

Beachwood Buzz

September 2025

Every Resident. Every Business. Every Month.

MAGAZINE

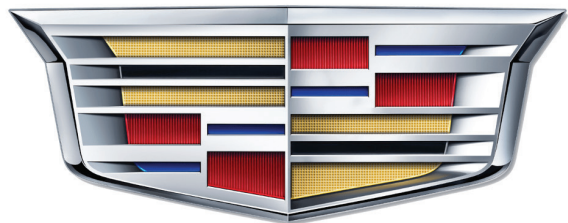


BUILDING FOR THE FUTURE

Also inside: City of Beachwood Insider • Beachwood's 8th Annual Fall Festival • Jewish Federation of Cleveland 2026 Campaign for Jewish Needs
Mandel JCC Cleveland Jewish FilmFest • The Power of Art In Our Community • Beachwood Arts Council Programs • *And so much more!*

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Life Comes at You Fast

Although some months blur by, every so often life throws you a month that seems to go in slow motion. For me, the past month included an amazing travel opportunity, a hip replacement, and – unexpectedly – an additional hospital stay. It was definitely a reminder that life doesn't arrive on a tidy schedule. It comes at you fast.

Through the extreme ups and downs, I've found gratitude, even during the hardest times: immense gratitude for the ability and opportunity to have gone on safari with Bill, my significant other; gratitude for modern medicine and my UH Ahuja surgical team; gratitude for the hospital staff; gratitude for family and friends who checked in regularly; and mostly, gratitude for Bill, who was there for it all – enjoying the good times and supporting me completely during the not-so-good times.

I also found extreme gratitude for the ability to have stayed on schedule to bring this issue of *Beachwood Buzz* to you.

When life speeds up, it's easy to feel defeated. And, believe me, there were definitely times when I felt totally defeated. What grounded me and kept me going were small, intentional practices:

- **Pause and breathe.** A few deep breaths can quiet the inner voice of "what ifs" and bring me back to the present.

- **Choose perspective.** Instead of asking, "Why me?" I remind myself this is only a detour, not a defeat.
- **Lean on others.** Accepting help doesn't make us weaker, it makes us more human.
- **Hold onto optimism.** Healing, like life, is rarely linear. Optimism gives us momentum when progress feels slow.
- **Keep a gratitude list.** Even on the hardest days, it helps to write down three things I'm thankful for. Gratitude changes my outlook.
- **Stay connected to nature.** A few minutes outside, noticing the sky or the feel of fresh air, brings perspective and calm.
- **Celebrate small victories.** Whether it's taking that first walk post-surgery or simply having more energy than yesterday, progress deserves recognition.
- **Limit the noise.** Turning off the news or stepping away from social media helps me feel present to what's right in front of me.

- **Practice patience.** Healing and change rarely move at the pace we want. Allowing time to do its work makes the process gentler. This is a hard one!
- **Protect rest.** Sleep, stillness, and quiet moments aren't luxuries, they're essential to healing.

This past month reminded me that optimism isn't about pretending things are easy. It's about holding onto the belief that better days are ahead, even in the hardest stretches. My amazing travel memories – and photos, including the "big five," shown here – will bring me joy for years to come, my hip is healing, and my body recovering.

So yes, life comes at you fast. When we meet it with open arms, steady breath, and a hopeful heart, it also has a way of showing us just how much we have to be grateful for.

Debby ♥



ELECT

ALEC
ISAACSON 
ALEX
JACOBS 
PETER
SMITH 

FOR BEACHWOOD CITY COUNCIL

VOTE TO KEEP BEACHWOOD STRONG



EXPERIENCE

- * We are proven leaders in the public and private sector with years of success building and growing businesses and communities.

KNOWLEDGE

- * We have deep knowledge of public and nonprofit finance and operations, along with workforce creation and development, marketing, and good governance practices.

COMMITMENT

- * We have 50+ combined years of residency and nearly two decades of service as volunteers in our schools and community, including president of the Beachwood Schools Support Organization, president of the City's Civil Service Commission, and president of the Beachwood Schools Foundation.

Endorsed by:

*The Beachwood Democratic Ward Club
Mayor Justin Berns
State Senator Kent Smith
State Representative Eric Synenberg*

Scan this to learn more about us.



VOTE ON NOVEMBER 4TH

Paid for by the Committee to Elect Isaacson, Jacobs, and Smith. Lisa Cynamon Mayers, treasurer 26011 N. Woodland, Beachwood, OH 44122

Cover Story:

BUILDING FOR THE FUTURE



As construction of Beachwood's two new elementary buildings enters its final months, the Board of Education is entering the final phase of its year-long process to update district goals to reflect the evolving needs, priorities, and aspirations of our community stakeholders.

In the story that follows, each board member shares a summary of key themes that emerged from the surveys taken by students, families, staff, alumni, and Beachwood residents:

Story starts on page 7.

Photos by Scott Morrison, Discovery Photo

Do you have a story to share? If so, please email beachwoodbuzz@gmail.com!

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Calendar Section

Please send information about clubs, organizations, events and meetings to 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.

Subscriptions

Beachwood Buzz is distributed via the U.S. Post Office to every resident and every business, every month. If you live outside our distribution area, subscriptions are available by sending your name, address and a check for \$36 (12 issues) to *Beachwood Buzz* P.O. Box 22194 Beachwood, Ohio 44122

General Information

Beachwood Buzz is a privately owned, independent community magazine that supports the City of Beachwood and Beachwood Board of Education. We reserve the right to accept or decline any advertising or content.

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Beachwood Buzz
Every Resident. Every Business. Every Month. MAGAZINE

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Real Estate Statistical Update by Sharon Friedman



As we move into the fall selling season, Beachwood's strong sellers' market has continued to be stable! The number of **sold** listings in July rose by a sizable 25% in comparison to the prior month; however, this was matched by a 25% increase in inventory. The average of sold-to-list price over the past three months decreased very slightly to 97%, while the median sold price in July increased by 21% over the prior month. 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, the excellence of schools and community amenities, and a stable commercial tax base!

— Sharon Friedman

Homes SOLD in Beachwood

May 15, 2025 – Aug. 13, 2025

Street	Days	List	Sold	LP/SP%	Bed	Bath	Built
Beacon	77	315,000	313,000	99%	5	3	1957
Brentwood	27	369,900	348,000	94%	4	3	1948
E Silsby	21	369,000	360,400	98%	3	3	1951
Edgehill	35	375,000	370,000	99%	6	3	1954
Fairmount	76	475,000	385,000	81%	4	3	1957
E Silsby	31	415,000	412,000	99%	3	2	1951
Campus	35	449,900	430,000	96%	4	4	1954
Hazelmere	50	470,000	438,000	93%	4	3	1968
E Baintree	3	439,900	450,000	102%	4	5	1977
Meldon	5	489,900	469,900	96%	4	3	1965
Edgewood	0	475,000	475,000	100%	4	3	1955
Campus	25	475,000	490,000	103%	3	3	1954
Glenhill	83	519,900	501,000	96%	4	3	1956
Woodway	4	475,000	513,000	108%	4	3	1954
Greenlawn	12	549,900	531,500	97%	4	3	1963
Halburton	27	595,000	572,000	96%	6	5	1991
Sittingbourne	91	599,000	575,000	96%	4	3	1957
Cardington	4	575,000	575,000	100%	4	3	1966
Hendon	32	699,900	585,000	84%	5	4	1972
Richmond	21	649,000	638,000	98%	3	3	2018
Richmond	55	649,000	640,000	99%	3	3	2018
Halburton	3	585,000	645,000	110%	4	3	1976
Longmeadow	72	695,000	670,000	96%	2	3	1992
Belvoir	81	750,000	725,000	97%	4	4	1949
Hermitage	12	729,000	743,000	102%	5	5	1976
Buckhurst	4	925,000	885,000	96%	5	4	1956
Woodway	31	949,000	900,000	95%	6	5	1954
Beachwood	1	975,000	975,000	100%	5	5	1973
Halcyon	122	1,199,000	1,000,000	83%	6	6	1985
Wendover	81	1,350,000	1,350,000	100%	6	6	1979
Annesley	1	1,375,000	1,370,000	100%	5	6	2022
Bryden	2	1,389,900	1,400,000	101%	5	6	2022
Hilltop	102	1,520,000	1,535,000	101%	8	7	2025

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!



NEW LISTING!

26701 Bernwood Road

List price \$799,000

5 Bed, 4.2 Bath CONTEMPORARY



NEW LISTING!

24335 Fairmount Blvd

List price \$379,900

3 Bed, 2.5 Bath RANCH



NEW PRICE!

2172 Lyndway Road

List price \$450,000

4 Bed, 2.5 Bath COLONIAL



NEW PRICE!

2 Salem Ct The Village 1st Fl MBR

List price \$740,000

3 Bed, 3.2 Bath Freestanding COLONIAL

Selling Your Home This Fall?
Call Sharon's
"Sell" Phone:
216-338-3233
To Get Your
Beachwood
Home
SOLD!

Sharon's Recent Beachwood Sales & Listings

FOR SALE/RENT: 23100 E Groveland Road list \$424,900

PENDING: 25106 Duffield Road list \$745,000

PENDING: 3152 Richmond in Wedgewood list \$299,000

JUST SOLD 8/25: 2834 Meldon Road list \$479,900

JUST SOLD 7/25: 2449 Beachwood Boulevard list \$975,000

JUST SOLD 6/25: 2560 Buckhurst Drive list \$925,000

JUST SOLD 6/25: 25515 Halburton Road list \$585,000

JUST SOLD 6/25: 4 Stratford Ct in The Village list \$499,000

JUST SOLD 6/25: 26451 Fairmount Boulevard list \$475,000

JUST SOLD 5/25: 23423 E Baintree Road list \$439,900

SOLD 4/25: 25102 Wimbledon Road list \$524,900

SOLD AT LIST 3/25: 24701 Wimbledon Road list \$539,900

SOLD 2/25: 27500 Cedar Rd #809, Point East list \$649,000

SOLD IN 2 DAYS 2/25: 23580 Ranch Road list \$399,900

SOLD 1/25: 26800 Hurlingham Road list \$800,000

SOLD 1/25: 3 Bennington Court in The Village list \$449,900

SOLD 12/24: 25405 Halburton Road list \$975,000

SOLD 12/24: 4 Haverhill Court in The Village list \$599,000

SOLD 12/24: 2141 Halcyon Road list \$419,900

SOLD 12/24: 23512 E Baintree Road list \$395,000

Sharon Friedman

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BUILDING FOR THE FUTURE

As construction of Beachwood's two new elementary buildings enters its final months, the Board of Education is entering the final phase of its year-long process to update district goals to reflect the evolving needs, priorities, and aspirations of our community stakeholders.

In the sections that follow, each board member shares a summary of key themes that emerged from the surveys taken by students, families, staff, alumni, and Beachwood residents:



DR. JOSEPHINE CHAN

ACADEMIC EXCELLENCE

All groups that responded to the survey strongly agree that academic achievement is the highest priority within the district with the strongest support coming from parents and alumni. Among all groups, parents expressed the most pride in the district's academic accomplishments.

Academic excellence is essential to ensuring that students master the critical skills needed for success in college, careers, and life. High academic standards help close achievement gaps, providing every student with access to rigorous, high-quality instruction that empowers them to reach their full potential.

ALUMNI PERSPECTIVES

Alumni affirmed that Beachwood Schools provided them with a high-quality, well-rounded education that prepared them for college and career success. They cited challenging coursework, access to caring and dedicated teachers, and mentorship from staff members they still remember for both challenging and supporting them.

PARENT PERSPECTIVES

Parents praised the district's commitment to high academic standards, individualized instruction, and the broad range of educational opportunities available. Many expressed a desire for a more practical

and future-ready curriculum that equips students with the skills and experiences necessary for life beyond graduation. For parents, success is not defined solely by high test scores, but by developing confident, curious, and engaged learners.

STAFF PERSPECTIVES

Staff members expressed pride in the district's reputation for academic achievement and emphasized the importance of sustaining high standards through innovation, professional growth, and curriculum development. They highlighted the need to cultivate resilience, independence, and innovation in students.

STUDENT PERSPECTIVES

Many students valued the district's academic rigor and the dedication of teachers. Elementary, middle, and high school students measured their success based on good grades. High school students recognized that Beachwood's challenging curriculum prepares them well for life after graduation, but are interested in real-world learning experiences, personalized learning opportunities, and diverse course offerings that align with individual interests and career paths. Middle school students want a gradual increase in academic rigor to prepare them for high school.

The shared belief among the survey respondents is the district's academic



- My husband, Dr. Ricky Chan, and I have two children, an 11th grade son and a seventh grade daughter at Beachwood Middle School.
- Director for the Clinical Trials Unit at UH Seidman Cancer Center
- Bachelor's degree in Biological Sciences at University of Chicago, Doctorate degree in Genetics at Case Western Reserve University, and Master of Business Administration from the Weatherhead School of Management
- Board member since 2022

success should prepare our students to think critically and contribute meaningfully to college, the workplace, and in the world.

MEGAN WALSH, PRESIDENT

WHOLE CHILD DEVELOPMENT

Survey responses reveal a clear, shared priority: Whole Child Development. This future-forward vision prepares students not only for today but for an ever-changing world, leveraging the expertise and dedication of Beachwood's outstanding staff. It calls for an environment that prioritizes academic excellence, preparedness, and mental health, supported by a community that values cultural awareness, inclusion, transparency, bilateral engagement, and focused communication. Achieving this vision requires data-driven improvement guided by an iterative evaluation process.

Students and families alike expressed that true success means more than grades or test scores—it means feeling safe, supported, and happy. As one Beachwood Middle School student noted, "Potential and success are partly about grades and sports, but for the most part it's about student happiness." This sentiment reflects the understanding that emotional well-being is foundational for learning and achievement, and that a school culture grounded in empathy, safety, and belonging helps every student succeed, while balance – such as "more play, less screens" for younger learners – remains an

important community priority.

Across all groups, there was a strong call for real-world skills and preparation for diverse paths after high school. A Beachwood High School student indicated, "There should be more classes with life skills such as cooking, what medicines to keep with you, college essentials, car maintenance. There should also be more exposure to jobs that aren't as common so that people don't feel as if there's a limited number of routes for students to go down." These priorities underscore the importance of equipping students with both practical competencies and strong academic foundations.

Character development and community values round out this vision. A Beachwood Schools staff person shared, "Beachwood should help develop students with high ethical standards, an appreciation for hard work, curious minds, a giving spirit, and school pride." By fostering safe, inclusive, and engaging environments – and by pairing academic rigor with life skills, character, and cultural awareness – Beachwood can ensure that every learner graduates as a confident, compassionate, and capable individual ready to thrive in school, in work, and in life.



- My husband, Brandon Walsh, and I have two sons: Nolan, a 10th grader at Beachwood High School, and Cooper, a seventh grader at Beachwood Middle School.
- Family Support Program Manager for Cuyahoga County's Invest in Children
- Bachelor of Arts in Psychology with a business certificate at Indiana University-Bloomington and Master of Science in Social Administration from Case Western Reserve University with a Children, Youth & Families concentration and School Social Work certificate
- Board member since 2019



Public town halls regarding district goals will be held on **Thursday, Oct. 23**, and **Thursday, Nov. 6**, at 7 p.m. in the Beachwood High School Community Room. Visit beachwoodschoools.org for more information about the process and summaries.

WENDY LEATHERBERRY

SUPPORTIVE LEARNING ENVIRONMENT FOR ALL AND ENRICHMENT OPPORTUNITIES BEYOND THE CLASSROOM

The survey results showed a strong interest in a supportive learning environment for all students and enrichment opportunities beyond the classroom. Beachwood Schools are highly regarded for support of all learners from various circumstances. This community firmly seeks a learning environment that supports each and every student, regardless of how they arrive at our schools. Whether a student is neurotypical or neurodiverse, the Beachwood Schools should provide whatever supports are needed.

While there is high satisfaction with how the district is currently supporting students, some suggested more could be done. Staff and students expressed concern that more support is needed around mental health and well-being. Students and community members referenced the need to recognize those who are not necessarily the highest achievers. High school students expressed the need for more support relating to stress and extracurricular activities. Residents and students appreciate events celebrating various heritages and holidays. They also encouraged more of these events and wider publicity.

Middle school and Hilltop students expressed the desire for more field trips, more extracurricular activities, help for anxiety, and changes in the food at lunch. Comments highlighted pride in the diversity and inclusivity of the schools. Students of all ages suggested continuing to expand arts offerings, including extracurricular ones, and continued support for athletics. A desire to enhance student leadership opportunities was also referenced in conjunction with chances to bring community members in to share their experiences in careers, volunteerism and so forth. Similarly, community members, parents and alumni expressed a desire to contribute. Finally, parents, students and staff all said that consequences should be clear for negative behavior in order to ensure a supportive environment for all.

Overall, all groups expressed a strong commitment to diversity and belonging. Several comments highlighted the polarized time we are living in and noted the importance of embracing all students, regardless of their identity. Thoughtful suggestions were included about ways the district can enhance its intercultural awareness efforts, support mental health and anxiety concerns, and ensure that each and every student is able to achieve their personal best.



- My husband, Dr. Carl Horowitz, and I have two sons: Sam, a graduate of Beachwood Schools and Purdue University now beginning his career in California, and Ian, a sixth grader at Beachwood Middle School.
- Nonprofit fundraising and communications professional
- Bachelor of Arts in English from George Washington University and a Master of Science in Urban Studies from the Levin College at Cleveland State University
- Board member since 2022

Diverse opportunities are available throughout the district in arts, athletics, clubs, and service opportunities that empower students to grow.



KIM ALLAMBY, VICE PRESIDENT

FOSTERING RELATIONSHIPS/ SUPPORTIVE NETWORKS

Survey respondents commented that fostering healthy relationships and supportive networks is of paramount importance to creating a thriving school community where every member feels connected, valued, and supported.

All stakeholder groups acknowledged the necessity of human connection as a foundation for personal growth, developing social-emotional intelligence, a sense of belonging, and overall success within the district. As one alumnus aptly put it, "Our district is reaching its potential when every student finds a community and feels engaged in learning."

While students consistently had high praise for the staff in the district and spoke of caring and encouraging interactions with their teachers, several students expressed a desire for more mentoring and peer to peer opportunities in our schools. One Hilltop student wrote, "I think it would be fun if Hilltop had more interactive days where maybe a fifth grader could mentor a third grader since they're new to this school." Our high school students, on the other hand, identified the need for building-wide initiatives that raise school spirit and create a shared purpose to unify

students across their diverse backgrounds, unique academic interests, and varied experiences. Finally, students placed a high value on developing friendships.

Staff results reveal a deep connection to our students and reflect pride in their growth and accomplishments. Staff also appreciates the strong family involvement and community support. "It's a wonderful community with supportive families that value education." They want to build relationships and create a positive work culture through collaboration and mutual respect.

Parents voiced the need for relationship building to continue and expand within the classroom and district. Parents are eager for their children to continue forging excellent relationships with their teachers and other trusted adult school staff and would like to see more opportunities to develop leadership skills. Parents also call for "more opportunities to meet the teachers and other parents." Parents want more opportunities to connect with one another.

Alumni shared the importance and impact of lifelong friendships made at Beachwood. Residents and alumni want the district to invite the public and past graduates into the buildings to meet students.



- My husband, Dr. Carl Allamby, and I have two daughters, Kayla and Kennedy, both students at Beachwood High School this year.
- Physical Therapist
- Bachelor of Science from University of Michigan and Master of Physical Therapy from University of Pittsburgh
- Board member since 2022

These connections will help students develop skills essential to their success in life: collaboration, communication, problem solving, adaptability, and cultural humility.



Strong relationships
grow from
collaboration and
mutual respect both
inside and outside of
the classroom.

RINI GHOSH

THE IMPORTANCE OF EVALUATION AND COMMUNICATION IN THE BEACHWOOD SCHOOLS

In policymaking, evaluation is an ongoing, cyclical process that includes collecting and analyzing data, reassessing interventions, and refining solutions. Equally important is sharing results with the communities most affected. Open and transparent communication builds trust, fosters accountability, and ensures that stakeholders feel both heard and valued.

The recent Board Goals Survey exemplifies this process. The review was highly engaging and data-driven, showing that Beachwood stakeholders – students, parents, staff, residents, and alumni – value openness and clear communication. Many expressed appreciation for the opportunity to provide feedback. As one parent observed, “The state test scores may be a quantitative measure, but we could use qualitative data (perhaps surveys or student contributions) to better adjudicate success.”

Students want to be active participants in measuring success. One suggested

that our success will be known by understanding, “If kids are happy – do a survey.” Staff members highlighted the importance of formal evaluation tools to validate the strong sense of pride in the district, with one noting, “I hear students telling others, ‘I love my school, you should come here,’ and staff saying, ‘This is the best place to work.’ It is certainly hard to get feedback of that nature, but annual surveys can help.”

Moving forward, bilateral focused communication and data-driven evaluation will be essential to achieving the district’s goals. By maintaining a deliberate, two-way exchange of ideas, the district can support continuous improvement, identify strengths and challenges, and act on them effectively. Transparency in both process and outcomes will encourage meaningful engagement, while fostering trust and collaboration. These practices not only enhance performance, but also strengthen retention of students and staff, ensuring Beachwood remains a community where excellence thrives.



- My husband, Abhishek Chakraborty, and I have two children who are entering fourth grade at Hilltop and kindergarten at Bryden this year.
- Assistant Director of Research Health Outcomes and Engagement at Case Western Reserve University
- Bachelor’s degree in South Asian Studies from University of Toronto and Master of Law and Public Policy from Northeastern University
- Board member since 2024

Ensuring stakeholders feel heard and valued is important for transparency, fostering trust, and encouraging meaningful engagement.





MAKE
YOURSELF A
PRIORITY



The Beachwood Mini Wellness Challenge:

Ten Minutes to More Energy,
Better Balance, and Less Stress



The Power Trio for Lifelong Health

Movement, balance, and deep breathing may seem simple, but together they form a powerful foundation for overall well-being. Regular movement keeps joints flexible, muscles strong, and circulation flowing, helping to prevent stiffness and reduce the risk of chronic conditions. Balance training challenges the brain and body to work together, sharpening coordination, improving posture, and lowering the likelihood of falls as we age. Deep breathing not only calms the mind, but also delivers more oxygen to the body, reducing stress hormones and supporting heart and lung health. When practiced together, these three elements create a synergy that strengthens both physical and mental resilience — helping you move with confidence, handle stress more easily, and maintain vitality for years to come.

**Ten Minutes. Three Challenges.
A Healthier, Happier You!**

**Because wellness should fit
between your morning coffee
and your first email!**

What if you could boost your energy, improve your balance, and feel calmer – all in less time than it takes to watch a sitcom? This month, we're inviting Beachwood residents to take part in a **Mini Wellness Challenge** that's quick, fun, and surprisingly effective. No gym membership, fancy equipment, or fitness background required – just a few minutes a day and a willingness to try something new.

We've put together three mini challenges you can do anywhere – at home, at work, or even outdoors in one of our beautiful Beachwood parks.

440-449-3400

BalanceSolutions.com

BalanceSolutions@sbcglobal.net
23175 Commerce Park-Beachwood

The Beachwood Mini Wellness Challenge:

Ten Minutes to More Energy, Better Balance, Less Stress



Mini-Challenge #1:

The 10-Minute Energy Boost

Feeling sluggish? Skip the extra cup of coffee and try this instead. Short bursts of movement get your blood pumping, wake up your muscles, and trigger endorphins — your body's natural mood lifters.

Your Routine:

1. Kitchen Counter Push-Ups – 10 reps (arms and chest)
2. Hallway High Knees – 30 seconds (cardio boost)
3. Laundry Basket Squats – 10–12 reps (legs and glutes)
4. Living Room Lunges – five each leg (strength and balance)
5. Ceiling Reach Stretch – 20 seconds (posture and spine mobility)

Pro tip: Put on your favorite upbeat song and see if you can finish the routine before the chorus hits.



Mini-Challenge #2:

The 20-Second Balance Test

Your balance today can be a clue to your overall health tomorrow. Good balance reduces your risk of falls, improves muscle strength, and keeps you confident on your feet.

The Test:

Stand on one leg, eyes open, hands on your hips. Can you last 20 seconds without touching down?

Your Routine:

- Heel-to-Toe Walk – 10 steps forward and back.
- Single-Leg Stand While Brushing Teeth – an easy daily habit hack.
- Side Leg Lifts – 10 reps each side.

Community Twist: Try the test on soft grass at a local park for a safe, scenic challenge.

When practicing balance activities, safety should come first. Stand near a sturdy surface like a wall or countertop for support, and have someone nearby if you're trying a new exercise. If an activity feels too challenging or unsafe, modify it or seek additional support.

Mini-Challenge #3: The Beachwood Breathe-In

Life can be stressful — but your breath is a built-in reset button. Deep breathing helps lower blood pressure, ease muscle tension, and calm the mind.

Your Routine:

1. Sit comfortably, shoulders relaxed.
2. Inhale through your nose for four seconds (imagine smelling flowers at Preston's H.O.P.E. park).
3. Hold for four seconds (picture the still water at Shaker Lakes).
4. Exhale slowly through your mouth for six seconds (like blowing ripples across a pond).
5. Repeat for five cycles.

Pro Tip: Keep a "Breathe-In Card" in your wallet, purse, or car as a reminder to pause and reset, or set an alarm on your phone as a reminder!

Movement, balance, and deep breathing work together like a three-legged stool – take one away, and stability suffers.

Regular movement keeps muscles and joints strong, balance training helps prevent falls and maintains independence, and deep breathing supports healthy circulation, lowers stress, and improves oxygen flow to the body. Together, they form the foundation for maintaining mobility, confidence, and overall wellness.



Why Join the Challenge?

By taking on the Beachwood Mini Wellness Challenge, you're giving your body and mind a daily dose of movement, balance training, and stress relief — three pillars of long-term health. These small, consistent actions can improve strength, flexibility, coordination, and mental clarity, while helping you feel more energized and resilient in your everyday life.

If you find that any of these challenges are difficult or uncomfortable, **Balance Solutions Physical Therapy** is here to help. Our experienced therapists can assess your mobility, balance, and movement patterns, then design a personalized plan to get you moving safely and confidently.

**Call us today at
(440) 449-3400 to schedule
an evaluation.**

**Let's make feeling great a part
of your daily routine.**

*Kelly Beaudoin, CEO
Balance Solutions Physical Therapy, Inc.*

Jewish Federation of Cleveland 2026 Campaign for Jewish Needs

The Jewish Federation of Cleveland is launching the 2026 Campaign for Jewish Needs on Sunday, Sept. 7, with a Super Sunday Kickoff event for the entire community.

The Campaign for Jewish Needs is the Cleveland Jewish community's annual fundraising campaign that provides the critical dollars necessary to help keep our diverse, local community safe, strong, and welcoming, as well as serve the needs of the global Jewish community.

This year, Super Sunday Kickoff attendees will:

- Join hundreds of community members to raise critical dollars for our community through the 2026 Campaign for Jewish Needs
- Participate in children's activities
- Visit the community village, which showcases the Campaign's impact

- Enjoy kosher food and ice cream

Super Sunday Kickoff will take place at the Jewish Federation of Cleveland's Jack, Joseph and Morton Mandel Building (25701 Science Park Drive in Beachwood). Family activities will begin at 1 p.m. Attendees can come to the event for a few hours or all day as their schedule allows.

Event co-chairs are Allison Brandon of University Heights, and Arica Jacobson and Ryan Levine of Beachwood.

The Federation is the only organization in Cleveland that considers the needs of the Jewish community as a whole

Make your gift and help raise funds to support the 2026 Campaign for Jewish Needs

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super sunday KICKOFF Join us on **9.7.25**

and plans for its future. Ninety-one cents of each dollar donated goes directly to the community.

The 2026 Campaign for Jewish Needs will conclude on Dec. 10, 2025.

For more information, visit www.jewishcleveland.org.

The Federation is the only organization in Cleveland that considers the needs of the Jewish community as a whole and plans for its future.

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Joseph Benjamin O'Sickey, Still Life With Pheasant and Owl, Oil on canvas, 60 x 72 inches

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BAKED by Abbie

Tahini Honey Bundt Cake

According to the Pura.com blog, "cardamom, often heralded as the *queen of spices*, is celebrated for its intoxicating aroma and distinct flavor. Despite its prominence in various cuisines and cultures, many remain unaware of its rich heritage, health benefits, and the unique essence that sets it apart.

"This spice is not just a culinary delight but a sensory experience, weaving history, health, and flavor into every use. Originating from the wild forests of the Western Ghats in Southern India, cardamom has found its way across the world, becoming a cornerstone in various culinary traditions."

Recent exposure to cardamom got me thinking and wanting

to experiment with a very traditional fall treat, honey cake, which is often served for dessert during the festive Jewish New Year meal. My version swaps nutmeg for cardamom and plays on its membership in the ginger family.

This recipe is adapted from one on Miriam Pascal Cohen's website, OverTimeCook.com.



Abbie Nagler Sender, a licensed, award-winning baker, is the owner of BAKED by abbie, a home bakery that offers customized baked goods with a Jewish twist.



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Cake Ingredients

- 4 eggs
- ½ C sugar
- ⅓ C oil
- ½ C tahini paste
- 1 C honey
- 1 t vanilla extract
- 1 t baking powder
- 1 t baking soda
- ½-1 t cinnamon
- ¼ t ginger
- ¼ t cardamom
- ¼ t sea salt

- 2 ¼ C all-purpose flour
- 1 C milk or non-dairy milk
(I used full-fat oat milk)
- 1 C chopped dates (optional)

Glaze Ingredients

- 1 C powdered sugar
- 2 T tahini paste
- 2 T honey
- About 2 t warm water
- ¼ t cinnamon (optional)
- ¼ t cardamom (optional)
- Slivered almonds (optional)



Directions

- Preheat oven to 350°F. Grease a non-stick 10-cup bundt or tube pan and set aside.
- In a large bowl, with a hand mixer, whisk together eggs, sugar, oil, tahini paste, and honey until smooth.
- Add vanilla, baking powder, baking soda, cinnamon, ginger, cardamom and salt. Mix well to incorporate.
- Stir in half of the flour, followed by half of the milk. Mix until incorporated. Repeat with remaining flour and milk.
- Pour loose batter into prepared pan. Bake for 45-55 minutes, until the top feels set. Remove from oven. Cool for 10-20 minutes before inverting to cool completely on a wire rack.
- Make glaze by mixing powdered sugar, tahini paste, honey and warm water in a small bowl. Mix until smooth. Add spices, if using, and mix again. If necessary, add additional warm water (a few drops at a time) to reach desired consistency. Pour over the cake. If desired, garnish with slivered almonds.



The Maps Are Back

By State Senator Kent Smith

That's right Ohio, the maps are back. In 2018, more than 75% of Ohio voters approved a constitutional amendment to change how Ohio would draw its congressional districts. Normally that process would take place following the release of the 10-year federal census with new maps taking effect in the next election cycle (2002, 2012, 2022, etc.).

But contained within the 2018 amendment was a provision that said if the minority party did not support the newly drawn maps, the Ohio congressional map would be redrawn four years later. And that is where we are right now.

In the 2024 elections, there were seven statewide elections. While Republicans won every contest, their highwater mark was 55% of the vote. The closest race was a Republican victory with 50% of the vote.

So if Ohio is a 55-45 state, then the current ten Republican / five Democratic congressional map is an erroneous representation of the political makeup of the Buckeye State.

The most accurate 15-district congressional map for Ohio would be eight to seven.

The easiest way to draw the new map would be to increase the political strength of Ohio's two largest counties, Franklin and Cuyahoga.

The population of the average congressional district is 761,000. The population of Cuyahoga County is 1,240,594. The population of Franklin County is 1,356,303. So it would be easy for both counties to get a

second congressional seat within Ohio's two most populated counties. Those new additions and the other Democratic seats remaining in Toledo, Cincinnati, and Akron get Ohio to an eight to seven map.

What's preventing the adoption of an eight to seven map? Only the fact that the new congressional districts will be drawn by the Ohio Redistricting Commission, which is a five-to-two Republican-led body.

Stay tuned, watch what map they create, and see if it reflects the political balance of Ohio.

What's preventing the adoption of an eight to seven map? Only the fact that the new congressional districts will be drawn by the Ohio Redistricting Commission, which is a five-to-two Republican-led body.

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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And So It Goes

By Jennifer Stern

There is a Billy Joel documentary called *And So It Goes* on HBO. It was interesting to learn what was happening in his life, what influenced his writing and the stories – his stories – behind the songs that have spanned decades.

Beyond the music was a deeper story – the story of humanity. Joel's life outside of stardom mirrored the lives of all. Heartbreak and joy. Deep connection, loving relationships, and fractured relationships. Trust and betrayal. Achievements and disappointments. Challenges and overcoming challenges. Duality is one of life's great commonalities. Rich or poor, famous or unknown, we are all met with challenges and disappointments and we all have the ability to face and overcome.

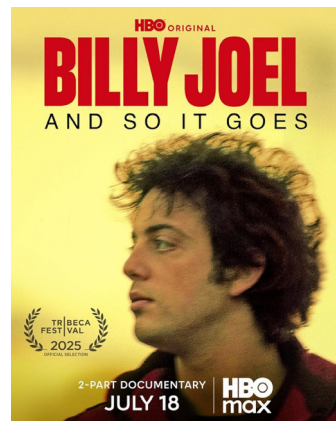
This documentary is as much about his resilience as it is his music. Life provides all of us opportunities for honest self-reflection, accountability, and growth. Will we rise to take them? Will we do the work of healing, unlearning habits that sabotage healthy connection and productivity? Will we take accountability for the choices that we make that impact others positively or negatively? Will we do the necessary, grueling work of change?

It is hard to look at oneself honestly. To consider the perspective of others. To live

beyond our own wants and needs, our own habits, to consider the impact they have on those around us.

Billy Joel is honest about his life in a way that is both admirable and heartening. His vulnerability becomes his greatest strength.

Watching *And So It Goes* was nostalgic. It also served as a reminder that life is fleeting, time goes by in spite of us. We have the opportunity now to face our mistakes, to humbly take accountability, to try and resolve any unfinished business in our lives so that we, and those we care about, have greater peace.



Beyond the music was a deeper story – the story of humanity.

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

Friday Food Trucks

Hosted by Buy Rite Office Products

23715 Mercantile Rd. • 11:30 a.m. - 1:30 p.m.

Brought to you by the Beachwood Chamber of Commerce

Join us every Friday at this weekly lunchtime event that brings the community together over great eats and company.

Each week, a rotating lineup of popular food trucks rolls in with something for everyone. It's the perfect opportunity to discover new local flavors, support small businesses, and enjoy the lively vibe of outdoor dining. Whether you're meeting friends, mingling with colleagues, or

just grabbing a bite solo, we invite you to network with fellow professionals, meet new faces, and connect with the Beachwood business community. Picnic tables are available, or feel free to bring your own folding chair and soak up the sunshine.

Come hungry, leave happy, and make Fridays the tastiest day of your week. For more information, contact Michelle at 216.292.7112.

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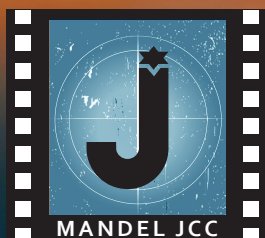
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The Mayor's Message

A Strategic Approach to Advancing Public Safety

Dear Beachwood Residents,

Public safety has always been — and will always remain — my highest priority as your mayor. The safety of our residents, businesses, and visitors is the foundation on which our thriving community is built. I am proud to share the innovative ways our police and fire departments continue to expand and improve their services to meet the evolving needs of our city.

Under the leadership of Fire Chief Holtzman, our firefighters are receiving more comprehensive and advanced training than ever before. To date in 2025, 45 members of the Beachwood Fire Department have completed an impressive 4,781 hours of training. These sessions include hose evolutions, ladder training, pump training, victim rescue, and drills with our mutual aid partners. This fall, our firefighters will participate in live fire training at Willoughby's live fire training facility. These exercises, led by our specially trained department instructors, give firefighters invaluable hands-on experience in real-world fire scenarios — ensuring that when every second counts, our teams are prepared.

On the law enforcement side, Chief Grispingo continues to advance the professionalism, capabilities, and community presence of the Beachwood Police Department. The department is actively working toward accreditation through the Commission on Accreditation for Law Enforcement Agencies (CALEA), a distinction recognized as one of the highest benchmarks for public safety agencies nationwide. Achieving this standard will further ensure our policing practices remain effective, transparent, and accountable.

In addition, the department has embraced innovation in the tools and tactics it uses to protect Beachwood. A fully electric vehicle has been added to our traffic enforcement fleet, along with two new e-bikes for park and neighborhood patrols. These additions help expand coverage sustainably and cost-effectively. We've also installed additional license plate reading cameras (LPRs), upgraded our officer body camera

technology, and enhanced community engagement efforts to maintain trust and transparency.

Our police officers maintain close working relationships with the FBI's Joint Terrorism Task Force and the Jewish Federation of Cleveland, allowing us to coordinate resources and intelligence that keep Beachwood—and our entire region—safe.

Recognizing the importance of uninterrupted emergency response, City Council recently took swift action to approve a temporary exception to add one extra Police Dispatcher position. Their action ensures our dispatch center will remain fully staffed while a new dispatcher is trained to replace a retiring team member this fall. Dispatchers are often the unseen heroes of public safety, and I am grateful for council's quick response in supporting this critical function.

I am proud of the dedication, professionalism, and innovation shown by both our police and fire departments. Their commitment — combined with strong community partnerships — ensures Beachwood remains a safe, welcoming, and forward-thinking city.

Sincerely,



Mayor Justin Berns

MayorBerns@beachwoodohio.com



Beachwood City Council



How To Email A Council Member: 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



Pete Smith
216.299.3557



Ali B. Stern
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National Night Out Brings Community Together



On Aug. 5, over 600 residents and visitors gathered at Beachwood City Hall for the city's annual National Night Out celebration. Families enjoyed meeting and chatting with Beachwood police officers, taking part in a scavenger hunt, and watching local magician Rick Smith Jr. impress the crowd with impromptu tricks throughout the evening.

Children flocked to the Beachwood Fire Department's towering ladder truck and explored the city's safety services drone display. The event offered a unique chance for the community to connect with the dedicated safety personnel who protect and serve year-round.

Mayor Justin Berns praised the evening as an exceptional example of Beachwood's community spirit, saying, "While I take great pride in the exceptional safety services we provide, it's important to bring our community together — face to face — with the police officers, firefighters, and dispatchers who protect us every day. Events like this strengthen trust, build relationships, and remind us that public safety is truly a shared commitment."



Officer Bertone testing out gear with residents at National Night Out. Photography by Discovery Photo.



Officer Bell and K9 Jorik welcoming attendees.



Officer Majewski and Officer Szuhay discussing the department's drone program.

HOLIDAY RUBBISH COLLECTION:

Rubbish and recycling will not be collected by the city on Monday, Sept. 1, due to Labor Day. Collections will be delayed one day for the week of Sept. 1 only.

Beachwood Police Deploy First All-Electric Patrol Vehicle

The City of Beachwood and the Beachwood Police Department are proud to announce the deployment of the department's first-ever all-electric patrol vehicle. The high-performance Ford Mustang Mach-E has officially joined the city's traffic enforcement fleet, representing a significant step forward in sustainability and innovation for the community.

Primarily dedicated to traffic enforcement, the Mach-E will help officers keep Beachwood's roads safe. In addition, the vehicle will serve as a tool for community engagement, appearing at public events and programs to connect residents with the department. Residents can expect to see the distinctive new patrol vehicle on the road and at community gatherings throughout the year.



UPCOMING CITY MEETINGS

City Council:
Sept. 2 at 7:00 p.m.
Sept. 15 at 7:00 p.m.

Planning & Zoning:
Sept. 25 at 6:30 p.m.

Architectural Board of Review:
Sept. 2 at 4:30 p.m.
Sept. 15 at 4:30 p.m.

Work - Live - Learn - Thrive

Beachwood Police Launches Blue Envelope Program to Support Autistic Drivers

The City of Beachwood has introduced the Blue Envelope Program, a Beachwood Police Department initiative designed to create safer, more understanding interactions between officers and drivers on the autism spectrum.

Modeled after a successful program from the Massachusetts State Police, the Blue Envelope combines practical organization with vital communication support during traffic stops. The specially designed holder stores a driver's license, vehicle registration, and a contact card, while the outside displays clear guidelines to help officers recognize autistic drivers and adjust their approach.

"The Blue Envelope is a simple tool that can make a big difference," said Beachwood Police Chief Dan Grispino. "By giving our officers immediate information and communication tips, we can reduce stress for autistic drivers and ensure every interaction is handled with patience, respect, and understanding."



Lt. Kevin Owens (left), program ambassador, and Chief Dan Grispino holding Beachwood's Blue Envelope.

The program's goals are to enhance understanding by providing officers with quick, identifiable information; reduce anxiety through a clear visual cue that promotes supportive strategies; streamline communication with practical, situation-specific tips; and encourage preparedness by keeping essential documents in one easily accessible place.

Residents can request their Blue Envelope online at BeachwoodOhio.com/BlueEnvelope. Visitors and those who work locally are welcome to stop at the Police Department in person at 2700 Richmond Rd. Scan the QR code to learn more.

BEACHWOOD ART GALLERY:

A Different Point of View | Sept. 8 - Oct. 17 | Reception on Sept. 14, 1:00-3:00 p.m.
A wide range of subjects reflecting the artistic pursuits of members of the Euclid Arts Association.

Share Your Thoughts with Beachwood Police Department

The CALEA Public Comment Portal is now open for community input through Oct. 10, 2025. Residents are invited to share their thoughts and experiences with the Beachwood Police Department at BeachwoodOhio.com/CALEA. Comments are anonymous and help support our ongoing accreditation process.

What is accreditation?

Law enforcement accreditation is a voluntary, professional process that recognizes agencies for meeting established standards of excellence in policing. It involves a thorough review of policies, procedures, training, and operations to ensure compliance with best practices in public safety, accountability, and community engagement.

What is CALEA?

The Beachwood Police Department is currently pursuing accreditation through the Commission on Accreditation for Law Enforcement Agencies (CALEA). CALEA accreditation is considered the gold standard in law enforcement professionalism and helps build community trust while enhancing operational effectiveness. The CALEA Accreditation Program is a nationally recognized initiative that sets over 450 standards covering all aspects of law enforcement operations. Agencies must demonstrate adherence to these standards through policy development, documentation, and on-site assessments.



Beachwood Police Department personnel (Credit: Discovery Photo)

Why use the public portal?

As part of our self-assessment accreditation process, the public is asked to use the portal link listed above to submit comments regarding our agency's engagement with the community, delivery of public safety services, and overall candidacy for accredited status. These comments can be in the form of commendations or concerns. The overall intent of the accreditation process is to provide CALEA and our agency with information to support continuous improvement, as well as foster the pursuit of professional excellence.

Note: CALEA is not an investigatory body and subsequently the public portal should not be used to submit information for such purposes. Additionally, there will be no response other than acknowledgement of submissions; however, the information will be considered in context to its relevance to compliance with the standards and tenets of CALEA Accreditation.

City Moves Forward on Fairmount Temple Redevelopment



The City of Beachwood has signed a Letter of Intent (LOI) with The Orlean Company, Payne & Payne, and Heritage Development to redevelop the former Fairmount Temple site at 23737 Fairmount Blvd. The LOI begins 60 days of exclusive negotiations toward a formal Development Agreement that aligns with the city's vision for a high-quality residential neighborhood on this historic property.

Plans call for at least 80 homes — primarily single-family detached units between 1,800 and 2,300-square-feet. Designed for long-term accessibility, many will feature first-floor primary suites, laundry rooms, and minimal steps, making them ideal for aging in place. Whenever legally possible, purchasing opportunities will be prioritized for current Beachwood residents.

"This milestone represents a major step toward transforming the Fairmount Temple property into a thoughtfully designed, age-targeted residential neighborhood that meets the needs of Beachwood's current and future residents," said Mayor Justin Berns.

Ken Lurie, principal of The Orlean Company, said, "This is an exciting opportunity to bring lasting value to Beachwood. Our team has deep roots in this community, and we're honored to reimagine the former Fairmount Temple site with respect for its history and significance."

Under the agreement, the developer will create a dedicated legal entity with the financial capacity to complete the project and reimburse the city for all third-party expenses.

The city will share updates publicly as negotiations progress, and the formal development agreement is finalized.

Dr. Chelton C. Flanagan Sworn into Civil Service Committee

Dr. Chelton C. Flanagan was officially sworn in as a member of Beachwood's Civil Service Committee by Mayor Berns during the Aug. 4 city council meeting. Pastor of Holy Trinity Baptist Church in Cleveland, Dr. Flanagan has been a dedicated resident of Beachwood for over 12 years. His leadership, community service, and commitment to the city make him a valuable addition to the committee. Congratulations to Dr. Flanagan on this well-deserved appointment.

Dr. Chelton C. Flanagan being sworn in by Mayor Justin Berns on Aug. 4.

Final Free Community Shred Day of 2025

Residents can bring personal documents, mail, and files to have them shredded on-site. This is a free service for Beachwood residents! Proof of residency (driver's license) is required. Please use paper bags and banker boxes only, no plastic grocery bags.

A Recycling Awareness Grant from the Cuyahoga County Solid Waste District supports this community service.

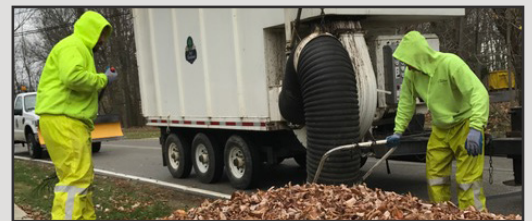
Join us Friday, Sept. 12, from 3 – 6 p.m. at the Fairmount Temple property (23737 Fairmount Blvd.) parking lot, rain or shine.



Loose-Leaf Pickup

Leaf pickup begins the week of Sept. 29 and (weather permitting) runs through mid-December.

- Leaves need to be raked into piles on the tree-lawn
- Keep piles free from other debris such as grass, trees or branches
- Vehicles parked on the street may impede the city's ability to collect leaves



September Recreation Guide

Beachwood's 8th Annual
FALL FESTIVAL
Pumpkins, Pirates & Plenty o' Fun!

SUN, SEPT. 28
NOON-5:00 PM
BEACHWOOD CITY HALL

INFLATABLES
SUPER SLIDE
RIDES & GAMES

TREASURE HUNT
ENTERTAINMENT
FOOD TRUCKS

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New Fall Programs

The wait is over — Beachwood's Fall Recreation Guide is here! Discover new programs, exciting events, and unique experiences for every age and interest at BeachwoodRec.com. From family fun to fitness and creative classes, there's something for everyone this season. Check out a few highlights below!

- **Smarty Paws - Basic Obedience Dog Training**
Mondays, Sept. 8-Oct. 20, 7:00-8:00 p.m.
Beachwood Community Center
Residents \$124, Non-Residents \$148
(No class Sept. 22)
- **Communicate to Elevate - The Career Series**
Sundays, Sept. 14-Oct. 19, 10:00-11:30 a.m.
Beachwood Community Center
Residents \$168, Non-Residents \$202
(No class Sept. 28)
- **Paint & Sip**
Wednesday, Sept. 17, 6:30-8:30 p.m.
Beachwood Community Center
Residents \$36, Non-Residents \$44
(Includes two drink tickets for wine!)
- **Apple Crisp - Adult & Me Baking Class**
Sunday, Sept. 21, 3:00-4:00 p.m.
Beachwood Community Center
Residents \$31, Non-Residents \$37
- **Gentle Stretch & Deep Rest**
Sundays, Oct. 5-Nov. 9, 10:00-11:00 a.m.
Beachwood Community Center
Residents \$89, Non-Residents \$106
- **Wellness Retreat with Julie Konrad**
Sunday, Oct. 12, 1:00-3:00 p.m.
Beachwood Community Center
Residents \$31, Non-Residents \$37
- **Halloween Monster Snack - Youth Baking**
Sunday, Oct. 26, 4:30-5:30 p.m.
Beachwood Community Center
Residents \$39, Non-Residents \$47

Free Admission, Family-Friendly!

FALL FESTIVAL
Kickoff Concert & Fireworks Night

The Miss Americanas
"The Ultimate Unofficial Taylor Swift Tribute"

SAT, SEPT. 27, 8 PM
COMMUNITY CENTER

Bracelet Making, Photo Ops & More!

An Unofficial Taylor Swift Event

Screening for More Than Sun

Beachwood Family Aquatic Center patrons learned how to screen for more than just the sun at Akron Children's SpineScreen event on Aug. 10. During the three-hour awareness initiative, parents discovered that reapplying sunscreen to their child's back is also the perfect opportunity for a scoliosis check and early detection. In addition to screenings, families enjoyed free beach towels, sunscreen, crafts, and music from a live DJ.

Special thanks to Akron Children's for partnering with us to make this SpineScreen event possible.



Event photography provided by Akron Children's.

Upcoming Youth Sports

Beachwood Community Services offers a variety of opportunities whether your child is new to a sport or taking their skills to the next level!

- **NEW - T3 Performance Clinics & Camps:** Sept./Oct. for Ages 6-18
Gain a competitive edge with instruction at T3 located within the UH Drusinsky Sports Medicine Institute. Sport specific opportunities include baseball, softball, basketball, and lacrosse in addition to speed camp and vertical jump camp. View the schedule and rates at BeachwoodRec.com.
- **Beachwood Elite Wrestling:** Begins Oct. 27 for Grades 1-6
The Elite program has produced champions at the state and national level! Practices on Mondays and Thursday at 6:00 p.m. Residents are \$103, non-residents are \$124. Sign up at BeachwoodRec.com.

Beachwood

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Nights

Family-Friendly, All Ages!

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More Thrills. More Prizes. More Excitement.

SEPT. 11 & NOV. 13
6-8 PM at Beachwood Community Center

Registration Required:
17 Years & Under - \$5/person
Adults (18-59 years) - \$8/person
60 Years & Better - \$5/person

Register: BeachwoodRec.com

★ **BEACHWOOD YOUTH BOYS & GIRLS** ★

BASKETBALL

DECEMBER TO MARCH

REGISTER ONLINE!

★★★★★
GRADES 3-6
★★★★★

★★★★★
CITY RESIDENTS \$75
NON-RESIDENTS \$95
★★★★★

BeachwoodRec.com

Beachwood Seniors

- **Beginner Mahj Lessons**
Mondays, Oct. 6-Oct. 27, 12:30-2:30 p.m., Community Center
Mahj Jongg is a tile game with a rich history that helps develop critical thinking, situational awareness and more. Join expert instructor Fern Grunberger for this beginners-only class. Residents are \$49, non-residents are \$60.
- **Sip into Wellness - Smoothies for Seniors**
Tuesday, Oct. 7, 1:00-2:00 p.m., Community Center
Learn how to blend simple ingredients into tasty drinks that boost energy, support digestion, and provide essential vitamins for seniors. Free! Sponsored by Prosper at Wickliffe.

September Meet & Eat

Tischler Klezmer Orchestra

Thursday, Sept. 18, Noon, Community Center

Residents \$14, Non-Residents \$17, Program Only \$6

Register by Sept. 11.

The Tischler Klezmer Orchestra (TKO) invites you on a joyful musical journey through the vibrant traditions of Eastern European Jewish folk music. Under the spirited direction of Moss Stanley, TKO brings a high-energy performance that celebrates the joy, rhythm and soul of klezmer.

Meal choices include chicken pot pie or tuna noodle casserole. Served with a salad, beverage and dessert. Gluten free available.

WHERE BUSINESS IS BOOMING!

THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

Business Compass Podcast: Building Prosperity Through Real Estate & Economic Synergy

In the latest episode of the *Beachwood Business Compass* podcast, Economic Development Director Cathy Bierterman sits down with Bryce Sylvester, Managing Director at CRESCO, to explore growth opportunities unfolding across Northeast Ohio. This insightful conversation dives into how a strategic city vision, paired with targeted industry support and thoughtful site readiness, can transform regional competitiveness.



At the center of this vision is Chagrin Highlands, a prime area positioned along the I-271 corridor — just minutes from Cleveland. Known for its impressive mix of office buildings, medical centers, hotels, and retail developments, Chagrin Highlands is poised for the next wave of corporate growth. Beachwood's recent acquisition of nearly 43 acres within the district underscores the city's forward-thinking approach to land use and economic development.

This episode offers listeners a behind-the-scenes look at what makes Chagrin Highlands stand out—and how the right combination of vision, planning, and promotion can create lasting prosperity. Whether you're a business leader, investor, or simply curious about the region's economic future, this conversation is filled with hyper-local insights.

Ohio Artisan Collective Opens in Beachwood Place

The City of Beachwood warmly welcomed the Ohio Artisan Collective during their grand opening at Beachwood Place on Tuesday, July 15. Showcasing the creativity and dedication of more than 95 independent artisans, the Collective is a vibrant hub for high-quality, Ohio-made products. We look forward to seeing the Ohio Artisan Collective grow and thrive in the Beachwood community.



Left to right: Kelly McCoon (General Manager, Beachwood Place), owners Jason and Jessica Brown, and Mayor Berns



Thank You to Our 2025 Summer Interns



Left to right: Economic Development Director Cathy Bierterman, Ritika Iyer, Lucia Martino, Sam Park, Mayor Justin Berns, Jessie Gao, Elizabeth Liu, Ida Chang, Clerk of Council Whitney Crook and Legal Assistant Martha Jones

The City of Beachwood extends its sincere thanks to the talented students who served as summer interns in the Economic Development Department. This year's group included both college students and Beachwood High School juniors and seniors, each bringing fresh energy, creative ideas, and a strong work ethic to our team.

Throughout the summer, these interns made valuable contributions not only to the Office of Economic Development but also to the Law Department. From research and data analysis, and behind-the-scenes administrative support, their efforts helped advance important city initiatives including support for an upcoming A.I. Summit, new A.I. integration into targeted marketing, data supporting targeted attraction efforts, data supporting the growth of the city's technology cluster, and integration of new industry identifiers within our customer service management system.

We are grateful for their dedication and enthusiasm, and we look forward to seeing the great things they will accomplish in the future. Thank you for spending your summer making a difference in Beachwood!

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

Cleveland Jewish FilmFest Opens Sept. 4

19th Annual Festival Features 33 Films from 9 Countries Over 11 Days

The Mandel Jewish Community Center proudly presents the 19th Annual Cleveland Jewish FilmFest, running Sept. 4-14. This year's festival includes 33 films from nine countries, with a diverse lineup of documentaries, feature films, comedies, short films, and a television series.

Tickets available at www.mandeljcc.org/filmfest. Films will be screened at venues throughout Greater Cleveland, including Cedar Lee Theatre, Cinematheque at the Cleveland Institute of Art, the Maltz Museum, and the Mandel JCC. Select films and the Israeli series, *Kugel*, a prequel to *Shtisel*, will be available to stream. Each streaming film will have a 48-hour viewing window once viewing begins.

Opening Night will take place at the Cleveland Museum of Natural History and feature the French drama *Once Upon My*

Mother, which won the Audience Favorite award at the Toronto Jewish Film Festival. The evening includes an invite-only Insider Party, the film screening, and a dessert reception.

"This is our largest festival to date," said Deborah Bobrow, manager of Arts and Culture at the Mandel JCC. "We reviewed hundreds of films and are excited about the rich, diverse lineup. These stories challenge perspectives and bring people together through culture and dialogue."

Special Guests and Events

Filmmaker Yael Melamede will participate in a Q&A following her film *Ada: My Mother the Architect*, a documentary about her mother's groundbreaking career. Former Cleveland Simcha Shtull returns to present

her short film *The Windows on Rue Saint-Dominique*. A short work-in-progress, titled *Extra Innings*, is the story of a son honoring his father's memory through their shared love of baseball.

Free Screenings for Adults 60+

Thanks to a grant from the John P. Murphy Foundation, a limited number of weekday 1 p.m. matinee screenings are free for adults age 60 and older. Advance registration is required, and limited tickets are available.

Festival Highlights

- Sept. 4 – Opening Night at the Cleveland Museum of Natural History: *Once Upon My Mother*
- Sept. 14 – Two short film programs at the Maltz Museum
- Throughout the festival – Streaming access to select films and the Kugel TV series



MANDEL JCC
CLEVELAND JEWISH
FILMFEST

- Oct. 5 – Special program commemorating Oct. 7 through short films
- Nov. 2 – Jack and Minda Jaffe Audience Award encore screening (film to be announced)

Festival Sponsors

Major sponsors include Cuyahoga Arts & Culture, Harry K. and Emma R. Fox Charitable Foundation, Ohio Arts Council, John P. Murphy Foundation, Leonard Krieger Fund of the Cleveland Foundation, and media sponsor Cleveland Jewish News. The 2025 FilmFest is chaired by Sue Wish-Baratz, Janet Stotter, and Elizabeth Sunshine.



CLEVELAND
Jewish News

DAVIS
AUTOMOTIVE GROUP
BMW CLEVELAND LAND ROVER SOLON JAGUAR SOLON

present

THE AUTUMN OPEN

Inaugural Pickleball Tournament 9.28.25

ACE Pickleball Club in Solon



Serve up some fun at the CJN inaugural Pickleball Tournament on Sunday, Sept. 28! Compete for exciting prizes, enjoy light refreshments, and take home special gifts—including a FREE guest pass to Ace Pickleball Club in Solon. Register now to secure your spot and get a free T-shirt (while supplies last)!

REGISTER AT CJN.ORG/PICKLEBALL

Co-Presenting Sponsors



The Middlefield
Banking Company
My Community. My Bank.

Supporting Sponsors



Food Truck Sponsor



Venue Sponsor



For questions, contact Sam Spiegle at sspiegle@cjn.org or 216-342-5198



Painting a Picture of Beachwood: The Power of Art In Our Community

CITY OF
Beachwood

By Zoey Nahmmacher-Baum

Art has an incredible capacity to strengthen community and bond people together. The act of creation serves as a powerful common ground, uniting people based on shared interests, regardless of age or ability. There are a great variety of avenues for creating and enjoying art in Beachwood, including the Senior Create and Beachwood Community Theater classes, as well as the Beachwood Art Gallery and Free Little Art Gallery.



As I head into the community center for bingo night, I stop to peer inside the Free Little Art Gallery (FLAG), presented by Beachwood Arts Council (BAC), that stands outside the entrance. I'm overjoyed to find it filled with bracelets, decorated glasses, and a paper sun smiling back at me. Inside are a few books made from accordion-folded paper, covered in stickers of flowers and forest animals. I pick one up and flip through it, wondering who took the time to create it – their hands carefully folding each page to size, debating the color and theme of each work. Did they make these books specifically to drop them off here? I wonder what the artist is thinking and

whether they've mused about the person who would pick one up and take it home. Will the visitor add to it, scrawling notes on the pages, or will they let it lie as a finished work of art? I don't know who created the art here, but I appreciate the care that went into it and the generosity to leave it for others to enjoy. In some ways, that feeling is more important than the physical art in my hand.

The process of creating art is much more than the final product. When done with intention, creating art can bond together community members and be a new language through which to communicate. This season, Beachwood Community Services is offering a new art program, Seniors Create, taught by the city's own Shannon Diamond. Originally inspired by the elaborate napkins she folds for other senior activities, this series has four classes throughout the season, each focusing on a different craft. By teaching simple yet engaging craft projects, this course opens the door for older adults of all skill levels and abilities to participate in the creation of art. Not only that, but it establishes a social space to meet and

chat with new people who share an interest in the various craft projects. This class brings community members together, turning them from strangers into co-creators.

Music, dance, and theater also powerfully build community. For children interested in theater, performing can be an avenue for self-expression alongside kids with similar interests. This fall, Beachwood Community Theater, in a collaboration with director Julie Matthews, is putting on the musical *Grease*, adapted for kids 8 to 16. In addition to learning singing and dancing, theater provides crucial skills like memorization, public speaking, and voice projection. Putting on a show also helps children to gain self-confidence through both performing on stage and being proud of the finished production. In theater, a child is one actor out of many who learns to rely on fellow cast members, both on stage and off. These bonds can continue well into the next season of shows and beyond. Community members are encouraged to attend the performances, Saturday, Nov. 1, and Sunday, Nov. 2, at Beachwood Middle School, and celebrate theater

by enjoying the show. Both participating in and attending these shows bring people together, inviting us to step into another world while showcasing the immense talent found within our own city.

Even if you don't want to pick up a paintbrush or perform on stage, enjoying art can connect you to our community. One option for viewing art is to visit the gallery in our community center, a collaboration between the City of Beachwood and BAC.

The gallery presents many exhibits throughout the year, showcasing a wide variety of artists and mediums. One of these shows is the BAC Ileen Kelner Juried High School Art Show, which displays student art from over 20 high schools in the region. A distinguished space with professional lighting, the Beachwood Art Gallery offers an impressive opportunity for local artists and a great chance for viewers to appreciate local talent. At the beginning of each exhibition is a reception, open to all, where community members can learn more about the artists and their work. Even without knowing the artist, a piece of art in the gallery can incite rich emotion and create a tangible



Scan the bar code to see all that Beachwood Recreation has to offer this fall!



bond between viewer and artist.

The ultimate example of artwork being shared anonymously is FLAG, mentioned earlier, which stands outside the community center. The gallery, painted by Lili Bosler to resemble Van Gogh's *The Starry Night*, encourages visitors to create and donate small pieces of art, or to take work home to enjoy permanently. Accepting artwork in all mediums, styles, and from artists of any age, the FLAG aims to increase community engagement in the arts and get handmade work into as many homes as possible. Although the artist and the viewer will likely never know each other, they are connected through the art they share and enjoy. For those with busy schedules who may not have the time for or interest in taking a class, the FLAG is an excellent way to relate to the Beachwood community through art on your own schedule.

Art serves as a powerful common ground between community members – a language that we all speak, not limited by age or ability. Beachwood Community Services and BAC offer many opportunities to get involved in art, including classes and workshops beyond the few highlighted here. There are countless ways to engage in art, whether socially or privately, creating or enjoying it. Whether you love musicals or paintings, making art or appreciating it from afar, Beachwood is a community connected by the arts. I don't know who created the tiny book in my hand, but I tuck it into my pocket and head into the Community Center.



Seniors Create

Instructor: Shannon Diamond

Unleash your creativity with Shannon as she guides you in crafting your very own artwork each month. Whether you're a seasoned crafter or just starting out, each session offers a relaxing and inspiring atmosphere filled with color, creativity and fun. All materials are provided – just bring your imagination and leave with a masterpiece!

Each class is \$16 for residents and \$19 for non residents.

Classes, held in the Beachwood Community Center, start at 12:30 p.m. To register, visit beachwoodohio.com or scan the code on the opposite page.

Wednesday, Sept. 3

Boho Flower Wall Hanging

Wednesday, Oct. 15

Bottle Cap Art

Tuesday, Nov. 4

Napkin Folding Class

Wednesday, Dec. 3

Glass Dish and Holiday Cards

Grease Auditions

Grease auditions are open to Beachwood and non-Beachwood performers, ages 8-16. Come sing, dance, and channel your inner T-Birds and Pink Ladies for an unforgettable on-stage experience.

All registered participants will audition and receive a role in the production. With great parts available for both boys and girls – particularly boys

interested in singing – this is the perfect opportunity to step into the spotlight regardless of experience.

Rehearsal Schedule:

Wednesdays, Sept. 10-Oct. 29
5:30-7:30 p.m.

Beachwood Community Center

Production Schedule:

Saturday, Nov. 1 and
Sunday, Nov. 2

Beachwood Middle School



CONGREGATION
Mishkan Or
Where Jewish Life Shines Bright

At Congregation Mishkan Or, "Dwelling Place of Light," we are creating an innovative, multi-generational Reform Jewish Congregation that warmly welcomes everyone and ignites engagement through robust offerings as a vibrant, spiritual community.

We invite you to:

Celebrate Shabbat with us on Friday evenings at 6 pm, in person or virtually

Learn more about our Limmud ("learning") programs for students from Pre-K-12th grade.

Meet our welcoming members and become involved with any of our array of dynamic groups and social opportunities. Come be inspired with opportunities to learn with our amazing Clergy Team.

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**To learn more, visit mishkanor.org, join us at Shabbat Services
on Fridays at 6 pm, or call us at 216-831-3233.**

Photos courtesy of Mariana Edelman Photography & Design

Congregation Mishkan Or | Jack & Lilyan Mandel Building | 26000 Shaker Blvd., Beachwood, OH 44122

Maltz Museum Presents

STOP — THE — HATE



**Students speak out
for a chance to win a
\$30,000 scholarship**

The *Stop the Hate Youth Speak Out* Writing Contest is a chance for students to share their stories while competing for scholarships.

Students share their real-life experiences through personal narratives and poems showing how they are making a difference.

**Contest opens Sept. 1
Deadlines in January, 2026**

maltzmuseum.org/sth

Pass It On: How Your Donations Create Lasting Community Change

When you donate your gently loved clothing, household goods, and accessories to the National Council of Jewish Women/Cleveland (NCJW/CLE), you're doing more than decluttering – you're helping build a stronger, more compassionate community.

Every item sold at Thriftique Showroom and during Designer Dress Days directly supports vital programs that uplift women, children, and families across Cleveland. Your donations fuel literacy initiatives that open doors for children, provide clothing and essential toiletries to survivors of sexual assault, and support educational programs that keep the community informed, such as First Amendment rights and statewide education policies shaping classrooms today.

That sweater you haven't worn in years might inspire a child to discover the joy of reading. Those kitchen items gathering dust could provide practical help to a family in crisis.

It's simple: By passing along what you no longer need, you create lasting change for those who need it most. Together, we transform lives – one donation at a time.

Visit ncjwcleveland.org to learn how to donate or shop today.

*It's simple: By passing along
what you no longer need,
you create lasting change
for those who need it most.
Together, we transform lives
– one donation at a time.*

NCJWCLE
STRONG VOICES • POWERFUL IMPACT

HAVEN'T USED IT? SOMEONE NEEDS IT.

Donations for Thriftique Showroom, Designer Dress Days and other NCJW/CLE programs improve the lives of women, children and families in the community.

National Council of Jewish Women/Cleveland Warehouse
Accepting donations
Monday – Friday | 9am – 4pm
26055 Emery Rd. Warrensville Heights, OH 44128

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a project of NCJW/Cleveland

THRIFTIQUE



From the Beachwood Chamber of Commerce

Upcoming Events •

For complete details, visit www.beachwood.org

Networking After Five

Wednesday, Sept. 17

4:30-6:30 p.m.

Crestmont Automotive/

Crestmont Cadillac

26000 Chagrin Blvd.

Members: No charge

Non-members: \$10

Join us for networking and to see the newest cars that Cadillac has to offer.

Save the Date! Spirit of Success

Awards • Wednesday, Dec. 10

Tri-C, Simon and Rose Mandel

Theatre. *Details to follow!*



AI Summit

Sponsored by the

Beachwood and Solon

Chambers of Commerce

Thursday, Oct. 23 • 8 a.m.-noon

Tri-C College East

Mandel Theatre, lower level

4250 Richmond Rd.

Members: \$25

Non-members: \$35

This event will unite Commerce with Intelligence: How AI can benefit your business with practical solutions for growth and efficiency. Keynote speaker will be Chris Berry, CEO, OhioX, followed by two additional speakers and a panel discussion. Sponsorships and vendor tables available. Contact director@beachwood.org for details.

Rest, Digest, Restore

Friday, Oct. 17 • Noon-4 p.m.

Beachwood Community Center

Beachwood Historical Society invites you to attend a renewal event that will refresh and soothe you.

- Awaken energy within with a smattering of yoga and tai chi suited for all.
- Ignite your spirit through art and expression.
- Explore ways to balance your body through seasonal changes.
- Feel a sense of connection through healing sounds and reiki.
- Enjoy a delicious lunch.

The cost is \$55 for Beachwood residents and \$60 for nonresident. Register at www.beachwoodohio.com.

Sponsors:

- Tai Chi with Jen Stepien
- Yoga with Julie Konrad of Practice with Julie
- Reiki with Katherine VanGuten
- Jewelry making with artist Lisa Skufca
- Sound Bath with Erin Howle of Oz Under the Moon
- Educational materials with Ellen Winer, educational consultant
- Hosted by City of Beachwood and Rosemary Nemeth, president, Beachwood Historical Society

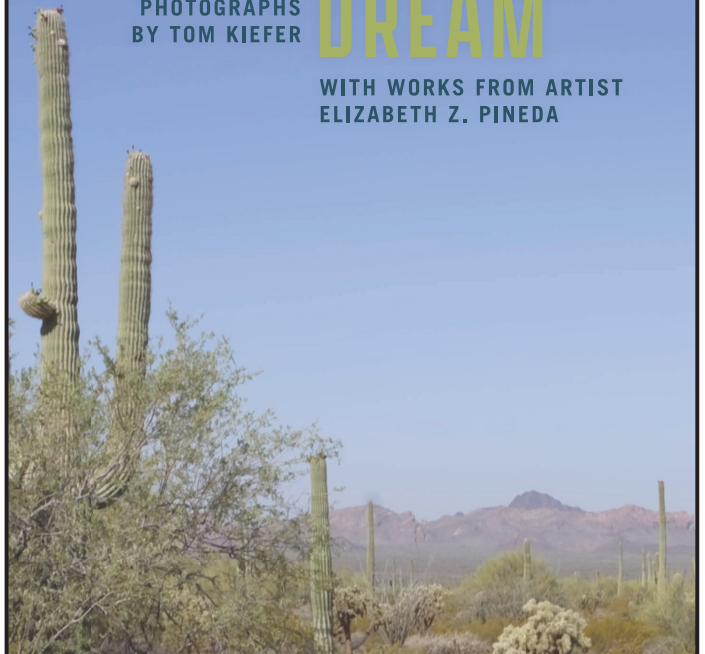


EL SUEÑO THE AMERICAN AMERICANO

PHOTOGRAPHS
BY TOM KIEFER

DREAM

WITH WORKS FROM ARTIST
ELIZABETH Z. PINEDA



On View at Maltz Museum Thursday, Sept. 18

A special exhibition focused on the migrant experience at the U.S./Mexico border, featuring the photography of Tom Kiefer and works from contemporary artist Elizabeth Z. Pineda.

Members are invited to an exclusive exhibition preview Sept. 17 visit maltzmuseum.org for more info

2929 Richmond Rd., Beachwood, OH 44122

From Beachwood Arts Council

Mandala Workshop

Saturday, Sept. 27 • 10 a.m. – noon • Beachwood Community Center

Please join artist/author Carolyn Frankel, who will lead us in making our own personal mandala or art that is a representation of our inner self. Described in the ancient Sanskrit language of Hinduism and Buddhism as a "circle," a mandala is traditionally a geometric design or pattern that is an expression of one's own thoughts, emotions, and life. As explained by one artist, it's

all about finding peace in the symmetry of the design and of the universe. \$20/BAC members; \$25/non-members. Please call 216.595.3400 by Sept. 20 to register for the workshop.



BAC Thanks Its Sponsors

Beachwood Buzz • Berkshire Hathaway Home Services
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Keller National Auto, Home, Life, and Business Insurance,
Brian Ritzenberg, Agent
Ohio Arts Council • Orange Place Family Dentistry
The O'Brien Law Firm, LLC (now part of the Brennan,
Manna and Diamond Family)

Von James "Sunday Sounds" Concert

Sunday, Oct. 5 • 2-3 p.m. • Beachwood Community Center

Von James, a popular powerhouse vocalist and recording artist, with roots in opera, jazz, and gospel, will entertain the audience with her dynamic voice and stage presence. She has performed at the Rock and



Roll Hall of Fame and the Multi Music Jazz Festival at Cain Park. Free and open to the public, the concert is sponsored by Cuyahoga Arts & Culture and Ohio Arts Council. Refreshments will follow the concert.

Zentangle Art Program Workshop

Saturday, Oct. 25 • 10-11:30 a.m. • Beachwood Community Center

Have you ever doodled during a meeting? Then, you will love this Zentangle workshop, taught by Judy Montgomery! Zentangle designs are repeated patterns that, when combined, create beautiful art. The art patterns will be taught step by step, and participants will learn an assortment of tangles and will create Zentangle tiles of their own. As it can be very meditative, Zentangle can help

calm and center, as well as add a lot of fun to one's life! \$10/BAC members; \$15/non-members.

Please call 216.595.3400 by Oct. 22 to register for the workshop.



Just Jazz "Sunday Sounds" Concert

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

Just Jazz will present smooth jazz and swinging pop sounds of today and yesterday, offering a collection of best-loved songs from the American Songbook. Tributes to the great divas of our time and Rat Pack era classics

will be offered, covering the Carpenters, Beatles, Broadway music, and much more to span the ages. Free and open to the public, the concert is sponsored by Cuyahoga Arts & Culture and Ohio Arts Council. Refreshments will follow the concert.



A Gem of a Cause!

Diamond Necklace Raffle

Beachwood Arts Council is commemorating its 60th anniversary by raffling off a 14-karat, yellow gold FJ Kashi diamond circle pendant, valued at \$1,000. This gem features round, brilliant-cut diamonds weighing a combined total of .50 carats set in a prong setting.

Raffle entries cost \$10 for 10 entries and \$25 for 30 entries. The winning entry will be chosen on Saturday, Oct. 4.

Please scan the QR code and follow the link to purchase entries or visit <http://go.rallyup.com/bac60>.

Sales, which end Wednesday, Oct. 1, at 6 p.m., help support the intergenerational art activities sponsored by Beachwood Arts Council.



Moments That Matter

By Ananya Rao

National Hispanic Heritage Month

As September approaches, it's time to recognize National Hispanic Heritage Month, which is about much more than tacos, burritos, and enchiladas. While food is a beloved part of the culture, the month has a deep and inspiring history. Observed from Sept. 15 to Oct. 15, it is unique among heritage months, which are usually contained within a single month. It began in 1968 as a weeklong observance established by President Lyndon B. Johnson and was expanded to a month in 1988 when President Ronald Reagan signed it into law.

The Sept. 15 start date was chosen because it coincides with the independence days



of Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Mexico and Chile also celebrate their independence within the month,

making the timing especially meaningful for many Hispanic and Latinx Americans.

You can join in the celebration locally at Beachwood High School on Sunday, Oct. 12, 1–4 p.m., during an event sponsored by the Beachwood Hispanic and Latino Affinity Group that will feature food, dancing, and plenty of fun.

For details, please visit beachwoodschoools.org and look for more information on the Beachwood Schools social media channels in September.

Check Out Park Synagogue

Looking for a place to connect with others and explore your Jewish roots? Check out Park Synagogue in Pepper Pike! For over 150 years, Park has been a hub for community, spirituality, and friendship.

At Park Synagogue, there's something for everyone. Whether you're interested in lively Shabbat services, educational programs for your kids, or just looking to meet new people, you'll find it here. We

offer a wide range of activities, from adult education and social events to youth programs and community service opportunities.

Park Synagogue isn't just a place to worship – it's a place to belong. If you're new to the area or just looking to reconnect with your faith, we'd love to have you join our friendly and inclusive community. Stop by and see what makes Park Synagogue such a special place. We can't wait to meet you.



Luxury rental apartments in Shaker Heights Van Aken District



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Howard Chapman at
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or call 440-552-4795



A Synagogue for a Lifetime

Looking for community,
connection, and a little chutzpah?
Join Park Synagogue — where tradition
meets today, and everyone's welcome.

Come for the holidays, stay for the people.

Join Park.

Be part of something meaningful.

Contact **Olivia Setnik** at osetnik@parksyn.org
or (216) 371-2244, ext. 121.

www.parksynagogue.org | (216) 371-2244 | 27500 Shaker Boulevard, Pepper Pike

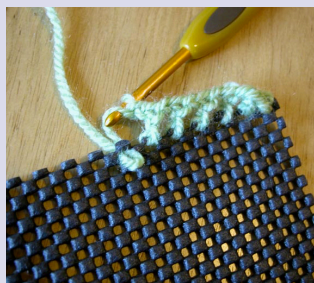
Yarn Over Beachwood

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 Sept. 5 and Oct. 3.

Participants create varied projects, including hats, scarves, bunnies, bears, lapghans, soap sacks, and more. Winter items are needed and yarn donations are always welcome.

Since YOB's inception in 2009, the group has donated over 13,750 items to more than 37 organizations – making a difference, one item at a time.

For more information or to donate yarn, contact Iris November at 216.375.9111 or lbertyclub@gmail.com.



Crocheted Jar Opener

A new, easy, fun item to make is a crocheted jar opener, which provides a non-slip grip for opening jars. To make one, you'll need yarn, a crochet hook, and a shelf-liner material, cut into potholder-sized squares. Start in one corner and single crochet around the square, double crochet, or get as fancy as you'd like!

The Legacy and EVOO Bring Timeless Flavors to Legacy Village

This Thanksgiving, Legacy Village will welcome The Legacy, a new restaurant from Cleveland Restaurant Management Group (CRG). More than just another opening, The Legacy is a tribute to Brad Friedlander's 50-year career in Northeast Ohio dining – a career shaped by the belief that restaurants are about more than food. They're about hospitality that lingers, and about preserving places that matter.

"The Legacy is a love letter to the diners who've shared their lives with us," Brad said. "For more than 30 years, guests have told me about engagements, birthdays, and homecomings celebrated in my restaurants. They remember the exact dish they were eating and ask if I'll ever bring it back. The Legacy was built for them – and for the next generation's milestones."

Drawing inspiration from Café Brio, Moxie, RED, and Cut 151, The Legacy's menu – developed with executive chef Julian Kuczma – will revive fan favorites like pan-seared airline chicken with pistachio sun-dried tomato pesto pasta, and mustard-dill salmon with fresh green beans and baby potatoes. Every dish will be made from scratch with fresh, often locally sourced ingredients, staying true to Friedlander's long-standing philosophy: simple food done right.

The restaurant will also feature a 1920s–1930s speakeasy, offering a classic, moody atmosphere for cocktails and private events – if you can find its secret entrance. The sleek, modern space will seat about 120 guests, with an outdoor

patio and multiple private dining rooms, located at 24337 Cedar Rd., Lyndhurst (the former Bar Louie space).

But The Legacy is just part of the story. In early 2026, Brad and CRG consultant Michael DuBois, a partner Brad calls "the perfect counterpart to carry this legacy forward," will debut EVOO at the former California Pizza Kitchen space. Named for extra virgin olive oil, EVOO will be a modern Greek-Mediterranean concept that blends tradition with innovation, offering bold, fresh flavors in an elegant, contemporary setting.

"These projects continue the work I've cared about for decades," Brad said. "Cleveland's neighborhood joints and independent gems are part of our city's soul. Through CRG, we're not just opening new spots, we're breathing new life into the places and flavors people love, while creating the ones they'll fall in love with next."

"The Legacy and EVOO are just the beginning of Legacy's new focus towards fresh, vibrant, and healthy food,"



Michael DuBois and Brad Friedlander at Odd Fellows in Chagrin Falls.

Michael added. "We're incredibly grateful for the opportunity to work alongside the Legacy Village team to help transform Legacy into a culinary hub of the Eastside of Cleveland."

As Legacy Village general manager Susan Windle put it: "Brad and his team's long history of culinary excellence, combined with their chef-driven, local approach, will create a dining experience our guests will enjoy for years to come."

October Advertising Special Fall Spruce Up

For details, contact Adam today!
216.338.7823
beachwoodbuzzsales@gmail.com

When Every Second Counts: Trust Your Heart and Vascular Health to the Experts at University Hospitals Ahuja Medical Center



William Wolf, M.D.

As innovations in heart and vascular care continue to develop, more minimally invasive options are available for patients needing emergency or planned procedures.

Instead of traditional “open” surgery, interventional cardiologists and endovascular specialists provide a non-surgical way to diagnose and treat heart and blood vessel conditions. Catheter-based tools help measure blood pressure and flow, and advanced techniques enhance and save the lives of patients with heart or vascular disease.

At University Hospitals (UH) Ahuja Medical Center in Beachwood, patients find the same level of experience and state-of-the-art equipment as they find at UH Cleveland Medical Center – in the convenience of a community hospital setting.

“The breadth of precision catheter techniques is resulting in remarkable clinical quality and patient outcomes. Our team is wholly committed to offering the most complex minimally invasive therapies close to home,” says William Wolf, M.D., medical director of UH Harrington Heart & Vascular Institute at UH Ahuja Medical Center.

As a site of UH Harrington Heart & Vascular Institute, UH Ahuja Medical Center offers everything from simple tests to advanced interventional procedures, including:

- **Advanced Cardiac Catheterization:** Utilizing state-of-the-art imaging for precise diagnosis and treatment.
- **Angioplasty and Stenting:** Effectively opening blocked arteries to restore crucial blood flow to the heart and circulatory system.
- **Complex Coronary Interventions:** Employing specialized methods and technologies for challenging blockages.
- **Pacemaker and Defibrillator Implantation:** Providing essential support for managing irregular heart rhythms.
- **Catheter Ablations:** Treating the full range of abnormal heart rhythms, both simple and complex.
- **Endovascular Procedures:** Using minimally invasive approaches to remove blood clots, improve blood flow or repair damaged blood vessels.

With a combination of more onsite experts, more complex procedures performed locally, and a one-stop site for pre-and post-care, patients can feel confident in the highest-quality program – right in the neighborhood.

Are You a Heart Attack Waiting to Happen?

A no-cost, noninvasive scan available at UH Ahuja Medical Center can help predict your risk for heart attack. Coronary artery calcium scoring is a form of CT scan that measures the amount of calcium present in your coronary arteries.

“The presence of calcium in your arteries is a marker of coronary artery disease, the most common cause of heart attacks,” says Dr. Wolf.

Who Should Have Calcium Scoring?

Men and women age 45 or older, with no history of coronary artery disease, and with one or more risk factors for heart disease, including:

- High blood cholesterol
- Low HDL cholesterol
- High blood pressure
- Cigarette smoking
- Type 2 diabetes
- Chronic inflammatory condition
- Early menopause
- Chronic kidney disease

Testing at a younger age may be indicated for certain situations. A doctor’s order is required. Learn more at [Uhhospitals.org/calciumscore](https://www.uhhospitals.org/calciumscore).



To make an appointment, call 216.844.3800 or visit [Uhhospitals.org/Ahuja](https://www.uhhospitals.org/Ahuja).

Rewiring the Mind, One Cold Plunge at a Time

Chaim Moshe Steinmetz is transforming therapy – literally and figuratively – by tapping into the healing power of the cold.

When Chaim first stepped into a 45-degree cold plunge, he wasn't looking to change his career – he was just curious about it after hearing the many benefits that cold exposure delivers. Coincidentally, he was thinking about an issue that was on his mind at the time. What happened next was unexpected: a visceral, profound shift in his mental state. "It was like my brain switched into a new gear," he says. "I saw the issue from a completely new vantage point – and it stuck."

That single experience launched what would become Cold Assisted Psychotherapy (CAP), a revolutionary, proprietary approach that blends a cutting edge, targeted form of psychotherapy with the physiological and neurological effects of cold exposure. The process is simple – but intense: Clients have a therapy session prior to the cold plunge in which CAP therapy gets to the root of the issue. Toward the end of the session, the client enters the cold plunge and Chaim works with the client while he is in there using CAP psychotherapy techniques.

The results? According to Chaim's eight-month study with over 20 participants, results were remarkable. Participants – many of whom struggled with trauma, addiction, marital issues, stress, anxiety, self-esteem, and depression – experienced powerful, lasting breakthroughs.

"Every participant had a powerful and lasting shift from this process in just one session," he reports.

Unlike long-term talk therapy, Chaim's clients have fast, deep transformations. "My mission is to help my clients achieve the most powerful change at the deepest level in the shortest amount of time possible. Years of talking can't touch what happens when someone is in that altered state," he says. "CAP accesses a state of mind that is inaccessible in everyday life. This profound state allows the CAP interventions to rewire old behaviors, beliefs, thoughts, and emotions at a level and speed otherwise impossible."

Rooted in neuroscience, Chaim's method leverages the body's shock response to

interrupt the Default Mode Network (DMN) – the brain system responsible for looping thoughts and self-referential worry as well as many other psychological problems. This opens the door to a "flow state" or what Abraham Maslow once called a "peak experience."

"In that space, clients access a higher version of themselves – more whole, more clear, deeply present and connected," Chaim said. "Therapy becomes experiential, not just conceptual."

Chaim works exclusively with men, integrating this modality into his private practice, where he offers additional clinical modalities. While the process may sound unconventional, it's gaining traction. "People think it's crazy until they try it. Then they want to know when they can do it again. Most of my clients describe it as one of the most powerful experiences of their lives."

Chaim is a psychotherapist with an LISW licensure. In addition to his academic degree, he holds numerous certifications in specialized psychotherapeutic treatment modalities, bringing



the most thorough and up-to-date interventions to his clients. His office is located at 3690 Orange Place, Suite 369, Beachwood. To learn more and sign up to receive emails for free events, workshops, tips, and information, visit coldassistedpsychotherapy.com.

"My mission is to help my clients achieve the most powerful change at the deepest level in the shortest amount of time possible. Years of talking can't touch what happens when someone is in that altered state," he says.

Beachwood Students Excel on AP Exams, Set Record for Seal of Biliteracy

Beachwood City Schools proudly announces outstanding results from the 2025 Advanced Placement (AP) testing cycle, highlighting the academic excellence and dedication of our students, educators, and staff.

This year, 243 Beachwood students took a total of 608 AP exams across a wide range of subjects. The average score across all exams was an impressive 4.0 out of 5.0,

with an overall passage rate of 88.7%. Notably, results on 19 out of the 25 AP tests showed an improvement in passage rates compared to last year, while results on 14 tests boast a 100% passage rate. One standout achievement came from the AP Pre-Calculus course taught by Lisa Morgan, where all 29 students earned the highest score of 5.

In addition to AP success, 35 Beachwood High School

students earned the Seal of Biliteracy – the highest number in school history. This year, students earned the Seal of Biliteracy in American Sign Language, Chinese, Hebrew, Korean, and Spanish. Since the program began in 2018, a total of 179 students at Beachwood High School have earned the Seal of Biliteracy.

"These exceptional results reflect the strength of our academic programs and the

commitment our students and educators make everyday in the classroom," said Superintendent Robert Hardis. "From Advanced Placement success to the growing number of students earning the Seal of Biliteracy, these accomplishments are a testament to the culture of high academic expectations that define Beachwood City Schools."



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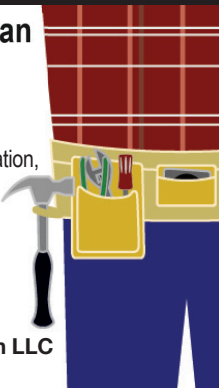
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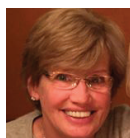


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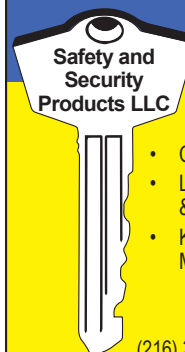
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Raising Our Kids with Disabilities to Lead Bright, Happy Lives

Wednesday, Sept. 3 • 7-8 p.m.

Cynthia Shulz will discuss her book, *Shine On: Raising Our Kids with Disabilities to Lead Bright, Happy Lives*. Register at <https://attend.cuyahogalibrary.org/event/13809349>.

Knit & Lit

Monday, Sept. 15 • 6:30-8 p.m.

Join us for fiber arts and informal chats about what everyone is reading. Register at <https://attend.cuyahogalibrary.org/event/12829391>.

Preventing Financial Scams

Tuesday, Sept. 16 • 10:30-11:30 a.m.

A representative from U.S. Bank will share tips to recognize and report common financial scams. Register at <https://attend.cuyahogalibrary.org/event/13816445>.

AARP Presentation: HomeFit

Thursday, Sept. 18 • 2-3 p.m.

Find out how you and your family can make your current or future residence your "lifelong home." Register at <https://attend.cuyahogalibrary.org/event/13545976>.

Author Christopher Roy

Thursday, Sept. 25 • 7-8 p.m.

Book launch event for *Mr. Moser's Neighborhood*, by Christopher Roy. Register at <https://attend.cuyahogalibrary.org/event/14019268>.

Explore to SBA Small Business Guide

Wednesday, Oct. 1 • 8:30-9:30 a.m.

Join Catherine Bieterman, City of Beachwood's economic development director, to learn more about the Small Business Association's Small Business Guide. Register at <https://attend.cuyahogalibrary.org/event/14209264>.

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