

BeachwoodBuzz

November 2016

Every Resident. Every Business. Every Month.

MAGAZINE

The Charleen Factor



Also inside :

Taste of Beachwood

Opioid Epidemic Tracks Path in Community

Holiday Gift Guide

Cleveland Orchestra at BHS

Salute to Veterans Day

Mary Poppins ...and much more!

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Letter from THE EDITOR

By Debby Zelman Rapoport

"I am 68 years old and I have a new career. When I was asked to do this film, I didn't think 'I'm too old to do something I've never done before.' I thought 'I am open to everything. I am willing to change and to learn.' I'm more proud of this film than of anything I've ever done before."

Dr. Wayne W. Dyer

I recently received an invitation to watch *The Shift*, a Dr. Wayne W. Dyer film, from Hay House, a self-help publishing company. Dyer had had the dream of getting 3 million people to watch this film during his lifetime to teach them how to transform their lives from focusing on ambition to focusing on meaning, and to then share what they learned with others. According to Hay House, which promoted this movie in celebration of Dyer's life and legacy, more than a million people have viewed it since its release in 2009.

In *The Shift*, Dyer shares his feeling that the real purpose of life is to be happy – to enjoy and get to a place where you're not trying to be somewhere else. It draws you in as you listen to Dyer's perceptions about life, which was being filmed for the movie, while watching what transpires in the lives of a successful businessman, a mother of two young children and a film director after they each had interactions with Dyer while filming at a resort in California.

Dyer chose that filming location because he believed that one way to find our life's purpose is by returning to nature. He talked about our first nine months, from conception to birth, and how everything goes just as it's supposed to. Then, once we're born, we are pulled in the direction of whom our parents, society and those around us want us to be. As a result, and as time moves forward, we don't really trust – or know – who we really are because our identity is created by believing that we are what we possess or what we do; what society expects of us.

Once we recognize that more possibilities exist, we can open our hearts and begin to think about fulfilling a calling or destiny that follows our interests, strengths and talents. Dyer says that this "shift" always starts with a quantum moment – an "aha" moment that pushes us forward with enthusiasm – where we feel something and know it's right. He describes a quantum moment as being very vivid, having the element of surprise, and

being benevolent and enduring.

Often, we recognize the need for a shift when we're at low points and think things can't be worse. That's when we have the strength to propel ourselves to a higher place. Dyer felt it's in our best interest to just surrender and follow our instincts to determine where we really want to be.

Dyer shared the following traits for men and women, before and after a shift:

- Prior to a quantum moment that identifies a shift, men's top priorities are wealth, sense of adventure, achievement, pleasure and the need to be respected. Women's are family, independence, career, fitting in and attractiveness.
- After a shift, men's priorities switch to spirituality, personal peace, family, a sense of purpose and how honest he is with his feelings. Women shift to personal growth, sense of self-esteem, spirituality, happiness and forgiveness.

Dyer believed in the law of attraction; that we attract what we are and that we live in a world where all things are possible. We came here with music to play and to do so, we must live by spirit and follow our passions.

Think about what you want and go after it. According to Dyer, the biggest tragedy is to die with your music still in you.

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Beachwood Buzz MAGAZINE

Every Resident. Every Business. Every Month.



COVER STORY

Although she can't do the splits and it's been quite some time since she did a double somersault, Charleen Factor is Beachwood's most buoyant cheerleader.

Whether she is greeting people at the Beachwood Aquatic Center, bringing her own brand of brightness to a classroom as a Beachwood City Schools substitute, or selling tickets and rooting from the bleachers at Beachwood Bison games, Factor cannot hide her pride in her hometown.

Full story on page 7.

Photos by Scott Morrison, Discovery Photo.

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

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

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2016
Beachwood Chamber of Commerce
Business of the Year

City Council Update • Pages 26-28

Leaves Today... Mulch Tomorrow

Fall Leaf Pick-Up

Tips for Managing a Power Outage

Public Hearing – Farm Animals and Fowl

Upcoming Meetings

Recycling in Beachwood is Easier Than Ever

Civil Service Police Test

Be Seen

Service Department Holiday Hours

Art Exhibits

Mary Poppins

Salute to Veterans Day

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Cleveland Orchestra at Beachwood High School

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Light refreshments will be served. For more information, contact Rabbi Joel Chazin at 216.910.2522.

This event is generously supported by Kenny and Audrey Koblitz with additional support from various music funds of The Montefiore Foundation.



Class of '77 Reunion

The Cleveland Heights High School class of '77 will hold its 40th reunion on Saturday, September 2, 2017, at Tanglewood Country Club and is looking for classmates. If you know any graduates from this class, please email their contact information to beachwoodbuzz@gmail.com. Thank you!

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The Charleen Factor



By Arlene Fine

A drumroll please.

Although she can't do the splits and it's been quite some time since she did a double somersault, Charleen Factor is Beachwood's most buoyant cheerleader.

Whether she is greeting people at the Beachwood Aquatic Center, bringing her own brand of brightness to a classroom as a Beachwood City Schools substitute, or selling tickets and rooting from the bleachers at Beachwood Bison games, Factor cannot hide her pride in her hometown.

"I love this city - there is no better place to live as far as I'm concerned," says Factor. "The B in Beachwood stands for beautiful. This is a fantastic place to play, work, raise a family and retire - and I have done all those things here and more."

Factor's enthusiasm for the city was in play this summer while she was working at the Beachwood Family Aquatic Center's reception area.

"Seeing Mrs. Factor at the pool was like greeting a dear friend or a favorite neighbor," says Amy Schwartz. "With her infectious grin and welcoming manner, she made me feel glad to be part of the Beachwood community - she is this city's greatest goodwill ambassador."

Factor has been a Beachwood booster since she moved to the city 62 years ago. As a proud and active member of Beachwood High School's second graduating class in 1962, she fondly remembers her teachers and fellow classmates, many of whom remained her friends throughout the years.

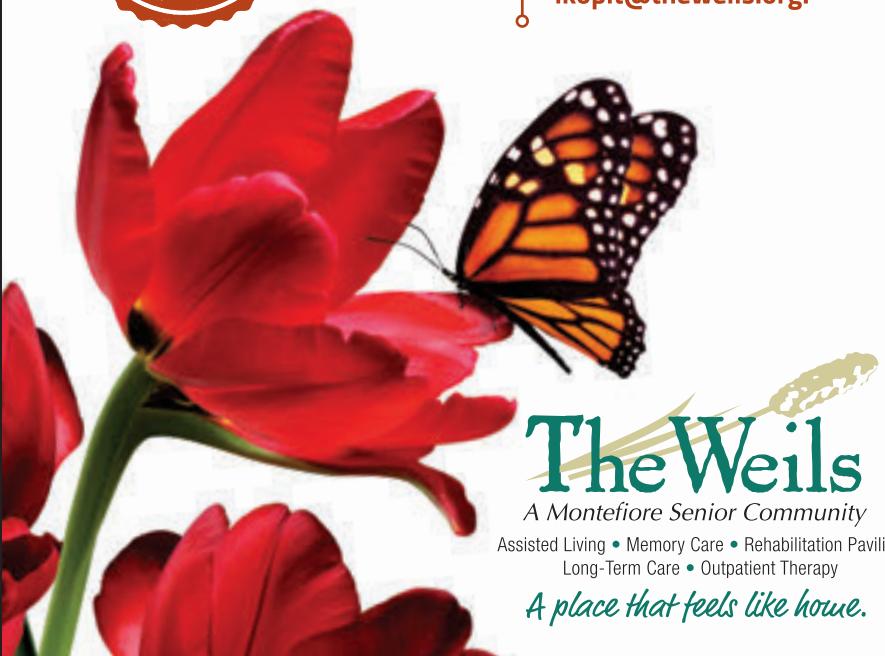
"When my folks moved to Beachwood from Shaker Heights, this was considered a rural community," says Factor. "Beachwood kids attended Shaker Heights schools for junior high and high school until the city built its own buildings. That was one smart move, and it helped Beachwood attract more young families."

As a freshly minted college graduate with an Ohio Teacher's Certificate, Factor's first stop was the Beachwood Board of Education. "I was offered a teaching job on the spot and that was one of the luckiest days of my life," she says.

Factor initially taught third grade at Beachwood's Fairmount School and then brought her contagious enthusiasm to the classroom as a kindergarten teacher for 25 of her 39 years with the district.

Continued on page 9.

Social butterflies, bookworms, busy bees, film fans. Always a flutter of activity.



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Char Rapoport Nance Joins ORT America Family



Char Rapoport

Nance has been named the new director of the ORT Ohio region, succeeding Roni Wallace, who is retiring after 31 years of service. Char, a native of Chicago, has lived

in Cleveland for the past 14 years. She brings to ORT a wealth of fundraising experience in both the Jewish and general communities, having worked for the Jewish Federation of Cleveland, Hillel at Kent State University and the Cleveland Institute of Music.

"The Ohio region has long been an important training ground for ORT's national leadership and has significant potential for growth," Char said. "I look forward to working with our dedicated volunteers and will be focusing on increasing major gift fundraising efforts, expanding the number of ORT supporters in Cleveland and other key areas of the state, and bolstering ORT's Next Gen program in Ohio by providing more opportunities for leadership development in the area."

Char is a graduate of Northern Illinois University, where she studied journalism, communications research and counseling. Her hobbies include traveling (especially with her son, Michael, who lives in Israel), theater and music. She is a member of Congregation B'nai Jeshurun in Pepper Pike, and can frequently be found at the 6 pm minyan. She previously served on the Beachwood Community PTO, reinvigorated BHS Senior Search, and was the founding president of Friends of Beachwood Orchestras.

"We are confident Char can help us take the Ohio Region to the next level, and wish her much success in this new role," said Gary Desberg, president of the Northeast Ohio Region.

Beachwood Buzz

Wishes you and your family a Happy Thanksgiving!



Continued from page 7.

"From the day I walked into Fairmount School, I was home," says Factor. "I am incredibly blessed to have chosen a profession I love so much. If you love what you do, your workday is a joy and the children feel your devotion and excitement and reflect it right back to you."

Working with other talented staff members was a special bonus for Factor, which helped spur her creativity.

"For many years our kindergarteners planned and prepared a Thanksgiving feast," she says. "We went to Heinen's to buy the food and cooked the meal together. The kids dressed up as Indians or settlers and everyone ate everything on their plates – often to the amazement of their parents."

Factor, who has a thick vanilla folder overflowing with loving, sometimes humorous, notes and letters from parents and students, marvels at all the personal connections she has made and the lives she has touched.

"Nothing gives me greater satisfaction than running into a former student and catching up," she says. "Although I might not recognize their 'grown-up' faces, once they tell me their names, I see them as unique little boys or girls in my classroom and I'm filled with a rush of memories of them as kids. It's especially meaningful when these students introduce me to their children, or even grandchildren – and I see the cycle of life right before my eyes."

Beachwood City Council woman Barbara Bellin Janovitz has high praise for Factor, who was her son Steve's kindergarten teacher.

"Mrs. Factor had an intuitive understanding of what made each kid tick," says Janovitz. "She could zero in on their strengths and connect with her students in a very meaningful way. And just like my dad, Al Bellin,

she still remembers so many of the students lucky enough to have been in her classroom. Teaching was not just a job for Mrs. Factor; it was and remains a true calling."

Eleven years ago Factor retired from her full-time teaching job at Fairmount School, but could not stay away from the classroom. She now substitutes at Beachwood schools one to two days a week.

She says that although the kids don't change, their interaction with the world has. "I'm amazed at how tech savvy these youngsters are," she says. "Last year I was in a second grade class and was having trouble setting up the computer. One little boy raised his hand and said, 'You know, Mrs. Factor, I think I know what's wrong.' I told him to come right up and – guess what – he fixed it in one minute. These kids are just amazing."

Although Factor and her husband, Sol, have many hobbies and interests, including their own two children and five grandchildren, Factor's love of teaching and her beloved Beachwood community has never waned. She still keeps a whimsical, multicolored hat with a flower popping out of the top and a stack of Dr. Seuss books in her car to entertain children in the classroom, or simply to bring a smile to a child's face while she's at the pool or a Beachwood Bison game.

With her attitude of gratitude and ability to share her zest for life with others, a quote from her beloved Dr. Seuss aptly sums up Factor's personal philosophy of life: "Today was good. Today was fun. Tomorrow is another one."

Gold and white pom poms anyone?



Team Simon Strong

Last March we ran an article about Andy Simon and how he was raising brain tumor awareness after being diagnosed as having a glioblastoma multiforme grade 4 malignant brain tumor. At the time, radiation, chemo, apheresis, mediport, stem cells, oncology and a Seidman clinical trial were words that were pretty foreign to Simon and his wife, Amy. Since his November 2, 2015 diagnosis, Simon underwent surgery, chemo and radiation and these words became a part of their everyday lives, 24/7.

"The tumor came out of nowhere," Amy told us. "Andy led a healthy lifestyle and was at an optimal weight."

She paused before adding, "And this is not genetic."

Andy didn't always lead a healthy lifestyle. About a year prior to his diagnosis and after seeing Amy's weight-loss success, Andy went on Omnitrition,

the health and nutrition company that Amy was sold on and now represents as her full-time position. While on the program, Andy lost 52 pounds, increased his exercise routine and learned an entirely new way of eating, all of which were positive factors while undergoing treatment.

"My core message is that a brain-tumor diagnosis, or that

of any other cancer or disease, doesn't have to be a death sentence," Andy told us. This is the message he wants to communicate and is one that he will gladly talk about to individuals who have been newly diagnosed.

With Amy's support, and that of Andy's family, friends and the amazing medical team at University Hospitals, Team Simon has been rallying on his behalf and today, Andy gratefully wears the same smile that he's worn since first being diagnosed.

"I've always believed there was hope and continue to wake up each day with this belief," Andy told us. Prior to his diagnosis, he hadn't missed a day's work in 30 years. Following his surgery, he was in ICU for fewer than 24 hours, and was up and running two weeks later, not really needing rehab. The worst thing he recalls from his past year's experiences was researching his condition on the Internet – something that he did with skepticism. What he found humbled him as the reality of his brain-tumor diagnosis sunk in.

Last June, Andy, along with family and friends, formed Team Simon Strong and participated in the BT5K Breakthrough for Brain Tumors Run & Walk, the American Brain Tumor Association's national signature fund-raising event, at which "Team Simon Strong" raised \$12,000. And now, grateful to be cancer free, Andy will continue to raise awareness about brain tumors by sending out the message that he's willing to talk with people who face the same diagnosis.

"In the past year, I have found

that the glioblastoma brain tumor diagnosis is more common than I would have believed," Andy told us. "If we can raise awareness and help other people stay positive while undergoing treatment, that's what it's all about."

"My core message is that a brain-tumor diagnosis, or that of any other cancer or disease, doesn't have to be a death sentence," Andy told us.



Andy's diagnosis came after complaining of migraine headaches. He told us that he remembers crying after surgery because he was afraid, even though the entire tumor had been removed. The fear was short lived though, and his positive attitude returned when he and Amy had an 'aha!' moment, both believing he was "going to have to kick cancer's ass."

Andy's trial treatment included six weeks of radiation with growth hormone shots to build up his stem cells. In the process, all blood was removed, stem cells separated and blood returned. The stem cells were then treated with a gene that allowed for higher doses of chemo. Although Andy was tired, he never felt down and out. Not spiritual by nature, he was nevertheless always grateful and accepted prayers from others.

"I've never been a downer," he told us, "except for when it came to Cleveland's sports teams!"



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Andy had too much to live for, with his son Alec's upcoming wedding and daughter Marissa's graduation from The Ohio State University just around the corner. "I had to get better and be there for them," he said.

Even after digesting his prognosis, Andy never thought about making final plans. Neither did he ever ask, "why me?" The closest he came to making final plans was after rehab when he went in the garage and found his Mustang with a flat tire and dead battery. He asked himself, what is going to happen if something happens to me? He didn't feel it would be fair to leave this car with Amy, who didn't know how to drive a stick shift, so he asked his leasing agent to please do him a favor and take the car back.

When Andy went to purchase a tie for Alec's wedding, he saw a superman onesie on the end of a rack and purchased it. He then bought Amy a Wonder Woman outfit and the two of them dressed as super heroes on Andy's last day of treatment to show that he is now a cancer warrior and super hero after beating this deadly form of cancer. "When I wear this outfit, I feel powerful and it helps me feel good," Andy said.

When stories from University Hospitals and news stations broke about these super heroes, many people reached out to share thoughts and stories of their own.

"Often when diagnosed," Andy said, "people feel alone and don't know where to go for support. Although there are great support organizations in and around our area, one-on-one consultations with someone who has the same diagnosis are more powerful."

Today, Andy is feeling well and is cancer free, although he's not yet out of the woods. The trial

is a 60-month program during which time scans and blood work will be run on a regular basis and bone aspirations will be taken to check stem cells.

"I've learned to cut out negativity and how to live in a positive light," Andy told us. "If there's one thing I'd like readers to remember, it's this: Just because you get a lousy diagnosis, it doesn't mean you have to give up on life. A positive attitude goes a long way. I'm living proof.

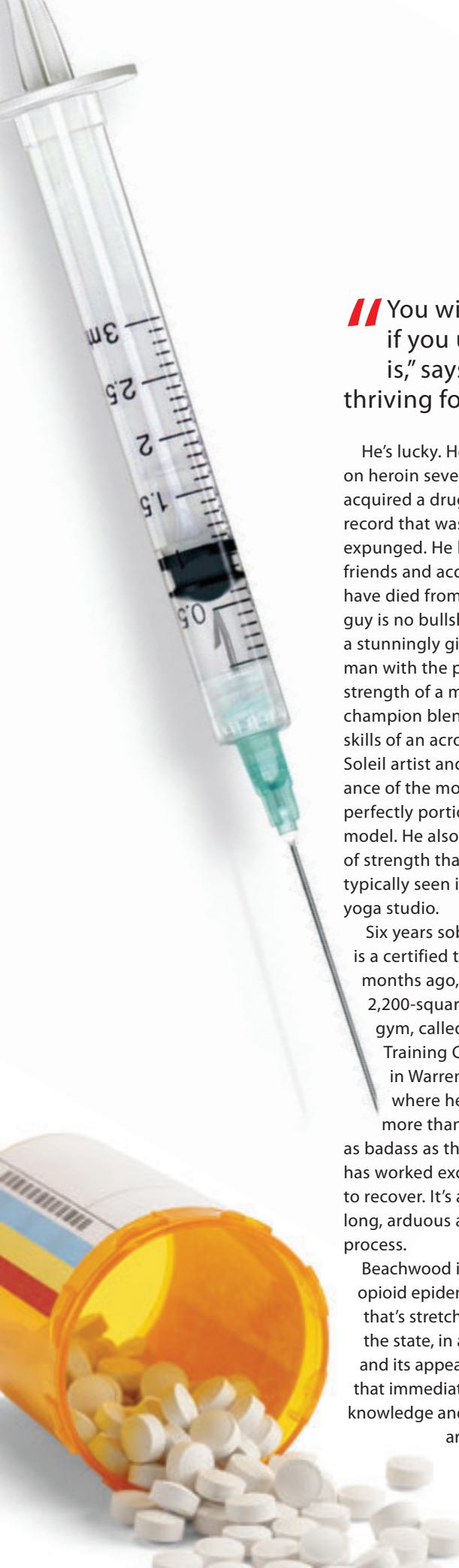
"If there's one thing I'd like readers to remember, it's this: Just because you get a lousy diagnosis, it doesn't mean you have to give up on life. A positive attitude goes a long way. I'm living proof.

"I've never been challenged like this before, and I had no option," he added. "I knew I was going to beat this and am grateful that to date, I have."

On Saturday, November 5, one year after Andy's surgery, the Simons will hold a cancer-free celebration at Brewsters, 2681 Creekside Drive, in Twinsburg. All are welcome to rock with Steve Jochum, creator of Funky Poodle.

To continue raising brain cancer awareness, Andy, Amy and their medical team are working to create a fashion event for cancer survivors and their families. Watch for more information in future issues of Beachwood Buzz.

"We just have to kick its ass," Andy said since being diagnosed. And that's what he's done every day since then. His goal is to get his story out to help other people. He may be reached at 216.650.8888.



Opioid Epidemic Tracks Path In Community

By June Scharf

“You will need to work TWICE AS HARD to get HALF AS FAR in life if you use drugs, and life has enough hurdles and challenges as it is,” says Adam Bernon, BHS Class of 2005, who is a surviving and thriving former heroin addict.

He’s lucky. He overdosed on heroin several times. He acquired a drug possession record that was recently expunged. He had numerous friends and acquaintances who have died from heroin use. The guy is no bullshitter. He’s also a stunningly gifted 29-year-old man with the physicality and strength of a mixed martial arts champion blended with the skills of an acrobatic Cirque Du Soleil artist and the appearance of the most shredded, perfectly portioned fitness model. He also performs feats of strength that defy what’s typically seen in any gym or yoga studio.

Six years sober now, Bernon is a certified trainer who, nine months ago, opened his own 2,200-square-foot private gym, called Core Fitness Training Center, located in Warrensville Heights, where he works with more than 30 clients. He’s as badass as they come. But he has worked excruciatingly hard to recover. It’s an extremely long, arduous and painful process.

Beachwood is seeing the opioid epidemic, the one that’s stretching throughout the state, in a range of forms, and its appearance suggests that immediate caution, knowledge and understanding are demanded.

Both Bernon and another

fully recovered heroin addict, Aaron Marks, BHS Class of 2002, will tell you that kids in school here possess pills, accessed from their parents’ or grandparents’ medicine cabinets, or from dealers, and they are not afraid to try them. Percocet, Vicodin and Oxycontin offer trips that kids are willing to take, they both report.

Marks also describes a perception that since the pills are clinically-prescribed medicines, they must not be that bad. Although some will dodge addiction, others will not, depending on their chemistry but irrespective of other factors in their lives. Drug use is not the exclusive domain of the emotionally, mentally or physically compromised, sources explain. The opioids first become the best friends, then the worst enemies, of “normal” kids and adults.

Beachwood Chief of Police Keith Winebrenner reports that there has been a definite “increase in the number of people arrested with opioid addiction when they are caught for thievery and other property crimes.” Theft is one of the chosen methods used to flip items to fund a drug habit.

He further notes: “We rarely saw heroin addicts in previous years, but now we see them on a regular basis.” When they arrive in Beachwood’s jail, a doctor is contacted to deal with their need for medication to ease the grip of addiction. Also, if officers arrive on a

scene where an overdose is underway, they are trained to administer the inhaled medication Naloxone to reverse the symptoms.

“We rarely saw heroin addicts in previous years, but now we see them on a regular basis.”

— Keith Winebrenner,
Beachwood Chief of Police

Addicts often are discovered when they’re stopped for traffic violations or involved in accidents. Cars are searched and telltale signs of drug use are typically needles, cotton balls and rubber bands. Officers’ radar is also up during their time stationed in all of the Beachwood schools throughout the day where “they are always on the lookout for possible drug activity,” Winebrenner states.

Beachwood Police Captain John Korinek reports that opioid use cuts across all demographics, and most often starts with a prescription for a painkiller. The progression to heroin arrives because it’s cheaper and more potent, but it’s also being driven by a modification to the widely prescribed drug OxyContin. “The FDA changed the formulation in 2010 by adding a coating so that crushing and snorting it no longer works,

Continued on page 14.

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| Nov. 10 | MacKenzie Phillips (57) |
| Nov. 11 | Leonardo DeCaprio (42) Demi Moore (56) Calista Flockhart (52) |
| Nov. 12 | David Schwimmer (51) Nadia Comaneci (51) Neil Young (71) Sammy Sosa (47) |
| Nov. 13 | Whoopi Goldberg (61) |



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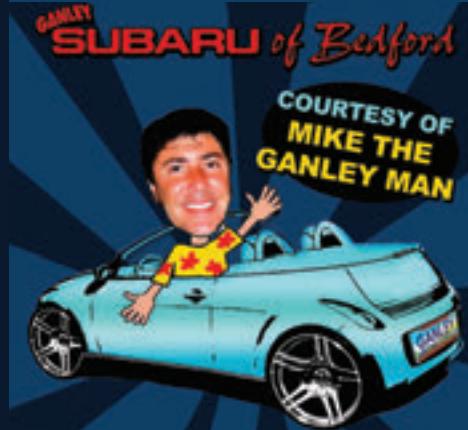
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Larry Boro, Jeff Rosen and Tom Luxenberg



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Continued from page 12.

and the use of heroin has risen ever since then." Other potency issues surround the way the drugs can be cut with insanely lethal agents like fentanyl and carfentanyl. "Dealers make more money by stretching their product" with these other agents, he adds.

He also notes that "drugs are everywhere, but the difference in Beachwood is that they aren't sold on street corners."

"The final stage of heroin use results in one of two things – death or jail," states Bernon. But if those outcomes are narrowly escaped, the outlook is still grim.

According to the National Institute on Drug Abuse, during the first three months after detox, the heroin relapse rate has been estimated to be above 90% in some studies and at least 50% in others when a long-term treatment, such as methadone or buprenorphine for maintenance therapy, is not used.

For 32-year-old Marks, who is 12 years sober, married one year and working full time in the financial technology industry, it has been a difficult jour-

ney since heroin use brought his education at the University of Cincinnati to a screeching halt during his sophomore year.

Drugs entered his life first with alcohol and weed use in high school, but pills were quickly introduced. "At parties, kids would say that if you took a Percocet or Vicodin, then drank two beers, it would feel like you drank six." He also reports that the pills "were not hard to come by at BHS." Then he had his own prescription for Vicoprofen (hydrocodone and ibuprofen, whereas Vicodin is hydrocodone and acetaminophen) after his wisdom teeth were pulled, putting him in possession of a bottle of about 30 pills when he says he probably only needed around four or five.

"My brain was hijacked by the chemicals," he explains. "It's not a moral failing." He describes having an addictive physiology, and that led him "to need more and more and more." Plus, it was always available.

"You'd never need to go to E. 55th Street; you could always get pills from someone you

knew," he points out.

He managed to get just enough classwork done to graduate. His parents had no idea what was happening either, he says. "I was very good at hiding it. But if they noticed anything, they couldn't put their finger on what it was, and they probably were in denial."

He experimented with acid and Ecstasy, admitting that the drugs fulfilled "a need to change the way my brain feels." But the counter messages at the time – don't do drugs, and images of homeless people living under bridges – failed to have an impact for the simple truth that they were inconsistent with what he saw around him: friends using drugs with immunity and impunity. "You discredit the message," he says, "when you don't see any negative outcomes."

What he says bothers him a lot about prescription drugs is the lack of information concerning their power to create addiction. "I took them from a place of ignorance," he explains, adding that he wishes there had been fewer messages involving fear

and more offering information.

His use grew into self-medicating, where he tried to detox from one drug by taking a different one. And when he arrived at the University of Cincinnati in 2002, the school was flooded with OxyContin. During his first night in the dorm, there was a party and pills were present, and there was no stigma attached to their use, he explains. But equally important, he says, no one makes the connection between pills and heroin, and how that progression can occur.

"I had no idea," he says. No idea how bad it would get or what he could do about it. "I wasn't abused as a child," he says, by way of explaining that his use was an escalating biological chemical dependency, independent of any other factors.

"You know you're never going to do heroin, you know this your whole life when you're growing up," Marks says. "But all I wanted was to not feel the way I did," a condition created as the drugs wore off. "There was never a moment's hesitation when it came to using



Adam Bernon



Aaron Marks

drugs, only a need to not have anyone find out. The drugs are that powerful. It doesn't enter your mind to not do it."

He would cover his costs by buying 20 pills and selling 10. But then the idea of buying heroin, which was much cheaper, became attractive. So that began the final chapter. But in January of his sophomore year, he found out that a friend died of an overdose and another was in rehab.

"I'm logical now. I make spreadsheets to help me make decisions." But back then, the news did nothing to change his behavior. Drug use is not logical, he instructs.

He had no idea what getting sober meant. That's the insanity of addiction, he says. He started injecting, and now, he can't say why he did that. It's not rational.

"I understand why I make choices now, but that's not how it worked then. I would watch what happened to me – I was a witness – but I couldn't control it." It got real bad, real fast. It became "a maintenance thing – I'd get sick if I stopped and you'll do anything not to get to that point." He dropped 20 pounds. "I was there. It was active heroin addiction."

Finally, he checked into Laurelwood, a chemical dependency center in Willoughby, to detox, then he went to Glenbeigh for further treatment. For a year and a half, he stayed "hyper focused on staying healthy." He hasn't relapsed since then.

"I put a lot of work into it, which involved self-discovery,

"There was never a moment's hesitation when it came to using drugs, only a need to not have anyone find out. The drugs are that powerful."

– Aaron Marks,
BHS Class of 2002

making changes and growing up." He found daily 12-step meetings helpful, as well. He continues to go weekly now. He also devotes a considerable amount of time to working with agencies that support anti-drug efforts.

Bernon's entry into drugs stemmed largely from defiance, not a broken home, or being "a miserable kid," as he describes it.

"I had issues with authority. I wanted to do whatever I wanted. I was rebellious, and I liked to party." He experimented with everything, but says he was against any opioids, knowing of their danger.

He shares that he did get reprimanded for his drug use. "I have great parents, I love them" he says, but their efforts to change his behavior only led to his becoming better at lying and covering it up.

"I always tried to toe that line, doing just enough to keep them off my back," he explains. And he worked out two to three times per day, "to maintain a certain level of life." He actually calls that life "paradoxical and contradictory," by virtue of being dedicated to fitness while impairing his mind with drugs.

"I wish I had a good explanation," Bernon says, adding, "I thought I could pull it off." He believes he has an addiction tendency in his genes, with evidence lying among some relatives who suffered from alcoholism. But he also dealt with anxiety. "Instead of fixing my problems and handling my issues, I took a pill."

Despite his heroin use while attending Ohio University, where he moved from pills to heroin and was busted for selling drugs, he graduated with a Bachelor of Science degree in psychology.

His recommendation to parents is to take a more active role in preventing temptation by locking up their medications because "kids are curious, and they think 'it's not going to be

me that becomes addicted."

To recover, he took the lessons he learned from a 12-step program and changed his friends, the places he went and the things he did. He describes spending the first three years of recovery battling every day to live the life of a healthy person.

"I've worked very hard to get to where I am now," he says. He's had no relapses and believes that dedicating himself to fitness for his business, plus living a healthy lifestyle, has saved his life. "I traded one addiction for another, from opioids to fitness and all around well-being." Exercising is known as one of the best activities in which a person can engage while in recovery, he reports.

Bernon is generous with his time and has talked to students in area schools about drug use and his own mistakes. He also works with the SAY (Social Advocates for Youth) program and its anti-drug outreach activities.

Ultimately, his advice to others is simple. "Don't give yourself the added weight that comes with drug use."

His recommendation to parents is to take a more active role in preventing temptation by locking up their medications ...

– Adam Bernon
BHS Class of 2005

For additional testimonials concerning the drug addiction process and progression, see "Chasing the Dragon," an informative video about opioid use involving confessions belonging to a range of people who have suffered from addiction. The video, available on YouTube, was created by the Federal Bureau of Investigation and the Drug Enforcement Agency.

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365 Days of Gratitude

I was watching Hailey Bartholomew's TED talk the other day and it got me thinking about how grateful we might be if only we could teach ourselves to stop and take notice of the little things that make us grateful. Her story is inspiring in the simplest of ways. There was not a big crisis. She did not go through a divorce, experience a death or lose her job. Like many, Hailey was feeling flat, disconnected from the joys of her life and depressed.



She committed herself to 365 days of noticing the positives instead of noticing what, and who, wasn't meeting her

expectations. She set out to notice, assess, and appreciate the positives in her life – the little things that made her smile, laugh and think differently. She dedicated herself to creating positive awareness through photographs. During each of the 365 days she would photograph something that made her feel grateful – from umbrellas on a rainy day to her husband's giving her the biggest slice of pie. Through her project she began to notice that her unrealistic expectations of others had prevented her from appreciating how good they really were. She recognized that, for the most part, they were showing up and trying to be enough for her. She learned from her 365 Grateful Project to reprogram her brain to notice, filter in and appreciate the many things in her life that had once gone unnoticed, but that now filled her with gratitude, stating, "Sometimes

we don't see how great our life is because we're not looking for it."

While 365 days may seem like a lot of days to remember to stop and take notice, imagine how good you will feel to know that every day for 365 days you were able to notice a person, place or thing that made you smile, feel comfort, content, inspired – and grateful.

Some strategies...

- **Create a photo book of gratitude as Hailey did:**

Take one photograph a day of an image that makes you feel grateful.

- **Share your gratitude:**

Email, write or text one person each day thanking them, (from a family member or friend to your mail delivery person, librarian, teacher or coach).

- **Keep a gratitude journal:**

Write a new entry each day, whether a statement of gratitude or an entire page.

by Jennifer Stern

There is no right or wrong way to do this.

- **Create a gratitude box:**

Fill an old shoe box with gratitude-awareness statements, one for each day.

- **Gratitude out loud:**

Each night at dinner or bedtime, say aloud something/someone for which you are grateful.

She set out to notice, assess, and appreciate the positives in her life – the little things that made her smile, laugh and think differently.

Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information she can be reached at 216.464.4243.

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Benefit Concert for Kosher Food Pantry

The Cleveland Kosher Food Pantry and Music for Food Cleveland will hold a benefit concert, Sharing the Bounty, on Sunday, November 13, at 3 pm at a Cleveland Heights home. A dessert reception will follow the program.

The world-class musicians donating their time and talent for the concert include violinist Kim Kashkashian, violist Yu Jin, violinist Jaime Laredo, cellist Sharon Robinson and the Cleveland-based Cavani String Quartet. Robinson founded the Cleveland Chapter of Music for Food in 2015.

"We are deeply honored that Music for Food Cleveland musicians will be performing on behalf of the Kosher Food Pantry," says KFP director Devorah Alevsky. "We are hoping to raise enough money from the benefit concert to purchase a delivery van to allow us to better serve the thousands of people who rely on our pantry each month."

Kim Kashkashian, founder of the Boston-based Music for Food, says there is an "Energy Triangle" that Music For Food

creates among the musicians, audience, and food pantries. "We want the audiences to feel like active participants when they attend one of our concerts. They are receiving music and actively giving in return. Everybody is giving to everybody. That's what we love about this model."

The Kosher Food Pantry provides a safety net to the hungry and food-insecure in Cleveland's eastern suburbs, without regard to race, color or religion. As one of the largest food relief agencies in Northeast Ohio, the Kosher Food Pantry supplies emergency and supplemental food to 4,000 people each month and makes home deliveries. Locally and on a weekly basis, KFP serves 35 families in Beachwood.

Seating for the concert is limited. For tickets, visit www.kosherfb.org/concert or send a check to Kosher Food Pantry, 2004 S. Green Road, Cleveland, Ohio, 44121. For additional information, or if you cannot attend but would like to support this community effort with a check, please call 216.382.7202.

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- Am I misplacing things more often?
- Have I become lost when walking or driving?
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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. The programs provide education and information, support, and tools to help manage the stress of a cancer diagnosis. The Gathering Place has two locations in Beachwood and one in Westlake.

The following programs will take place at 23300 Commerce Park in Beachwood. All programs require advance registration by calling 216.595.9546 unless noted. For more information visit www.touchedbycancer.org. You can follow TGP at www.facebook.com/tgpcaringcommunity or www.twitter.com/touchedbycancer.

Prostate Cancer Information Session

Thurs., Nov. 10 • 5:30 – 6:15 pm

An opportunity for men newly diagnosed (within last 6 months) to ask questions, connect with prostate cancer survivors and learn about support and resources. No registration required.

Hope for Tomorrow: Group for Those with Gynecologic Cancers

Wed., Nov. 16 • 6 – 7:30 pm

Knitting Group

Mon. Nov. 14 and 28 • 2 – 3 pm

For experienced knitters and those new to knitting. Share and connect around your cancer experience while creating a piece through knitting.

Grief: When Will It End?

**Mon., Dec. 5, 12 and 19
11 am – 12:30 pm**

For individuals who have experienced the loss of an adult loved one due to cancer more than a year ago. Topics include: holding on versus letting go, socializing and dating and who am I now. Participants are encouraged to attend all three sessions.



Ronald L. Kahn Honored for a Lifetime of Service to the Cleveland Community

Ronald L. Kahn received the Ramey Award for Distinguished Community Service at the Ohio State Bar Foundation's Annual Awards Dinner on October 7. This honor is given annually to an Ohio attorney whose career has been exemplified by a lifetime of service to the public and the community.

of the capital campaign to raise the needed funds. After serving the longest tenure of any RMH president at four years, he was elected secretary of the board, a position he still holds today.

"Regardless of whether you are a colleague, volunteer, staff, RMH guest or fellow board member, Ron Kahn is there to be a friend," said Mickey Kozlovich, past president of RMH of Cleveland. "Truly a remarkable and dedicated individual with a passion rivaled by none."

Other accomplishments under Kahn's guidance and leadership include Tools for Today and Tomorrow, an online support resource for families, now known as RedTreehouse.org, and the opening of Ohio's first Ronald McDonald Family Room within a hospital. In addition, Ron was part of the Ulmer & Berne team that helped secure \$2.2 million in New Market tax credits for yet another expansion of RMH in 2010.

For 38 years, Kahn has donated countless hours of legal work, helped develop new programming to serve thousands of families in need and raised hundreds of thousands of dollars to support RMH services.

"Over the history of Ron's board leadership, dedication and commitment to the mission, RMH has grown from serving 2,000 people through one program in 1979 to helping more than 100,000 individuals a year through multiple programs today," said RMH of Cleveland Executive Director Craig Wilson who nominated Kahn for the Ramey Award. "While most people would move to a new cause, Ron's passion

for the RMH mission continues to burn as brightly today as it did 38 years ago."

Fritz E. Berckmueller, a fellow RMH board member and supporter of Kahn's nomination, added, "He is never afraid to go the extra mile or make that last request to better serve the organization and its interests, but always does so in a way that shows respect for others and, in turn, fosters appreciation for the House. That is the mark of a true legal professional and a dedicated fiduciary."

"I truly feel honored to be recognized by the Ohio State Bar Foundation for my involvement with Cleveland's Ronald McDonald House," Kahn said. "From our own experiences, Susy and I appreciated the value of a low-cost place to stay in a home-like environment near the hospital where our child was being treated for a serious illness. Thus, it has been a rewarding labor of love to participate in the growth of Cleveland's Ronald McDonald House, which went from serving about 2,000 families a year to about 100,000 families annually today."

"But, the unexpected bonus has been, and continues to be, our interaction with so many wonderful people – board members, staff, volunteers and contributors – all helping to make the Ronald McDonald House of Cleveland, its Ronald House Family Rooms located in area hospitals and its Red Treehouse Program of online support for families, the wonderful successes they have been in fulfilling our Ronald McDonald House mission of Keeping Families Close."

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Mary Poppins Set to Fly Into Beachwood

Based on the stories of P.L. Travers and the Walt Disney Film.
Original Music and Lyrics by Richard M. Sherman and Robert B. Sherman.
Book by Julian Fellowes.

Mary Poppins is set to soar over the rooftops of London and on to the stage of Beachwood Community Theater this November and December. This high-flying family musical features the delightful songs from the cherished Disney film including "A Spoonful of Sugar," "Supercalifragilisticexpialidocious" and "Step in Time." The winner of 44 major theatre awards, Mary Poppins has captivated audiences with its enchanting story, unforgettable songs and dazzling dance numbers. Tickets are \$8 for adults and \$7 for students/seniors.

Mary Poppins is the practically-perfect nanny who helps audiences to discover the silver lining in every situation, realize that sometimes they may just

use the winds of change to go fly a kite, and take their medicine with a spoonful of sugar. Mary reminds us how family values bring order to the Banks' household. She whisks Jane and Michael Banks off on magical adventures, dispensing astute advice along the way.

Director Jill Koslen-Freireich adores Mary's repeated phrase "... Anything can happen if you let it." We are only restricted by the limitations we put on ourselves. If you want something badly enough, you can make it reality. Mary shares her vision that even ordinary moments can become Jolly Holidays and that every "thing" deserves care, respect and love.

Koslen-Freireich feels that the

theme of this show rings true within the Beachwood Community Theater as a whole, saying, "We all have a desire to stretch our imaginations, be a part of something bigger than ourselves and to create something amazing."

As always, Beachwood Community Theater looks beyond the happily ever after of its characters, cast and crew. All candy-sale profits will benefit Harvest for Hunger. As Mary references, we need to look beyond the tips of our noses and recognize those in need of our assistance, and in Northeast Ohio, many families are in need of food. Partnering with Harvest for Hunger allows the cast of Mary Poppins to share the magic with others on a level far greater than applause.

| At a Glance: |
|---|
| Beachwood Community Theater Presents Mary Poppins |
| Beachwood Middle School Auditorium |
| Fridays • Nov. 18, Dec. 2 • 8 pm |
| Saturdays • Nov. 12, Nov. 19, Dec. 3 • 4 pm |
| Sundays • Nov. 13, Nov. 20, Dec. 4 • 2 pm |
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Director Jill Koslen-Freireich adores Mary's repeated phrase "... Anything can happen if you let it." We are only restricted by the limitations we put on ourselves. If you want something badly enough, you can make it reality.



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Pictured left: (Clockwise) Bruce Jennings as Mr. Banks, Nora Resnick as Jane, Cheryl Eitman as Mrs. Banks and Adam Ritzenberg as Michael.



Pictured below: Trinidad Snider as Mary Poppins, Kallista Hayes as Jane, Nate Miller as Michael and Mike Snider as Bert.

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Beachwood Community Center



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graduates from the Cleveland Institute of Music. Musical offerings range from Mozart to Gershwin to Philip Glass. This program is free and open to the community. Freewill offering accepted.

Support the Arts in Beachwood!

Beachwood Arts Council is a 501(c)(3) organization. Your meaningful support is tax-deductible to the extent allowed by law. BAC membership and participation are open to all residents of northeast Ohio. For more information, please visit www.beachwoodarts.org or call 216.595.3400.

Bereavement Support Group

Park Synagogue is sponsoring a Bereavement Support Group for individuals who have experienced the death of a loved one, whether spouse, parent, child, sibling, or friend.

The group will meet for six Mondays, November 7 through December 12, from 7:15-8:45 pm at Park Synagogue East, 27500 Shaker Blvd. in Pepper Pike.

Pam Gleisser, LISW, will facilitate the group. Participants will gain insight into the stages of mourning and the normal feelings of grief experienced after the death of a loved one. Group members will also find support, strength, friendship, and hope from each other.

The Park Synagogue Bereavement Support Group is free and open to the community.

Space is limited and pre-registration is required. Please contact Ellen Petler at epetler@parksyn.org or 216.371.2244, ext. 122 for more information and to register.

88 Keys & A Red Clarinet

Don't miss 88 Keys & A Red Clarinet, sponsored by Park Synagogue Senior Adults and B'nai Jeshurun's Hazak Group, on Sunday, November 13 at 3:30 pm at B'nai Jeshurun Congregation, 27501 Fairmount Blvd., Pepper Pike, featuring Carl Topilow on his red clarinet and Marshall Griffith on the piano in an upbeat musical program. The event concludes with a table-served dinner.

Carl Topilow, clarinetist and conductor of both the Cleveland Pops and CIM Orchestra, and Marshall Griffith, pianist and cirector of music for The Temple-Tifereth Israel, will play a wide variety of music from past and present eras. There will be something for all music lovers to enjoy.

The event is open to people of all ages in the community. Cost is \$34 per person for community members. Prepaid reservations are required. For registration information, please contact Ellen Petler, Park Synagogue program and volunteer director, at epetler@parksyn.org or 216.371.2244 ext. 122.

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Israel Bonds Invests for the Future

In 1950, in the King David Hotel in Jerusalem, David Ben Gurion, Israel's first prime minister, gathered Jewish leaders from around the world to discuss the concept of Israel issuing sovereign debt in the form of bonds to the Jewish diaspora. In 1951, Israel Bonds was launched in the United States as the Development Corporation for Israel, and Cleveland was one of the first cities to establish a sales office.

Sixty-five years later, Development Corporation for Israel/ Israel Bonds continues as a FINRA-member broker dealer that underwrites securities issued by the State of Israel in the United States. Since the first bonds were issued, Israel has never defaulted or missed a payment of principle or interest on Israel bonds. Globally, the Bonds enterprise ranks among Israel's most valued economic and strategic resourc-

es, with a record of proven success and worldwide sales rapidly approaching \$40 billion.

Proceeds from the sale of Israel bonds helped build every sector of Israel's economy, and Israel bonds have played a decisive role in Israel's rapid evolution into a groundbreaking, global leader in high-tech, greentech and biotech.

In addition to the Jewish community, investors include banks, insurance companies, pension plans, foundations, universities and government. Locally, these include such institutions as PNC Bank, KeyBank, Huntington National Bank, Fifth Third Bank, Cuyahoga County and the Ohio Treasurer.

Israel bonds start as low as \$36 and for terms as short as two years, and may be appropriate for investment portfolios, retirement plans

and as donations to charitable organizations. Israel bonds make great gifts for special occasions, especially Hanukkah at this time of year.

Investors should consider how much of their portfolio to allocate to any investment, including Israel bonds, based upon its potential risks, their liquidity needs, and other factors and consider getting advice from a qualified financial advisor. Potential investors should read the prospectus carefully before investing. Rates and prospectuses may be obtained at www.israelbonds.com.

The regional office for Ohio and Kentucky is located in Commerce Park, Building Four, Beachwood. For more information contact Thomas Lockshin, executive director, at 216.342.6843 or Cleveland@israelbonds.com.

NEO Jewish Singles

Kabbalat Shabbat Service Friday, Nov. 11 • 6:15 pm

Celebrate Shabbat at a monthly Kabbalat Shabbat service, a contemporary service with a lot of beautiful music. Following the service, stay for the hearty oneg. The group will gather near the flags in the atrium foyer of Fairmount Temple at 6:05 pm. No RSVP is necessary.

Dinner at Flour Sunday, Nov. 20 • 6 pm

The Italian food at Flour is great! 34205 Chagrin Blvd. in Moreland Hills. Please feel free to bring friends. RSVPs, by Thursday, November 17, are required by emailing Sally Rich at lvzgadgets@yahoo.com or signing up at www.meetup.com/NEO-Jewish-Singles.



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Fall Into Holiday Fun!

A Bubbes, Zaydes and Babies Quarterly Program



Montefiore residents and young families enjoyed an intergenerational program that included music, hands-on creative projects, storytelling and snack time. Special thanks to JCC Early Childhood Education for their partnership.

Pictured: Beachwood resident Jana Rossman Lazarus and her daughter, Jillian, visit at Montefiore.

Gross Schechter Day School Presents Shalom Baby, a Free Program for Expectant Parents

Gross Schechter Day School and Alexandria School for Nannies' founder and executive director Carolyn Stulberg welcome expectant parents to participate in Shalom Baby, a specialized series for families in the Jewish community that provides valuable information about topics relevant for new parents, fantastic giveaways and an opportunity to connect with other expectant couples. All are welcome to participate in this wonderful new program on Wednesday evenings, from 7 – 8:30 pm at Gross Schechter Day School.

These 90-minute weekly sessions will include prenatal information through a Jewish lens, kosher snacks and time to socialize. Expectant parents will benefit from a forum of informa-

tion-sharing, exploring traditions and meeting new friends. After the babies are born, there will be a reunion session to bring Shalom Baby families back together again.

This program is generously sponsored by a Shores Grant from the Jewish Education Center of Cleveland. For more information or to register online, visit www.grossschechter.org/shalom-baby. Space is limited, so RSVP today.

Wednesday, November 9 Mom's Scoop and Your Newborn's First 36 Hours

The new dads will discuss the first 36 hours of the infant's life and how to help the new mother in her recovery, while the moms will practice diapering, bathing and swaddling during a "boot camp" session.

Wednesday, November 16 "Jewish Mothers" and Other Experts

Learn about the work/life balance, how to make choices about returning to work and how to manage finances with a growing family. A panel of experts will also discuss choosing a pediatrician, preparing your dog for your new little one, and choosing equipment and furniture.

Wednesday, November 30 Sharing is Caring: Shalom Baby Alumni Share

In this final session, Shalom Baby alumni will talk about their experiences as new parents.

For more information, contact Rachel Lappen at rlassen@grossschechter.org or 216.763.1400, ext. 405.

Happy Holidays from everyone at

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logo design
packaging
trade show booths

Women of Fairmount Temple Programs

The following programs take place at Fairmount Temple. For questions or more information, call Ellen Klein at 216.342.4755.

Tuesday, November 8

Women of Fairmount Temple will first have lunch at Bravo (on one's own) at 11 am. At 1 pm, attendees will drive to Chagrin Valley Soap and Salve Company at 29425 Aurora Road in Solon, where they will tour the factory and hear a talk focusing on skin, body and hair care.

Sunday, November 13

Game Day, 1-4 pm. Singles and groups are invited to play, have fun and help raise funds for projects. If you have a mah jongg set, bring it along. Cards and board games will also be available. Register by November 9. Refreshments, prizes and raffles will await participants.

Tuesday, November 15

Educator Diane Lavin will continue her series of "First Families of the Bible," beginning at 10:30 am. Lunch will follow at noon (\$10/person). Reservations must be made on Thursday or Friday before the event by calling 440.461.7921. After lunch, attendees will enjoy "Fabulous Singers, Fabulous Scenes," an afternoon of opera performed by Cleveland Institute of Music opera students. The program is free and open to the community.

Sunday, November 20.

Members of the Sunday Mitzvah Morning program invite you to knit, paste and cut to create lap robes, numbers books for pre-school children at the Children Sight Center, and kits for epileptic children.

Tuesday, November 29

Lunch is at noon (\$10/person). Reservations must be made on Thursday or Friday before the event by calling 440.461.7921. At 1 pm, Sandie Angart, owner/artist of Three Sisters Plates, will demonstrate how to create a handcrafted collage item. The program is free and open to the community.



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CITY OF Beachwood Council Update

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GORDEN

216.292.1901
mayor@beachwoodohio.com



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HORWITZ

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brian.linick@beachwoodohio.com



JAMES
PASCH

216.630.9671
james.pasch@beachwoodohio.com



LEAVES TODAY... MULCH TOMORROW

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



FALL LEAF PICK-UP

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

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

Place UNBAGGED leaves on the tree-lawn only. DO NOT PLACE IN STREET. Leaf piles mixed with other debris – such as grass – WILL NOT be picked up.

After January 1, all leaves need to be bagged. Leaf bags will then be picked up with your regular rubbish on your collection day.

Questions? Call 216.292.1922.

Recycling in Beachwood is easier than ever.



CANS
Empty and Rinse.



CARTONS
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Replace Cap.



GLASS
Empty and Rinse.



PAPER & BOXES
Flatten Cardboard.



PLASTIC BOTTLES & CONTAINERS
Empty and Rinse.
Replace Cap.

City of Beachwood

Cuyahoga County
SOLID WASTE DISTRICT
cuyahogasolidwaste.org

City Contact Information

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



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

TIPS FOR MANAGING A POWER OUTAGE



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

When restoring service, hazards are restored first and priority goes to hospitals, safety departments and other critical facilities. Repairs are prioritized to restore lines that affect the largest number of customers. Stock up on drinking water and fill bathtubs in advance of a storm.

Text OUT to 544487 to report an outage via text messaging. You can also sign up on the website for outage email or text alerts.

IMPORTANT NOTICE

PUBLIC HEARING - FARM ANIMALS AND FOWL

A public hearing will be held Monday, November 7 at 7:30 p.m. in City Council Chambers regarding an Ordinance amending BCO Chapter 1155.05, Keeping of Domestic Farm Animals and Fowl.

CIVIL SERVICE POLICE TEST

The Beachwood Police Department will be offering an entrance examination for the position of full-time patrol officer on January 30, 2017 6:00 p.m., at Beachwood Community Center.

The dates and times for application distribution and submittal at the Beachwood Police Department, 2700 Richmond Road, are as follows:

- December 5, 2016 – December 9, 2016
(Mon, Tues, Thurs, Fri) 8:00 a.m. to 4:00 p.m.
- December 7, 2016 (Wed) 8:00 a.m. to 7:00 p.m.
- December 10, 2016 (Sat) 8:00 a.m. to Noon
- December 12, 2016 – December 16, 2016
(Mon, Tues, Thurs, Fri) 8:00 a.m. to 4:00 p.m.
- December 14, 2016 (Wed) 8:00 a.m. to 7:00 p.m.

MISSED A COUNCIL MEETING?

To listen to audio recordings, just visit www.beachwoodohio.com and click on the link.



BE SEEN ALL PEDESTRIANS should wear reflective gear when walking or running before dawn and after dusk. Safety is our number one concern.

UPCOMING MEETINGS

CITY COUNCIL

Usually meets the first and third Mondays of each month at 7:00 p.m. Upcoming meetings: Mondays, November 7 and 21. 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 8. Questions? Call 216.292.1914.

ARCHITECTURAL REVIEW BOARD

Meets at 5:30 p.m. Upcoming meetings: Mondays, November 7 and 21. Questions? Call 216.292.1914.

Departments

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216.595.5492

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COMMUNITY SERVICES
216.292.1970

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216.292.1965

LAW DEPARTMENT
216.595.5462

MAYOR'S OFFICE
216.292.1901

POLICE DEPARTMENT
216.464.1234

SERVICE DEPARTMENT
216.292.1922

OF SPECIAL NOTE

The Service Department will be closed Thursday, November 24 and Friday, November 25 in celebration of Thanksgiving.

PLEASE NOTE: If your rubbish day is Thursday, your trash will be picked up Wednesday, November 23.

ART EXHIBITS

Beachwood Community Center

MON – FRI • 9 A.M. – 4 P.M.

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

A PHOTOGRAPHIC EXHIBITION BY THE CHAGRIN VALLEY CAMERA CLUB

NOVEMBER 9 – DECEMBER 2

Opening Reception:

SUNDAY, NOVEMBER 13 • 1:00 – 2:30 P.M.

OUR FAVORITE THINGS

DECEMBER 13 – JANUARY 6

Opening Reception:

SUNDAY, DECEMBER 18 • 1:00 – 2:30 P.M.

Featuring Laurie J. Anderson – watercolor paintings, Richard L. Cohen – pastel landscape paintings, Saniya Aldoori- paper scrolling

BEACHWOOD ARTS COUNCIL

CLASSICAL REVOLUTION

SUNDAY, NOVEMBER 6 • 2:00 P.M.

BEACHWOOD COMMUNITY CENTER

Enjoy a performance by a string quartet, composed of graduates of the Cleveland Institute of Music. Their offerings range from Mozart to Gershwin to Philip Glass. Free, public welcome.

Council Update

BEACHWOOD RECREATION COMMUNITY THEATER PRESENTS

Mary Poppins

PERFORMANCE DATES

Saturday, Nov. 12 • 4:00 p.m.

Sunday, Nov. 13 • 2:00 p.m.

Friday, Nov. 18 • 7:30 p.m.

Saturday, Nov. 19 • 4:00 p.m.

Sunday, Nov. 20 • 2:00 p.m.

Friday, Dec. 2 • 7:30 p.m.

Saturday, Dec. 3 • 4:00 p.m.

Sunday, Dec. 4 • 2:00 p.m.

LOCATION

Beachwood Middle School

TICKET PRICES

\$7.00 – Students/Seniors

\$8.00 – Adults

Available at the door 30 minutes prior to curtain – cash or check, no credit cards accepted



SALUTE TO VETERANS DAY

NOVEMBER 6, 2016 • 11:00 A.M.

BEACHWOOD CEMETERY



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

9th Annual Beachwood Chamber of Commerce



Presented by:



SAMPLE FOODS FROM THE AREA'S FINEST RESTAURANTS AND CATERERS

**Thursday, November 10, 2016 • 5-7:30 p.m.
Embassy Suites – Beachwood**

Tickets: \$30

RSVP Early • Purchase Tickets Online at beachwood.org.

Table Sponsorship Available – \$100

Includes:

Two (2) Event Tickets

Logo on Signage on Tables and In Program



Participating Restaurants – More Added Daily!

Bahama Breeze • Beachwood Bistro • Ben and Jerry's Ice Cream
Buffalo Wild Wings • California Salads • Choolaah Indian Barbecue
Crooked River BBQ & Beer • Maggiano's Little Italy
Moxie/Red The Steakhouse • Paladar Latin Kitchen & Rum Bar
Park East Grill • Piada Italian Street Food • Pizza Fire
Texas de Brazil • The Sanctuary • Tomaydo-Tomahdo
Tres Potrillos • UH Ahuja Medical Center
Wasabi Japanese Steakhouse
Zoup!



Participant Voted

2015 People's Choice Award
Choolaah Indian BBQ

2015 Best Overall Display
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Michael Zawatsky, Vice President, 292-9916 • mzawatsky@beachwoodschools.org
Dr. Brian Weiss, 464-6678 • bw@beachwoodschools.org
Joshua Mintz, 245-0000 • jmintz@beachwoodschools.org
Steve Rosen, 292-5562 • srosen@beachwoodschools.org



Missed out on getting tickets but still interested in 'The Cleveland Orchestra at Beachwood High School'?

Join us in the HS Community Room for a simulcast of the performance.

For more information, visit www.beachwoodschools.org/ClevelandOrchestra.aspx or call Shana Wallenstein at 216.464.2600 ext. 237.



GALLERY OF SUCCESS

BEACHWOOD HIGH SCHOOL

Nominations are open until Friday, November 11 for the Beachwood High School Gallery of Success.

To see nomination guidelines, download an application or submit your nomination online, [visit www.beachwoodschools.org/gallery](http://www.beachwoodschools.org/gallery)

Have questions? Call Paula Zavell Rollins at 216.292.5600 (h) or 216.789.3995 (cell).

The Beachwood Bistro is Back!



Make your reservations now for lunch at the Beachwood Bistro! Lunch is served Wednesday, Thursday and Friday from 11 am to 12:30 pm. The Bistro is an ideal spot to grab a quick burger, sandwich or salad or linger with a lunch date over coffee and freshly made desserts.



The menu is posted weekly on www.beachwoodschools.org/bistro.aspx or on facebook and twitter! Call to make reservations at 216.831.2080 ext. 131 or by emailing pas@beachwoodschools.org

Philanthropy at Bryden Elementary School

The students at Bryden are already involved in giving back! In October, 2nd graders from **Mrs. Sherry Bogart's class** were able to visit Stone Gardens assisted living facility. Students enjoyed creating a friendship wreath, as well as reading and singing together with their new senior friends. Each of our classes will enjoy a field trip to Stone Gardens this year as part of our philanthropic and intergenerational learning opportunities.

The entire Bryden school participated in an assembly with State Treasurer **Josh Mandel**, who visited Bryden to speak about his experience as a soldier and to kick off our "Socks for Soldiers" philanthropy project. If you'd like to donate a pair of new, never worn socks to the Sock Drive, please bring them to Bryden Elementary School or to Fairmount School by November 15 and we'll include them with our donation!



ADMINISTRATION

Dr. Robert P. Hardis, Superintendent, 464-2600 ext. 299 • rph@beachwoodschools.org
Michele E. Mills, Director of Finance/Treasurer, 464-2600 ext. 239 • mm@beachwoodschools.org
Lauren J. Broderick, Director of Pupil Services, 464-2600 ext. 234 • ljb@beachwoodschools.org
Dr. Ken Veon, Director of Operations & Technology, 464-2600 ext. 230 • kev@beachwoodschools.org
Linda LoGalbo, Director of Curriculum & Instruction/Human Resources, 464-2600 ext. 289 • lhl@beachwoodschools.org
Kathleen Stroski, Assistant Treasurer, 464-2600 ext. 240 • ks@beachwoodschools.org
Shana Wallenstein, Director of Marketing & Communications, 464-2600 ext. 237 • swallenstein@beachwoodschools.org

Friends of Beachwood Orchestras

2016 Fundraiser

Join us for an afternoon of fun, food, music, and a silent auction* full of wonderful opportunities!

Sunday, December 11, 2016

4:00 - 6:00 p.m.

Whirly Ball

35055 Richmond Rd, Bedford, OH

\$25 per adult admission (cash bar available)

\$15 per student not performing for the fundraiser

\$5 per student performing with the orchestra for the fundraiser

(All students must be accompanied by an adult)

RSVP to missyfobo@gmail.com

Whirly Ball

Raffle Baskets

Music

Silent Auction

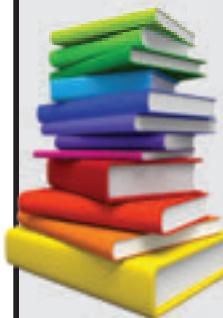
RSVP by Dec. 6



The Friends of the Beachwood Orchestras is dedicated to providing valuable support for the strings program in grades 4-12.

Looking to pick up a new book for a young person in your life?

The Parent Teacher Organization (PTO) at Bryden Elementary School is hosting a book fair November 15 - 18th. It's the perfect opportunity to pick up a book for the young reader in your life!



Dates and times are as follows:

Tuesday, November 15: 3:30 pm - 7 pm

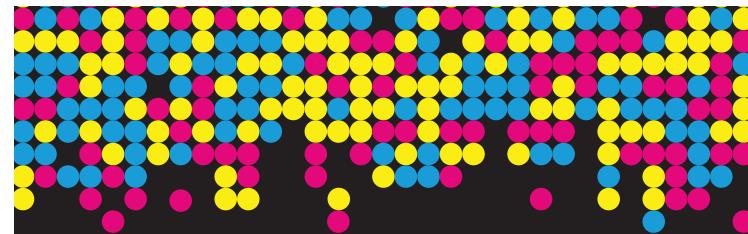
Wednesday, 11/16: 3:30 pm - 7 pm

Join us for our "Starbooks" Cafe - have coffee on us!

Thursday, November 17, 3 pm - 7 pm

Friday, November 18, 7:45 am - 8:45 am

Be our guest for "Bagels and Books"



**BEACHWOOD CITY SCHOOL'S MARKETING/
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NOISE

Northeast Ohio Innovative STEM Expo

FREE

**BEACHWOOD HIGH SCHOOL
SATURDAY, APRIL 22, 2017**

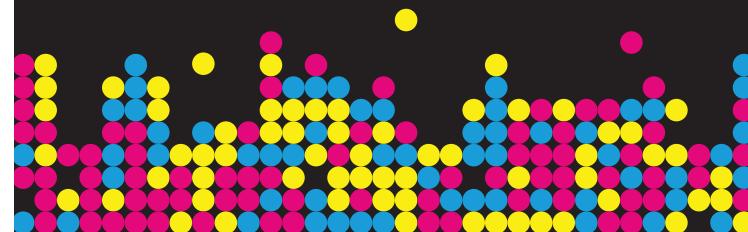
10:00 A.M. – 4:00 P.M.



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NOISE is a one-day expo showcasing STEM (Science, Technology, Engineering, Mathematics) through hands-on activities for K-12 and a STEM Marketplace.

WWW.NOISEEXPO.COM



Visit us at www.beachwoodschools.org



www.facebook.com/BeachwoodBison



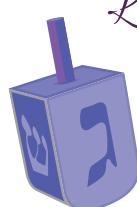
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Sunday, November 13, 2016

10am - 4pm

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This is not an offering, which can be made only by prospectus. Read the prospectus carefully before investing to fully evaluate the risks associated with investing in Israel bonds. Issues subject to availability. Member FINRA Photos: Aleksandr Kutsayev, Corbis, Comstock, iStockphoto.com

Happy Holiday Shopping

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- Old Navy
- Ulta
- Five Below
- Micro Center
- Bed Bath & Beyond
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- Marshall Carpet
- Lee Jewelers
- Great Clips
- Ecclipse Hair
- John Roberts Salon
- CVS
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- 5th Avenue Deli
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- Agni Yoga Studio
- Nail Lacquer
- Atlas Cinema Eastgate
- Games Workshop

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NOVEMBER 11-13 • I-X CENTER

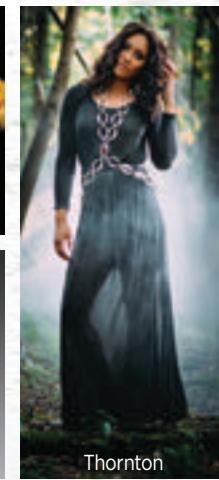
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The By Hand Fine Art & Craft Fair showcases more than 200 artists and has been ranked as one of the top art festivals.

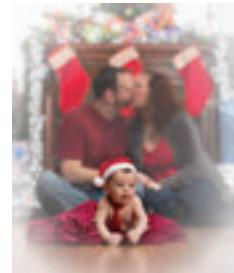
The event features everything from fine oil paintings to functional pottery and textiles. Attendees will be thrilled to find those one-of-a-kind special gifts. Admission is free.

12TH ANNUAL
BY HAND
FINE ART & CRAFT FAIR



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



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EastGate
SHOPPING CENTER

Holiday Shopping Guide

Fabulous Food Show

The Fabulous Food Show lets you TASTE, TRY AND BUY your way around Cleveland's largest presentation of fabulous food, fine art, breweries, wineries, restaurants and purveyors all under one roof with a wide variety of live demonstrations and hundreds of companies showcasing specialty foods, drinks and culinary gadgets.



First & Main

The First & Main Shopping District in downtown Hudson features a blend of national chains, unique local shops and award-winning restaurants. Visit Summit County's premier shopping district and share the experience of First & Main. Visit firstandmainhudson.com for a list of stores and upcoming events.



Israel Bonds

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Lavish Color Salon

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



Unique Boutique

Start your holiday shopping early at the 11th Annual Unique Boutique on Sunday, November 13, from 10 am – 4 pm at Beachwood High School, 25100 Fairmount Blvd. More than 35 vendors will be selling jewelry, ceramics, gourmet foods, clothing and more. Admission is \$3. Proceeds benefit the 2017 After Prom.



Washington Place Bistro & Inn



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OPEN HOUSE



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Gross Schechter is a Jewish independent school for children from 6 weeks through 8th grade. Our program enables students to become critical thinkers, passionate, well rounded individuals with strong Jewish identities. Our child-centered approach leads to amazing student achievement and our welcoming community makes it a second home for families. For Open House information, see the ad below.

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Jan. 11, 2017 • 5:30 - 7:00 p.m.**

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Homework Mentor Program

Cuyahoga County Public Library strives to partner with parents and schools to ensure student success. As part of its organizational commitment to reading, lifelong learning and civic engagement, the library branch offers students free access to an after-school homework mentor who will assist students in kindergarten through eighth grade with homework assignments during the 2016-2017 school year.

The library recognizes that homework is an important extension of the school day and students may struggle with their assignments if they do not fully comprehend the lessons taught in the classroom. The homework mentor will bridge the gap between school and home to provide the guidance that students may need to better understand and complete homework assignments.

A homework mentor will be at the Beachwood Library, Monday through Thursday from 3-5 pm,

now through May 11, during days that Beachwood classes are in session.

The homework mentor will bridge the gap between school and home to provide the guidance that students may need to better understand and complete homework assignments.



Ready, Set, Kindergarten

December 12 | 7-8:30 pm

- Parents of Children Ages 4-5
- RSVP preferred
- Free & Open to the Community

Panel discussion offering advice on guiding your child successfully through this important milestone.
www.grossschechter.org/ready-set

Open House

January 10 | 10-11 am

www.grossschechter.org/admissions



eLEVATE the mind

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Beachwood Residents Showcase Their Talent and Merchandise at 11th Annual Unique Boutique

The 11th annual "Unique Boutique," featuring a treasure trove of talented artisans, will be back at Beachwood High School on Sunday, November 13, from 10 am to 4 pm. For a mere \$3 admission fee, visitors are treated to a unique shopping experience as they view many distinctive items, including jewelry, clothing, ceramics, skin care products and gourmet food items. It is a great way to get a start on holiday shopping or to treat yourself to something special. All proceeds from the event benefit the Class of 2017 Senior After Prom. Among the 35-plus vendors participating in this event, featured here are three talented Beachwood entrepreneurs who will be displaying and selling their special, one-of-a-kind gift items.

In business since 2007, Sandie

Angart and her two sisters are the creative geniuses behind "Three Sisters Plates." These individually-themed decoupage plates, that begin as collages that are hand cut and glued by Sandie, became an instant hit at her first craft show. Although her sisters are not involved anymore, Sandie has worked hard to expand the business to include personalized coasters, clipboards, zipper wallets, bracelets and mirrors. Her dream is to open a place where adults with autism can assist her with production of her products.

Meredith Rotsky started "Ohio String Designs" about a year ago. She cuts, stains and designs each piece, and the time and effort devoted to her craft are clearly represented in the final products. All of Meredith's designs reflect

Ohio pride, making them very special gifts for those who love the Buckeye State.

Amy Babbush is an independent designer with Keep Collective. This collection of jewelry, key fobs, tote bags and other items welcomes the purchasers to think about what inspires them, brings them joy, or represents their passions and then allows them to design their selected piece that reflects their own personal story. A gift can be created in honor or in memory of someone or can serve as an inspiration for another. These one-of-a-kind items capture what is most important to the individuals who purchase them. Amy derives great satisfaction through helping a customer create something they truly love.

These three gifted Beachwood

artists, along with a number of diverse vendors, will be displaying and selling gifts and merchandise that you would be hard pressed to find at one venue. Please mark November 13 on your calendar to experience this "unique" shopping opportunity.



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UH Lung Health Center physicians are available full time, Monday through Friday, to care for the community.

Pictured from left: Abubakr Chaudhry, MD; Rana Hejal, MD; David Rosenberg, MD, MPH; and Keivan Zandinejad, MD.

Not pictured: Andre Fabien, MD; Tarek Gharibeh, MD; Amanda Morgan, MD; and Manaf Zaizafou, MD.

"Good communication among physicians and patients is important in helping our patients feel comfortable. We make sure patients get their results from lab tests or biopsies quickly, are referred promptly if needed and have ready access to the services they need."

– David Rosenberg, MD, MPH,
UH Lung Health Center,
UH Ahuja Medical Center

UH Ahuja Medical Center Opens Lung Health Center to Serve Needs of the Community

Area residents can breathe easier with the help of the physicians in the new University Hospitals Lung Health Center at UH Ahuja Medical Center in Beachwood. Under the leadership of pulmonologists Rodney Folz, MD, PhD, Chief of the Division of Pulmonary, Critical Care and Sleep Medicine, UH Cleveland Medical Center; and David Rosenberg, MD, MPH, UH has created the first comprehensive pulmonary and lung health center on Cleveland's east side. Other team members, all specialists in pulmonary medicine and lung health, include Abubakr Chaudhry, MD; Andre Fabien, MD; Tarek Gharibeh, MD; Rana Hejal, MD; Amanda Morgan, MD; Manaf Zaizafou, MD; and Keivan Zandinejad, MD.

The formation of the new center comes at a time when adult lung diseases such as lung cancer, asthma, emphysema and chronic bronchitis are on the rise across the United States and in Cuyahoga County, according to the American Lung Association. Of the 1.2 million residents in the county, more than 102,000 have adult asthma, 86,000 have chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis among other conditions, and nearly 1,000 Cuyahoga County residents have lung cancer.

Rapid Access for All

"We established the center to make specialty care more accessible for the many people in the surrounding community with respiratory conditions," notes Dr. Rosenberg. "Patients experiencing breathing problems can't wait for weeks to be seen for an evaluation. When patients call the center, they will be seen promptly." An on-site pulmonary function testing lab and x-ray suite mean patients can have these common tests completed without having to schedule a separate appointment at another location.

All center physicians are board certified in pulmonary diseases and highly experienced in the field. Additionally, several of the staff physicians are trained in subspecialty areas such as pulmonary hypertension (high blood pressure), sleep medicine and occupation-related lung disease.

Symptoms of lung diseases typically include some combination of shortness of breath, coughing, wheezing, sputum production and chest pain. "When these symptoms persist longer than expected in association with a common cold or the flu, individuals should undergo a thorough evaluation for an underlying lung disorder," Dr. Rosenberg notes.

For those patients with a known chronic respiratory condition such as emphysema, COPD, asthma, sleep apnea, pulmonary fibrosis and pulmonary hypertension, center specialists can provide ongoing care to optimize their treatment and well-being. The center's specialists welcome individuals with these chronic lung disorders as well as individuals who are experiencing intensified or new symptoms.

Less is More

As in other medical specialties, pulmonology is moving toward minimally invasive procedures in place of conventional diagnostic techniques. Center physicians have undergone rigorous training in some of the latest, most effective, non-invasive technology for diagnosing lung diseases, particularly lung cancer.

Endobronchial ultrasound is a minimally invasive procedure used to diagnose lung cancer, infections, and other diseases that cause enlarged lymph nodes in the chest. This advanced technology gives the physician a real-time view of the lungs, airways, blood vessels and lymph nodes. The physician can take a biopsy of a lymph node through the scope without an incision, meaning that patients recover more quickly with less pain and discomfort.

Electromagnetic navigation bronchoscopy is another minimally invasive technology that aids physicians in diagnosing lung tumors. It combines a computerized tomography (CT) image of the lungs and airways with a flexible fiberoptic scope and a sophisticated software package that maps a pathway through the lungs to the target. The physician guides the bronchoscope through the lungs to the mass and removes a sample of it for laboratory testing.

"These sophisticated tools help our physicians make an earlier diagnosis of lung cancer, which gives the patient the best chance for a cure," Dr. Rosenberg says. Both of these procedures are performed in the outpatient setting and have a low risk of complications.

Quality Care, Close to Home

Patients who require surgery for a lung disease such as cancer can have their procedure at UH Ahuja Medical Center performed by their UH Ahuja doctor, with the exception of extremely rare or complex conditions. "We know from our patients that they prefer to be closer to home, in more familiar surroundings," Dr. Folz says.

"Because UH Ahuja Medical Center is part of the University Hospitals system, patients can feel comfortable in knowing they will receive the same quality of care at UH Ahuja Medical Center that they would at UH Cleveland Medical Center (at University Circle)," he notes. "Pulmonary specialists at UH Ahuja Medical Center interface with UH Cleveland Medical Center at several levels, ensuring that we have standardization of protocols for diagnosis and treatment."

In fact, Dr. Folz notes, the pulmonary physicians at UH Ahuja Medical Center also care for patients at UH Cleveland Medical Center. The center is backed by University Hospitals' expertise in cardiology, digestive diseases and cancer so that patients can be easily referred to a UH specialist in those areas if needed.

Seamless Care in the Community

Ensuring a continuum of care for patients with pulmonary diseases was one of the driving forces in the creation of the center. To make this a reality, the center has established a unique relationship with Menorah Park in Beachwood. "For patients who are discharged from the hospital following surgery for lung disease but are not ready to go home, we have developed a pulmonary rehabilitation program at Menorah Park," Dr. Rosenberg explains. "It is designed to provide the support and services patients need to transition from hospital to home safely and in a way that minimizes the risk of a subsequent readmission."

Once patients are home and back to their normal activities, they can continue to see UH Ahuja physicians in the UH Lung Health Center for ongoing care and monitoring. Local area residents who are hospitalized at UH Cleveland Medical Center or other UH facilities also are welcome to make their follow-up appointments at the center.

The center will be accepting patient appointments beginning in early January 2017. In the meantime, questions about the center and its services may be directed to Dr. Rosenberg at 216-285-5050.



Photo: Dr. Rosenberg demonstrates to UH Beachwood Medical Academy students how to begin dissection of a calf lung.

Dr. Rosenberg is the Dean of the UH Beachwood Medical Academy. The academy offers enrolled students from Beachwood and Warrensville Heights high schools specific coursework and hospital immersion experiences that will prepare students for highly competitive college pre-med programs and related medical careers.

Meet Aviva Roland, Jewish Federation of Cleveland's New Young Families Engagement Manager

Get to know the Federation of Cleveland's new young families engagement manager, Aviva Roland, in this Q&A.

Q – Tell us about yourself.

A: I am the new young families engagement manager at the Jewish Federation of Cleveland. I am a mom of two amazing daughters. We have lived in a few places, including Israel, and I'm excited to now be in Beachwood. I'm looking forward to connecting with other young Jewish Cleveland families.

Q – Tell us about the PJ Library program?

A: Our PJ Library program lights a Jewish spark for young families. Each month, children across our Cleveland community receive free PJ Library books, to build their Jewish libraries. Parents share wonderful snuggly moments with their children as they read these books before bedtime. Those moments become sparks of Jewishness.

Q – Who can receive free PJ books?

A: PJ Library is for



Aviva Roland pictured with her daughter, Nili, age 1.

children 6 months to 8 years old. There is also something called PJ Our Way, a new program geared for children 9 to 11 years old. The younger children receive surprise books by mail, but the older children select their books online and have them mailed, like shopping. All books arrive addressed to the child. It's such a treat to see a PJ package in the mailbox each month. Best part, it's totally free.

Q – Do PJ families get the chance to meet each other?

A: Yes! We do a lot of activities in the community – about one event per month. There's something for everyone. Our PJ Library engagement ambassadors are young Jewish Cleveland parents who meet with families one on one, as well as set up events for families to get together and socialize.

Right now we have ambassadors focused on connecting families with children who are 0-2 years old, and a Russian-speaking ambassador focused on connecting Russian families. We are currently looking for two new ambassadors to connect families in the Twinsburg, Solon, Chagrin Falls and surrounding areas.

It's great for new parents, new-to-town parents, or young families who want to meet other young Jewish and interfaith families like themselves.

Q – Do you have a favorite Jewish-themed activity that young families can do together?

A: My personal favorite is making challah with my children. It's something we can do with our hands, and that we can all do together. It's fun, yummy, and Jewish, and is a nice way to go into Shabbat and start the weekend. It's also fun to invite another family over to do it with you while sharing PJ books. You'll feel connected to other Jewish families, connected to Shabbat, connected to PJ Library, and connected to the Jewish Federation of Cleveland. That's a lot of connections – what fun!

You can find out more information on PJ Library and young family engagement by contacting Aviva Roland at 216.593.2926 or aroland@jfcleve.org. Sign up for PJ Library at www.jewishcleveland.org/pjlibrary.

In partnership with the Jewish Federation of Cleveland and the Harold Grinspoon Foundation, PJ Library® in Cleveland is generously funded by Mort (of blessed memory) and Iris November in celebration of Debra Ann November's life.

"Illuminations: The Art of Samuel Bak" Exhibit Opening

The Jewish Federation of Cleveland announces the opening of "Illuminations: The Art of Samuel Bak," a collection of visual art exploring the myriad interpretations of Israel identity. The exhibition is located in the Roe Green Gallery at the Jewish Federation of Cleveland's Jack, Joseph and Morton Mandel Building (25701 Science Park Drive in Beachwood).

A conceptual artist with elements of post-modernism, surrealism, analytical cubism, pop art, and references to the old masters, Bak employs imagery that creates puzzling parallels to our history and experience. Although influenced by his experiences and evoking dark memories as a child survivor of the Holocaust, Bak has not painted direct scenes of mass death, said Karen Levinsky, Exhibition Consultant.

This show runs through December 2016. To schedule a tour or for more information on the Cleveland Israel Arts Connection, please visit www.jewishcleveland.org, or contact Sylvia Owen at sowen@jfcleve.org or 216.593.2856.

This exhibition is presented by the Cleveland Israel Arts Connection, a program of the Jewish Federation of Cleveland. It is sponsored with support from Cuyahoga Arts & Culture and Facing History and Ourselves.



Volunteers Honored

Menorah Park is grateful for its volunteers who do so much, from friendly visiting to dishing up delicious breakfasts, lunches and snacks at Pearl's Place. A volunteer dinner, funded by the Sylvia Wald Volunteer Appreciation Fund, was recently held at which the following individuals were recognized:

Faye Diamond • 2016 Gertrude Himmel, Volunteer of the Year

"Volunteering is in my blood," Faye expressed. During her childhood, she remembers making friendly visits in her neighborhood with her Bubbe and Zeyde, when she first learned the importance of volunteering. A 15-year resident at the R.H. Myers Apartments, she was dedicated to helping wherever she was needed. Faye is often seen wearing her Yacov Daniels baseball cap behind the Pearl's Place counter. She also helps set up and serve at Menorah Park's Oneg Shabbat every Saturday, assists residents at the Rosh Hashanah and Passover banquets, and provides fresh flowers for the bima. She has also donated miniature shadow boxes that she and her late husband created.

"I don't do it for the accolades. I thoroughly enjoy what I do," Faye explained. "My mother lived at Menorah Park and I appreciate all that was done for her. This is my opportunity to give back."

Faye was surprised by this honor and said, "It was so touching that the Himmel family was in attendance when I was presented with this award."



Pictured from left: Andy Himmel, Marty Himmel, Faye Diamond, Barry Himmel and Robert Himmel.

Dalia Wilkoff • Sandra Hertz Memorial Junior Volunteer Award

Dalia Wilkoff began volunteering when she was 13, working in everything from maintenance to daycare and home health to Pearl's Place. Now a senior at Fuchs Mizrachi School, she is considering a role in activities and a possible career path because of the wonderful interaction she has had with residents and their appreciation of her creative expertise.

Dalia's volunteerism extends beyond Menorah Park. She has participated in Girls on the Run, a program to help young girls learn about self-esteem and a healthy lifestyle; Habitat for Humanity, pet shelters, and a variety of other opportunities she encountered when on NCSY's Give West, a summer program of volunteerism and fun for teenage girls on the West Coast. Dalia plans to attend Amit's seminary in Jerusalem where she will learn and work with children in a foster home. Dalia received a \$1,000 scholarship.

Pictured from left:
Glenna, Ross and Dalia Wilkoff.



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2016 HEALTH
Matters

Healthy Bones and Joints

Being active is one of the best ways to keep your bones and joints working well. Where aerobic exercise gets your heart pumping, weight-bearing exercise – such as walking, climbing stairs and even dancing – helps ensure bone and joint health.

Our bodies are constantly working hard to build new bone while replacing the old; this process is improved when moderate exercise and smart food choices are involved. Eating right for bone health often comes down to two nutrients: calcium and vitamin D.

Join your neighborhood experts on the second Wednesday of each month for these health-minded talks, which are held at several UH locations. Our next Health Matters talk on November 9 is "Healthy Bones and Joints." Whether you are young and still developing bone structure or mature and trying to maintain its integrity, learning how to help keep your skeletal system strong is essential.

UH Ahuja Medical Center • Robert Gillespie, MD

UH Bedford Medical Center* • Matthew Levy, MD and Lynn Harbeitner, RN

UH Elyria Medical Center • William Stanfield, MD

H Portage Medical Center • Kashif Anwar, MD

UH Richmond Medical Center* • Duane J. Ehredt, DPM, AACFAS

*Campuses of UH Regional Hospital

There is no charge to attend Health Matters events, but space is limited and reservations are required. To register, call 216.767.8435 Monday through Friday between 9 am and 5 pm or go to Uhhospitals.org/HealthMatters.

Participate in the conversation on social media using #UHHealthMatters.

Academy- and Tony-Winning Author Joel Grey to Headline Cleveland Jewish Book Festival

Mandel JCC's 17th Annual Cleveland Jewish Book Festival, one of the premier Jewish book festivals in the country, will feature an outstanding lineup of 13 authors, including Academy and Tony-award-winning actor and author Joel Grey.

The Book Festival, presented in partnership with Cuyahoga County Public Library and generous support from the Eugenia and Henry Green Family Foundation, will feature keynote speaker, Cleveland native Joel Grey. Grey is best known for his portrayal of the Master of Ceremonies of both the stage and film versions of the classic musical Cabaret. For this role, he won Academy, Tony and Golden Globe awards. In his memoir, Grey tells the remarkable story of his life in and out of the spotlight. Despite a career filled with show-stopping numbers and larger-than-life stars, Master of Ceremonies is also a portrait of an artist coming to terms with his evolving identity and achieving personal and professional success. Grey will speak at The J on November 14 at 7:30 pm.

For the very youngest readers, Kids Day, a family favorite, will be held on Sunday, November 13, at 9:30 am. Children will have breakfast with Corduroy 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. The family-pass cost is \$20 and extended family-pass cost is \$25.

The festival also includes Cleveland's own Local Author Day, sponsored by Raymond James and Associates, on Tuesday, November 15 at 10 am. Authors include:

M.B. Cagin • The Berlin Murders

In 1930, Erich Von Bruener returns to Berlin to attend his father's Christmas party where the evening's honored guest is Adolf

Hitler. Otto Von Bruener's fervor for Germany's rising Nazi party casts a menacing shadow over his son's every move from that night on. Against his father's advice, Erich and his childhood friend Karl create the Berlin Opera Company. When Chani Machinski, a beautiful Jewish girl from Warsaw, comes to audition as their soprano, Erich is deeply smitten -- and many lives are endangered.

Scott H. Longert

No Money, No Beer, No Pennants

Scott H. Longert's book is a lively, well-documented history of the ups and downs of the

Cleveland Indians and the team's iconic players who persevered despite the turmoil and struggles of the Great Depression. Illustrated with period photographs and filled with anecdotes of the great players, this book will delight fans of baseball and fans of Cleveland.

Scott H. Longert is the author of Addie Joss: King of the Pitchers, The Best They Could Be: How the Cleveland Indians became the Kings of Baseball, 1916-1920, and numerous articles on baseball history.

Mimi Ormond • Kindertransport: A Rescued Child

In 1939, Mimi Schleissner Ormond, a lively 12-year-old girl, escaped from Nazi-occupied Marienbad, Czechoslovakia, when her parents miraculously secured her a seat on one of the Kindertransport trains that carried thousands of European Jewish children to safety in England. Ormond tells about leaving her parents and 16-year-old brother behind, her life in England during WWII, her preparation in an English school to become a nursery school teacher, and the day she met her American G.I. husband, violist Edward Ormond.

Beachwood Residents to Appear at JCC Book Festival

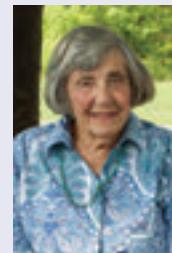
By June Scharf

Residents Mimi Ormond and Scott H. Longert will be appearing at the Mandel Jewish Community Center's Jewish Book Festival on its local author day, Tuesday, November 15 at 10 am, at the JCC, 26001 South Woodland.

Ormond, now 90 and nearly blind, is the author of Kindertransport: A Rescued Child In 1939. Her autobiographical book details her experiences as a lively 12-year-old girl who escaped from Nazi-occupied Marienbad, Czechoslovakia, when her parents miraculously secured her a seat on one of the Kindertransport trains that carried thousands of European Jewish children to safety in England. She describes leaving her parents and 16-year-old brother behind, her life in England during WWII, and the day she met her American G.I. husband, Edward Ormond.

Her life in Cleveland involved running Carol Nursery School for 27 years, while her husband performed with the Cleveland Orchestra as an assistant principal violinist for 48 years. They were married for 67 years and have three daughters, one of whom created the cover art on her book.

"My experiences during WWII formed much of my personality and inspired me to write this story that continues to dominate my thoughts and emotions," says Ormond, as quoted on Cleveland.com.



Scott H. Longert's book, No Money, No Beer, No Pennants, The Cleveland Indians and Baseball in the Great Depression, is a lively, well-documented history of the ups and downs of the Cleveland Indians and the team's iconic players who persevered despite the turmoil and struggles of the Great Depression. The book is illustrated with period photographs and filled with anecdotes of the great players.

The book also pursues narratives including the backstories of the players and the conflicts that the team faced, such as dealing with an old stadium, deciding whether to allow radio broadcasts, and determining the upside of offering night games in addition to those played during the day. Longert also is the author of Addie Joss: King of the Pitchers, The Best They Could Be: How the Cleveland Indians Became the Kings of Baseball, 1916-1920 and numerous articles on baseball history.



The event is presented in partnership with the Cuyahoga County Public Library, with support from the Eugenia & Henry Green Family Foundation, among numerous corporate sponsors. Cost is \$12 for JCC members and \$15 for the community. For more information, contact Julie Frayman at 216.593.6216 or jfrayman@mandeljcc.org.

Richard Friedman

The Two Worlds of Billy Callahan

As 12-year-old Billy Callahan excavates the Negev Desert with his father, an earthquake sends Billy sprawling into a crevasse, where he touches a metallic orb, left here by the original inhabitants of Earth millions of years ago. The orb sends Billy into a 50-year coma. He witnesses the first Earthlings destroy the environment and fight devastating wars before leaving Earth in shambles. The orb vanishes during his rescue, concealing the evidence that could verify his incredible story. The aliens release Billy and ask him to convince the modern-day world that we must avoid repeating their mistakes or life on earth will perish.

Ruchi Koval

Conversations with God: Prayers for Jewish Women

In this warm and insightful guide to women's prayers, Ruchi Koval explains her personal connection to some of the most meaningful Jewish prayers. She also creates new, soulful prayers for the contemporary Jewish Woman.

Sean Martin • A Stitch in Time

A Stitch in Time reviews the history of the garment industry in Cleveland from the nineteenth century until its decline in the late twentieth century. The novel focuses on the history of the manufacturers and workers, many of whom were Jewish immigrants, who helped Cleveland become one of the garment-industry powerhouses.

All lectures and events are open to the public and many are free of charge. Advanced registration is encouraged. To purchase tickets, please visit www.mandeljcc.org/bookfestival. Tickets are also available at Mandel JCC membership desk (no ticket sales on Saturdays). 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 Mandel JCC.

Diversity, Hidden Bias Subject of NCJW's Lois Zaas Annual Advocacy Lecture

Roberta "Robbie" Kaplan, attorney who won the successful 2013 battle against the Defense of Marriage Act (DOMA), will speak at the 13th annual Lois Zaas Advocacy Lecture, Embracing Diversity, Uncovering Hidden Bias.

This forum will also feature Joseph J. Levin Jr., co-founder in 1971 of the Southern Poverty Law Center (SPLC), the organization dedicated to fighting hate and bigotry and seeking justice for the most vulnerable in our society.

The event, presented by National Council of Jewish Women, will explore diversity, hate groups in Ohio and the United States, and hidden bias in ourselves on Thursday, November 17 at Temple Emanu El, 4545 Brainard Rd. in Orange Village. Doors will open at 6 pm for a Resource Fair, at which various organizations will provide infor-

mation regarding diversity.

Kaplan, an award-winning lawyer and Cleveland native, is best known for her representation of Edith Windsor in the landmark Supreme Court case that made same sex marriage the law of the land and gave equal rights to gay couples. She is currently a partner in the Litigation Department of Paul, Weiss, Rifkind, Wharton & Garrison and an adjunct professor of law at Columbia University Law School. Her 2015 book, *Then Comes Marriage*, not only gives an intimate behind-the-scenes account of how she and her team won *United States v. Windsor*, but also opens up about coming to terms with her sexuality and her emotional coming out experience.

Levin argued and won more than 50 cases supporting the mission of SPLC. He left to supervise President-elect Jimmy Carter's Justice Department tran-

sition team but remained on the SPLC board as general counsel, president and currently board member emeritus.

The Resource Fair will continue after the presentation.

The Lois Zaas Annual Memorial Advocacy Lecture 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 by calling 216.378.2204, ext. 100 or emailing www.ncjwcleveland.org. A dessert reception follows the program with dietary laws observed.

Attendees are requested to bring new, packaged underwear, socks or gloves for homeless adults and children, which NCJW will donate to Operation Warm-Up, its project to collect items for the city-wide Homeless Stand-Down in January, 2017.

Montefiore Announces New Hospice Medical Director

Montefiore is pleased to welcome Dr. Meredith Driscoll as its dedicated, full-time medical director of Vinney Hospice and Palliative Care and the Maltz Hospice House.

"We are thrilled that Dr. Driscoll is leading our compassionate and knowledgeable hospice and palliative care team. With the addition of a full-time medical director, Montefiore is better positioned to provide a full scope of hospice services to individuals in their homes in the community and in our facilities at Montefiore and The Weils. Dr. Driscoll's breadth of hospice experience and keen insight into working with physicians, patients and families sets our hospice pro-

gram above others," said Seth Vilensky, Montefiore president and CEO.

Dr. Driscoll trained at Indiana University School of Medicine and completed fellowships in Hospice and Palliative Medicine at the Cleveland Clinic Foundation, Pain and Symptom Management at MD Anderson Cancer Center and Oncology and Hematology at University Hospitals Case Medical Center. She practiced for UH Ireland Cancer Center and has held positions in hospice and palliative care with several community agencies. Most recently, Dr. Driscoll served as medical director of Hospice and Palliative Medicine at Louis B. Stokes Veterans Affairs

Medical Center in Cleveland.

Dr. Driscoll has received numerous academic honors and has published and presented on a variety of clinical topics, including hospice and palliative care, pain and symptom management and end-of-life care. She is a board-certified Hospice Medical Director (HMDC) and has board certifications in Internal Medicine and Hospice and Palliative Medicine.

For information about Montefiore's hospice program please call 216.910.2650.



Who's Buzzin' in Beachwood?

by Arlene Fine

Nothing Square About the Beachwood Oval Block Party

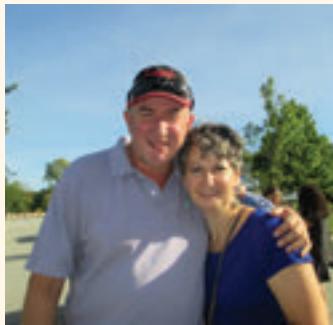
On Sunday, September 25, the Beachwood Oval was filled with neighbors who partied like block stars.

Residents of Brucefield, Crafton, Duffield, Hazelmere and Wimbledon Roads enjoyed an outstanding meet, greet and eat block party held at the spacious Brucefield Oval. Along with a sumptuous potluck dinner and children's games, a special visit by a Beachwood fire truck and police car added to the festivities.

"This was a great way for our neighbors to get to know each other better in a friendly and welcoming setting," says block party organizer Judi Shapiro. "We are so fortunate to live in Beachwood and this party helped strengthen our sense of community and connection to each other."



Lily Kronenberg and Sasha Turner



Geoffrey and Judi Shapiro



Van and Gerrye McCarley



Richard and Rachel Berkowitz



Firefighter Jason Brooks; Mark, Nancy, Drew, Izzie, Elana and Josh Mintz, and Patrolman Terrill Rodgers



Sam Lewin, Jaya Korach, Izzie Mintz and Sawyer Borland



Gina, Josh and Nora Gerken

Cleveland Orchestra Gala Features Maestro Emanual Ax

The Cleveland Orchestra's 2016 Annual Gala held at Severance Hall drew 420 guests and raised \$1.1 million. The concert portion of the evening featured pianist Emanuel Ax. The lead gala sponsors were The Lerner Foundation, KeyBank, Milton and Tamar Maltz, and Audrey and Albert Ratner.

Jessica Yellin Keynotes NCJW/Cleveland 122nd Opening Meeting

Former CNN Chief White House Correspondent Jessica Yellin was the keynote speaker for National Council of Jewish Women/Cleveland's opening meeting held at Fairmount Temple. Susan Wasserman and Jane Kinstlinger chaired the event, which also included the presentation of the Hannah G. Solomon award to Leslie Resnik.

"Lake Erie Starts Here" Poster Contest



Randell and Gail McShepard



June Taylor and Conrad Metz



Jacqueline Gerber and Robert Conrad



Barbara Bellin Janovitz and Lee Janovitz



Faye Bass and Jessica Yellin



Loramae Simkoff and Leslie Resnik



Susan Wasserman, Jane Kinstlinger and Esther Spott



Nancy Mintz, Joan Barzilai and Barbara Heller

The Cuyahoga Soil & Water Conservation District will host a "Lake Erie Starts Here" 2016 poster contest for students K-12. Submissions are due to the Cuyahoga Soil & Water Conservation District's office by November 11. First-place poster in each grade-band level will win \$50. For more information, contest rules and an entry form, contact Amy Roskilly at 216.524.6580, ext. 22, aroskilly@cuyahogaswcd.org or visit www.cuyahogaswcd.org/programs/lake-erie-starts-here.

Linking art and creative thinking with science, the poster contest provides K-12 students the chance to develop and share their thoughts and ideas about natural resource issues. Students are encouraged to use the poster to creatively express their ideas on how conservation improves the environment. Teachers may use this contest to correlate with National Visual Arts standards for all grades and it's a great way for teachers to instill in their students an appreciation for the environment and an awareness of the need to protect our water resources. Students may consider researching any of the following topics: urban water cycle, watersheds, storm-water runoff, storm-water pollution, etc.

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

For more contest information, contact Amy Roskilly, conservation education specialist at 216.524.6580, ext. 22 or aroskilly@cuyahogaswcd.org.

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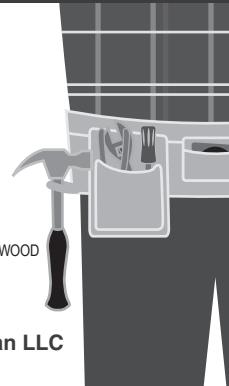
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County Executive Budish and the Department of Consumer Affairs Combat Impostor Scams with New Gift Card Scam Initiative

Cuyahoga County Executive Armond Budish and the Cuyahoga County Department of Consumer Affairs are partnering with stores to share important alerts about pervasive scams that can cost victims thousands of dollars each.

Impostor scams are the fastest-growing scams in the country and continue to create significant losses for victims. Scammers frighten victims by pretending to be IRS agents, debt collectors or even a victim's grandchild who needs money for bail after an accident. Increasingly, scammers are turning to iTunes gift cards as their preferred form of payment, because the cards are easy to resell for most of their face value.

To help warn consumers, stores, including Giant Eagle and Dave's Markets, are posting signs with a consumer alert on gift card display racks.

"In Cuyahoga County, people have lost thousands of dollars to these frightening scams," said County Executive Budish. "That's why we're proud to announce that stores that sell gift cards have partnered with us to fight this type of fraud. I thank Dave's Market and Giant Eagle for placing warning signs on their displays so that people see an alert about these scams right when they most need it."

Since the IRS began nationally tracking

tax impostor scams in October 2013, nearly 6,000 victims of this scam alone have lost a total of more than \$31 million – about \$5,370 each. Cuyahoga County residents have lost as much as \$12,000 each to impostor scams in the belief that they were helping a grandchild post bail.

The program was designed to warn potential victims of the three most common variations of the scam: bogus requests for bail for a relative, fictitious debt collection calls and phony IRS calls. The Department of Consumer Affairs encourages all stores that sell iTunes gift cards to join the pilot program and display consumer alerts.

By displaying the county's public service message on gift card displays, stores can:

- Save potential victims from significant financial losses
- Build good will by looking out for customers
- Avoid having victims associate their brand with financial loss
- Perform a valuable public service

Stores that want to partner in the program and consumers and want to report scams may contact the Department of Consumer Affairs at 216.443.7035. For more information, visit <http://consumeraffairs.cuyahogacounty.us/en-us/Fighting-Scams.aspx>.

Congratulations Green Team!

Congratulations to the Green Team on taking the title in the City of Beachwood's Youth Fall Soccer League. This co-ed team consisted of students in grades 4 through 6.



Pictured back row from left: Abe Kantarovich, Lexi Jaffe, Joshua Fishman, Ariel Fine, Azriel Koyfman, Aryeh Berkowitz and Isaac Kantarovich. Front row from left: Molly Lewis, Rachel Kantarovich, Chase Thompkins, Richard Feng and Yehuda Rubeck. Not pictured: Max Kuenzler.

Cleveland Orchestra at Beachwood High School



Missed out on getting tickets but still interested in 'The Cleveland Orchestra at Beachwood High School'? Join other music lovers in the High School Community Room for a simulcast of the performance.

For more information, visit www.beachwoodschools.org/ClevelandOrchestra.aspx or call Shana Wallenstein at 216.464.2600, ext. 237.



Children's Programs at the Library

World Origami Days

November 2 • 4 pm

Grades 3 to 7

Celebrate World Origami Days. Try the Japanese art of folding paper into decorative shapes and figures. New patterns will be available.

Reader Boost Camp

Mondays, November 7, 14, 21 and 29 • 6:30 pm

Parents and their children in grades 1-3

Parents and their children who are struggling with their reading skills are invited to participate in this two-part program. Parents meet with a learning specialist to learn tips for working with their child at home, while children enjoy fun, reading-based activities.

Thingamajig Thursday

November 10 • 4 pm

Grades 2 to 6

You never know what activity will be waiting for you at this

after-school program. From building challenges to awesome science experiments and imaginative crafts, one thing's for sure: you'll always have fun!

Friday Family Fun:

Farewell to Fall

November 11 • 10:30 am

Ages 2 to 6 with a caregiver

Explore the changing season through stories, songs and crafts.

Hebrew Storytime

November 16 • 4 pm

Families

Enjoy a Hebrew/English storytime where you will hear stories and songs in Hebrew and English. Presented in cooperation with the Jewish Education Center of Cleveland.

Toddler Storytime

Mondays at 4 pm and

Wednesdays at 10 am

Ages 19-35 months with a caregiver

Enjoy books, rhymes, songs and fingerplays.

Baby & Me Storytime

Tuesdays at 4 pm and

Thursdays at 10 am

Caregivers and their babies from birth-18 months

Enjoy rhymes, songs, fingerplays and books perfect for baby.

Preschool Storytime

Tuesdays at 2:30 pm and

Wednesdays at 1:30 pm

Ages 3-5 not yet in kindergarten and their caregivers

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

Registration is required for all programs except storytimes. To register, please call 216.831.6868 or visit cuyahogalibrary.org.



Breakfast Club, Breakfast Club PM and Breakfast Club High School

Breakfast Club was founded by Cheryl Garson and Debi Kortanek in November, 2002. The duo had determined that having coffee with girlfriends was therapeutic on many levels and decided to make the time even more productive by adding community education and affordable philanthropic components. In 2014, Jamie Rindsberg founded a spin-off of Breakfast Club – Breakfast Club/PM (BC/PM), which follows the same mission of bringing women together for fun, friendship and fundraising.

"There is a large population of working women and stay-at-home moms who like the idea of Breakfast Club, but can't attend daytime meetings because of their schedules," Rindsberg told us. "That's why BC/PM was created. We host evening gatherings where women

can unwind, have a glass of wine, learn about a local organization, meet other like-minded people and build relationships."

Each year, BC/PM selects five organizations to support with philanthropic donations. This year's organizations include: Women's Wellness Foundation, Dress for Success Cleveland, InMotion, Fostering Hope and Young Scientist Foundation, each of which submitted a proposal specifically stating how funds will be used.

In the spirit of spreading the organization's reach, Breakfast Club High School (BCHS), under the direction of Macky Davis, Lily Steiger, Gaby Rodriguez and Sami Zawatsky, has also been created. Members meets five times per year to provide opportunities to give back to the community, receive

volunteer hours and catch up with friends. BCHS members have made Halloween bags for the Ronald McDonald House, baby blankets for Rainbow Babies and Children Hospital, and bracelets and necklaces for pediatric patients at the Cleveland Clinic.

Breakfast Club PM will host its holiday gathering on Tuesday, December 6, 7 pm, at InMotion, 4829 Galaxy Pkwy., Suite M, in Warrensville Heights. The organization's executive director, Lacey Roth, will speak about InMotion and the value it brings to our community. Its spring event will take place Wednesday, April 26, 7 pm, at Kim Ponsky Photography at Eton. Speakers will be Nicole Shefrin, executive director of Fostering Hope, and Analisa DiFeo, Ph.D., vice president of student mentorship,

Young Scientist Foundation.

Membership for BC/PM starts at \$125 per year, with 100% of proceeds divided evenly and donated to the charities listed above. Additional membership levels and sponsorships are available. Events are free to members.

"BC/PM events provide an easy way to learn about what goes on in our community," Rindsberg said. "I've learned about great programs that I never would have known existed, such as how Hospice of Western Reserve helped to fund children's camp experiences to those who had lost a parent."

For more information about Breakfast Club, visit bcohio.org. For more information about Breakfast Club PM, visit bcpmohio.org. For more information about BCHS, email breakfastclubhs@gmail.com.

A LITTLE PIECE OF MEXICO IN YOUR TOWN

If you love Mexican food, you'll love Tres Potrillos. Founded in 2002 by three brothers from the highlands of Jalisco, Mexico, this family-owned restaurant features an extensive menu that includes Mexican favorites, seafood, vegetarian, chicken and pork dishes, each one prepared as ordered with only fresh ingredients.

If you are a tequila lover, we have a full bar with more than 65 different kinds of tequila, including 15 home infused with natural fruit. Handcrafted margaritas, made with fresh fruit and tequila, and guacamole, prepared table side, are our house specialties. Our wait staff is attentive and efficient, and at lunchtime, our service is fast.

The restaurant's décor was carefully planned to add to the dining experience. Beautifully crafted stone walls and costumed furniture created from aged tequila barrels offer a relaxing and unique atmosphere.

Our party room will accommodate up to 55 people and custom party menus are available. Our sun-covered patio, perfectly designed for an office meeting or other celebration, seats 50 people; and an off-premise catering menu, with options that include fajitas and a taco bar, is available for your office meetings or parties, with disposable products and delivery included.

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