

# Beachwood Buzz

November 2024

Every Resident. Every Business. Every Month.

MAGAZINE

## COMPASSION IN ACTION

**BHS SENIOR RADHA PAREEK  
EXEMPLIFIES EXCELLENCE  
AND LEADERSHIP**

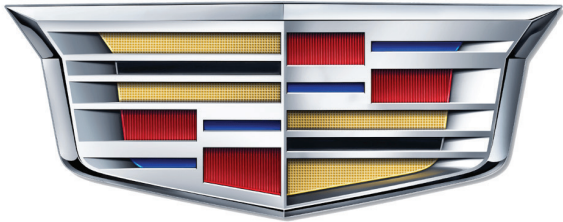
### **Also inside:**

*The Insider* • City of Beachwood  
Beachwood City Schools  
Greatest Fall Festival on Earth  
Jewish Federation Commemoration Event  
Beachwood Arts Council Programs  
Maltz Museum Exhibit  
Beachwood Girl Scouts Earn Bronze  
*Conversations With My Mother* Book Launch  
Jewish Fertility Foundation  
BCC Bright Star 2024  
... and so much more!



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**L**ast month, I wrote about values, the guiding principles that shape our decisions, behaviors, and overall perspective on life. I selected that topic because I believe that values should be highly prioritized when electing leaders.

This month, I'm sharing my thoughts on wonder, a theme that's been on my mind since reading *Big Magic: Creative Living Beyond Fear*, by Elizabeth Gilbert.

I'm intrigued by nature, especially in autumn when so much wonder surrounds us: trees changing colors, clouds reflecting those hues, and natural phenomena – like the halo below – that I recently witnessed in Acadia National Park, in Maine.

When we open our eyes to observe our surroundings, we often gain a new perspective.

Elizabeth discusses wonder in the context of creativity, curiosity, and living a fulfilling life. She sees wonder as a key element of the human experience that drives curiosity and fuels personal growth

She explains why wonder is tied to curiosity rather than passion, noting that we can observe something without being passionate about it, yet still feel intrigued because we've experienced it.

That's why she encourages people to follow their curiosity, wherever it may lead, and to embrace everyday wonders that may spark creative expression.

Elizabeth wrote, "Curiosity is such a tiny thing, like a little tap on the shoulder from that small voice that says, 'I want to learn more about this.'"

Humans are naturally curious and often wonder about things that evoke a sense of awe or mystery. When was the last time you listened to that little tap on the shoulder from your inner voice?

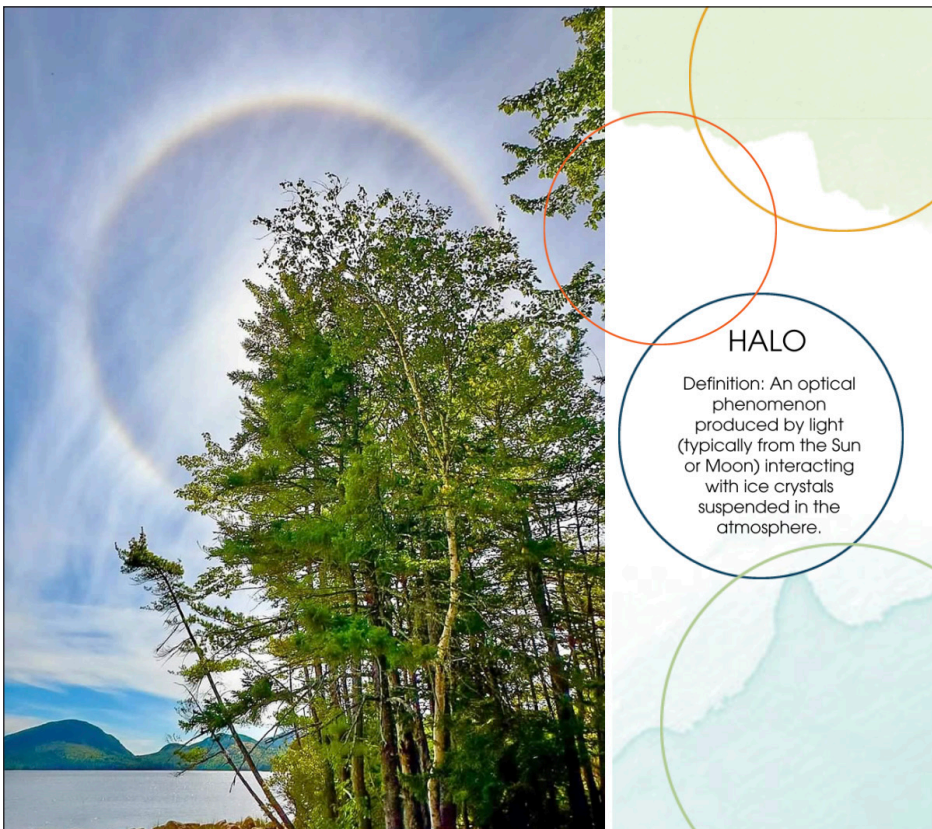
Maybe the tap related to something in the universe, the meaning of life, love, the human mind, outer space, beauty of nature, technology, creativity, music ... The list goes on.

Wonder sparks our curiosity by pushing the boundaries of human knowledge, experience, and imagination. Once we become curious about something, we focus on it, and energy flows where our attention goes.

Wonder can also relate to a spiritual experience. Whether we are marveling at the natural world, art, or the complexities of life, wonder helps us connect to something greater than ourselves. It opens up a space for humility, gratitude, and admiration, which are central to a meaningful life.

Thanksgiving is just a few weeks away. This holiday, much like wonder, evokes feelings of gratitude. When we take the time to reflect on what we're thankful for – family, friends, health, nature, or life's simple pleasures – we open our hearts to everyday marvels that might otherwise go unnoticed.

I wish you a happy, healthy month filled with gratitude and wonder.



## HALO

Definition: An optical phenomenon produced by light (typically from the Sun or Moon) interacting with ice crystals suspended in the atmosphere.



**Please Vote!**

**The election is Tuesday, Nov. 5.**

**Please vote to protect democracy through unity, inclusiveness, and freedom for all.**

# “What did you say?” It may be time for a hearing test.



**Tamara Francini, AuD**  
Cleveland Clinic  
Beachwood Family Health  
and Surgery Center

hearing or communicating, it's time to call in the experts.

According to Tamara Francini, AuD, an audiologist at Cleveland Clinic Beachwood Family Health and Surgery Center, a comprehensive hearing evaluation with an audiologist provides a picture of what type of hearing loss you have and how bad it is, so that a

About 90% of adults in the United States between ages 50 and 80 say they don't know what normal hearing sounds like. If you or a loved one are having trouble

treatment plan can be created just for you.

Hearing loss can lead to social isolation or even depression. Getting help for hearing loss can:

- Help you feel more confident and connected to the people in your life.
- Help you maintain and enrich relationships with friends and family members.
- Reduce or delay cognitive decline.

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Audiologists have many options to help improve your quality of life,

including over-the-counter hearing aids, prescription hearing aids and implantable devices like cochlear implants. But merely having a device isn't enough – it has to be the right device and programmed correctly. The role of the audiologist is to evaluate your hearing loss and provide the best recommendation for you.

You only have one set of ears for a lifetime – take control of your hearing health. Cleveland Clinic audiologists can help you hear clearly.

*For more information or to make an appointment at a location near you, visit [ClevelandClinic.org/Hearing](https://ClevelandClinic.org/Hearing) or call 216.444.8500.*

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

### Article Submissions

If you have a story idea or photos you would like to share, email [beachwoodbuzz@gmail.com](mailto:beachwoodbuzz@gmail.com).

### Subscriptions

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## COMPASSION IN ACTION

### BHS SENIOR RADHA PAREEK EXEMPLIFIES EXCELLENCE AND LEADERSHIP



Beachwood High School senior Radha Pareek, 17, is a young woman on the move. And then some. The high-achieving student, a National Merit Semifinalist, has received an impressive number of awards, scholarships, and local and state-wide recognition for her intellect, commitment to community service, public health advocacy, and leadership skills.

Full story, written by Arlene Fine, starts on page 7.  
Photos by Scott Morrison, Discovery Photo.

With Thanksgiving just a few weeks away, let's center our hearts on gratitude and the abundance in our lives. Let's also support each other, share in each other's joys, and extend a hand to those in need. May this Thanksgiving be filled with warmth, connection, and a deep sense of gratitude that carries us forward throughout the year.

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# Real Estate Statistical Update by Sharon Friedman



"As we move into the remainder of the year, typically a quieter time in the market, the trend of a strong seller's market has improved! The number of sold listings increased 83% month over month from April to September while inventory remained steady, indicating an increase in demand. The average sold price vs. list price for the quarter is 97%. As interest rates continue to decrease, buyers' ability to purchase becomes stronger. The overall sustained lack of homes for sale will improve the outlook for real estate in the coming months and years. Northeastern Ohio continues to be a desirable location, attracting new residents from out of state, while Beachwood remains very competitive due to the quality and age of the housing stock and the excellence of schools and community amenities."

— Sharon Friedman

## Homes SOLD in Beachwood

July 13, 2024 – Oct. 11, 2024

Street	Days	List	Sold	LP/SP%	Bed	Bath	Built
Glenhill	29	\$ 275,000	\$ 237,500	86%	3	2	1956
E Baintree	43	\$ 324,900	\$ 315,000	97%	4	2	1950
Halworth	103	\$ 299,900	\$ 320,000	107%	5	4	1955
Hanover	47	\$ 350,000	\$ 330,000	94%	3	4	1987
Beachwood	137	\$ 379,000	\$ 345,500	91%	3	3	1949
E Groveland	62	\$ 379,000	\$ 365,000	96%	3	3	1960
Hazelmere	49	\$ 399,900	\$ 375,000	94%	3	2	1955
Belvoir	65	\$ 435,000	\$ 436,500	100%	4	3	1965
Wimbledon	46	\$ 475,000	\$ 457,000	96%	4	4	1949
Halburton	27	\$ 479,900	\$ 465,000	97%	3	2	1955
Wimbledon	25	\$ 549,000	\$ 485,000	88%	4	3	1977
Meldon	42	\$ 480,000	\$ 485,000	101%	4	4	1961
Fairmount	24	\$ 525,000	\$ 495,000	94%	4	3	1975
Lyndway	2	\$ 499,900	\$ 500,000	100%	4	3	1953
Green	62	\$ 550,000	\$ 550,000	100%	2	3	1948
Shaker	62	\$ 650,000	\$ 625,000	96%	5	5	1958
Lyndway	36	\$ 725,000	\$ 685,000	94%	5	4	1955
Hendon	127	\$ 759,900	\$ 759,900	100%	4	3	1973
Bernwood	66	\$ 885,000	\$ 890,000	101%	4	6	1986
Community	4	\$ 995,000	\$ 1,000,000	101%	5	5	1941
Blossom	7	\$ 1,950,000	\$ 1,850,000	95%	5	9	1988

### Beachwood Market Update

This data was provided by Sharon Friedman, courtesy of NEOHREX. Data provided was accurate at the time of reporting. The source for the spreadsheet is MLS Now.

The market data is from Trendgraphix, Inc. Information is believed to be accurate, but not guaranteed. Data does not reflect sales of property not included in MLS.

Consult a Realtor® if you have questions about the market.

## SHARON LISTS AND SELLS BEACHWOOD!



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**26800 Hurlingham Road**  
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**2141 Halcyon Road**  
List price \$419,900  
4 Bed, 2.5 Bath COLONIAL



**4 Haverhill Court in The Village**  
List price \$599,000  
4 Bed, 3.5 Bath FREE STANDING HOME

### Sharon's Recent Beachwood Sales & Listings

- NEW LISTING:** 3 Bennington Court in The Village list \$499,900
- NEW LISTING:** 3272 Richmond in Baywood Estates list \$375,000
- NEW PRICE:** 23512 E Baintree Road list \$425,000
- JUST SOLD 10/24:** 25053 Letchworth Road list \$645,000
- SOLD 9/24:** 24418 Hazelmere Road list \$399,900
- SOLD 9/24:** 6 Stratford Ct in The Village list \$599,000
- SOLD 9/24:** 27500 Cedar Road in Point East list \$265,000
- SOLD 8/24:** 2166 Lyndway Road list \$499,900
- SOLD 8/24:** 15 Saratoga Ct in The Village list \$439,900
- SOLD 8/24:** 3094 Richmond in Wedgewood list \$325,000
- SOLD 8/24:** 24001 Glenhill Drive list \$275,000
- SOLD 7/24:** 25129 Maidstone Lane list \$650,000
- SOLD 7/24:** 25019 Hazelmere Road list \$449,000
- SOLD 7/24:** 2350 Beachwood Boulevard list \$415,000
- SOLD 7/24:** 9 Dorset Ct. in The Village list \$345,000
- SOLD 6/24:** 23700 Bryden Road list \$1,395,000
- SOLD 6/24:** 25236 Bridgeton Drive list \$749,900
- SOLD 6/24:** 24461 S Woodland Road list \$429,900

"Wishing A Happy Thanksgiving to the Residents of Beachwood!"

**Sharon Says:**  
"Call My 'Sell'  
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Get Your  
Beachwood  
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Sharon Friedman

**Sharon Friedman**  
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# COMPASSION IN ACTION

## BHS SENIOR RADHA PAREEK EXEMPLIFIES EXCELLENCE AND LEADERSHIP



Radha and Kesar, her Cavapoo, enjoy spending time at Beachwood City Park.

Photos by Scott Morrison, Discovery Photo

By Arlene Fine

**B**eachwood High School senior Radha Pareek, 17, is a young woman on the move. And then some. The high-achieving student, a National Merit Semifinalist, has received an impressive number of awards, scholarships, and local and state-wide recognition for her intellect, commitment to community service, public health advocacy, and leadership skills.

In August, Radha was chosen from over 4,100 national applicants as a Coolidge Senator. She spent five days at an exclusive Coolidge Senator Summit at the 30th president's hometown of Plymouth Notch, Vermont. Radha joined 100 exceptional students who were selected from the entire nation by the Calvin Coolidge Presidential Foundation for this distinguished honor based on their exceptional academic excellence.

During the summit, Radha toured Coolidge's hometown, discussed pressing policy issues with renowned experts, and took part in seminars on matters of national importance. Summit speakers included former Vermont Governor James Douglas, author Edward Chancellor, federal circuit court judge Edith Jones, author and leader Ian Rowe, and economics professors David Schmidtz and Cathleen Johnson from West Virginia University.

"President Coolidge, who governed during the Roaring 20s, believed in integrity in office, fiscal restraint, and that the government should not interfere with the economy, believing that the market is best regulated when it regulates itself," said Radha. "Included in the topics discussed at the Summit was the privatization of businesses and the

long-term effects of laissez-faire economic policies. I was amazed at the breadth and depth of the information presented."

The policy seminars Radha attended helped her realize that "public policy is both a lens to understand societal challenges and a vehicle to alleviate them," she said.

The 100 Coolidge Senators came from diverse backgrounds and political leanings, leading to lively debates. "We always demonstrated sensitivity and respect for each other's views during these discussions," said Radha. "It was enlightening to see the world beyond my own experience and to interact with young people who care deeply about the issues in the world and want to make a difference or are already doing so."

As Radha and the other Senators observed a naturalization ceremony for immigrants from over 12 countries, she was reminded of her own parents' journey to citizenship. "Becoming an American citizen is a matter of pride and a great privilege, which begins with casting a ballot and entrusting others to represent the issues we care about," she said. "It continues with living up to those ideals every day, by being advocates in the simplest ways, such as looking after our neighbors and protecting our planet."

**"Like many immigrants, my parents arrived in this land of opportunity with little more than hope. Yet, there was never a moment when someone in need left our home empty-handed."**



From a young age, Radha had an interest in books. She published her first book, *Adventures with David and Charlie*, in second grade.

Radha came back from the Summit energized and ready to integrate her passion for medicine and public policy for the betterment of society. "There are limitless opportunities for one person to have an impact," she said.

Radha's drive to make a positive impact is imbued with the values shaped by her culture, family, and education. As a first-generation American, who has witnessed her family's relentless pursuit of the American dream, Radha feels a great deal of gratitude and an appreciation of her family's hard work and perseverance.

"My story is not unique," said Radha. "Like many immigrants, my parents arrived in this land of opportunity with little more than hope. Yet, there was never a moment when someone in need left our home empty-handed."

From an early age, Radha's parents, Tej Pareek and Neelima Singh, taught her that true service doesn't wait for adulthood or the accumulation of wealth and resources. "It begins with sharing what you have with those who need it most – whether that's knowledge, the food on your plate, or your time," she said. "Philanthropy, which translates from Greek to mean 'love of humanity,' doesn't have to be a grandiose, long-term goal. There is no better time to give than now. It doesn't matter how much you give but how much you put into giving."

Growing up in a practicing Hindu family, Radha was taught the significance of beginning and ending each day with the prayer,

**"How can an experience of hate, often born from ignorance, be transformed into an opportunity for dialogue and positive social change?"**

*Sarve Bhavantu Sukhinah; Sarve Santu Niramyah.* "This mantra, which means, 'May all beings be happy; may all beings be free from ailments,' serves as a daily reminder to foster universal peace and alleviate suffering," said Radha. "I believe my inner peace is intertwined with the well-being of those around me."

Using the power of her own pen for the well-being of others has been very gratifying for Radha, who is a staff writer for the *Beachcomber*, BHS's school newspaper. Her work has received recognition from the Best of School Newspapers Online & Ohio Scholastic Media Awards. "Journalism is a powerful tool to become an informed citizen and to empower others with knowledge about crucial local and national issues," she said.

Radha is convinced that being an informed citizen is more than just reading and synthesizing diverse perspectives. "Seeing beyond our preconceived notions and implicit biases begins by engaging with individuals who come from starkly different experiences," she said. "It all begins with dialogue, which can morph into debate, and



ultimately, a shared pursuit to find common ground. It is through this process we become aware that the framing of a situation can be just as important as the facts themselves."

Last year, Radha delivered a speech entitled *Dialogue, Debate, and Diplomacy in the 21st Century* to BHS school administrators, teachers, and students. In light of that talk, and inspired and guided by her government teacher, Radha and her peers organized a lively community forum allowing Beachwood School Board candidates to address community questions.

As if all these achievements and activities were not enough, Radha currently serves on U.S. Rep Shontel Brown's Youth Advisory Council, where she works on issues like obesity, food insecurity, and urban farming. She also spends time at the City of Beachwood's economic development department, helping support minority business owners, assisting with grant writing, and analyzing the city's burgeoning healthcare and biotech startup sector.

"This work has given me the opportunity to interact with local leaders and business owners," she said. "My conversations with Mayor Justin Berns, and the mentorship of the City of Beachwood's economic development director Catherine Bieterman, have been eye-opening regarding the infrastructure, education, and economic improvements in Beachwood over the past few years. It's incredible to see the hard work and daily dedication required to attract and retain businesses to boost commercial growth, which ultimately has a trickle-down effect on the lives of everyday citizens."

Radha's economic development internship has won praise from Catherine Beiterman. "Radha's remarkable growth as a leader, organizer, and strategic thinker has broadened her experience as research analyst for our city's business development," said Catherine. "This summer, she collaborated on several projects supporting Beachwood's One-Stop Business Resource Center. She is currently taking on special projects that fit her future career ambitions. It's been a pleasure working with Radha, she is a remarkable person who has demonstrated expectational professionalism and sincere passion for her future career and the community overall."

On a state and national level, Radha was named the Ohio State Champion and national qualifier in the 2024 National History Day competition for her group performance. This win enabled her to visit Washington, D.C., where she met fellow history enthusiasts, engaged with policymakers, and observed government in action. This election year, Radha plans to work at the polls on Election Day, "giving me a front-row seat to see democracy in action," she said.

Along with her parents, Radha credits much of her success to the support she received from the Beachwood schools. "At one point my family considered moving out of Beachwood, but the neighbors, teachers, and values of the community kept us here," she said. "Whether witnessing the unwavering support of community members for a childhood cancer research fundraiser, collecting books to promote literacy through the Kids Cleveland Book Bank, or being invited to cultural festivities of various affinity groups, Beachwood's close-knit community and commitment to



Radha donates her hair for a St. Baldrick's Foundation fundraiser.



Radha, at the Coolidge Senator Summit in Plymouth Notch, Vermont.



*Left:* Radha networked with mentor Catherine Biertman, City of Beachwood’s economic development director, at last month’s B2B Expo and Women’s Entrepreneur Summit, sponsored by the Beachwood Chamber of Commerce. *Right:* Radha met with Cleveland City Mayor Justin Bibb at Cleveland City Hall, where she engaged with him in insightful dialogue related to the city’s initiatives to address educational disparities.

uplifting one another and the surrounding communities make me grateful to be a part of this vibrant community,” said Radha, who leads the school’s Asian Affinity and Pacific Islander Affinity Club as well as Bison Buddies, the district’s peer-to-peer learning program that organizes the annual St. Baldrick’s Foundation fundraiser and book drive.

Even in second grade, Radha was reaping benefits from Beachwood schools. “In our reading class, we were each given a backpack full of supplies and paper to write and illustrate our own storybook,” she said. “I was thrilled at the chance to be an author and created a trilogy.” Her teacher suggested that Radha publish her trilogy, which led to a partnership with the Cleveland Institute of Art for help in providing professional illustrations. These books, titled *Adventures with David and Charlie*, are still available on Amazon and even bring in a few author royalties.

“At Beachwood, we are blessed to have educators who teach beyond the confines of the classroom walls, encouraging us to use our knowledge to connect with a global community of learners,” said Radha. “In high school, I’ve had teachers who’ve helped me learn that some of the biggest challenges don’t have easy answers. In exploring the gray areas and the contradictions, we see that nuances and dualities are inherent within every answer.”

Paul Chase, BHS principal, is gratified by Radha’s determination, work ethic, and significant contributions to the school. “Radha exemplifies excellence at Beachwood High School through her unwavering dedication, remarkable academic achievements, and inspiring leadership,” he said. “Her hard work not only sets a standard for her peers but for those who will follow.”

In 2020, Radha was a first-place winner in the Maltz Museum of Jewish Heritage’s Stop the Hate contest. Her winning essay began with the question: How can an experience of hate, often born from ignorance, be transformed into an opportunity for dialogue and positive social change?

**“At Beachwood, we are blessed to have educators who teach beyond the confines of the classroom walls, encouraging us to use our knowledge to connect with a global community of learners.”**

In 2024, she was a finalist in the 11-12 grade division of the contest, and explored issues related to combating cultural bias and socioeconomic discrimination. She wrote about how changing socioeconomic disparities begins with changing the discriminatory perceptions of them. “Equalizing educational opportunities is the first step toward breaking cyclical poverty,” Radha said.

Radha’s essay also brought an anti-bias education grant to Beachwood High School. Additionally, as a contest winner, Radha was invited to meet with Cleveland City Mayor Justin Bibb at Cleveland City Hall, where she engaged with him in insightful dialogue related to the city’s initiatives to address educational disparities.

To address this problem, she initiated a nonprofit EduRipple, whose mission is to “bridge systemic societal gaps in educational inequality,” she said. Radha hopes to devote more time to this effort in the upcoming years and sees it “as a platform for student leaders to convene and conglomerate their strengths for a shared vision.”

With her passion to serve others, Radha is ready to continue making meaningful contributions to society. “My parents have always instilled in me the importance of giving my absolute best to every task, and using my skills to their fullest,” she said. “They taught me to find fulfillment in the effort itself, rather than in the outcome, which is often beyond my control.”

Even as a teenager, Radha is a testament to the power of dedication, compassion, and the belief that one person can make a difference. She is indeed a young woman to watch.



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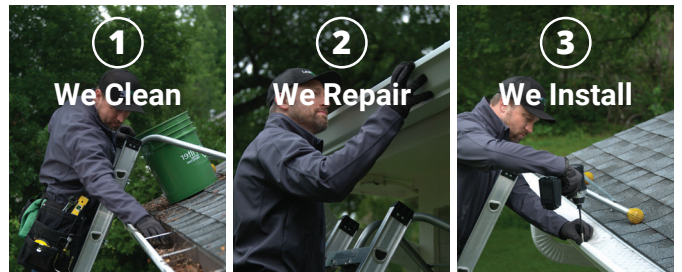
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# 10-7-23 One-Year Commemoration Event

Monday, Oct. 7, 2024, marked one year since Hamas launched its attacks on Israel, murdering more than 1,200 people and kidnapping 251 others.

To commemorate that date, more than 2,500 community members came together at the Jewish Federation of Cleveland for a community-wide gathering to remember all who were murdered or kidnapped a year ago, mourn all who were killed in Israel and in Gaza because of Hamas since that day, pray for the return of the remaining hostages, and pray for the day when neighbors can live side by side in peace.

Event organizers, clergy, elected officials, students, and community leaders led the audience in song and prayer, and provided messages of support.

"One year ago today, the lives of Jews around the world were forever changed," said Federation Board Chair Daniel Zelman.

"Here in Cleveland, as we always do in times of crises, Jewish Cleveland responded immediately and has not rested since," Daniel added. "Since Oct. 7, last year, we have raised more than \$30 million for the Israel Emergency Campaign to help Israel recover from the brutal attack. We've visited Israel many times to show our support, we've partnered with Kibbutz Kissufim to help in rehabilitation efforts, and we continue to

remember all the hostages and to advocate for their release.

"On the homefront, here in Cleveland, we have multiplied our efforts to battle antisemitism, we have increased our involvement on college campuses, we have been heavily involved with city, county, state and federal government, calling out antisemitism where we see it and advocating for issues important to our community, and we have substantially increased our outreach to non-Jewish members of our community. We cannot fight the battle of antisemitism alone, so this outreach is critical."

Daniel finished his presentation with a call to action, saying, "We need your help."

- When you see or experience antisemitism, please call it out.
- When you see something our security force should be aware of, please let us know.
- Please get in touch with elected officials when called upon to do so and when you want to weigh in on issues that are impacting our community.
- Please talk with non-Jewish friends to let them know how you're feeling, and ask for their advocacy.

- Continue to take part in Jewish life and support our efforts to do what we do for this great community.

Rotem Sadeh, a mother of two young children from Sderot, Israel, whose family narrowly survived the attacks of Oct. 7, shared her story. Sderot is the closest community in Israel to the Gaza strip.

"As a survivor of the horrific Oct. 7 attack, I feel it is my obligation to share my story for the sake of those who no longer can," said Rotem, as she bravely stood by the podium with her husband by her side.

Rotem first painted a picture of what it was like growing up in Sderot. She then relived the horror – hour by hour – of that fateful day last year: sirens, safe room, guns, broken glass, terrorists, disturbing images, lost connection to the outside world.

She relived what it was like to leave her home, praying that she and her family didn't run into terrorists; to learn of the murders and kidnapped victims; to lose everything; and to rebuild.

"We were alone, but never lonely," Rotem said. "The next two months were tough, but we got to see the beauty of the Israeli community."

Rotem told about reaching out to the Jewish Agency. "They provided us with funds made possible by all of you, who are so supportive and caring, through the Fund for Victims of Terror," she said. "The funds made it possible to move forward. I will never forget that all of you were there with me during the worst time of my life.

"Being here now, sharing how you embraced and cared for us, means everything," she added. "I'm proud to be a part of such a wonderful community."

Twenty-two communities were attacked on Oct. 7 and a candle was then lit for each one. Although many people are no longer with us, their stories and legacies live on.

Additional speakers included event co-chairs Kyla and Mitchell Schneider, and Tovah and Noam Magence.

Cleveland Mayor Justin Bibb and Cuyahoga County Executive Chris Ronayne also shared heartfelt words and reiterated their full support of Israel.

Special thanks and recognition went to clergy of all faiths, elected officials, law enforcement from Beachwood and neighboring communities, and the Federation staff, board, and security.



To make a donation to the Israel Emergency Campaign, visit <https://donate.jewishcleveland.org/israel>.

The 2025 Campaign for Jewish Needs is now underway. To make a donation, visit [www.jewishcleveland.org/donate](http://www.jewishcleveland.org/donate). Every dollar makes a huge difference.



*Opposite page:* More than 2,500 people were in attendance at the 10-7-23 One Year Commemoration event at the Jewish Federation of Cleveland.

*Right:* Rotem Sadeh, with her husband by her side, shares her family's story of survival.



## Yarn Over Beachwood

Participants of Yarn Over Beachwood knit, crochet, and loom items for different organizations and charities throughout Northeast Ohio. The group shares ideas, patterns, projects, websites, links to patterns, and more. Meetings are held the first Friday of each month from 10-11:30 a.m. at the Beachwood Library. Upcoming meetings are Nov. 1 and Dec. 6.

Participants create varied projects, including hats, scarves, bunnies, bears, lapghans, soap sacks, and more – and yarn donations are always welcome!

To participate or donate yarn, contact Iris November at [lbertyclub@gmail.com](mailto:lbertyclub@gmail.com) or 216.375.9111.

Items for winter and the holidays are always needed.



# 25TH ANNUAL MANDEL JCC Cleveland Jewish Book Festival

NOVEMBER 2024 AND MARCH 2025

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**Nov 7 • 7:30 pm • Mandel JCC**  
**Stuart Eizenstat**  
*The Art of Diplomacy: How American Negotiators Reached Historic Agreements That Changed the World*

Based on interviews with over 60 key figures in American diplomacy, including former presidents and secretaries of state, and major political figures abroad, Eizenstat covers every major contemporary international agreement. He recounts the events that led up to the negotiation, the drama that took place around the table and draws lessons from successful and unsuccessful strategies and tactics.  
**Fee: \$25; \$75 with VIP reception**

**UPCOMING PROGRAMS**

**TUE, NOV 12**  
Yardena Schwartz

**THUR, NOV 14**  
Lauren Grodstein

**KIDS DAY**

**SUN, NOV 17**  
Sara Holly Ackerman

**MON, NOV 18**  
Dr. Alex Kor

**TUE, NOV 19**  
Robin Judd

**WED, NOV 20**  
R. Derek Black

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[mandeljcc.org/bookfest](http://mandeljcc.org/bookfest)

# From Beachwood Arts Council



## Leaf Printing on Tea Towels

**Saturday, Nov. 9 • 10 a.m. - noon • Beachwood Community Center**

Led by artist and art instructor Mandy Spisak, from Mindfully Made Arts, students will learn about using botanicals in art by creating leaf imprints with acrylic paint onto a tea towel. Techniques, such as two-tone print, ghost print, and radial symmetry will be introduced to enhance one's design.

Reservations (*limited capacity*) and check are required by Monday, Nov. 4.

Call 216.595.3400 to make your reservation. Send checks (payable to Beachwood Arts Council) to Beachwood Arts Council, 25225 Fairmount Blvd., Beachwood, OH 44122.

The cost is \$20 for BAC members and \$25 for non-BAC members. Supplies are included.



## The Cliff Habian Trio Concert

**Sunday, Nov. 17 • 2-3 p.m. • Beachwood Community Center**

Cleveland native and internationally known Cliff Habian is a multi-faceted eclectic pianist, musician, recording artist, educator, and published author.

With his electronic trio of piano, bass, and drums, he will perform jazz and American Songbook music.

This program, free and open to the community, is sponsored by grants from Cuyahoga Arts & Culture and Ohio Arts Council.

Refreshments will be served following the concert.



## Unique Voices Art Exhibit

**Saturday, Nov. 23 – Thursday, Jan. 2 • Beachwood Community Center**

**Gallery Hours: M-F • 8 a.m. - 4 p.m.**

**Weekends: Call 216.292.1970 for available hours**

**Details: Visit [beachwoodartscouncil.org](http://beachwoodartscouncil.org) or call 216.595.3400**

**Opening Reception: Saturday, Nov. 23 • 5-7 p.m. • Refreshments**

Beachwood Arts Council proudly presents *Unique Voices*, featuring the work of five local, emerging artists who are living with varied differences.

Artists include Blaise Eitman, John Casini, DeLeone Hollman, Samuel Silverman, and Jason Toth. Their artwork ranges from photography to paintings to mixed media.

In addition, guest artist Kate Snow will exhibit *Living Room*, her life-sized, chronic-illness floor game, accessible to both able-bodied and disabled individuals. Kate's project is supported by the Urgent Art Fund, administered by SPACES, and supported by Cuyahoga Arts & Culture and Assembly for the Arts.

*Artwork, pictured from top:* John Casini, Samuel Silverman, Blaise Eitman, Jason Toth, and DeLeone Hollman.



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There's a lot of new artwork at the Beachwood Arts Council's Free Little Art Gallery (FLAG), located at the side entrance of the Beachwood Community Center. Brighten your day by helping yourself to a one-of-a-kind masterpiece and/or feel free to leave art, too.



# Jewish Federation of Cleveland Programs

## Federation's Young Leadership Division Big Event

(Young adults, ages 22-45)

Thursday, Nov. 14

6 p.m. • Ben-Gurion Society Dinner

7 p.m. - Doors Open • 7:30-10 p.m. • YLD Big Event

Congregation Mishkan Or • 26000 Shaker Blvd., Beachwood

Celebrate the success of YLD, learn how you can make a difference in the 2025 Campaign for Jewish Needs, and be part of something bigger. This event will feature Jonah Platt, actor, Jewish advocate, singer, and producer.

The cost is \$55 per person pre-registered by Nov. 10 or \$65 per person at the door. Register at [jewishcleveland.org](http://jewishcleveland.org).



Joe Littman, Allison Brandon, Jono Nisenboun, Josh Berggrun, Margo Uhrman, and Rabbi Doovie Jacoby at the 2023 YLD Big Event.

## Federation's Women IN Philanthropy MaIn Event

Thursday, Nov. 21 • 6 p.m. • 6:30 p.m.

Green Road Synagogue • 2437 S. Green Rd., Beachwood

The Women IN Philanthropy MaIn Event is a special opportunity to come together and ensure our community is *here for good*. Guests will connect with one another, honor our 2024 Irene Zehman Volunteer Award recipient, and make their pledge to the 2025 Campaign for Jewish Needs. Register at [jewishcleveland.org](http://jewishcleveland.org).



Mindi Goldberg, Adena Klineman, Judy Immerman Payne, Nancy Wolf, and Charna Sherman at the 2023 MaIn Event



When you support the Campaign for Jewish Needs, you help us support Israel and combat antisemitism

- Advocate for Jewish college students' mental health and wellness, collaborating with Hillels to understand the evolving needs, and coordinating with local law enforcement to ensure Jewish students can live vibrant Jewish lives.
- Expand online resources for community members to help combat rising antisemitism online, on campus, and in schools.
- Organized more than 1,700 members of Jewish Cleveland to travel to Washington D.C. to show their support for Israel, demand for the release of the hostages, and to make a very loud and clear statement that Jew hatred has no home in this country.
- Establish a new partnership with and address the ongoing needs of Kibbutz Kissufim, a community near the Gaza border that was among the 22 locations targeted by the terrorist group Hamas on 10/7.

**Together, we do all of this and so much more.**

None of this would be possible without you - our generous donors from across our Cleveland Jewish community. Every dollar makes a huge difference. Thank you for making an impact!



Donate today at [jewishcleveland.org](http://jewishcleveland.org) or scan the QR code

# Beachwood Girl Scouts Earn Bronze

By Arlene Fine

The 10 members of Beachwood's fifth grade and middle school Girl Scout Junior Troop 71962 do a lot more than sell boxes of Thin Mints. In fact, five of these community-minded scouts, led by troop leaders Karen White and Sara Perez, have earned the Bronze Award, the highest award a Girl Scout Junior can earn.

"Our Bronze Award recipients researched what caused an issue, came up with a solution, and worked with the community to bring that solution to life," said Karen, who has co-led the troop since the girls were in

kindergarten. "We are so proud of these young leaders who are our hope for the future."

Below are the five medal-earning members of Troop 71962 and an explanation of their impactful projects.



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"Our Bronze Award recipients researched what caused an issue, came up with a solution, and worked with the community to bring that solution to life," said Karen.

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## Friendship Finders – Pictured from left: Emma Vesce-Perez and Charlotte White

"In school, we watched a video about a high school in Florida where no high schooler ate alone," said Charlotte White. "Since we did not have that at Hilltop, I thought, why don't we do it?"

With the help of their homeroom teacher, Charlotte and Emma Vesce-Perez started a club to ensure no student spent lunch or recess alone. The girls even

won a \$100 grant from Senders Pediatrics to purchase supplies to put their plan into action.

"We had permission to sit with other kids at lunch and we encouraged them to join in class activities," Charlotte White said. "Our monthly club meetings were put in the school announcements, and we wrote inspiring chalk messages on the sidewalks. Our club

was featured at our school's Kindness Day Festival."

Emma recognized the need to be inclusive. "It's not just important for new kids to be included, it's important for everyone to have someone to talk to at lunch and recess," she said. "This project taught me the importance of determination and the need to work hard to get things going."



## Hope Lodge Bedding Drive – Julianna Chan

After Julianna Chan and her mom volunteered to serve Thanksgiving dinner at Hope Lodge, the sixth grader was determined to help the University Circle nonprofit where cancer patients and their family stay free while they get treatments at nearby hospitals.

"I learned that Hope Lodge's newly renovated rooms

needed new comforters," said Julianna. "I felt sad that the patients had to go through this tough time and wanted to make their stay as comfortable as possible. The people at Hope Lodge told me when patients have cancer treatment, they get very cold, and I wanted them to have warm blankets to cuddle with."

Julianna started a GoFundMe page to buy new comforters. She raised a total of \$875 and "bought eight cozy and warm comforters for Hope Lodge," she said.

From this experience, Julianna learned that one person can raise awareness and become an advocate for a cause. "Many people are kind, generous, and compassionate," she said. "This

project made me want to do more and help our community."



## Beachwood's Little Free Libraries Book Drive – Pictured from left: Sydney Howard and Julia Shumaker

Paging Julie Shumaker and Sydney Howard!

These scouts came up with the novel idea of stocking Beachwood's little free libraries with donations of gently used books. "We wanted to encourage people to read all year and help them improve their mental health by getting them off their screens," said Julia.

As an avid reader, this project was important to Sydney. "I believe every child should have the chance

to read," she said. "Whenever I see Little Free Libraries, I check what's inside. Sometimes there are many books, but other times there is only one. That was not good because I believe there should still be reading options if you don't have books at home or go to the library."

Both girls are satisfied with their book collecting and distribution efforts. "We put more books in public areas," said Sydney. "Just drop a book and take a book. You never know if your favorite book

will be in there."

Julia found that this project did in fact encourage more people to read, and helped the people who donated the books clear off their shelves. "This book drive taught me how to make a plan and put it into action," said Julia.

Collecting books helped Sydney overcome her shyness. "Sometimes I get really shy in front of strangers, but after this, I feel that I am better," she said. "Even if you are afraid of something, you should try it."





# Book Launch at Beachwood Library

*Conversations with My Mother: A Novel of Dementia on the Maine Coast*

On Sunday, Nov. 10, the community is invited to attend Beachwood resident Ronald-Stéphane Gilbert's book launch party for his new novel, *Conversations with My Mother: A Novel of Dementia on the Maine Coast*, a fictionalized memoir that delves into his mother's descent into dementia.

The event takes place at the Beachwood Library, 1:30-3:30 p.m.

This is the story of Yvette Allaire, an elegant Francophone, as she succumbs to dementia, while her lovely Maine town turns into a vacation resort. Focused on her acerbic daughter's and peripatetic son's attempts to cope with her decline, the book draws parallels between its beleaguered heroine and Maine's tourist-embattled coast, suggesting that, much as a place's intrinsic beauty seldom altogether vanishes, a dementia victim's personality doesn't necessarily disappear.

"I was inspired to write the book after witnessing my mother's long decline into dementia and her eventual demise from Alzheimer's," Ron said. "Though each instance of dementia and Alzheimer's is different, I wanted to communicate that, however ravaged the victims, fragments of their personalities typically persist and it's important to cherish our loved ones, even if rare and fleeting.

"I'm grateful for the opportunity to introduce *Conversations With My Mother* to our community," he added. "This topic touches home for many of us, and the book is as

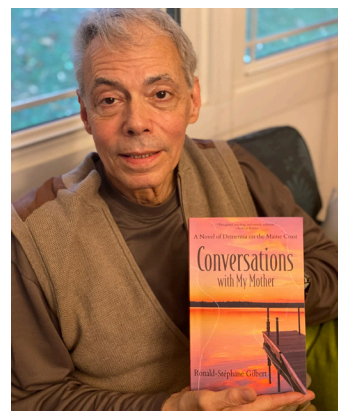
"I recommend this touching novel to anyone who wants to learn about the effect of an elder's cognitive deterioration on a family and its caregivers."

— Sandeep Jauhar, M.D., *New York Times* best-selling author of *My Father's Brain: Life in the Shadow of Alzheimer's*

much about gain as it is about loss. Ultimately, it is more about hope than regret."

Autographed copies will be available for purchase. Light refreshments will be served. To pre-order the book or for more information, please visit [www.ronaldstephanegilbert.com](http://www.ronaldstephanegilbert.com).

Beachwood resident Ron Gilbert introduces his fictionalized memoir, *Conversations With My Mother*.



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As we age, staying physically active is one of the most important things we can do for our health. Exercise helps preserve muscle mass, keeps our bones strong, and improves balance – key factors in maintaining independence and preventing injury. Regular activity also reduces the risk of age-related conditions like osteoporosis and arthritis, while supporting heart health, mental well-being, and overall vitality. To stay strong and functional in everyday life, these 10 simple weight-bearing exercises can be done anywhere, without any special equipment.

#### 1. Squats

**Benefit:**  
Strengthens the legs, glutes, and core while improving balance and flexibility.

**How to Perform:**

- Stand with feet shoulder-width apart.
- Lower your body as if you're sitting in a chair, keeping your back straight and your knees behind your toes.
- Return to standing, engaging your core throughout.

By performing squats, you're not just strengthening your leg muscles but also enhancing your core stability and balance – both crucial for avoiding falls as we age.



#### 2. Lunges

**Benefit:** Targets the quadriceps, hamstrings, and glutes while improving coordination and stability.

**How to Perform:**

- Step forward with one foot and lower your hips until both knees are bent at about a 90-degree angle.
- Push off the front foot to return to standing.
- Alternate legs, keeping your upper body upright.

Lunges mimic the movements you make when walking or climbing stairs, helping to keep your legs strong and your balance steady.



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# The 10 Best Weight-Bearing Exercises for Adults to Stay in Shape

## 3. Push-Ups

Benefit: Strengthens the chest, shoulders, triceps, and core.



- Start in a plank position with your hands shoulder-width apart.
- Lower your chest to the ground while keeping your body straight, then push back up.

Push-ups build upper body strength, which is essential for tasks like lifting and pushing in everyday life.

## 4. Planks

Benefit: Engages the core, shoulders, and lower back, improving posture and stability.



- Begin in a push-up position but rest on your forearms instead of your hands.
- Hold your body in a straight line from head to heels, engaging your core.

Holding a plank strengthens the muscles that support your spine, helping to improve posture and reduce back pain.

## 5. Glute Bridges

Benefit: Strengthens the glutes, hamstrings, and lower back.



- Lie on your back with knees bent and feet flat on the floor.
- Lift your hips until your body forms a straight line from knees to shoulders.
- Lower back down, squeezing your glutes at the top.

## 6. Wall Sits

Benefit: Builds endurance in the quads, glutes, and calves.



- Stand with your back against a wall.
- Slide down until your knees are at a 90-degree angle, and hold the position for as long as you can.

Wall sits mimic the position of sitting down and standing up, helping to build strength in the muscles we rely on for daily activities like getting in and out of a chair.

## 7. Step-Ups

Benefit: Improves leg strength, balance, and coordination.



- Find a sturdy step or platform.
- Step up with one foot, followed by the other, then step down in the same order.
- Alternate which foot leads.

Step-ups simulate real-life activities, like walking up stairs or stepping onto a curb, which helps maintain functional fitness for daily living.

## 8. Mountain Climbers

Benefit: A full-body workout that strengthens the core, shoulders, and legs while improving cardiovascular endurance.



- Start in a plank position.
- Bring one knee toward your chest, then quickly switch legs in a running motion.

Mountain climbers combine core and cardio, making them a great way to boost heart health while building functional strength.

## 9. Calf Raises

Benefit: Strengthens the calves, improves balance, and enhances lower-leg stability.

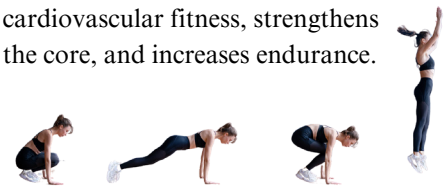


- Stand with feet shoulder-width apart.
- Raise your heels off the ground and hold for a second, then lower back down.

Strengthening your calves can improve balance and help prevent injuries like ankle sprains.

## 10. Burpees

Benefit: A full-body exercise that boosts cardiovascular fitness, strengthens the core, and increases endurance.



- From a standing position, squat down and place your hands on the floor.
- Jump your feet back into a plank position, perform a push-up, then jump back to the squat and leap up.

Burpees are an excellent high-intensity exercise that combines strength and cardiovascular endurance in one movement.

**By incorporating these exercises into your routine, you can build a strong foundation for your health and well-being.**

You don't need a gym or expensive equipment – just 10 to 15 minutes a day to focus on your fitness. Start slow, perhaps with two or three exercises, and gradually increase as you get more comfortable. Whether it's squats while watching TV or a quick plank before bed, these exercises can easily fit into your day-to-day life.

- Kelly Beaudoin, CEO  
Balance Solutions Physical Therapy, Inc



# To Live

by Jen Stern

**C**afe Otef Re'im is a coffee shop opened in partnership with Reut Karp, whose business partner and ex-husband, Dvir, was brutally murdered by Hamas in front of their three children on Oct. 7, 2023.

Everyone who works there, as well as at their other pop-up locations in Israel, are survivors of Oct. 7.

Tamir Barelko, along with other entrepreneurs, wanted to provide a reason to get out of bed each day after the horrors of Oct. 7. The shop is run by displaced residents of Netiv Ha'asara, where 20 people were murdered on Oct. 7 and more than 1,000 evacuated.

Yes, they serve coffee, pastries, and sandwiches – and so much more. They are an example of post traumatic

growth, of living forward with grief, of intentionally and courageously choosing to give power to light and love over darkness and despair.

They sell Dvir's chocolates, using his recipes so that the sweetness of his life continues to bring sweetness to the lives of others. Dvir was known as the *chocolate man* of the Gaza envelope region.

Together, they actively reframe from paralyzing despair to compassionate purpose and hope. Nurturing their souls and

the souls of others through a shared purpose of nourishment, they rebuild community – one coffee, one chocolate at a time.

Cafe Otef Re'im provides space to laugh, to cry, to remember, and to comfort one another. They are choosing life with each chocolate, coffee, and pastry sold, along with every story told and every hug shared. It is a sacred space of remembrance, of perseverance.

There is power and hope when people come together with reverence for life.



Jennifer Stern, LISW, is a Loss and Bereavement Specialist at Ellen F. Casper, PH.D and Associates in Beachwood. For more information, call 216.464.4243, or visit [www.transformativiegrief.com](http://www.transformativiegrief.com) and sign up for monthly posts.

Post-traumatic growth is about changing the question to, "Who are you becoming now? What new insight, what newness is going to emerge from this loss?" It's not about trying to stick a positive spin on something; its about the deep experience of staying with the pain or the despair or the hopelessness or the grief of the loss, and recognizing that that's not the end of the story.  
– Arielle Schwartz, Ph.D.



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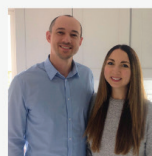
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# History Will Be Made In November

By State Senator Kent Smith

**W**hile the outcome of the 2024 Presidential Election has yet to be determined (as of the time of this writing), what we do know is history will be made. Either Donald Trump will become only the second president to be returned (not reelected) to the Oval Office or Kamala Harris will become the first woman to become president of the United States.

History often celebrates humanity's achievements, as breakthroughs often become pathways. This is the type of history that occurs at a single time, on a single date, like on Nov. 5, 2024.

But history can also examine the dynamics of societal change over time so that we can learn from the evolution of the American experience and therefore better understand our place in time and space. It is that examination of history that holds greater consequence and is often discussed as, "Is this the

beginning of something or the end of something?" It is this view of history upon which I would like to focus our attention.

The outcome of the presidential election will help us determine where this country is in its national progression. If Kamala Harris wins, then perhaps Nov. 5, 2024, will be seen as the end of the far-right MAGA extremism. Perhaps it will cement this century as a time of national transition toward a true multi-cultural democracy. If Donald Trump gets elected, then perhaps November 2016 will be

seen as the beginning of the far-right MAGA movement – with the four-year Biden presidency as the exception in that historical pivot of America.

In my view, the November 2024 election is the most important election of my lifetime. This election is more about what kind of future we want rather than a choice between two candidates.

Let us be reminded of the words of Lincoln, when he said, "With malice toward none, with charity for all, with firmness in the right, as God gives us to

see the right, let us strive on to finish the work we are in, to bind up the nation's wounds." With these words, Lincoln reflected his desire for healing and reconciliation.

Your vote this month will determine our shared future for years to come.

*State Senator Kent Smith represents Ohio's 21st Senate District which includes most of the East Side suburbs of Cuyahoga County and about 33% of the City of Cleveland.*



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# Jewish Fertility Foundation Now Open in Cleveland

JFF-CLE Kickoff Event, Tuesday, Nov. 26, 5-6:30 p.m., Jewish Federation of Cleveland

The Jewish Fertility Foundation (JFF) recently opened in Cleveland, broadening its reach in support of its mission to provide financial assistance, emotional support, and educational resources to hopeful Jewish families struggling with infertility. Founded in Atlanta in 2015, this is the organization's ninth location.

To celebrate the launch of the Cleveland location, JFF is hosting a kickoff event on Tuesday, Nov. 26, 5-6:30 p.m. Hors d'oeuvres and wine will be served. This free event will take place at the Jewish Federation of Cleveland. Please RSVP at <https://jewishfertilityfoundation.org/clekickoff/>. The event is open to everyone: Community members who are passionate about JFF's mission, those who may benefit from its resources, and those who would like to lend support and learn more – all are warmly invited to attend. The organization's founder and CEO, Elana Frank, will be here from Atlanta, and Director of Development, Jenny Jones, will be here from Pittsburgh.

JFF-Cleveland's establishment is made possible through the generous support and partnership with the Endowments and Life & Legacy program of the Jewish Federation of Cleveland and the Mt. Sinai Health Foundation. These commitments ensure that more families in the Cleveland area will have access to the resources and support they need.

"Having a Cleveland office will further strengthen our vibrant Jewish community through its unique ability to address the emotional and financial needs of people navigating fertility challenges," said Erika Rudin-Luria, president of the Jewish Federation of Cleveland. "We are happy to support this launch and look forward to working with

them as they support Jewish Clevelanders grow their families."

Shaker Heights resident Tristin Goldberg has spearheaded efforts on the ground to bring JFF to Cleveland. "As a single mother by choice who grew up here in Cleveland, I've dreamt about this for a long time. Through my role as a social worker, I've often supported people who were struggling with infertility and have seen firsthand the need for the Jewish Fertility Foundation here. I feel so grateful that the endowment committee of the Jewish Federation of Cleveland and the Mt. Sinai Foundation stepped up to make this possible for our community."

JFF-Cleveland is led by Tamar Poupko Smith, who served on the JFF-CLE exploratory committee. "I am thrilled to be working in this strong, vibrant, and welcoming Jewish community," she said. "I look forward to connecting with and supporting individuals on their family-building journeys with compassion and sensitivity."

"Our Fertility Buddy program, as well as our monthly support groups, are free and open to everyone in Cleveland. Financial grants are available to members of the Jewish community, including interfaith and LGBTQ couples," Tamar added. "Our grants cover a portion of the IVF costs, for up to two rounds. Additionally, the Hebrew Free Loan Association is offering \$10,000 interest-free loans to our



The poster features a green background with a floral pattern. At the top right is the JFF-Cleveland logo. The main title "Kickoff Event" is written in a large, white, cursive font. Below the title, the date and time "TUESDAY 5-6:30PM" and "NOV. 26" are displayed. To the right, the text "JEWISH FEDERATION OF CLEVELAND" is shown. A central invitation reads "You're invited to the launch of JFF-Cleveland!" followed by "Hors d'oeuvres and wine will be served. Free and open to the entire community!". At the bottom left are the logos for the Jewish Federation of Cleveland and Mt. Sinai Health Foundation. At the bottom right is a QR code and a button that says "RSVP REQUIRED AT".

clients to further help decrease the financial burden of IVF."

JFF partners with local fertility clinics at University Hospitals, Cleveland Clinic, and Reproductive Gynecology & Infertility. "Until you're in this world, it's impossible to understand the scope and need. JFF truly helps individuals struggling to build families feel less isolated," she added. "Please join us for our pre-Thanksgiving gathering on Nov. 26 to celebrate our kickoff, help raise awareness of our resources, and be inspired. I am happy to meet anyone interested in our mission any day. We are here, we care, and we want to help."

Tamar and her family moved from Cincinnati to Beachwood when their eldest child entered high school. She is active in a number of local nonprofits, including Fuchs Mizrahi School, the Jewish Federation of Cleveland, the Community Beit Midrash, and Bnei Akiva. Tamar enjoys spending time with her

husband Elliot, their four children, and her goldendoodle, Leo, who was featured in the November 2019 issue of *Beachwood Buzz*, just after the opening of Barkwood. While Albus was named top dog, Leo was pictured as one of five in Albus's Royal Barkwood Court, because, "Leo (much like his dog mom) inspires his friends to be better versions of themselves."

For more information, contact Tamar at [tamar@jewishfertilityfoundation.org](mailto:tamar@jewishfertilityfoundation.org).

To celebrate the launch of the Cleveland location, JFF is hosting a kickoff event on Tuesday, Nov. 26, 5-6:30 p.m. Hors d'oeuvres and wine will be served. This free event will take place at the Jewish Federation of Cleveland.

As we start our 28th year in business, we thank you for your continued support! We are proud to serve the Beachwood community.

# Roadtrip master.



## Help him navigate his next adventure.

JFSA's **Caring at Home** services can help you help your parents with cooking, shopping, laundry, housekeeping, as well as their bathing, grooming, and dressing needs. We can also help with post-hospital recovery and rehabilitation. You don't need to do this alone.

**We can help.**

Call **216.378.8660** today for a free assesment, or visit [jfsa-cleveland.org](https://www.jfsa-cleveland.org).



JFSA Cleveland helps individuals and families with **solutions** to face life's **challenges** with **confidence**.

# THE INSIDER

CITY OF  
*Beachwood*  
MAYOR JUSTIN BERNS

KEEPING YOU CONNECTED TO THE CITY OF BEACHWOOD!

NOVEMBER 2024

## THE MAYOR'S MESSAGE

### THE STRENGTH OF OUR COMMUNITY

#### Dear Beachwood Residents,

I am always impressed by the strength of our community, and recent events have reminded me how fortunate we are to live in such a great city. In this spirit, I would like to thank members of my administration, share exciting updates about our progressive initiatives, and emphasize the importance of continued community engagement as we look toward Beachwood's future.

#### Gratitude

First and foremost, I want to thank our exceptional community services team, whose efforts made this year's Fall Festival and Kickoff Concert a tremendous success despite the wet weather. Special recognition goes to Director Derek Schroeder, Program Manager Shannon Diamond, and our talented graphic designer Ryan Kennedy. Their hard work behind the scenes ensured the festival was well-organized, enjoyable, and memorable.

I also want to thank our dedicated Police, Fire and Public Works Departments. They successfully managed safety, traffic, and parking during the event so our residents and guests could enjoy the festival. Our safety teams consistently demonstrate their commitment to keeping Beachwood secure and welcoming, and I'm grateful for their efforts during these community events.

I enjoyed speaking with dozens of residents, hearing your thoughts, and sharing in the day's fun. These moments remind me why we do what we do - creating opportunities for the community to come together and celebrate what makes Beachwood unique.

#### Progressive Community

As we look ahead, I am excited to share a forward-thinking initiative showcasing Beachwood's dedication to innovation and progress. We are actively working on a solar street lighting pilot program, as a potential solution to enhance residential lighting throughout the city. This pilot aims to provide a more comprehensive and environmentally responsible approach, addressing our neighborhoods' lighting needs and the city's commitment to sustainability.

Over the coming months, our goal is to install the pilot program and collect data to determine if solar lighting can provide a long-term solution for our city. My administration is working to determine an effective balance between cost-effectiveness, environmental impact, and maintenance, ensuring that any lighting solution meets the needs of our community.

#### Community Engagement

Finally, I want to share my sincere appreciation to all residents who have participated in our recent community engagement efforts, including the residential satisfaction survey and discussions about the future use of the Fairmount Temple property.

Collaborating with residents is one of the most valuable aspects of what we do, and your ongoing support and feedback are essential to building on Beachwood's success. Whether through surveys, community forums, or day-to-day conversations, your involvement impacts our decision-making process to reflect the priorities of everyone who calls Beachwood home.

Thank you for your continued trust, engagement, and enthusiasm. I look forward to working with all of you as we continue to make Beachwood an even better place to work, live, learn, and thrive.

Sincerely,

**Mayor Justin Berns**

MayorBerns@beachwoodohio.com



## BEACHWOOD CITY COUNCIL



HOW TO EMAIL A COUNCIL MEMBER: [FIRSTNAME.LASTNAME@BEACHWOODOHIO.COM](mailto:FIRSTNAME.LASTNAME@BEACHWOODOHIO.COM)



ALEC ISAACSON  
COUNCIL PRESIDENT  
216.291.2797



DANIELLE SHOYKHET  
COUNCIL V.P.  
216.212.9212



JILLIAN  
DELONG  
216.509.3514



JOSHUA  
MINTZ  
650.464.6788



ALI B.  
STERN  
240.706.7478



ERIC  
SYNENBERG  
216.401.0074



JUNE E.  
TAYLOR  
216.533.7640

**Beachwood City Hall**  
25325 Fairmount Blvd.  
Beachwood, OH 44122



216.464.1070



[BeachwoodOhio.com](http://BeachwoodOhio.com)



@BeachwoodOH



**AUDITOR**  
216.595.3712

**BUILDING DEPARTMENT**  
216.292.1914

**CLERK OF COUNCIL**  
216.595.5493

**COMMUNITY SERVICES**  
216.292.1970

**ECONOMIC DEVELOPMENT**  
216.292.1915

**FINANCE**  
216.292.1913

**FIRE & RESCUE**  
216.292.1965

**LAW**  
216.595.5462

**MAYOR'S OFFICE**  
216.292.1901

**POLICE**  
216.464.2343

**PUBLIC WORKS**  
216.292.1922

**EMERGENCY**  
Dial 9-1-1 or  
216.464.1234

# LEGISLATIVE UPDATE

SEPT. 16, 2024 - OCT. 7, 2024

The city is focusing on six key areas essential for the city's advancement, which serve not only as a roadmap, but as a guiding light for our city's progress. Each legislative update highlights ordinances and resolutions within these critical focus areas, underscoring the measures we are undertaking within each.

## Sept. 16 City Council Meeting

**Fiscal Responsibility:** City Council voted to approve a resolution to renew the City of Beachwood's liability insurance coverage with the Public Entities Pool of Ohio (PEP) for the next year and approving the payment. This coverage provides financial protection for the city in the event of bodily injuries, property damage, lawsuits, and other circumstances.

## Oct. 7 City Council Meeting

**Public Safety:** City Council approved a contract to collaborate with the City of Shaker Heights to continue deer management efforts for the winter of 2024-2025. Between both cities, 90 deer will be culled, processed and the meat will be donated to local food banks. Additionally, a meeting has been set for November 13 with representatives from the Ohio Department of Natural Resources to learn more about research projects involving deer sterilization as an additional deer management tactic.

City Council members voted to amend the Dangerous and Vicious Dogs ordinance to be consistent with standards in the Ohio Revised Code and State Law. The changes to the current ordinance provide clearer definitions and add additional precautions for handling dangerous or vicious dogs to protect the community. No dog breed restrictions are included in the amendments.

City Council introduced a proposal to amend a section of Beachwood's Planning and Zoning Code that would add commercial cultivation and/or processing, distribution, or sale of adult use cannabis to the "prohibited uses" section. Council members will vote on this ordinance amendment at a future City Council meeting.



**STAY ENGAGED IN YOUR COMMUNITY:**



Meeting agendas, minutes including legislation, live and recorded meetings are available on our website at [BeachwoodOhio.com](http://BeachwoodOhio.com) or please attend an upcoming meeting.

## BPD OFFICER TO SERVE ON JTTF

A Beachwood Police Officer has been selected to join the FBI's Joint Terrorism Task Force (JTTF), a specialized unit dedicated to uncovering and preventing acts of terrorism across the United States. This task force plays a critical role in safeguarding national security by developing close collaboration between federal, state, and local law enforcement agencies.



Photo Credit: fbi.gov

As part of the JTTF, the Beachwood officer will coordinate advanced counterterrorism training, investigate emerging threats, and enhance the communication and security relationship between the Beachwood Police Department and key community organizations, including the Cleveland Jewish Federation. This appointment reflects the officer's expertise and the department's ongoing commitment to protecting the community from potential threats.

"This is a tremendous opportunity for both our department and the community," said Beachwood Police Chief Dan Grispino. "Having one of our officers embedded within the Joint Terrorism Task Force ensures that we're at the forefront of emerging threats and counterterrorism strategies. The relationships and intelligence gathered through this collaboration will directly enhance the safety and security of Beachwood and across Northeast Ohio."

The officer will officially begin their service with the JTTF following the completion of a comprehensive FBI background check and security clearance.

**UPCOMING CITY MEETINGS**

**City Council:**  
Nov. 4 at 7:00 p.m.  
Nov. 18 at 7:00 p.m.

**Planning & Zoning:**  
Dec. 12 at 6:30 p.m.

**Architectural Board of Review:**  
Nov. 4 at 4:30 p.m.  
Nov. 18 at 4:30 p.m.

# WORK - LIVE - LEARN - THRIVE

## SUSAN GORDON MERDLER'S RETIREMENT: CELEBRATING 26 YEARS OF DEDICATION AND SERVICE

After 26 years of dedicated service, Susan Gordon Merdler, Beachwood's Community Services Senior Adult Manager, is retiring. Her journey with the city began as a part-time employee in what was then known as the Human Services Department. Over time, her role blossomed into a full-time position, where she designed and implemented programs enriching the lives of Beachwood's senior citizen community.



Susan Gordon Merdler

Susan's contributions to the Community Services Department have been vast and varied. Her responsibilities included:

- Curating and installing art exhibits.
- Organizing summer music concerts.
- Writing program copy for the city's recreation guide.
- Organizing and escorting community day trips.
- Working as a team member with departmental expectations and responsibilities.

However, she takes the most pride in developing programs that have not just impacted but also formed personal connections with older residents, helping them explore new interests and maintain a sense of community.

"I am most proud of my ability to enrich the lives of those over 60 through quality and varied programs, educational opportunities, and life experiences," she shared. "It has always been important for me to honor and enhance the experience of seniors, allowing and encouraging them to continue learning, socializing, and staying physically active."

During the COVID-19 pandemic, when in-person programs ceased, Susan helped maintain connections with the city's senior population by participating in daily wellness calls. These conversations ranged from casual chats to in-depth storytelling about life experiences, revealing the resilience of many Beachwood seniors. "A sense of community and normalcy was needed during that time," Susan recalls. As programs resumed, Susan says she felt the excitement among seniors to return and actively participate in events like exercise classes, mahjong lessons and games, bridge games, art classes, and monthly luncheons.

Over the years, Susan has also developed creative events like a "corny party" celebrating corny jokes while eating corn on the cob (Szalays, of course) and National Senior Adult Day's "toast to you" party featuring various breads and sparkling beverages. "These small group gatherings allowed everyone to be noticed, heard, and interact," she said.

Susan says it has also been exciting to be creative in formulating art exhibits. "The responsibilities of recruiting artists from shows near and far, offering them the opportunity to 'show & share' in our dedicated art space, installing the show and watching the positive reactions of the artists has always been awesome!"

Her thoughtful approach helped foster a sense of belonging and engagement among the participants of Beachwood's programs, which she hopes will continue with her successor.

Reflecting on her career, Susan expressed gratitude for all of the opportunities presented to her and said she was inspired by the community she served.

Looking ahead, her retirement plans include some well-deserved rest, spending time with family and friends, exploring new interests, revisiting existing hobbies and seeking volunteer opportunities.

### VETERANS DAY SALUTE:

Annual Ceremony at the Beachwood Cemetery | Sunday, Nov. 10 at 11:00 a.m.

Please join us for this special occasion featuring local dignitaries, veterans and the presentation of colors.

## NEW AMBULANCE IN SERVICE

The Beachwood Fire Department's new ambulance, Squad 5, is now in service. Built on a 2023 International chassis by Lifeline Ambulance in Iowa, Squad 5 will serve as the primary unit at Station 1, the department's busiest. This addition brings the total number of ambulances in Beachwood's fleet to five, allowing the department to better meet service demands as build times for new ambulances now approach three years. Equipped with advanced features such as a cot load system, acquired through a grant from Workmen's Compensation, the new ambulance enables paramedics to load patients without heavy lifting, improving safety for both crews and patients.



# RESIDENTIAL SATISFACTION SURVEY HIGHLIGHTS & RESULTS

The City of Beachwood recently conducted a Residential Satisfaction Survey to gather valuable insights into residents' perspectives on city services and identify areas for enhancement. This effort confirms our ongoing commitment to better serve the community. Mayor Berns and City Council extend sincere thanks to all residents who participated, as your feedback will play a key role in shaping our future initiatives and improvements.

## Key Highlights

- **Quality of Life:** Most respondents rated their quality of life in Beachwood as very high, with 68% giving the city a 5 out of 5.
- **City Recreation Facilities:** Beachwood's parks, aquatic center, and other facilities received strong ratings, with 64% rating them as excellent.

## Areas of Success

- **Public Works Services:** Residents praised Beachwood's public works for reliable trash collection, snow removal, and well-maintained streets. An overwhelming 80% of respondents expressed high satisfaction, and many highlighted the department as one of the best in the region.
- **Public Safety:** Respondents expressed high satisfaction with the visibility and professionalism of the Police and Fire Departments, with 63% feeling very satisfied with neighborhood patrols and 72% rating direct interactions with the police as excellent.
- **Recreation and Community Events:** The city's recreation facilities and events were another favorable area, with 64% of residents rating them highly. Popular events like the annual Fall Festival and Beachwood Beats Summer Concerts received positive feedback for community engagement.

## Opportunities for Improvement

- **Street Lighting and Sidewalks:** Residents highlighted the desire for increased street lighting and expanded sidewalks, especially on side streets, to improve safety and walkability.

- **Traffic Safety:** Respondents expressed concerns about traffic safety, highlighting specific intersections and streets where drivers frequently speed or disregard traffic rules. Excessive speeding on certain streets was a particular issue, prompting suggestions for additional safety measures to improve overall road safety.
- **City Leadership and Communication:** While most respondents found city leadership accessible, some called for greater transparency in decision-making, especially concerning new developments and infrastructure projects. Residents also requested more communication about crime prevention and safety programming in the community.

## Moving Forward

The city administration is carefully reviewing the write-in responses, particularly those that address specific community needs and concerns. We will use this valuable feedback to guide improvements in city services and ensure that Beachwood continues to be a great place to work, live, learn, and thrive.



## SURVEY DEMOGRAPHICS

280 Responses

Participation by Age

65 & Better:	131 (48.8%)
51-65 Years:	72 (25.7%)
36-50 Years:	66 (23.6%)
18-35 Years:	11 (3.9%)

View the complete survey results by scanning the QR code or visit our website at [BeachwoodOhio.com/SatisfactionSurvey](http://BeachwoodOhio.com/SatisfactionSurvey).



CITY OF Beachwood

# RECYCLE RIGHT

Don't let your recycling efforts go to waste

Please DO NOT bag recyclables!

**ONLY THESE ITEMS GO IN YOUR RECYCLE CAN**

If an item is not listed to the right, it is not recyclable in Beachwood's curbside program. Don't be a wish-cycler; This is when non-recyclable items are placed in the recycle can with hope they will be recycled. A truck's entire load containing any wish-cycling could be diverted to the landfill. In addition, the City of Beachwood could be charged a fee for the load contamination.



**CANS**  
Empty & Rinse



**CARDBOARD**  
Flatten Boxes



**GLASS**  
Empty & Rinse



**PLASTIC BOTTLES & JUGS**  
Empty, Rinse & Replace Cap



**NEWSPAPER & MAGAZINES**



**OFFICE PAPER**

**Public Works will periodically check recycle can contents and give notices to those who are not compliant.**

**WHEN IN DOUBT, THROW IT OUT!**

Please no "Wish-cycling" or bagged recyclables. If it is not specifically listed above, throw it out as contaminated loads lead to higher recycling rates to Beachwood.

BEACHWOOD PUBLIC WORKS • 23355 MERCANTILE RD • 216.292.1922

## THANKSGIVING RUBBISH COLLECTION

Due to the Thanksgiving holiday on Thursday, Nov. 28, please note the following:

- If your normal rubbish/recycling day is Monday, Tuesday or Wednesday, your schedule will not change.
- If your normal rubbish/recycling day is Thursday, your collection day will be Wednesday, Nov. 27, for the Thanksgiving holiday week only.
- Please refrain from placing rubbish/recycling at the curb after Wednesday, Nov. 27.
- If you have a lot of holiday rubbish, please contact the office on Monday, Dec. 2, to arrange for a special collection. Then it can be placed curbside no earlier than 6:00 p.m. Sunday but before 7:30 a.m. Monday (Ordinance 660.21).

# NOVEMBER RECREATION GUIDE

## BIG TOP MOMENTS: SCENES FROM SEVENTH ANNUAL FALL FESTIVAL



The Greatest Fall Festival on Earth kept the fun coming, no matter the weather on Sept. 28 and Sept. 29. Photography by Discovery Photo. See more on page 36.

**BEACHWOOD ART GALLERY:** Unique Voices | Nov. 23 - Jan. 2 | Artists' Reception: Saturday, Nov. 23, 5-7 p.m.  
Beachwood Arts Council presents an exhibit featuring five emerging artists living with varied challenges.

CITY OF Beachwood THEATER

# THE WIZARD of Oz

LIVE ON STAGE! FREE ADMISSION!

Youth Production by Directors: Julie Matthews & Debi Lewin

November 9 at 2 PM  
November 10 at 1 PM  
Beachwood Middle School

★ BEACHWOOD YOUTH BOYS & GIRLS ★

## BASKETBALL LEAGUES

GRADES 3-6

CITY RESIDENTS \$75  
NON-RESIDENTS \$95

SIGN UP TODAY!

BeachwoodRec.com

Progress with Chess presents

## WINTER BREAK Chess Camp

December 23-January 3  
9:00 AM - 4:00 PM  
Community Center  
Monday/Thursday/Friday

Full Day Enrollment  
Residents \$359, Non-Res. \$431  
Half Day (AM or PM)  
Residents \$219, Non-Res. \$263

Sign up today:  
BeachwoodRec.com

## MORE WAYS TO PLAY

The City of Beachwood takes great pride in offering recreational amenities for year-round enjoyment. Even as temperatures cool, the fun doesn't have to stop! Here are a few opportunities available 365 days a year:



**Barkwood Dog Park:** Does your four-legged friend need to burn some energy? Too muddy to play in the backyard? Take a ride up to Barkwood, Beachwood's one-of-a-kind turf dog park available exclusively for residents. Get your annual membership (\$50) and key fob inperson at City Hall.

**City Park East & West:** Take in the beauty of every season on the multi-purpose trails. Whether you're walking, running, biking, or skating, these trails provide a scenic escape. And when the snow falls, enjoy family fun on the sledding hill at City Park West.



**Beachwood Fitness Park:** Health and wellness at your fingertips in an outdoor, open-air setting within City Park East. Body-weight style machines are accompanied by a sleek, modern fitness court with exercise zones for a full body workout. All the equipment is completely weatherproof and open year-round!

**Beachwood Playground:** Opened in May 2024, the fully ADA accessible playground features rubber and turf surfaces for year-round play, whether you're swinging, sliding, or climbing. This family-friendly space is stroller-friendly too. Pack a picnic and enjoy the pavilion!



**Pickleball Courts:** Beachwood's six dedicated pickleball courts will have their nets up even during the offseason. Take advantage of every sunny day Northeast Ohio offers. Courts will be first come, first serve beginning Nov. 1. No reservations.

For more information, visit [BeachwoodRec.com](http://BeachwoodRec.com) and keep an eye out for the Winter Recreation Guide, anticipated for late November.

## UPCOMING PROGRAMS

- **Care & Keeping of Grown-Up You (Adults)**  
Sunday, Nov. 10, 2:00-4:00 p.m.  
Beachwood Community Center  
Residents \$36, Non-Residents \$43
- **Ballet & Creative Movement (Ages 5-8)**  
Tuesday, Nov. 12-Dec. 3, 6:00-6:30 p.m.  
Beachwood Community Center  
Residents \$50, Non-Residents \$60
- **Hop Hop & Cheer (Ages 5-8)**  
Tuesday, Nov. 12-Dec. 3, 6:30-7:00 p.m.  
Beachwood Community Center  
Residents \$50, Non-Residents \$60
- **The Naturing of Nature (Adults)**  
Wednesday, Nov. 13, 11:00 a.m.-Noon  
Beachwood Community Center  
Residents \$22, Non-Residents \$26
- **Mad Science Brixology (Grades K-5)**  
Wednesday, Nov. 13-Dec. 11  
Bryden Elementary (3:15-4:15 p.m.)  
Hilltop Elementary (2:40-3:40 p.m.)  
Residents \$90, Non-Residents \$108
- **Thanksgiving Adult & Me Baking (Ages 3-5)**  
Sunday, Nov. 24, 3:00-4:00 p.m.  
Beachwood Community Center  
Residents \$30, Non-Residents \$36
- **Thanksgiving Independent Baking (Ages 6-8)**  
Sunday, Nov. 24, 4:30-5:30 p.m.  
Beachwood Community Center  
Residents \$36, Non-Residents \$43

## BEACHWOOD SENIORS

### UPCOMING PROGRAMS & TRIPS

- **Art Adventure - Highlights of the Museum**  
Tuesday, Nov. 12, 10:15 a.m.-2:00 p.m., Departs from Community Center  
Residents \$12, Non-Residents \$15, Register by Nov. 4  
Take a docent-led walking tour of the spectacular Cleveland Museum of Art followed by lunch at the cafe. Lunch expenses are on your own. Transportation is provided. Space is limited.
- **Columbus Winterfair Trip**  
Friday, Dec. 6, 9:30 a.m.-7:00 p.m., Departs from Pepper Pike Learning Center  
Residents \$79, Non-Residents \$89, Register by Nov. 6  
Shop hundreds of vendors this holiday season at Columbus Winterfair at the Bricker Building of the Ohio Expo Center. Lunch at your own expense. Transportation and admission included. (Co-op trip with Orange Recreation)
- **Beginner Mahj Lessons**  
Monday, Dec. 9-Dec. 26, 12:30-2:30 p.m., Beachwood Community Center  
Residents \$40, Non-Residents \$48, Register by Nov. 25  
Mahj is a tile game that requires critical thinking, situational awareness, and social intelligence to play it well and provides countless hours of fun! Bring your official National Mah Jongg League 2024 card or purchase a card (\$15 exact change) at the first class. Please note the final class is on a Thursday.

## NOV. MEET & EAT

**Dynamite Duo**  
Thursday, Nov. 21, at Noon  
Beachwood Community Center  
Residents \$13  
Non-Residents \$16  
Program Only \$5  
Register by Nov. 14

Let's travel through songs from the *Great American Songbook* with vocalist Evelyn Wright and pianist Joe Hunter. Evelyn has been a professional vocalist for over 25 years and Joe has been recognized for his love of the American Songbook. Together they make an awesome musical partnership!

Meal choices include turkey tetrazzini (turkey, pasta, veggies in a light sauce) or vegetable lasagna. All entrees served with a bread selection, side salad, beverage, and dessert.

**Dec. Meet & Eat (12/19):** Mary Beth Ions will have our hands clapping and our hearts smiling as she makes her violin sing! Register by Dec. 12.

Register for events at [BeachwoodRec.com](http://BeachwoodRec.com),  
City Hall or call 216.292.1970.

# WHERE BUSINESS IS BOOMING!

THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

## MAYOR'S BUSINESS RECEPTION, NOV. 14 AT PORSCHE

Join Mayor Justin Berns, members of city council, and the Office of Economic Development for this upcoming business after hours occasion. The 2024 Mayor's Business Reception will be proudly hosted by Porsche of Beachwood on Thursday, Nov. 14, from 4:30-7:30 p.m. The event provides an opportunity for area business owners to unwind after a busy day and meet fellow professionals in a relaxed and dynamic new atmosphere. It's a wonderful opportunity as a city business leader to engage annually in meaningful conversations that could spark new collaborations and business opportunities.

Confirmation of attendance is required by Nov. 1; please call the Office of Economic Development at 216-292-1915.



Mayor Berns speaking with Charles Payton at the 2023 reception.



## DRESSCODE BOUTIQUE & ASHTON'S CORNER

The ceremonial ribbon cutting of DRESSCODE Boutique and Ashton's Corner Kids Clothing Boutique on Oct. 11 was a great success, with Tanya Manning-Grant, family, and friends joining in the celebration. Tanya's grandson, Ashton, was also in attendance for the ribbon cutting, as he is actively involved in retail merchandising and the selection of items that make up Ashton's clothing line. Visit the boutique at 3365 Richmond Rd., Suite 238.

## SHOP LOCAL, SHOP BEACHWOOD

As the holiday season draws near, many of us start thinking about gift-giving. Supporting local businesses during this time not only boosts your community but also enriches your gift-giving experience. When you shop at local stores, you discover unique, one-of-a-kind items. These thoughtful gifts carry more meaning and often reflect the love we have for our community. This Nov. 30, on Small Business Saturday, and throughout the holiday season, make a plan to shop local and support your neighborhood businesses.



## FEMALE ENTREPRENEUR SUMMIT



The City of Beachwood's Economic Development Office was proud to work with Renee DeLuca Dolan of Contempo Design to bring back the Female Entrepreneur Summit for its 10th anniversary event, in combination with the Beachwood Business Expo. This dynamic event featured over 100 female entrepreneurs with a mission to connect and engage them in active discussions that support the future growth of both their personal professional development and their companies.



The Female Entrepreneur Summit drew a crowd for its 10th anniversary event on Oct. 9.

**ALWAYS BE AN INSIDER,  
STAY CONNECTED!**

OFFICIAL SOCIAL MEDIA PAGES



### Facebook Pages:

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

### X Accounts:

@BeachwoodOH  
@BeachwoodPolice

### Instagram Account:

@BeachwoodOhio

### LinkedIn Account:

@CityOfBeachwood

# University Hospitals Cutler Center for Men at UH Ahuja Medical Center Offers a New Approach to Wellness

**U**niversity Hospitals Cutler Center for Men at UH Ahuja Medical Center is working to reimagine healthcare and wellness for men by providing unprecedented, seamless access to health experts, services and resources needed for a lifetime of good physical, mental and emotional health.

“Men have a complicated relationship with their health,” said Gregory Hall, M.D., medical director at the UH Cutler Center for Men. “Studies show men in the U.S. want to be healthy, although good intentions are often not enough. Men often view health and well-being as worries for another day – resulting in shorter life expectancy than women.”

Patients receive wraparound services for personalized primary care, and preventive screenings designed to provide lifelong, comprehensive support. Creating a healthcare experience that empowers and eases tension, UH Cutler Center for Men helps men be more proactive and holistic about their health, catching issues earlier and improving the length and quality of men’s lives.

UH Cutler Center for Men’s flagship location on the third floor of the Drusinsky Sports Medicine Institute delivers comprehensive men’s health services in a setting unlike any other. Patients are greeted by team members for a personalized check in experience and have access to skybox seating for a full-length view of the football field on the building’s first floor, interactive displays in a sports bar style setting, game tables, and an amenities station while awaiting their appointment.

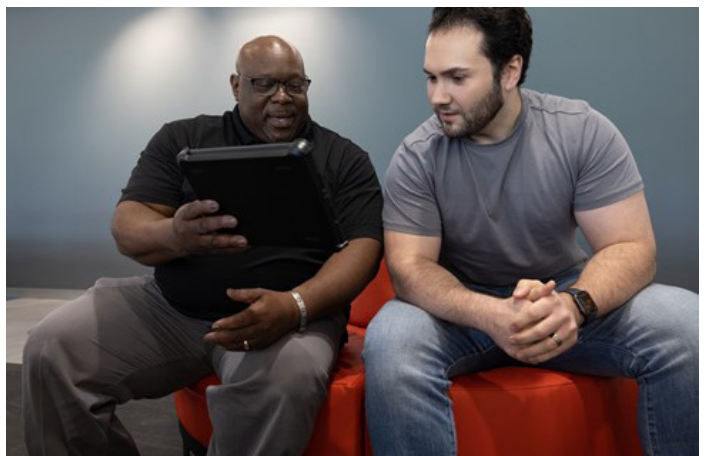
UH Cutler Center for Men is the only comprehensive men’s health program in the area creating a new standard for the patient experience.

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## An Epicenter for Men’s Health Services

UH Cutler Center for Men at UH Ahuja Medical Center offers a wide variety of clinical services:

- Primary Care and Preventive Screenings
- Chronic Disease Management
- Advanced Urology Services
- Wellness Services
- Digestive Health
- Heart & Vascular Services
- Behavioral Health



Patients at the UH Cutler Center for Men gain access to a Joe Team – a group of men’s health guides who specialize in navigating the experts and services at UH.

### UH Cutler Center for Men

3999 Richmond Rd. • UH Ahuja Medical Center,  
Drusinsky Sports Medicine Institute, 3rd Floor  
Beachwood, OH 44122

<https://www.uhhospitals.org/services/mens-health>

# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

## Beachwood Earns Top Five-Star Rating on Ohio State Report Card

Beachwood Schools is celebrating the hard work of students and staff for earning the highest possible five-star rating by the Ohio Department of Education and Workforce.

“Our highly supportive community can be proud of the District’s 2024 state report card,” says Superintendent Dr. Robert Hardis. “The state report card is one of a variety of important measures of the high-quality teaching and learning that takes place in our schools every day.”

Beachwood Schools achieved a performance index (PI) score of 105, earning the five-star “Achievement” rating. The district also received a five-star rating for “Progress” for demonstrating “significant evidence that the district exceeded student growth expectations.” Notable growth was seen in English language arts and math scores for populations measured distinctly, including English Learners and various racial groups. Beachwood High School also earned a five-star rating for “Graduation Rate,” achieving a 96.8% rate for the class of 2024.

In “Early Literacy,” Beachwood’s elementary schools earned a 3 out of 5 rating—a result anticipated due to disrupted early schooling during the COVID-19 pandemic. To address this, Beachwood Schools increased the number of reading specialists at Bryden and Hilltop and adopted phonics-based structured literacy instruction, often referred to as the “science of reading.”



Beachwood Schools helps students find success through experiential learning and rigorous classroom instruction emphasizing 21st century skills such as analyzing, communicating, reasoning, problem solving, and applying their knowledge. “Beachwood Schools’ staff is dedicated to continuously improving the ways by which we meet the needs of our students and provide them with an excellent, rigorous education,” says Dr. Hardis.

To view the results, please visit: [reportcard.education.ohio.gov](https://reportcard.education.ohio.gov).

## Beachwood Schools Celebrates Start With Hello Week

From September 16 - 20, students across the district celebrated *Start with Hello* week, a national initiative that teaches children to recognize the signs of social isolation and take steps to create a more inclusive school culture.



At the Fairmount Early Childhood Center and Bryden Elementary, students practiced daily acts of kindness, such as giving compliments and greeting new classmates. Hilltop Elementary students played Buddy Bingo and enjoyed a “Mix It Up” lunch where they sat with new peers and used conversation starters. Middle and high school students wrote thank-you notes to trusted adults and signed a pledge to show empathy, be an upstander, and reach out to those who seem isolated.

Start with Hello week aligns with the district’s expanded health education curriculum, which includes safety training, violence prevention, suicide awareness, and social inclusion, as required by HB 123, the Safety and Violence Education (SAVE) Students Act. “While we recognize that these are sensitive topics,” says Dr. Linda LoGalbo, director of curriculum and instruction, “we want children to start having discussions early on about preventative safety.”

## EVENTS CALENDAR



### ElderClass

November 14, 12 - 2:15 p.m.  
Beachwood High School  
25100 Fairmount Blvd.

### Fall Musical: The Hunchback of Notre Dame

November 15 - 17, Times Vary  
Beachwood High School  
25100 Fairmount Blvd.  
[www.beachwoodschoools.org/tickets](http://www.beachwoodschoools.org/tickets)

### Diwali Celebration

November 24, 5 - 7 p.m.  
Beachwood High School  
25100 Fairmount Blvd.



**VIEW THE FULL CALENDAR**

[www.beachwoodschoools.org/calendar](http://www.beachwoodschoools.org/calendar)



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# Balanced Screen Time: Promoting Healthy Tech Habits in Children

Managing children's technology use is one of today's key parenting challenges. To support families, Beachwood Schools is hosting two online presentations in December, led by Dr. Jay Berk, author of *A Parent's Quick Guide to Electronic Addiction*. Dr. Berk will help families recognize the signs of technology addiction in children and offer neuroscience-based strategies to encourage healthier screen habits.

These sessions build upon a recent presentation by members of the Beachwood Schools administrative team, highlighting the district's ongoing efforts to support students' responsible technology use. In this Q&A, Dr. Linda LoGalbo, director of curriculum and instruction, and Jeremy Hunter, director of educational technology, share their insights on promoting a balanced digital environment at home.

### Dr. Linda LoGalbo

*Director of Curriculum and Instruction*

#### **Q Why is technology addiction becoming a challenge for some students?**

**A** With smartphones, tablets, and laptops readily available, students can access the internet, social media, and games around the clock. This constant access leads to increased screen time and less time for academic and social activities. In addition, students feel the need to stay constantly connected with peers through social media. Fear of missing out (FOMO) drives students to engage more with technology, leading to potentially addictive behaviors.

#### **Q Can you briefly explain the effects on attention span, academic performance, and emotional well-being?**

**A** Research shows that technology addiction can negatively impact student academic performance. For example, a negative relationship was found between grade point average and internet addiction. Students with low academic achievement and study behavior levels were found to have high technology addictions. Technology addiction can also lead to social isolation and loneliness. The more time students spend on devices leads to less time spent with peers and adults.



### Jeremy Hunter

*Director of Educational Technology*

#### **Q What is Beachwood Schools doing to actively address this issue and teach students and families about healthier technology use?**

**A** Teaching students digital responsibility is an important priority in Beachwood Schools. The curriculum at Hilltop Elementary and Beachwood Middle School includes ongoing instruction on internet safety and acceptable use. Through these lessons, students learn to critically evaluate online information, protect their personal data, and engage in respectful online interactions. The district also implemented a cell phone policy in the 2024-2025 school year, in accordance with House Bill 250, prohibiting cell phones and smart watches in the classroom during instructional time. We're pleased that staff have already observed improved attention and engagement since the policy's implementation. Beyond these proactive measures, the district uses GoGuardian to monitor and manage student activity on school-issued devices. This technology enables us to filter content and alert school officials when students may be in distress and need support.

#### **Q What are some tips for parents to manage technology use at home and promote a balanced digital environment?**

**A** Parents can start by setting clear guidelines and boundaries around screen time. This includes talking with them about appropriate content and online safety. It's also helpful to establish consistent screen-free zones and times at home, such as during family meals or in bedrooms at night. This routine has the added benefit of encouraging more face-to-face interaction. Finally, modeling positive digital behavior is important. Parents can lead by example by being mindful of their own screen use. Openly discussing digital habits with children reinforces responsible technology use and promotes a balanced lifestyle.

#### **Q What else would you like to share?**

**A** It's important for parents to stay informed about the online platforms and activities their children engage in. By understanding their digital world, parents can provide better guidance and promote responsible technology use. A valuable resource is Common Sense Media, which offers reviews, advice, and insights on popular apps, games, and websites that can help parents make informed decisions and have open conversations with their children.

### **Dr. Jay Berk Presents "Technology Addiction and Healthy Screen Habits in Children"**

**December 11, 7:00 p.m.** – For parents of elementary and middle school students

**December 18, 7:00 p.m.** – For parents of high school students

Visit [BeachwoodSchools.org](http://BeachwoodSchools.org) for registration information.

# BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

## Beachwood Schools Engage Students and Community in Efforts to Combat Hate



One of the biggest barriers to combating hate is the silence around reporting it. On October 10, Beachwood Schools, in partnership with the U.S. Attorneys' Offices, presented the United Against Hate program to parents and community members at Beachwood High School. Part of a nationwide effort launched in 2022 by U.S. Attorney General Merrick B. Garland, the program teaches communities to recognize, report, and prevent acts of hate.

"You don't have to wait for the right time or for adulthood to make an impact," said 11th-grade student Alexandra Myers. "Change starts now."

Attendees learned strategies for building safer communities from a distinguished panel of local, state, and federal officials. Speakers included Sean Fisher from the Department of Justice's Community Relations Service, Assistant U.S.

Attorney Daniel Riedl, Cuyahoga County Prosecutor's Office Criminal Division Chief Gregory Mussman, FBI Supervisory Special Agent Mike Massie, Beachwood Schools' Legal Counsel Daniel McIntyre, and Beachwood Police Chief Dan Grispino. U.S. Rep. Shontel Brown also was in attendance.

"Hate crimes have no place in our community and certainly no place in our school systems," said Chief Grispino, urging the community to report any suspicious activities and comments. "As a community, we have to come together and be the biggest deterrent and report those incidents."

United Against Hate built upon the success of a student-led program in September, where 50 high school students participated in the U.S. Department of Justice's S.P.I.R.I.T. program. S.P.I.R.I.T. stands for Student Problem Identification and Resolution of Issues Together. During the full-day workshop, students identified their top challenges and developed solutions focused on three main areas: increasing civil discourse skills, creating safe spaces, and enhancing school spirit. They also elected peers to the newly formed S.P.I.R.I.T. Council, which will lead these efforts under the guidance of Beachwood High School Assistant Principal Aubrei Erkins.

In a moving speech at the United Against Hate event, 11th grader Arnav Bokil urged parents and community members for support, saying, "We can't do this alone. We need your help."



## Hilltop Students Celebrate National Walk to School Day

Beachwood Schools joined the Beachwood Police Department and University Hospitals' Safe Kids Greater Cleveland Coalition to celebrate National Walk to School Day on October 9. Organized by Officer Colton Pekarski, Beachwood Schools' director of security, the event highlighted the health and environmental benefits of walking or biking to school.

The Department of Health and Human Services recommends that children and teens engage in at least one hour of moderate-to-vigorous physical activity each day. In addition to the health benefits, students learned about safe pedestrian and bicycle practices through games and giveaways from the event's partners. Officer Pekarski says, "We're proud to support National Walk to School Day and hope to encourage more students and families to make safely walking and biking a regular part of their routine."

## BOARD OF EDUCATION NEWS



### Recent Resolutions

- Approved Five-Year Financial Forecast
- Honored National Merit Semifinalists, Commended Scholars, and National Merit Recognition Programs Recipients
- Heard Elementary Facilities Project Update

### Upcoming Board Actions

- Hear Trauma-Informed Training Update
- Hear Wellness Grant Update

### Board Meeting Calendar

- Monday, November 25 @ 7 p.m.



**VIEW AGENDAS  
& MINUTES**

[www.beachwoodschoools.org/BOE](http://www.beachwoodschoools.org/BOE)

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Dr. Linda LoGalbo, Director of Curriculum & Instruction · (216) 464-2600 ext. 2208 · lhl@beachwoodschoools.org



beachwoodschoools.org

## Alumni Spotlight: Jeremy Banchek (Class of '04)



For Jeremy Banchek, CPA, (class of '04) accounting runs in the family. Following in the footsteps of his father, Ken Banchek, CPA, Jeremy has established himself as an accounting director at US Acute Care Solutions. The longtime Beachwood resident also gives back to the community by serving on the district's audit committee.

"I grew up around accounting and always enjoyed working with numbers and analyzing data," Jeremy says. "When I

went to college, I decided early on that this was the career path I was going to take."

After graduating from Miami University in 2008 with a Bachelor of Science in Accounting, Jeremy began his career at SS&G Financial Services, followed by more than five years at Barnes Wendling CPAs, specializing in financial statement audits of small- to medium-sized private companies. "Working for a medium and a smaller-sized accounting firm gave me a great deal of exposure to all areas of a financial statement audit and really allowed me to learn a lot and become very knowledgeable," says Jeremy.

In 2019, Jeremy transitioned to the healthcare industry, joining Alteon Health, which was later acquired by US Acute Care Solutions. In his current role, he enjoys collaborating with his team and leading projects that expand beyond standard accounting tasks. Drawing from his public accounting experience, he now oversees the employee benefit plan audit for the Canton-based firm.

As a newly appointed audit committee member, Jeremy fills the vacancy left by Patty Rubin, who retired last spring after a decade of service. The audit committee provides oversight of financial reporting and internal controls to ensure transparency and accountability in Beachwood Schools' financial operations. Committee members include residents Maria Bennett and David Ostro, board member Dr. Josephine Chan, and treasurer Matthew Brown. Superintendent Dr. Robert Hardis serves as an ex-officio member.

Jeremy credits Beachwood Schools with laying the foundation for his career. "Beachwood Schools provided a high-quality education that taught me valuable skills that I was able to use in college and continue to use to this day," says Jeremy.

A high school business class taught by coach Domenick Iammarino ignited his interest in finance, and he remains grateful for the lessons and support he received from coaches Brian Greene, Joe Burwell, Jamie Lader, and Willie Smith during his years playing soccer and running track.

Outside of work, Jeremy enjoys spending time with his wife, Jessica (class of 2003), and their two daughters, who attend Hilltop and Bryden Elementary Schools. He's an avid runner, having completed four marathons, including Boston and New York City; multiple half marathons; and a half marathon for Team USA in the 2009 World Maccabiah Games in Israel. Jeremy also enjoys coaching his daughter's soccer team and cherishes watching his children grow up in the same community where he was raised.

His advice to students? "Try something that might be outside your comfort zone, whether it be a certain class at school, sport, or something else," says Jeremy. "It could end up shaping your future self or provide valuable information down the road."

## Social Scene

📍 📺 📷 @BeachwoodBison



# The Greatest Fall Festival on Earth

CITY OF  
*Beachwood*

Not even the weather could slow down The Greatest Fall Festival on Earth, Beachwood's seventh annual family festival. Magic filled the air, as thousands of attendees came together to experience the wonder and excitement of the event, held on Sept. 28 and 29. Presented by the City of Beachwood, Beachwood Schools, Beachwood Chamber of Commerce, and Crestmont Automotive, the festival once again delivered an unforgettable weekend of fun.

The festivities kicked off Saturday evening with a concert by Boy Band Review, a Chicago-based group that

brought the iconic hits of 90s boy bands back to life. Generations of fans danced and sang along, creating a nostalgic and energetic atmosphere. Attendees were treated to light-up wands courtesy of the city, concessions benefiting Beachwood Schools, and a breathtaking fireworks display that lit up the night sky, ending the evening on a high note.

While the raindrops fell on Sunday for the Fall Festival, it never slowed down any of the attractions, entertaining acts, or vendors as crowds consistently flowed into the City Hall parking lot

throughout the afternoon. From a zip line to bounce houses, rides, carnival games, and more, there was fun around every turn for all ages under the Big Top!

Special thanks to supporting sponsors Akron Children's, Wild Republic, and NOPEC, whose

contributions helped make this year's festival a success.





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home

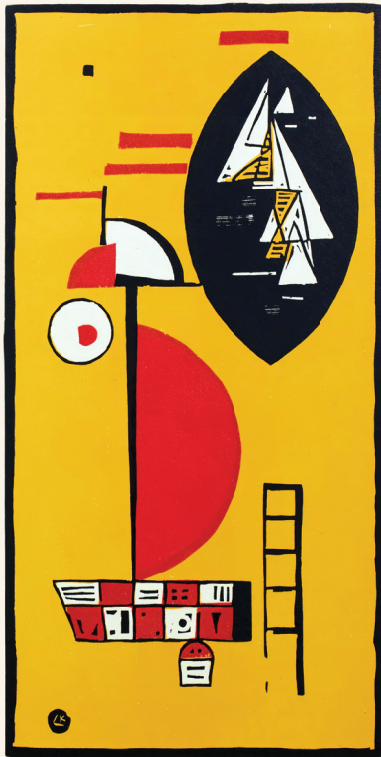
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# DEGENERATE!

OCTOBER 30 - APRIL 20, 2025



## HITLER'S WAR ON MODERN ART

Explore how artwork was used as propaganda to sway public opinion by the Nazi party. The exhibition features nearly 100 famous works by world-renowned artists labeled as "degenerate" by the regime.

Bring this ad with you for \$2 off of general admission, Oct. 30, 2024–Apr. 20, 2025. Good for up to 4 visitors. Not valid on programs. Cannot be used with any other offer.

DEGENERATE! Hitler's War on Modern Art, an original exhibition created by and on loan from the Jewish Museum Milwaukee. Image courtesy of Jewish Museum Milwaukee: No Title (Yellow, Red, Black, White Abstract), 1915, Wassily Kandinsky. Monograph. From the collection of Kevin and Meg Kinney.

[maltzmuseum.org](http://maltzmuseum.org)

## New Maltz Museum Exhibition Explores How the Third Reich Used Modern Art as Propaganda to Indoctrinate Nazi Ideology

The Maltz Museum will be hosting a new traveling exhibition that explores how modern art was used as a tool to sway public opinion by the Nazi party.

*Degenerate! Hitler's War on Modern Art* features a collection of famous works labeled as "degenerate" by the regime, including works by world-renowned artists such as Pablo Picasso, Marc Chagall, Wassily Kandinsky, Ernst Ludwig Kirchner, George Grosz, and more. The exhibition will be on view at the Maltz Museum from Oct. 30 through April 20.

In the early 20th century, radical new approaches to art flourished, but as Hitler came to power, that soon changed. Under the control of the Nazi regime, works of art across Europe were confiscated by the thousands. Some were destroyed. Some were sold to build the Nazi war machine. Others were used as propaganda, promoting the idea that certain perspectives and people were *degenerate* and *unworthy of life*.

*Degenerate!* showcases art from private and public collections, exploring movements, events, and outcomes of being branded *degenerate* to promote Nazi ideology. Part history, part art show, the exhibition displays works by artists that the Nazis blamed for the moral decline of German culture and society. Nearly 100 pieces will be on display and footage of the 1937 Degenerate Art (Entartete Kunst) Exhibition in Munich, organized by Joseph Goebbels, will also be shown to the public.

*Degenerate! Hitler's War on Modern Art* is an original exhibition created by and on loan from the Jewish Museum Milwaukee. Museum hours are Tuesday – Sunday, 11 a.m. -

5 p.m.; and Wednesday, 11 a.m. - 9 p.m. The Museum is closed Mondays and for most major holidays.

Select programs include:

**Lecture: Artistic Modernism in the Weimar Republic**

Wednesday, Nov. 20 • 7 p.m.  
Maltz Museum • \$10 general admission, \$5 members

Get enlightened on the revolutionary artistic movements that divided Germany before World War II. Professor Kenneth Ledford, the Hiram C. Haydn Professor in History at CWRU, will shed light on artistic movements from the Weimar Republic that focused on the darker sides of modernity after World War I. The art still thrills us today, but its corrosive impact on traditional values and its modernist cynicism created a rift in Germany which ultimately led to the rise of the Nazi Party.

**Script Club: Group Discussion on *Woman Before a Glass***

Thursday, Dec. 5 • 1 p.m.  
Maltz Museum • \$10 general admission, \$5 members

Join us for a group discussion of the stage play *Woman Before a Glass*, a four-part play by Lanie Robertson. This fascinating work explores the story of American heiress Peggy Guggenheim, who used her wiles during WWII to rescue some of the most important modern art of the era. Participants will read the script in advance and meet to discuss it with Faye Sholiton, founding artistic director of Interplay Jewish Theatre.

To learn more, view our complete schedule, and purchase tickets, call 216.593.0575 or visit [www.maltzmuseum.org](http://www.maltzmuseum.org).

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# Fun Fitness Classes Offer Unique Challenges

By June Scharf

There are so many reasons to not work out, right? Oksana Buchovska feels you. But she still wants to spark your interest in exercise by offering some exceptional classes at her Beachwood-based gym in Commerce Park. Her approach at Oksana Studio Fitness defies convention by tapping into equipment that's not commonly found anywhere else in Northeast Ohio.

Oksana's gym features flying aerial yoga using suspended fabric, bungees, bounce boots with springs, and TRX suspension training with original moves. Gravity is a major role player, but the unique equipment enables novel ways to handle it. Classes are geared for all ages and fitness levels, and especially for those intimidated by traditional gyms.

With high-level competitive gymnastics in her past, Oksana brings an enormous command and skill level to the safe and effective choreography she creates for all the classes she teaches. She also demonstrates

multi-lingual abilities, frequently heard when she speaks to Russian- and Ukrainian-born class participants.

No matter the language, the message and mission are clear: "People need to work out, and they need to work out smart," she states. "It's not only for your body, it's for your mind and mood, too." Endorphin release makes a real difference, she adds. And the intense focus required creates a mindfulness practice that allows an escape from other thought patterns.

She admits that challenge is always present, which is why she has beginner classes. She also offers individual instruction within each class for those whose abilities are advancing.

"I think every class is hard, but it's a workout and that's how you achieve results," she said. "You need to exert some effort. I think that's good."

She is no stranger to physical exertion either. While growing up in Ukraine, near the River

Dnipro, she and her fraternal twin sister started taking gymnastics lessons when they were 6 years old and were soon selected to be on a competitive team. The training was very intense and ran all year, including at summer camps.

She reports that many of the memories from that time are painful because the training was extreme in terms of intensity, frequency, and risk. However, she believes that all her hard work contributed to molding her into an understanding and strong person, both emotionally and physically. She admits though that a lot of recovery work – some soothing of the soul – has been required. She practices positive thinking which she says "can't come naturally" after her childhood experiences.

Oksana gave up gymnastics at age 17 because she was burned out, then she attended college. She later enrolled in an international exchange program that took students to a YMCA camp on Staten Island, in New York, where learning English was emphasized. While there, she was told that Lake Erie Gymnastics School in Mentor was looking for a gymnastics coach. She applied and was instantly hired.

"It was the first time in my life that I earned money, which was thrilling, and the people there became my second family for 14 years."

Soon after giving birth to her daughter Sasha, however, she was unable to continue traveling with the gymnasts because she

didn't want to leave her young child. At that time, her sister had opened a gym in Chesterland, so she brought along Sasha, who is now 9 years old, and began coaching teams there.

She fully admits that gymnastics is hardwired into her: "I cannot stop." Once a gymnast, always a gymnast, she said.

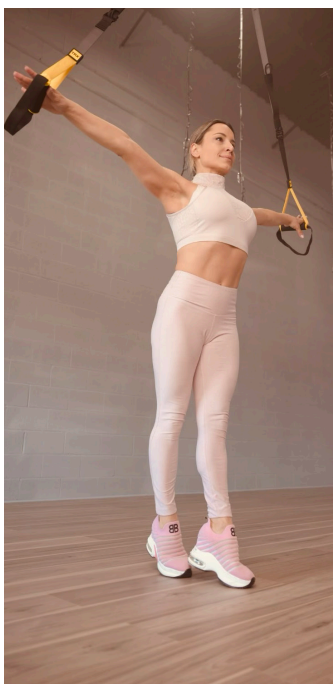
*"People need to work out, and they need to work out smart. It's not only for your body, it's for your mind and mood, too."*

*– Oksana Buchovska  
Owner/Fitness Instructor,  
Oksana Studio Fitness  
and gymnastics coach*

The opportunity for Oksana to open her own gym arose when her sister began searching for a new, larger space. Together, they chose their present spot in Beachwood which was very attractive due to the high ceilings, since Oksana envisioned having classes that engage equipment that needs to be suspended from a great height. They opened the gym nearly two years ago.

In addition to her range of alternative forms of exercise classes, she coaches children enrolled in her sister's gymnastics programs. Now, at age 44, she can claim a little more than 20 years working as a gymnastics coach. She also has an ISSA personal training certificate and another one as a nutritionist.

Oksana Buchovska teaches a flying aerial yoga class and then demonstrates TRX training, while reporter June Scharf prepares for a bounce-boots-with-springs workout.





A big turning point in her life came five years ago when the cumulative toll of gymnastics caught up with her and she suffered some herniated discs. She woke up one morning unable to move one leg and felt something was wrong in her lower back. She was adamantly opposed to surgery, which was suggested by a doctor. Instead, she began taking a yoga sculpt class three times per week, an approach that healed her.

Eventually, she trained enough to teach a yoga sculpt class, which she mostly pursued virtually during the pandemic. However, after roughly a year, she became bored with it and was inspired to search for other approaches to fitness classes.

After some extensive research, she discovered aerial hammocks and loved them as a new way to engage in strength and cardio work. She also learned about bounce boots, bungee

cords, and new ways to use TRX suspension trainers. This tremendous assortment of classes offers participants great range and diversity.

Oksana likes to hold herself out as proof of what is possible with the power of exercise.

"I healed myself, and I know that there is a way to do this. If you have something wrong with your body, there is a way to live with no pain and without drugs."

No matter what one's condition is, by working out, she asserts that people will feel better and will want to continue with their regimen.

"Participants are going to see physical results as well as improvements to their appearance and sleep," Oksana said. "And they'll want to keep coming back."

Oksana Studio Fitness is located at 23600 Mercantile Rd., Suite 1. For more information, visit [www.oksanastudiofitness.com](http://www.oksanastudiofitness.com) or call 440.667.8423.

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# Beachwood Homes and Gardens Tour

by Rosemary Nemeth

**O**n Sept. 15, the Beachwood Historical Society, Beachwood Garden Club, and City of Beachwood hosted a wonderful Homes and Gardens Tour. Participants learned something fun and new from the amazing homeowners who offered to share their creative flair for design and passion for gardening.

Special thanks to June Louise Mancuso and the Benghiat families who graciously shared their historical Van Sweringen homes. Only two of these cottages were ever built.

Dr. Marty Saltzman offered his Master Gardening tips and his rain garden, while Barb Leeson featured balloon and Lucifer Crocosmia plants, and cuttings

for participants. Her entire yard is a labor of love.

Jeaniene Kalman taught us how to create amazing fall containers complete with squash, peppers, and pumpkins.

Drs. Michael and Gretta Jacobs took us on a jaunt that highlighted water features, Japanese maples, and conifers.

Marty Pollack delighted us with his tiered sanctuary that he

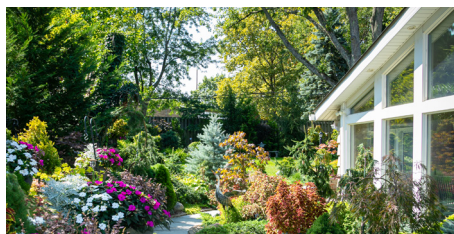
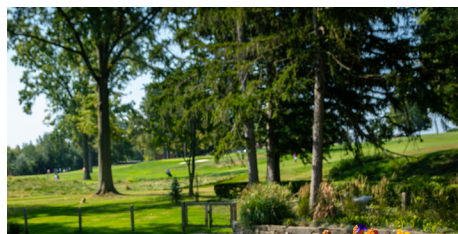
created from repurposed metal and slate. His yard, on Canterbury's 13th hole, also includes a creek.

Another stop on the tour was the Heroes Garden, located in Beachwood City Park West, which is maintained by The City of Beachwood.

Special thanks to Derek Schroeder, Frank Vicchiarelli, and Ryan Kennedy of Beachwood Community

Services; and to Anthony Piccirillo, KeyBank, Beachwood, licensed branch manager and vice president, who also sponsored this tour.

We have so many beautiful homes and gardens throughout our community. They are jewels and hidden treasures. These homeowners help to beautify Beachwood and we look forward to seeing you next time!



3200 Green Road

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Photos by Scott Morrison, Discovery Photo

## Alison Lemieux Honored With *Extra Yard* Award

Beachwood Schools fifth-grade teacher Alison Lemieux's face said it all when she was recently honored with the *Extra Yard* award. Sponsored by the Kent State University Athletics Department and the College Football Playoff Foundation, the award was given during a surprise assembly filled with Hilltop students, parents, staff, board members, and Alison's family. Amy Densevich, associate athletics director for Academic Services, presented

the award – and Flash even made an appearance to cheer her on. Congrats to Alison for going the extra yard every day!



# Amia Wheatley Named 2024 BCC Bright Star

**C**ongratulations to Amia Wheatley, Beachwood Public Library manager, on being named Beachwood Chamber of Commerce's 2024 Bright Star. Amia was recognized for her activity and leadership in the Chamber.

Amia holds an undergraduate degree in History from Cleveland State University (2012) and a Master's in Library and Information Science from Kent State University (2014). She has worked in public libraries for the past 11 years, working at Cleveland Heights-University Heights Public Library and Cleveland Public Library before accepting her current position as manager of the Beachwood Public Library.

Amia reacted to this honor with surprise and joy. "I have been active in the Chamber for the past three-plus years. Being able to work on the Business Expo committee and, now, as a

member of the board, I've had wonderful opportunities to get to know and support the city of Beachwood in a new way," Amia said. "I love that I can use my skills from librarianship to connect with Beachwood businesses."

Amia is a member of the American Library Association, Public Library Association, Choose to Read Ohio Advisory Council, and Leadership Academy 35 cohort through Cleveland State University. She formerly served as vice president of the Cleveland Public Library Foundation Young Professionals, on the Rowan and Littlefield Library advisory board, and on the planning committee



Nancy Kuzenko, Anthem, event sponsor (left) and David Lapierre, BCC director (right) present the 2024 Bright Star award to Amia Wheatley, Beachwood Public Library manager. Photo by Scott Morrison, Discovery Photo.

for the 2018 ContentDM User Group Conference.

Outside of work, Amia enjoys knitting, trivia, and Cleveland's beautiful metroparks.





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# Mid-Autumn Festival Celebration Brings Community Together

The Beachwood Chinese Affinity Group and BHS Asian-American Pacific Islanders (AAPI) Club hosted a vibrant Mid-Autumn Festival celebration that attracted around 300 community members from diverse backgrounds.

The event featured an array of cultural activities, allowing attendees to immerse themselves in the traditions of this cherished festival. Guests enjoyed homemade mooncakes and participated in a traditional tea ceremony demonstration. AAPI students provided insights into the festival's significance and the various ways it is celebrated around the world.

The celebration also showcased a performance by the Chinese Affinity Youth Choir, directed by Molly Yanfang Xu, which added to the festive atmosphere. Children were engaged in fun activities organized by AAPI and community volunteers, including balloon twisting, face painting, and a fall sensory garden table



featuring locally grown flowers and vegetables.

The event received support from the Board of Education, school board members, the PTO, and local City Council representatives, highlighting the strong community collaboration that made the celebration possible. The organizers expressed gratitude to all who attended, emphasizing the importance of coming together to celebrate the beauty of the harvest moon and the rich cultural tapestry of our community.



Top: Volunteers serving mooncakes.

Bottom: Beachwood's Youth Choir performance of *Love Grows*; families enjoying the event.

## At the Beachwood Library

### How to Overcome a Broken Heart

Thursday, Nov. 7 • 2-3 p.m.

Life coach Natalie Rudd introduces the Grief Recovery Method. Register at <https://attend.cuyahogalibrary.org/event/10935796>.

### Through the Eyes of the Artist: Viktor Schreckengost

Friday, Nov. 8 • 10-11 a.m.

Art historian Felicia Zavarella Stadelman presents on the life and works of Viktor Schreckengost. Register at <https://attend.cuyahogalibrary.org/event/10993659>.

### Veterans Day Concert

Monday, Nov. 11 • 3-4 p.m.

Join us for patriotic music performed by The High Notes in celebration of Veterans Day. Register at <https://attend.cuyahogalibrary.org/event/10895784>.

### Author Linda Broenniman

Monday, Nov. 11 • 7-8 p.m.

Author Linda Broenniman visits to discuss her novel, *The Pulitzer Saga*. Register at <https://attend.cuyahogalibrary.org/event/10758588>.

### Grow Your Business: Goldman Sachs 10,000 Small Businesses

Tuesday, Nov. 12 • 8:30-9:30 a.m.

Join us for a panel discussion with three 10KSB graduates. Register at <https://attend.cuyahogalibrary.org/event/10880086>.

### Tuesday Book Chat

Tuesday, Nov. 12 • 7-8 p.m.

A discussion of *The Storm We Made*, by Vanessa Chan. Registration is not necessary.



### AARP Downsizing and Decluttering

Wednesday, Nov. 13 • 2-3 p.m.

Learn practical, easy-to-follow tips on scaling down your household. Register at <https://attend.cuyahogalibrary.org/event/11169861>.

### Author Judith Neulander

Thursday, Nov. 14 • 7-8 p.m.

Author Judith Neulander visits to discuss her latest book, *Folklore of Lake Erie*. Register at <https://attend.cuyahogalibrary.org/event/11013171>.

### Knit & Lit

Monday, Nov. 18 • 6:30-8 p.m.

Join us at the Beachwood branch for knitting and informal chats about what everyone is reading. Register at <https://attend.cuyahogalibrary.org/event/11009707>.

### Third Wednesday Book Discussion

Wednesday, Nov. 20 • 2-3 p.m.

A discussion of *Master Slave Husband Wife*, by Ilyon Woo. Register at <https://attend.cuyahogalibrary.org/event/10993060>.

### Blood Drive

Saturday, Nov. 23 • 10 a.m. - 3 p.m.

Donate blood today. For more information or to make an appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call the American Red Cross at 800.RED.CROSS (800.733.2767).

To view the library's full list of events, visit <https://cuyahogalibrary.org> or call the library at 216.831.6868.



# B2B Expo and Women's Entrepreneur Summit

On Wednesday, Oct. 9, the Beachwood Chamber of Commerce hosted a B2B Expo and Women's Entrepreneur Summit at Tri-C Corporate College East. The event was presented by Crestmont Automotive.

"This event provided an opportunity to celebrate and empower your business and the entrepreneurial community. Beachwood has long been a hub for innovation, entrepreneurship, and economic growth," said Mayor Justin Berns. "Whether you were there to network, gain insights, or discover new opportunities, Beachwood offers the resources and community spirit to help you succeed."

Chamber president Michael Gray then shared a message of gratitude for those who support the organization: "Your commitment is the backbone of our organization and, together, we've accomplished so much."

## Highlights included:

- Networking between vendors and attendees.
- Keynote speaker Ines Rehner, founder and CEO of Sweet Designs Chocolatier, talked about business startups.
- Deanna Russo, founder of Leverage Up, LLC, shared her three-part LinkedIn strategy, a balance of harmony, engagement, and content.
- Kelly Keefe, president and CEO of ERC, addressed HR issues in today's business.
- U.S. Rep. Shontel Brown shared information about her mission of delivering results.
- Stacy Bauer, founding member of BauerGriffith Law Firm and BG Consulting Group, and Elise Hara Auvil, attorney at BauerGriffith, shared information about employment law.
- Rita Singh, CFO of S&A Consulting Group and founder of Elite Women Around the World, discussed business startups.

- Panel discussion, moderated by Heidi Szeltner, outreach manager for Goldman Sachs 10,000 Small Business Program at Cuyahoga Community College, with Rachel Kabb-Effron, Kabb Law Firm; Dr. Noelle Chapelle, Ascension Counseling; and MaryAnn Cordiano, CMIT Solutions.
- Cocktail hour.
- Closing comments.

This summit was more than just a business event. It was a platform for learning, developing connections, supporting each other, and finding solutions to business challenges. The experience was designed to propel individuals and businesses to new heights.

"On behalf of the Board of Directors, I would like to thank you for supporting the Beachwood Chamber by attending its B2B Expo and Women's Entrepreneur Summit," said Chamber director David Lapierre. "We really appreciate your support of the Chamber and our business community."

The City of Beachwood Economic Development Department, led by Catherine Bieterman, connects businesses with essential resources, including workforce development, business acceleration, and financial assistance. For a complete overview of business resources, visit [BeachwoodOhio.com/EconomicDevelopment](http://BeachwoodOhio.com/EconomicDevelopment).

For more information, about BCC, visit [www.beachwood.org](http://www.beachwood.org) or contact David Lapierre, director, at 216.831.0003.



Photos by Scott Morrison, Discovery Photo.



City of Beachwood communications manager Ben Lombardi, Mayor Justin Berns, and purchasing supervisor Carol Morrison; Beachwood High School's Junior Achievement students unveil Hope Heroes, this year's marketing campaign; Megan Gibson (Tri-C East) and David Lapierre; Panelists Dr. Noelle Chapelle, MaryAnn Cordiano, and Rachel Kabb-Effron; Sheridan Mclean presents Rita Singh her raffle prize.

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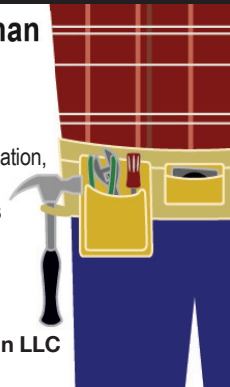
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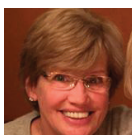


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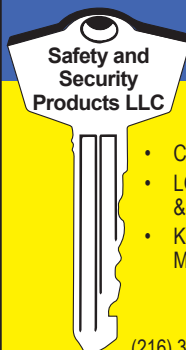
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