwest, Camp Zeke, Eden Village Camp, Emma Kaufmann Camp, Passport NYC, URJ Camp George, URJ Goldman Union Camp Institute, URJ Kutz Camp for Jewish Teens, and URJ 6 Points Sports Academy.

"All of these camps are vibrant, welcoming communities rooted in Jewish values," said Hannah Mendelsohn, event coordinator. "Attending a Jewish overnight camp has been shown to have a powerful impact on creating Jewish identity in children that lasts a lifetime."

Current and prospective campers can play WhirlyBall, laser tag, and bowl with their friends and camp staff. Staff will answer questions about camp life and help kids and parents determine which camp experience is the best fit. Current campers who bring a friend can introduce them to their camp director and win free camp "swag." First-time campers can learn if they are eligible for up to \$1,000 off camp tuition. Parents who register their child for camp for the first time at the event receive a \$100 credit (subject to camp approval).

The event is free and open to parents and their children. To RSVP, visit www.jewishcleveland.org/campfair. For more information, contact Hannah Mendelsohn at hmendelsohn@jecc.org, or call 216.371.0446, ext. 247.

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First Catholic Slovak Ladies Association Recognized at 2014 Special Convention



Pictured: Cynthia Maleski, Esq., FCCLA National President accepts a proclamation from Mayor Merle S. Gorden.

Last Month, Mayor Merle S. Gorden and the City of Beachwood recognized the First Catholic Slovak Ladies Association (FCCLA) of the United States of America at its 2014 Special Convention, right here in Beachwood.

FCLSA is a non-profit fraternal benefit society that offers an array of life insurance products and annuities as well as charitable and benevolent donations, scholarships and matching funds projects. Founded by Anna Hurban and eight other women in 1892 to meet the needs of Slovak immigrant families, the organization has grown into a national fraternal benefit society serving 83,000 members in communities in 48 states and the District of Columbia.

In recognition of this organization, Mayor Merle S. Gorden and City Council proclaimed October 5 through 8, 2014, as "First Catholic Slovak Ladies Association Days."

Senior Comfort Guide

A handy resource for senior adults and their families

The Beachwood-based Senior Comfort Guide is a handy resource for senior adults and their families who are seeking housing and care options. The guide lists over 2,000 Cleveland-area services and facilities, making it a "one-stop" resource for anything families may need. Many services are located in the Beachwood area.

Featured regularly on television and in local magazines, Senior Comfort Guide is the only resource of its kind available both in print and online.

In addition to residential listings, the guide also provides contact information for other senior resources and services such as county departments on aging, senior centers, hospitals, adult day care centers, medical and non-medical home health care, medical equipment, legal services, and moving assistance.

The guide is not only a resource listing, but also an educational tool. It describes the differences between types of care facilities and services, how to pay for them, what to do if you have a pet, and the difference between Medicare and Medicaid. It also gives tips on choosing a facility, and what questions to ask when you go to interview one.

Ask for the Senior Comfort Guide at your local library, senior center, pharmacy, hospital or health care provider's office. You may reach Senior Comfort Guide at 216.292.8485 or visit www.SeniorComfortGuide.com.

Women of Fairmount Temple Programs

Monday, November 10, 7 p.m.

"Conversations After a Funeral," a one-act play, will be performed in the Activities Center for Religious School. The conversation takes place between Anne Frank and Emmet Hill, a young African-American, at his funeral. The discussion covers the Holocaust and Civil Rights Movement, and its implications for race, gender, class and religion. This event, free and open to the community, is sponsored by Women of Fairmount Temple and Men of Fairmount Temple, in conjunction with the Fairmount Temple Religious School.

Tuesday, November 18, 1 p.m.

Rabbi Robert Nosanchuk will speak about "Israel: A Light to the Nations or a Nation Like Others." Lunch is at noon; \$7 for members, \$10 for guests. The program is free and open to the community. Reservations may be made on Monday, the day before the program, by leaving a message for Phyllis Henry at 440.461.7921, or by calling the temple on Tuesday, between 9:30 to 10:30 a.m., at 216.464.1330.

Sunday, November 23, 9:30 to 11:30 a.m.

Everyone is welcome to join the Sunday Mitzvah Morning work circle. Coffee is served as the group works on its mitzvah projects, including touch-and-tell books for children attending the Cleveland Sight Center, lap robes for residents of local facilities, and dolls for children in homeless shelters. This group partners with Caring Community volunteers who stuff and sew pillows for breast cancer patients.

Tuesday, December 2, 1 p.m.

Brandon Chrostowski, owner and operator of Edwin's Restaurant on Shaker Square, will present "Edwin's Leadership Institute - Education Wins." The restaurant is staffed by men and women recently released from prison, who train for six months in culinary skills. They are supported afterwards in finding employment, health care and housing. Lunch is at noon; cost is \$7 for members and \$10 for guests. The program is free and open to the community. Reservations may be made on Monday, the day before the program, by leaving a message for Phyllis Henry at 440.461.7921, or by calling the temple on Tuesday, between 9:30 to 10:30 a.m., at 216.464.1330.

Distance Learning Programs

The Community is invited to the following Menorah Park Distance Learning Classes. To attend, please RSVP to LeAnne Stuver at lastuver@menorahpark.org.

Monday, November 10 • 2:30 – 3:20 p.m. • MP Auditorium

"Sea Lion Monitoring," by Alaska SeaLife Center (Seward, Alaska)

Monday, November 17 • 2:30 – 3:30 p.m. • Miller Boardroom

"Lighthouses: Form and Function," by the Calvert Marine Museum (Solomons, Maryland)

Monday, November 24 • 2:30 – 3:15 p.m. • MP Auditorium

"The JFK Assassination," by The Sixth Floor Museum at Dealey Plaza (Dallas, Texas)

Monday, December 1 • 2:30 – 3:15 p.m. • Miller Boardroom

"Art Deco in Architecture," by the Durham Museum (Omaha, Nebraska)

Human Trafficking: 21st Century Slavery is Topic of NCJW's Lois Zaas Advocacy Lecture

Nearly 21 billion people per year trafficked globally

Experts, including Renee Jones of the Renee Jones Empowerment Center, will discuss "Human Trafficking: 21st Century Slavery" on Wednesday, November 12, 7 p.m., at Temple Emanu El at the Annual Lois Zaas Memorial Advocacy Lecture, sponsored by the National Council of Jewish Women, Cleveland (NCJW/Cleveland).

Speakers will define the problem; explain the laws; identify the victims and how they become entrapped; point out red flags for identifying people being trafficked; and talk about the agencies involved in helping to end this crime. They will also discuss ways the public can help, especially in assisting the survivors.

Panelists at this powerful forum include Karen Walsh, J.D., director, The Collaborative to End Human Trafficking; Renee Jones, founder, director, Renee Jones Empowerment Center; Jill Sadowsky, MSW, LISW-S, director, Bellefaire JCB's Intake Department; and Detective John Morgan, Sheriff's Office, Cuyahoga County. Det. Morgan has also worked with the Cleveland Police Homicide Unit and the FBI Violent Crimes Task Force.

"This is a \$150 billion business that occurs in the suburbs and in the cities. It happens in Bay Village and Beachwood and in Bogota and Beijing."

"There are approximately 20.9 billion people who are being trafficked globally each year," said Linda Barnett, NCJW/Cleveland president. "This is a \$150 billion business that occurs in the suburbs and in the cities. It happens in Bay Village and Beachwood and in Bogota and Beijing. We must educate, organize and empower our community to take steps to end this menace," she added.

The annual event is sponsored by the family of the late Lois Zaas, who was an NCJW local and national activist. The event is free and open to the public with reservations requested at 216.379.2204, ext. 100 or www.ncjwcleveland.org. Dessert reception following the program. Dietary laws observed. Temple Emanu El is located at 4545 Brainard Rd. in Orange Village.

"Thursdays Together," An Informative Parent and Baby Class

The Agnon School presents "Thursdays Together," an informative parent and baby class, Thursday afternoons, from 3:45 – 4:45 p.m.

This program provides Jewish parents with a place to gather with their infants each week. The group, to be led by specialists in the education field, will meet and discuss issues that impact parenting. Parents are invited to bring their babies and toddlers and let them play, while they build relationships with other parents and learn about child development in a Jewish context.

This program is free and open to the community. Agnon is located at 26500 Shaker Blvd. in Beachwood. For additional information, contact Alyson Charnas, Director of Early Childhood, at 216.464.4055, ext.128 or acharnas@agnon.org.

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The Temple – Tifereth Israel Celebrates Forthcoming Expansion and Renovation

On October 7, The Temple-Tifereth Israel hosted a ceremonial groundbreaking to celebrate the forthcoming expansion and renovation of the congregation's Beachwood home. The program included remarks from temple leaders and Morton Mandel, chairman of the Jack, Joseph and Morton Mandel Foundation.

"Our goal, succinctly expressed, is building our future today," said Rabbi Richard Block. "We seek to serve the present needs of our warm, large and diverse congregation and the community it serves, and those of future generations. Working in partnership, our congregation, donors and our architects, the Centerbrook firm, are helping facilitate the realization of our vision."

The TempleTomorrow campaign was launched with an historic lead gift, a challenge grant of up to \$16 million from the Mandel Foundation in memory of Jack and Lilyan Mandel. Approximately \$12 million of that sum, matched by congregants' contributions, will be devoted to the building project. The balance of funds raised will enhance the congregation's endowment.

"We believe that a building

should support what we do and reflect who we are," commented Jeanne Tobin, The Temple's president. "Mort Mandel wanted to honor his brother's memory by ensuring the future of his beloved temple. The congregation has formed a special partnership with the Mandel Foundation that will enable us to honor Jack and Lilyan, our glorious history, and our entire congregation, as we realize our Vision. Together, we are creating an enduring legacy for the generations who follow."

The Temple's Beachwood building was built in 1970 to house The Temple's Religious School. Since then, the building space was increased as the congregation moved further into Cleveland's eastern suburbs. Highlights of Centerbrook's design include a new and inspiring chapel, a warm, welcoming entrance to the building including a community commons, a new wing for the Ganon Gil Preschool, and redesigned, technologically advanced classrooms for the Religious School.

In recognition of this expansion and renovation, Mayor Merle S. Gordon and City Council proclaimed Tuesday, October 7, 2014, as "The Temple-Tifereth Israel Day" in the City of Beachwood.



"We seek to serve the present needs of our warm, large and diverse congregation and the community it serves, and those of future generations."



Pictured, top from left: Don Scherzer, Bob Allenick, Bruce Goodman, Jeanne Tobin, Morton Mandel, Rabbi Richard Block, Mayor Merle Gordon, Steve Hoffman and Amy Kaplan.

Middle: Rabbi Richard Block, Rabbi Rosette Haim, Rabbi Roger Klein, Cantor Kathy Sebo and Rabbi Stacy Schlein.

Bottom: Cantor Kathy Sebo, with Ganon Gil children, sing the Jewish pop song "In This House" at the groundbreaking ceremony.



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There are many reasons to join the Chamber. For information about becoming involved, visit www.beachwood.org or call 216.831.0003.

Milestones Autism Resources Elects New Board Chair and Adds Trustees

Milestones Autism Resources, a nonprofit dedicated to educating, coaching and connecting family members and professionals throughout Northeast Ohio affected by autism, recently elected a new chair and six new trustees to its board of directors.

Adam Berebitsky, a managing director of SS&G's Cleveland office and a director in the firm's tax department, was elected the board chair after serving as vice president for the past year. Berebitsky has been a member of the Milestones Board for three years and serves on the development and strategic planning committees. He is also a board member and past chairman of the Northern Ohio chapter of Amyotrophic Lateral Sclerosis (ALS) Association and sits on the outside advisory boards of several corporations.

Six other new trustees were appointed to Milestones' board of directors, including Anne Davalla, Steven Fox, Debra Greene, Joseph Kraft, Tracy Masterson, Ph.D., and Aletta Sinoff, Ph.D.

For more information about Milestones Autism Resources, visit www.milestones.org.

Is your house more than 50 years old?
If so, be sure to see the article about the
Heritage Home Program on page 26.

Stanley Bernath Receives Volunteer of the Year Award



Congratulations to Menorah Park volunteer Stanley Bernath on receiving The Gertrude Himmel Adell Volunteer of the Year Award.

According to Vicki Snyder, Menorah Park Director of Volunteer Services, "Stanley is here at least five days a week, every afternoon, like clockwork. With his friendly visits, he lights up every pavilion by bringing his upbeat personality to all our residents, staff and family members. He also helps transport our residents from activities, and leads

orientations for the Menorah Park staff who attend our Washington DC Holocaust Memorial trip. In addition to the work he does for us, Stanley makes additional contributions throughout the city."



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Crow Blue by Adriana Lisboa

Translated from the Portuguese, Crow Blue is the story of a teen-age girl who finds herself adrift after the death of her mother.

Determined to find her biological father, she leaves Brazil for the United States, where she takes up residence with her estranged stepfather. The prose is reminiscent of Donna Tartt, but the reader will be pleased to find that Crow Blue is a manageable 228 pages – 543 pages shorter than The Goldfinch.

Recommended by **Matthew Weitendorf.**



The Winter People by Jennifer McMahon

This book takes place in and around an old farm house in Vermont, from the early 1900s to

the present day. Connecting the dots between the various characters is the secret diary of Sara Harrison Shea, a woman who was trying to bring her daughter back from the dead, using methods handed down by her estranged aunt. Ruthie, a 19-year-old currently living in the house, finds the diary under the floor boards and uses the information to help determine what happened to her missing mother. Also key to the mystery is a large rock formation on the property called Devils Hand, with stones jutting up like fingers out of the earth. These elements lay the foundation for this good, slow, creepy novel. Recommended by

David McNally.



Quartet in Autumn by Barbara Pym

Four people in late middle-age – Edwin, Norman, Letty and Marcia – believe they know each other well after working in the same

office together for years. They consider themselves a close-knit group, yet none of them realizes that they all suffer from the same problem – loneliness. Told with humor and insight, the small lives of Pym's characters speak to the dignity and grace of ordinary people. Recommended by **Marcia Klein.**



Whatever Happened to the Metric System?: How America Kept Its Feet

by James Bemelmans Marciano

At one time, the United States

was so close to going metric that, when the nickel was coined in 1866, it was made to measure two centimeters across and weigh exactly five grams. So, what happened? The author makes detours to explore, among other things, calendar reform and standard time along the way as he answers the question of what, in fact, did happen to the metric system. Recommended by **Matthew Weitendorf.**

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