

Beachwood Buzz

August 2023

City Resident. Every Business. Every Month.

MAGAZINE

Want to Know a Secret?
We Know Three!



- Kid With a Sony Takes Flight
- BHS Grads Change the World One Photo at a Time
- Berson-Sokol Agency Celebrates 50 Years in Beachwood
- City of Beachwood Insider
- Beachwood City Schools
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Here's to the next 50!



Overall health is based on so much more than the food we consume. The Institute of Integrative Nutrition breaks it down for us through use of its Circle of Life. Overall wellbeing requires a balance of physical activity, home cooking, home environment, relationships, social life, joy, spirituality, career, creativity, finances, education, and health.

Summertime goes fast and I know how easy it is to be thrown off balance when difficult circumstances arise. Here are some tips IIN recently shared in a blog. To strengthen overall health, we need awareness of where our weaknesses lie.

Physical Activity

- Try to find 30 minutes each day to move your body – you can even break it down to 10-minute increments.
- Integrate movement into your day by taking the stairs or parking further away.

Home Cooking

- If you rarely cook at home, start small by eliminating one night of takeout per week.
- If you cook at home often, try new recipes.
- Cook once, eat twice.

Home Environment

- Create a calm, peaceful environment and eliminate clutter.

- Plants can benefit your health, keep the air cleaner, and contribute to a more serene and stress-free atmosphere.

Relationships

- Implement a “no phones” policy when with your loved ones to better engage in conversation.
- Focus your energy on the relationships that make you feel like the best version of yourself.

Social Life

- Find activities that make you feel connected with others and align with people who have like-minded values and needs.
- Social activities can fill your cup or deplete you. Be aware of your feelings and where you may need to make adjustments.

Joy

- “Stop and smell the roses,” and recognize your surroundings and all that brings you joy.
- Unleash your inner child by doing something that makes you happy!

Spirituality

- Sit or stand quietly among nature, or practice mindfulness and gratitude. Do whatever it takes to increase your awareness or shift your perspective.

Career

- Do what you love, love what you do. If you feel burnt out, rethink your choices.
- At the start of each workday, set an intention or repeat a mantra that grounds you for the day.

Creativity

- Everyone is creative. Determine where your creativity lies.
- Coloring isn’t just for kids. It can help reduce stress and mimic the effects of meditation.

Finances

- Evaluate your relationship with finances and discover if there’s something you can do to improve it.

- Try the 50-30-20 rule: 50% of income allocated toward essentials, 30% toward what you want, and 20% for savings.
- Set an intention to check your accounts once a week, especially if you get alerts about potential fraud.

Education

- Try to learn something new every day, stay curious, or enroll in a course with a friend or family member. Having a built-in accountability buddy can make learning easier, more fun, and more successful.

Health

- Wear sunscreen every day.
- Practice the 80/20 rule. Keep up with your wellness routines 80% of the time; for the other 20%, enjoy each day as it comes.
- Our health shifts from season to season and year to year, and that’s okay. Joshua Rosenthal, IIN’s founder, consistently reminds us that, “Wellness is a journey, not a destination.”

Interested in becoming a health coach?

As an ambassador of the Institute of Integrative Nutrition, I endorse its curriculum, which is taught by more than 95 of the world’s leading experts in health and wellness. This program is more than a

health coaching certification course, it is a program about finding what inspires you to live a life you love and become your healthiest, happiest self.

For details, visit <https://geti.in/3STpZZX>.

Quotes by Wayne Dyer

Change the way you see things and the things you see will change.

If you believe it will work out, you’ll see opportunities.
If you believe it won’t, you will see obstacles.

The only limits you have are the limits you believe.

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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.

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General Information

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Want to Know a Secret? We Know Three!



Karen Gray (Cipriani) was lead singer of the Secrets, an all-girls singing group in the 60s. Today, she fondly recalls memories and enjoys reminiscing about her moment of fame.

When I visited Karen in her Four Seasons apartment, her dining room table was covered with photos, articles, two large scrapbook albums, records, and a black, fringed dress she used to wear when performing. She also had a red fringed dress, which is now in a back room at the Rock & Roll Hall of Fame.

To learn about Karen and the Secrets, read the full story, which starts on page 6.

Story by Debby Zelman Rapoport

Photos by Scott Morrison, Discovery Photo

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Want to Know a Secret?

We Know Three!

by Debby Zelman Rapoport • Photos by Scott Morrison, Discovery Photo

Karen Gray (Cipriani) was lead singer of the Secrets, an all-girls singing group in the 60s. Today, she fondly recalls memories and enjoys reminiscing about her moment of fame.

When I visited Karen in her Four Seasons apartment, her dining room table was covered with photos, articles, two large scrapbook albums, records, and a black, fringed dress she used to wear when performing. She also had a red fringed dress, which is now in storage at the Rock & Roll Hall of Fame.

Karen attended Shaw High School with Carole Raymont (McGoldrick) and Jackie Allen (Schwegler). "We sang in high school and when we graduated in '61, fellow classmate Tom King asked if we'd sing on his Twist Shows, and we did," Karen told us.

Tom was the founder of The Starfires, a rock-and-roll band that later became the Outsiders (*Time Won't Let Me*). He then hired Larry Rogers, a Black keyboard player, who taught the trio routines, harmonies, and songs for a supper club act. Patty Miller, who went to Eastlake North High School, then joined the group.

The Secrets, originally named the Sonnets, after the Sonnet piano, sang at supper clubs and area lounges, including eastside clubs Cappellis and Judds, and the Chateau, on the westside, where Barbra Streisand had performed just a week prior. That's where they met Redda Robbins, a promoter who made connections that led to a 1963 record deal with Phillips Label, the parent company of Mercury Label.

"Phillips liked our sound," Karen recalled with a smile. "They thought we were a Black group and were surprised when they met four little white girls." Black groups, like the Chiffons or Crystals, were the majority at that time.

The girls were only 20 so their parents had to sign for them to get a contract. "It was so surreal," Karen recalled. "We couldn't believe what was happening!"

Karen always had support from her parents. "Dad had been in a barbershop quartet in his early '20s and mom sang and played piano. They supported my musical journey and came to hear us perform at supper clubs."

Soon after signing, the Secrets were on a bus to perform in Philadelphia, learning songs on the way, and then to Bell Studio in NYC to record their first record. They spent a lot of time working on what was expected to be the A-side of the single, *Learnin' To Forget*. The B-side, *The Boy Next Door*, was put together quickly as a filler to get the record out to radio stations.

When a DJ in Buffalo accidentally turned the record over to the other side and started playing *The Boy Next Door*, it took off.

The Secrets had recorded the song with session musicians, including Al Caiola, a studio guitarist who recorded pop hits for Paul Anka,



A memorabilia collage that Karen has on display in her apartment, with *The Boy Next Door* in the center.

Bottom center is a photo that was used to promote the Secrets. Pictured clockwise, from top right, are Patty, Karen, Carole, and Jackie.

Frankie Avalon, Petula Clark, Rosemary Clooney, Perry Como, Bobby Darin, and Simon & Garfunkel, just to name a few.

The Boy Next Door was co-written by David White and John Madara. In 1957, David, John, and Artie Singer cowrote a song called *Do The Bop*. When they introduced the song to Dick Clark, he suggested they change the title to *At The Hop*, a No. 1 hit for the first seven weeks of 1958. A followup Top 20 hit for the group was *Rock and Roll Is Here to Stay*.

"We didn't know how lucky we were and it all happened so fast," Karen said. "We were in awe because most people in the business struggle for years. The record was a national and international hit. It was a fairytale, a fantasy!"

Back then, *Billboard* magazine published its Hot 100 chart, which ranked songs based on sales, and the Secrets peaked at No. 18. "We sold 870,000 45s," Karen proudly told us while holding up her hit record. "Had we sold a million copies, they would have had us do an album."

Instead, they got a jacket for their next record, *Hey, Big Boy*, with their pictures on it. This record ranked in the 40s on the *Billboard* chart. Then, they went on to record two more singles: *Here He Comes Now* and *He Doesn't Want You*.

One of Karen's saddest memories was when they flew to Philadelphia to perform on the Dick Clark *American Bandstand* show.

"When we got to the Franklin Motor Lodge, we noticed people around the TV. Nobody said anything to us at registration and when the elevator doors opened, housekeepers were crying," Karen recalled. "It was November 22, 1963, and John F. Kennedy had just been assassinated.

"Everything was cancelled and we sat in our room for two days watching TV," she added. "Then, in January 1964, we finally appeared on *American Bandstand*, one of the last shows filmed in Philly before the show was moved to California."

Karen's highest high was performing at the Palace Theater, in June of 1964, as the warm-up act for Connie Francis, one of the most successful female artists of that era. Connie sang *Who's Sorry Now*, *Lipstick on Your Collar*, *Stupid Cupid*, and *Where the Boys Are*.

Two other career highlights included opening for Dave Clark Five at the Civic Center, in Pittsburgh, with an audience of 10,000; and when the Supremes opened for them at Corbo Hall, in Detroit. "We were backstage watching them sing – Florence Ballard, Mary Wilson, and Diana Ross, the original Supremes," Karen recalled.

"They didn't have a record yet and Carole, the comedian in our group, said their harmony and choreography were good but they'll never make it. We all laughed at that one!"

Additional shows were with Leslie Gore, who is known for *It's My Party*, which reached No. 1 on the *Billboard* Hot 100 chart, along with *Judy's Turn to Cry*, *She's a Fool*, and *You Don't Own Me*.

In 1963, the Secrets sang with Dionne Warwick, who had just come out with *Walk On By*, in a school auditorium in Philadelphia; and with The Four Seasons, in May of 1964, at Euclid Beach Ballroom. They also performed on the *Tony Glenn Show*, a TV show much like *American Bandstand*, in West Palm Beach, Florida.

"We were backstage watching them sing – Florence Ballard, Mary Wilson, and Diana Ross, the original Supremes," Karen recalled. "They didn't have a record yet and Carole, the comedian in our group, said their harmony and choreography were good but they'll never make it. We all laughed at that one!"

Some of the songs the Secrets performed in their supper club act were: *When I Fall in Love*, *Dance with Me*, *The Twist*, and *Will You Still Love Me Tomorrow*. "We were known as a golden girls' group from that era, often singing sad songs about a boy who falls in love with a girl who then loses the boy," Karen shared.

When these young women left high school, their plan was to sing and have fun. Back then, they never would have thought that they would later have two display cases dedicated to them at the Rock & Roll Hall of Fame: *My Town*, which showcased Cleveland artists who had gone national, and *Hang On Sloopy*, which featured Ohio Artists who were nationally and internationally known.

In 1964, Karen and Jackie were getting tired of performing and wanted out. For every nice person they met, nine were not so nice. Their friends were getting married and having babies, and they didn't want to go any further in the business.

Karen was falling in love with Earl, her soon-to-be husband, and Jackie with Jim Schwegler, who she then married. Carole and Patty continued performing as a duo, the Memories, in local venues, most often at Cappellis in Wickliffe.

The group reunited in the early '90s to play at their high school reunion, in the early 2000s for a *Pride of Cleveland Past* concert at the Parmatown





“The only people now who love me and think I’m famous are my children and grandchildren, which is worth more than any gold record.”

– Karen Gray Cipriani

Above: Jackie, Karen, and Patty have some laughs while they reminisce about their moments of fame back in the 60s. Opposite page: Karen holds up a dress she used to wear while performing; *Hey Big Boy* record jacket.

Rib Burn Off, and in 2002, when Terry Stewart and the Rock & Roll Hall of Fame showcased girl groups from the early '60s.

In 2013, Karen, Patty, and Jackie went to Philadelphia when John and David were honored with a brick on Broad Street as representatives of Phillips Label. Sadly, Carole had passed away in 2010. David passed away in 2019 and John is still going strong in California.

The Secrets' name will again be dusted off in 2026 when a time capsule is opened by the Rock & Roll Hall of Fame. The capsule was buried on September 20, 1996, at Star Plaza, in Cleveland, during an event that was hosted by Michael Stanley, a local musician (now deceased), and Marc Holan, former editor of *Scene Magazine*. *The Pride of Cleveland Past* album, on which *The Boy Next Door* is included, is in the capsule. “Patty and I attended the event and Michael pointed us out to the crowd,” Karen said, “It was a special thrill!”

Karen, Patty, and Jackie are still friends today, and they try to get together at least once a year. The Secrets still receive royalties – albeit small – that they donate to autism and leukemia for children, two organizations close to their hearts.

Karen and Earl (now deceased) were married in 1966. They opened Angela Mia Pizza in 1968, in East Cleveland, and used

all of Earl's mother's recipes. The couple raised their family in Highland Heights and spent time in Naples, Florida. Karen moved to Beachwood in 2021.

Their children, Andrea (Pete Mecchi), and Joe (Donna), are married. They have six grandchildren.

Patty told us that when she and Carole performed as a duo, she was the straight guy and Carole the comedian. “We took turns singing songs and had a little bit of a comedy act.”

The Memories lasted for two years, during which time Patty was working as a waitress and bartender. Once the duo broke up, Patty moved to Florida, fell in love, and was in a long-term relationship. She also owned a boat, and became passionate about motor boating and water skiing. Patty moved back to Willoughby in 1985, got in touch with the girls right away, and was grateful for opportunities to meet more regularly with Karen and Jackie.

Jackie had worked as a secretary for traveling sales managers. She recalls their patience when she took time off to perform – until they were planning trips around her travel schedule – so they let her go. When the Secrets split up, Jackie

applied to work through a temporary employment agency and her first assignment was to fill in for herself, so she was back at her former company, a job that turned into a long-term temporary position. She married Jim in '66, had three children, divorced, went back to school, earned her BSBA, and advanced her career as a manager. While married, she considered herself a “trailing spouse” because Jim's job required relocations to cities in Ohio, Michigan, and Illinois. Jackie later settled in Fort Wayne, Indiana, after accepting a position there. Once settled, she participated in a community choir that ended with COVID.

Jackie has three children: Cindy (Steve Belliveau), Tom, and RJ (Jenny); and eight grandchildren.

“It seems funny that 60-plus years later we're still sharing our story,” Jackie said. “It was an extraordinary past that we enjoyed so much and it's been fun traveling down memory lane together.”

When Karen reminisces about her moment of fame, she says, “The only people now who love me and think I'm famous are my children and grandchildren, which is worth more than any gold record.”



Visit [youtube.com/watch?v=ykKNZ7VfLgE](https://www.youtube.com/watch?v=ykKNZ7VfLgE) to listen to *The Boy Next Door*.

Kid With a Sony Takes Flight

Alex Eisengart, a Beachwood High School junior, has a passion for birding. His interest started at age 12, when he accompanied his dad, Jon, a nature photographer, on hikes. When Jon would set up to shoot – which takes patience – Alex was often bored, so Jon offered to buy him his own camera.

At first, Alex turned down the offer. Then, two weeks later, he thought he may like it so Jon bought Alex a Nikon A6400 with a Sony 70-350 mm lens and everything else is history. (Alex recently upgraded to a Tamron 150-500 mm lens.)

When Alex started birding, he was a lot more interested in taking photos than learning about the birds. “I mainly enjoyed shooting hawks and owls,” he told us. “A lot of my interest lay in going out and exploring parks that have them. I often saw red-shouldered and red-tailed Hawks at Acacia, Beachwood City Park, and on the side of the road.”

He also likes to visit Cuyahoga Valley National Park and Cleveland Lakefront Nature Preserve. “I spend a lot of time sitting and waiting because you can’t force birds, you have to wait for them to act.”

Alex told us that on a day-to-day basis he’s often impatient, but in nature, he can stare at an owl sitting still for a long time, waiting for it to do something. “Once you know what you’re looking for, you can often find owls roosting,” he said. “For non-birders, they’re pretty hard to spot. You have to have a really good eye. Now,

I generally know where they’ll be because they’re creatures of habit.”

Over the past few years, Alex’s interest in learning more about birds has increased. He refers to eBird, an online database with real-time data, to view and record sightings. He also uses the Audubon app to learn cool facts about birds, and apps made by the Cornell Lab of Ornithology, including Merlin Bird ID, which helps him to identify birds by their songs.

One of the more uncommon birds that Alex has found on his bird feeder is the common redpoll, which comes from the Arctic and rarely hits this area. Another oddity was the Harris’s sparrow, which popped up in October at the Cleveland Lakefront Nature Preserve.

“At this point, I pretty much know every bird in U.S., excluding some from Southeast Arizona. I can usually identify them when I see or hear them, and refer to eBird when I need to do research.”

Alex’s favorite birding location is Magee Marsh, on the southern shore of Lake Erie, just outside Toledo. This is a prime stopover for about 35 varieties of North American warblers that migrate to breeding grounds in Canada.

There’s a huge festival the second week of May that draws in thousands of birders, photographers, and nature lovers who gather to witness this phenomenon.

For the past two years, Alex received recognition from the National Audubon Society for his photography. His image of an American Woodcock was recognized in The 2021 Audubon Photography Awards: The Top 100 and was also used on the website’s banner. One hundred images were selected from more than 9,000 submitted.

In 2022, more than 10,000 photographs were submitted and two of Alex’s photos were awarded in the Top 100: A mallard and a tree swallow.

Alex shared some photography tips: Set the shutter speed at 1/800, and set your camera to shoot 10-15 shots in 2 seconds on burst mode. He also told us that he rarely uses a tripod. “Once set up, I spray and pray, hoping to get something good. Ideally, the bird will look over at me.”

He also enjoys sharing his knowledge and encouraging others to try birding and photography for themselves. “If someone has an

Alex’s Audubon Photography Awards: The Top 100



American Woodcock (2021):

Behind the shot: The American woodcock is my favorite bird, and I made it my mission to photograph one. I looked at eBird and found people reporting the species at a cemetery in the middle of the city. Only a few minutes after entering this green space, I found the woodcock despite its insane camouflage. I hid behind a tree and snapped photos as it put on a show, flapping its wings as if to show off its beauty.



Mallard (2022):

Behind the Shot: Every spring, summer, and fall, local mallards come to my patio for a snack at sunset and eat the birdseed we put out. Most of these birds are released domestic mallards, but some, like this one, were born in the wild. One day at sunset, I decided that I wanted a photo of this guy, one of our largest and most dominant males. I went out, lined up my shot, and took his portrait.



Tree Swallow (2022):

Behind the Shot: I was 14 years old when I shot this image, so obviously I couldn’t drive. On my birthday, my mom took me birding at sunrise. At this time during the summer, smoke from fires throughout the West blew into the Eastern United States. This made the sunlight diffuse, giving the sunrise a really cool look. Luckily for me, there were tons of tree swallows. They flew around catching insects, and the morning dew looked great on the spider webs.

"This is a fulfilling hobby. If I'm not running or spending time with friends and family, I'm often shooting, editing, and looking to spot new rare birds."

– Alex Eisengart



Alex Eisengart and his dad, Dr. Jonathan Eisengart, a Cleveland Clinic specialist in ophthalmology, enjoy birding together.

interest in birds, I recommend they get a feeder and see what comes to their yard," he said.

After being invited by Audubon to lead in-person workshops, Alex led two in San Diego and has partnered with Hunt's Photo & Video, in Boston, to form additional partnerships.

To date, Alex has 563 birds on his life list and hopes to hit 600 as soon as possible. "This is a fulfilling hobby. If I'm not running or spending time with friends and family, I'm

often shooting, editing, and looking to spot new rare birds."

Alex will be hosting a workshop on Sunday, Aug. 13, 8-10 a.m., at Acacia Reservation. The cost is \$30 per person. To sign up, email aeisengart7@gmail.com. To see a stunning variety of birds that Alex has captured from around the world, visit [@kid_with_a_sony](https://www.instagram.com/kid_with_a_sony) on Instagram. To learn more, visit www.kidwithasony.weebly.com.

Register Your Child for the 2023-2024 School Year Today

Beachwood City Schools are back in session August 23 for the 2023-2024 school year. Registration is open for students in prekindergarten through 12th-grade. Register your child at www.beachwoodschoools.org/online-registration.aspx.



Super Sunday Kickoff

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Beachwood School Board Vice President **Jillian DeLong** is looking forward to bringing her proven leadership, commitment and experience to City Council. In her professional career, DeLong oversees funds at Cuyahoga Community College which aligns extremely well with City Council's role as a fiscal steward. The work she has done on the School Board and in her professional career truly represents what is possible when collaboration, transparency, and success drives decisions.

LEADERS

BEACHWOOD CITY COUNCIL



ALI
STERN

Paid for by the Committee to Elect Ali B. Stern

Ali Stern is a grant writer with over a decade of experience working for a global nonprofit organization. She understands how to analyze ambitious projects that seek to benefit the greater good and effectively communicate with stakeholders. A recipient of the 2020 *Cleveland Jewish News* 18 Difference Maker award, Ali is passionate about our community, asking the right questions, getting answers, and finding creative solutions to problems facing our neighbors.

Danielle Shoykhet, an esteemed American Express executive, joined Council in 2022. With expertise in small business advocacy and a deep understanding of our city's challenges, she drives Beachwood's Economic Development goals. Danielle prioritizes Public Safety and Citizen Engagement to ensure our community remains a top choice for residents, businesses, and employees. As a third-generation Beachwood resident, she is married to her husband Jeff, with two children, Wesley (6) and Chandler (2).



DANIELLE
SHOYKHET

Paid for by Friends of Danielle Shoykhet

WE CAN TRUST **BEACHWOOD CITY COUNCIL**

June Taylor, a dedicated member of Council since 2017 and resident of 28 years, has an impeccable track record of success in private, public, and nonprofit sectors. She served as Chairperson of the Ohio Casino Control Commission for 12 years and was recognized as one of *Crain's Cleveland Business Women of Note* in 2023. During her first term, June prioritized safety through camera and LPR installations, and founded our Community Garden. She recently secured a \$2.5M federal grant from Sen. Sherrod Brown for ADA home modifications. June is a stalwart supporter of our citizen's concerns.



JUNE
TAYLOR

Paid for by the Committee to Elect June E. Taylor

BHS Grad Judah Leblang Presents at BorderLight Fringe Festival in Playhouse Square



The Expiration Date • Playhouse Square • Kennedy's

Thursday, Aug. 3 • 6 p.m.

Friday, Aug. 4 • 7:15 p.m.

Saturday, Aug. 5 • 12 p.m. – Join Judah for an interactive workshop

Saturday, Aug. 5 • 3:30 p.m.

To purchase tickets or for more details, visit www.borderlightcle.org.

Boston-based Judah Leblang (BHS Class of '75) returns to Cleveland to present the world premiere of his new work in progress at BorderLight Fringe Festival at Playhouse Square.

The Expiration Date is Judah's third solo show, which takes a poignant and humorous look at wrestling with Father Time in one's 60s, wrestling with life's big questions: Is there life (or something like it) after death? What's the meaning of this life? What's the takeaway? Will the Browns ever win a Super Bowl!?

How does one live with the questions and no easy answers,

while finding some humor, laughter, and absurdity along the way?

Judah has performed to sold-out audiences in Cambridge and Boston, Massachusetts, at the Chicago Fringe Festival, at Gay Games 9 in Cleveland, and at festivals in Calgary, Winnipeg, and Edmonton, Canada. He is the author of two Cleveland-based memoirs, *Finding My Place* and *Echoes of Jerry*, and his

radio commentaries have been broadcast on 200 NPR and ABC-network stations around the U.S. Video clips from previous shows are available at www.judahleblang.com/show.

The BorderLight Fringe Festival returns August 3-5, 2023 in Playhouse Square. To purchase tickets or for more details, visit www.borderlightcle.org.

Founded in 2015,



BorderLight's mission is to present visionary international and contemporary fringe theater and build cross-cultural understanding.

The BorderLight Fringe Festival is committed to advancing equity and inclusion. It aspires to reflect the diversity of our community at every level of the organization and to serve as a platform for sharing different perspectives on the human experience. For details, visit www.borderlightcle.org.



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BAKED by Abbie • Tomato Tart

Recipe adapted from *Everyday Dorie: The Way I Cook*, by Dorie Greenspan

Last month I introduced tarts, which are members of the “pie” family, but did not offer much additional information.

According to *King Arthur’s All-Purpose Baking Companion*, “a tart, which can range from (full-) to bite-size, is a shallow, straight-sided (and often fluted) pastry crust filled with cream and fruit, or fruit alone, often baked in removeable-bottomed pans for ease of serving as well as a pretty presentation. Unlike pies, which often look rustic in a comforting, overstuffed way, tarts are almost military looking in their neatness, with berries lined up in rows,” or fruit pieces arranged purposefully.

Additionally, pies are not limited to specific pans or fillings and they have various crust options.

Other members of the pie family include croustades, flans, galettes, quiches, and turnovers.

The savory tart recipe below, which can showcase beautiful heirloom tomatoes, is perfect for a late summer brunch.



Crust Ingredients for a 9 or 9 1/2” shell for a fluted tart pan with a removeable bottom

- 1 1/4 cups all-purpose flour
- 1 teaspoon sugar
- 1/2 teaspoon fine sea salt
- 6 Tablespoons very cold unsalted butter, cut into bits
- 1 large egg
- 1 teaspoon ice water

- 3 Tablespoons capers (optional)
- 1 Tablespoon fresh chopped dill
- 3/4 cup heavy cream
- 2 large eggs
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly ground pepper
- 2 medium tomatoes, sliced, or 12- 15 cherry/grape-sized tomatoes, halved

Crust Instructions

- Put flour, sugar, and salt in a food processor. Pulse to blend.
- Scatter butter in and pulse until there are oatmeal and pea-sized pieces.
- Beat egg and water together. Add in as three additions, pulsing after each one. Whirl until dough forms moist clumps.
- Shape dough into a disc. Flatten in between two pieces of parchment paper. Roll into an 11-inch circle, place into a buttered tart pan, prick all over with a fork, and freeze for 30 minutes.
- Preheat oven to 400 F.
- Butter the shiny side of a piece of aluminum foil and fit it snugly against the crust. Fill it with dried beans or pie weights and bake for 25 minutes.
- Carefully remove foil and beans/weights.

Filling Directions

- Preheat oven to 350 F.
- Place the partially baked tart shell on a baking sheet lined with parchment paper.
- Scatter the cream cheese over the bottom of the crust, followed by the salmon, onions, capers (if using) and dill.
- Beat the cream and eggs together with the salt and pepper in a medium-sized bowl until smooth. Pour into crust, stopping when just below the rim. (There may be batter left over.) Top with cut tomatoes.
- Carefully slide baking sheet into the oven and bake for 40-45 minutes, or until a toothpick inserted into the middle comes out clean. Transfer to a baking rack to cool for at least 15 minutes before serving. Best when just warm or room temperature.

Filling Ingredients

- 1 1/2 ounces cream cheese, cut into chunks
- 3 ounces smoked salmon, finely chopped (about 1/2 cup)
- 1/4 cup thinly sliced red onion

Abbie Nagler Sender, is a licensed, award-winning baker, who creates customized baked goods with a Jewish twist.

For more information, visit www.BAKEDbyabbie.com.

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Fairmount Temple Welcomes Our Sisters' Keepers

By Sandra Kramer and Ellen Klein, Event Co-Chairs

The women of Fairmount Temple recently hosted Our Sisters' Keepers, an organization that includes members of Muslim, Unitarian, Jewish, and Christian faith groups as well as unaffiliated individuals in Northeast Ohio, at Anshe Chesed Fairmount Temple.

Cantor Laureate Sarah Sager introduced the discussion by asking, "What's in your garden? Whether it is the garden of your home or the garden of your spirit, what do you cultivate?" This topic, suggested by one of the members, provided a wonderful opportunity to openly converse with one another.

Cantor Sager stated, "Sunday's very special gathering cultivated several of our values: the performance of mitzvot as we reached out to each other in friendship, as we yearned to learn about each other, and to love each other as ourselves. Further,

we recognize that if we can build bridges of understanding and sacred purpose, we are cultivating the sacred work of tikkun olam, the repair and fixing of our world. In every possible way, this was a life-enhancing opportunity."

Cantor Sager said at the end of the event, "We are all Our Sisters' Keepers."

After the discussion, traditional treats from several holidays, such as challah for Shabbat and jelly donuts at Chanukah, were served.

The event was made possible by a grant from The Women of Reform Judaism Central District.



Beachwood residents who helped with this event include Phyllis Berlas, Ruth Domcik, Claudia Marmaros, Ellen Klein and Judy Kahn. Attendees (sitting) Simee Malik and Iris Greene. Standing: Jane Weiner, Ann Markoff, Laurenda Messer, and Laura Eshelman.

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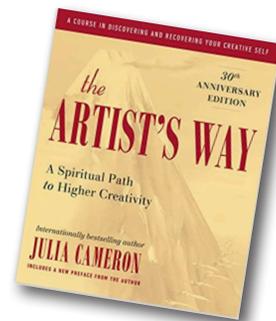
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Morning Pages

By Jen Stern



I recently read about a daily ritual called Morning Pages, which is described and encouraged in *The Artist's Way*, by Julie Cameron. Her book is written for artists to overcome barriers to showing up in creativity.

I am not an artist, but I do love the idea of Morning Pages.

The strategy itself is quite doable. Keep a journal and pen by your bed, set your alarm a few minutes early, wake up, and write – each and every day!

Julie suggests writing three pages in a stream-of-consciousness style. Consistency is the key, to write each morning, even when (especially when) you don't feel like writing.

There is no right or wrong, no agenda, just putting your morning thoughts to paper. Dreams, worries, to-do lists, affirmations, personal/professional goals ... Whatever comes to mind.

Morning Pages is described as healing, centering, transformative ... Writing your thoughts first thing in the morning creates emotional and mental space to begin your day with an open

heart and mind. All of the circular thinking that can deplete, trigger, or consume slowly over time lessens with this new morning ritual, providing solace and a healthier way to begin each day and approach life.

Morning Pages is just for you. It is a private and sacred space for completely honest, raw, unfiltered, and uncensored processing.

Try it for the next month and see

if you notice a difference in the way you think and feel.

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.

Tu B'Av Concert • Girls and Women are Invited to Celebrate an Annual Day of Love!

Wednesday, Aug. 2 • 7 p.m. • Friendship Circle • 27900 Gates Mills Blvd., Pepper Pike

Chabad Cleveland invites all women and girls to attend its third Annual Day of Love, also known as Tu B'Av. Enjoy a concert with NYC singer Esther Freeman, followed by dancing with Rozita Wies, food, and

great joy on this inspirational holiday of love. Tickets are \$20 at the door. For more information, text Mazel Cohen at 330.524.1952 or Natasha Cohen at 216.233.0764.

NOMINATE NOW!

NOMINATIONS ARE NOW BEING ACCEPTED



The Gallery of Success, which began in 1985, takes place every three years and currently has 139 honorees.

Nominees must be **BEACHWOOD HIGH SCHOOL GRADUATES** whose accomplishments since high school make them outstanding role models for our students.

Nominees must exemplify leadership, service, humanitarianism, creativity, courage, and/or career contributions that have benefited others.

Nomination packets are due Friday, November 10, 2023. The induction ceremony will take place Friday, April 19, 2024.

For information and a nomination form, visit www.beachwoodschoools.org/Gallery

If you would like a form mailed to you, please contact: Paula Zavell Rollins, Gallery of Success Coordinator, at 216-789-3995

Beachwood's Free Little Art Gallery



Beachwood's Free Little Art Gallery (FLAG) has been installed just outside the side entrance of the Beachwood Community Center.

FLAG is a small cupboard, similar to the popular Free Little Libraries, that provides a fun way to share art in our community. When you visit, you may take something and/or leave something. Add a small piece of artwork to your home and/or donate handmade artwork for others to take.

Look for the little blue cupboard that was painted with BAC's own version of Van Gogh's *The Starry Night*. Please take only one piece of art, leave the little art patrons, easels, and clips, and share a photo of your new artwork on Instagram: @BeachwoodFreeLittleArtGallery.

FLAG was brought to us by Beachwood Arts Council, and the art box was created and designed by Leah Gilbert and Lili Bosler.

To learn more, visit www.beachwoodartscouncil.org.



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- Hear about our youth programs & upcoming school year



Register online by August 18:
<https://cutt.ly/welcome-back-shabbat2023>

Contact: Shani Kadis, Membership & Programming Director
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BHS Grads Change the World One Photo at a Time

Photo managers and Projector: The perfect team for organizing, archiving, and viewing photos and videos

September is Save Your Photos Month, an annual event created by The Photo Managers, a community of professionals who are passionate about helping their clients manage photo collections and tell their stories.

Beachwood resident Shelley Gross (BHS Class of '83) has been a photo manager for 18 years. After creating a video for her daughter's bat mitzvah, she got several requests to create additional videos, which morphed into the creation of her business, Digital4Ever. Through her business, Shelley scans, organizes, converts, stores, and shares media for clients. She has seen a lot of technological advances throughout her career and is enthusiastic about offering new services as they become available.

Projector, started in Beachwood by Robert Marks (BHS Class of '84) in 2019, was created from a personal need to make family videos and photos easy to view. He wanted his family to be able to watch their home movies as easily as they watch Netflix on their big screen TV. He wanted his own video streaming app.

"I started Projector for my family," Robert told us. "We had a lot of photos and videos with no easy way to enjoy them. I felt my family should be able to view them as easily as we watch TV programming."

Robert searched online to find a solution and didn't come up with anything, so he created Projector to fill a need of his own. "I realized that if I could solve the viewing experience for my family, millions of other families would want it too."

He named the business Projector because of reminiscent times during his childhood when he and his family would watch family movies projected on a screen.

"We can stream anything on Netflix and other video streaming apps. TV, movies, documentaries, etc. Everything except us, our home movies," Robert said.

"Projector isn't a social media app where people can comment. It's a Netflix-like program that allows us to have our own video streaming app of personalized videos and photos, trips, birthdays, events, etc., and then view and share them with whomever we want."

Projector looks, feels, and operates like all your favorite video-streaming services, like Netflix and Disney+. In addition to playing home movies, Projector is the easiest way for families to play photo slideshows on their TV.

"I'm so glad to have reconnected with Robert through The Photo Managers and to have been introduced to Projector. It's a powerful tool that I now offer to clients," Shelley said. "Photos and videos are more than just images – they capture moments, emotions, and stories that define who we are and where we come from. It's rewarding to help clients safeguard their memories and preserve their unique legacy for future generations."

Robert continues to build his network with people like Shelley from around the world. "Photo managers are already preserving videos and photos for clients, so my goal is to familiarize them with Projector as another tool for them to offer."

"We retrieve, organize, and archive," Shelley told us. "We can scan your old photos, adding them to your digital photo library. We'll even scan entire photo albums and scrapbooks in order to preserve each individual page."

Shelley also converts home videos, makes digital files out of slides and negatives, organizes photos and videos, creates video montages for personal celebrations and corporate events, loads digital photo frames, and creates photo books, calendars, mugs, and other gifts.

"I'm so grateful to the photo managers who are building this business that I have created a plan to reward them with marketing tools and co-op advertising dollars to support their efforts," Robert said. "It's an exciting collaboration that continues to grow. Families from across the United States, Serbia, Australia, England, and dozens of other countries are now using Projector, and we are growing and expanding every day. There are a lot of people like Shelley out there who are going crazy for this product. It's amazing that all of our images and videos can be viewed with a remote, right on our own TV!"

"I really believe in Projector,"



Shelley Gross,
Beachwood photo manager

Shelley said. "Robert's providing a service that's been needed for years. He's so passionate about what he does and it shows. I'm promoting the company because it's a value-added service for my clients and I believe in it."

Many people have boxes of old photos that they may want to digitize one day. Reality is that many of these photos will not be passed down to future generations.

For photo digitizing services, contact Shelley at www.Digital4Ever.com. To learn more about Projector, visit www.Projector.app.





The Good and Bad News of the Ohio Budget

By State Senator Kent Smith

On the final day possible, the Ohio General Assembly passed the \$191 billion two year budget. The budget is over 6,000 pages long, so no single-page summary can do it justice; but I am going to give some of the top good and bad provisions contained within.

There were major Democratic priorities that we fought for and got included in the state budget. Let's run through some highlights:

1. Merit scholarships will be offered to the top 5% of graduating seniors in every Ohio High School, which will do a lot to keep Ohio's best and brightest in Ohio.
2. Senate Bill 83's attack on Ohio higher education and its anti-labor provisions were not included in the final version.
3. The Fair School Funding Plan will be fully funded in years 3 and 4 at 2022 (rather than 2018) dollars.
4. Teachers got a bump in their minimum salary amounts. It's not as much as we wanted but at least the floor was raised.

5. Hungry kids will be fed in schools. If kids qualify for free or reduced lunches, this budget will add free breakfasts.

These were all significant Democratic policy objectives and major wins. However, the GOP included several things that would not have made it into a Democratic budget.

Sometimes bad budget items are a misuse of valuable taxpayer dollars, other times they are inclusion of bad public policy, and sometimes they're both, like No. 1, on the "bad idea" list:

1. The creation of five new academic centers at state universities that they did not request. Their governance structure could allow out-

of-state interests to control these centers.

2. Private school voucher eligibility was greatly expanded and, as a result, it will likely cost the state \$1 billion a year. Keep in mind that 90% of Ohio kids go to public schools.
3. Another tax cut for the wealthy. Those who have the most will get the most. The GOP is only looking out for the richest Ohioans and their tax policy proves it.
4. Support for Ohio Foodbanks was not increased, yet the need has increased. Ohio Republicans want food banks to serve 50% more kids with no increase in funding.
5. The August special election is still underfunded. Recent vote-

by-mail data suggests that voter interest in voting No on August 8th is sky high, but the GOP still won't pay for all of it. You should vote No on Issue 1 in August.

6. But perhaps the worst provision of the Ohio budget was the takeover of the State Board of Education and giving control to Governor DeWine. It's important to remind everyone, the Governor did not campaign to take over the State Board of Education. This is a subversion of democracy in Ohio. Voters had chosen state school board members and we just got rid of them.

That was the major reason why I was a No vote on the state budget.



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Berson-Sokol Agency, Inc. Celebrates 50 Years in Beachwood

by Debby Zelman Rapoport

On June 4, 1973, Harold Berson and Morton Sokol formed the Berson-Sokol Agency to fill an untapped niche in the life insurance market: hard to place life insurance cases. Berson-Sokol Agency became the agency where insurance agents could go to get assistance with clients who could not qualify for coverage due to medical history, driving history, or a dangerous avocation. In the first year, Berson-Sokol Agency provided more than \$20 million of coverage.

Since its founding, the agency has grown and now serves both mainstream and hard-to-insure individuals. Its winning formula is dedication to excellence: the service they provide to agents and the products they make available to clients.

In 1981, Craig Berson LUTC, CLTC, Harold's son, joined the business, doubling production in his first year.

When we asked Craig, now president, what motivated him to go into the business, he said, "Organic Chemistry at OSU. I had to milk a cow, it did not go well, and I thought it would be better to go into the insurance business than follow my veterinary career path."

Craig made the decision to pursue an insurance career at age 18 and got licensed. While at Ohio State University, he joined an insurance fraternity, became president, and grew its membership from 12 to 50-plus members.

Berson-Sokol Agency does not deal direct with the public. Instead, it maintains strong relationships with thousands of brokers – including life and property casualty insurance agents, financial advisors, and estate planners who provide solutions for companies and individuals across the U.S.

Back row: Mark Horvath, MBA, LTCP; Hallie Berson; Bridget Dalton; Craig Berson, LUTC, CLTC; David Seiger, JD, LTCP; and Don Oates, MBA.
Front row: Howard Schneider, Gail Marvaldi, Fireball, Lynn Poplstein, Donna Budner, and MaryAnn Sansom.

"I have a strong team of dedicated employees, some of whom have been with me for more than 30 years," Craig told us. "Together, we've placed tens of thousands of policies since the company's creation and we now have offices in both Cleveland and Columbus."

"We take the business seriously, know our products, and have helped thousands of families and businesses across Ohio with product choices through agents," Craig added. "We've written more than \$30 billion of life insurance through this office and have paid out hundreds of millions of dollars of claims that help support families and businesses. This is truly rewarding."

"Craig lives and breathes this business. He's great at breaking the ice with people," David Seiger, VP of Long Term Care, told us. "He takes time to learn about every person he comes in contact with, and he isn't shy about discussing the devastating financial effects on the family, should the bread winner or business owner die."

Lynn Poplstein, VP Senior Markets, explained that senior health has been a new growth area for Berson-Sokol. "As individuals age, insurance is confusing, especially when you turn 65," she told us. "Unless you have someone specifically trained in Medicare, it is really easy to make mistakes. It's extremely important to meet with a qualified agent every year."

Hallie, Craig's daughter, joined the business four years ago. "I observed this business while growing up, value helping people, and have always wanted to help as many people as I can," she told us. "For years I've seen the benefits of providing individuals and companies with the best products possible and I want to be a part of enhancing people's lives as I continue to build my career."

She paused, then said, "I humbly understand that I have a lot to learn. Although I've been here only for a short while, it's clear that future growth will be in senior solutions and technology that will assist our brokers and financial

advisors with life insurance, long term care, and annuity products."

Craig then offered additional information about their products: annuities that provide higher interest rates than CDs as well as lifetime income that cannot be outlived; long term care insurance to help offset the high cost of extended care one may require in the future; and life insurance, from low-cost term insurance to a variety of permanent products for both businesses and individuals.

"Everyone here plays a key role. If you're an agent or a financial professional, we can help you, and if you have questions, please reach out to us," Craig concluded. "We've been in Beachwood for 50 years and are committed to staying here. We have longevity because we provide viable solutions to businesses and clients. We're a family; we take care of each other and of those we serve."

For more information, contact www.berson-sokol.com or 216.464.1542.



Julie BROUGH Jen FERNS



Julie Brough and Jen Reiner-Ferns

**Kids | Schools | Community
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My name is Julie Brough and I am excited to announce that I am running for the Beachwood Board of Education.

I have two children in the Beachwood Schools, Antonio (7th grader) and Michael (4th grader). I strive for their success as well as the success of all students in the City of Beachwood.

Please allow me to share my qualifications and why I hope to earn your support and vote on November 7th.

Let's Focus On ...

- Ensuring all students in Beachwood are our top priority.
- Collaborative efforts between private and public institutions.
- Increasing overall community support.
- Educational consistency and excellence.
- Providing increased educational opportunities for all of our district students.
- Placing a high priority of keeping students and staff safe at school.

I value communication, examination of facts, integrity, and authenticity. I also believe that when working together as a team, we can make a difference for the betterment of all our students. I have long wanted to share my experience and passion for the students and their education in our district. Now is the right time for me to seek a seat on our board, as I will bring fresh ideas and positive solutions.

Hi! I am Jen Reiner-Ferns and I'm running to become a member of the Beachwood School Board.

As a lifelong Beachwood resident and graduate of Beachwood High School, I have three kids, Ryan, Madison, and Landon, attending our schools in the 6th, 4th, and 1st grades.

I am running for School Board because ...

- I support our schools, teachers, and staff and want our district to remain an outstanding district to work in and attend.
- I am dedicated to the City of Beachwood and am committed to all components that make our schools successful.
- I take accountability seriously and understand the roles and responsibilities of a board member.
- I have a strong ability to work well with others and to be respectful of the viewpoints of others.
- I place a high priority on keeping students and staff safe at school.

I, Jen Reiner-Ferns, have been a lifelong resident of Beachwood for over 37 years and am committed to keeping our schools operating with excellence, and our staff and students safe.

I respectfully ask for your vote on Tuesday, November 7, 2023.

Beachwood Board of Education

Paid for By: Friends to Elect Brough & Ferns, Michelle Reiner, Treasurer 25050 Woodside Lane

MAYOR'S MESSAGE

TRAFFIC LIGHTS GOING GREEN FOR EMERGENCY VEHICLES

We are proud to announce new technology that is creating a "sea of green" as traffic lights change to green when emergency vehicles approach major intersections and cross traffic is stopped. The technology follows police cars, fire engines and ambulances in real time which dramatically accelerates arrivals at incident locations.

This Emergency Vehicle Preemption System works through a box placed in emergency vehicles to communicate with intersections across Beachwood, gauging the route based on speed and turn signals.

This increases responsiveness and safety in the city and, ultimately, can help save lives. Also, this system reduces crashes when responding to a call, which is the cause of 25% of rescue workers' deaths on the job, according to Applied Information, the company that created the technology.

Our safety personnel have told me that they are thrilled with the effectiveness of the technology which is positioned at all major intersections in the city. The devices were installed in safety vehicles and traffic signals by Path Master, which provides the necessary components to make intersections function effortlessly and features itself as the place where "traffic meets technology."

To watch a video describing the preemptive system, please see: bit.ly/BeachwoodEmergencyVehiclePreemption.

I recognized the need for the technology, and I've overseen this project since its earliest planning stages. I was aware of the difficulty safety vehicles have in traversing highly trafficked intersections in the city, so this new technology will transform their ability to arrive more quickly.

Our Police Chief, Kate McLaughlin, also supports this addition, saying that she is extremely grateful to be assured that lights will turn from red to green before

vehicles reach an intersection. She said that the technology enables her department to do the best job possible on a daily basis. "Timing is very important, and seconds make a difference," she said.

Fire and police departments worked hand-in-hand with Path Master to complete the project, and it works seamlessly. She added that travel time from one end of the city to the other has been dramatically reduced.

The number of people in the city can balloon up to 100,000 during the day, and being able to control the traffic has been one of our biggest concerns. With this in mind, our Fire Chief, Steven Holtzman, describes the technology as one of the best tools to be installed in the city in recent memory.

I was pleased to see some comments posted on YouTube in response to our video publicizing this improvement: "Amazing to see what forward-thinking cities are doing to serve their citizens!" "Bravo City of Beachwood Ohio! Humbling to see the tools working for the citizens in and around Beachwood."

"Amazing to get to work with these incredible people on incredible projects!" "Great to see a city use the benefits for both Fire AND Police vehicles."

"Saving human lives by keeping everyone else safe. Wow! Great innovative technology."

Truly, this technology is transformational. Installing this preemption system is one of the best things we have done since I have served as Mayor of Beachwood. If we save just one life as a result of the system, it's well worth the investment.



Mayor Justin Berns
MayorBerns@beachwoodohio.com



"I was aware of the difficulty safety vehicles have in traversing highly trafficked intersections in the city, so this new technology will transform their ability to arrive more quickly."



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LEGISLATIVE RECAP - JULY

2023-55 – An Ordinance adopting 2023 Alternative Tax budget for 2024 was presented to City Council and placed on first reading on May 15 and placed on second reading on June 12. This item was approved at the July 10 Council Meeting. The purpose of an alternative tax budget is to let the County know the amount of property tax we are requesting and is used by the County to set the City's property tax collection for 2024. There will be a follow up resolution accepting the rates from the County. In effect, the City of Beachwood reduced its charter millage in an effort to mitigate any tax increase expected by the recent school levy for the tax year 2024.

Resolution 2023-6 and Ordinances 2023-66 and 2023-67 – The City of Beachwood received a request for Property Assessed Clean Energy (PACE) financing for the property at 3800 Park East Drive. PACE is a valuable economic development tool for the City to add to its incentive portfolio and it aligns with the directives of our Economic Development Strategic Plan. The resolution and ordinances were necessary to establish the PACE program and were approved by City Council.

2023-68 – Council approved the Bills ordinance authorizing payment for various professional services totaling \$80,353.27.

2023-69 – Council approved an ordinance renewing a contract with Medical Mutual of Ohio for healthcare coverage for city employees. Based on a favorable trend in the City's claims, we were presented with a 3% decrease for our August 1 renewal rate. Subsequent renewals will be based on a calendar year.

2023-70 – Council approved an ordinance to reimburse Beachwood 23550 Commerce Park LLC for natural gas utilities for the City's portion of that building which houses our Public Works Department in the amount of \$38,465.45.

2023-71 – Council authorized the Mayor to purchase gasoline for city vehicles from the State of Ohio Term Contracts/Schedules (STS) through Great Lakes Petroleum Company (bid by the State of Ohio).



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HOW TO EMAIL YOUR COUNCIL MEMBER:

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



2023-72 – The Public Works Department requested approval to purchase a new cab and chassis from Valley Freightliner and one dump body with a snow and ice control package from Concord Road Equipment. This vehicle will replace a 2001 truck. The total cost for the vehicle is \$257,082.77 and was approved by City Council.

2023-73 – Council authorized the Mayor to renew a service agreement with Motorola Solutions to provide maintenance services for radio back haul equipment in our dispatch center for the next 4 years for an amount not to exceed \$165,790. The City originally purchased this equipment in 2018 which included maintenance and support for 1 year and renewed the agreement in 2019 for an additional 4 years (sole source).

2023-74 – Council authorized the City to sell a 1991 vehicle which was originally purchased for the Fire Department as an ambulance and was transferred to the Public Works Department years ago and a 2001 dump truck.

More information regarding these agenda items and back up materials can be found on our website. BeachwoodOhio.com/AgendaCenter

UPCOMING CITY MEETINGS

City Council:
August 14 at 7:00 p.m.

Planning & Zoning:
August 31 at 6:30 p.m.

Architectural Board of Review:
August 7 at 4:30 p.m.
August 21 at 4:30 p.m.

WORK-LIVE-LEARN..THRIVE

BEACHWOOD JOINS NORTHEAST OHIO ADVANCED ENERGY DISTRICT, PAVING WAY FOR PACE PROGRAM

Beachwood City Council has recently approved legislation to join the Northeast Ohio Advanced Energy District (NEO-AED). Communities across Cuyahoga County formed the NEO-AED nearly 13 years ago to provide a local tool for commercial and industrial property owners to affordably complete energy efficiency and alternative energy generation projects without huge upfront out of pocket expenses.

Through this program, the City of Beachwood as a partner and joining member of the NEO-AED will be able to work with financial partners to bring a Property Assessed Clean Energy (PACE) program to office, retail, industrial, hotel, multi-family and nonprofit property owners in the city. "This partnership with NEO-AED is one that will support future investments in the City of Beachwood," said Mayor Justin Berns. "It is an economic development tool that will have great benefit to new developers and existing commercial property owners in the City of Beachwood."



Interior of The Hiatus. Credit: The Hiatus

PACE financing has been used across the State of Ohio to finance over \$100 million in improvements since 2010. Establishing PACE requires an eligible PACE project. The City of Beachwood had

received a request for the Hiatus, a luxury apartment complex, that made it possible for the City of Beachwood to establish the program.

The benefits to commercial property owners participating in the program include cost savings, payments over time, guidance and community sustainability. Eligible PACE projects can take advantage of project financing with minimal or no down payment, fixed interest rates and terms for up to 20 years on energy efficiency and alternative energy projects. PACE can be used for a variety of projects, including energy-efficient machinery upgrades, roof and window replacement, and heating and air conditioning upgrades.

"Investment in commercial and industrial energy improvement projects has a direct impact on lowering a building's operating cost," says Cathy Bieterman, Director of Economic Development for the City of Beachwood. "The PACE program can benefit commercial property owners by supporting the financing associated with those improvement projects."



Cathy Bieterman,
Economic Development Director

More information on this program can be found at www.beachwoodohio.com (Economic Development Resources) or at www.neoaed.org.

NEW BEACHWOOD POLICE OFFICER SWORN IN ON JULY 6

Congratulations to Joseph Sirna who was sworn in by Mayor Justin Berns on July 6 as our newest police officer. Sirna started the Cleveland Heights Police Academy in July. Wishing him all the best as he goes through the training to become a Beachwood Police Officer!



Top photo: Mayor Berns swearing in Joseph Sirna on July 6.

Bottom photo left to right: Mayor Justin Berns, Joseph Sirna and Chief McLaughlin



SHRED DAY, SEPTEMBER 10

Beachwood's upcoming free community shred day is scheduled for Sunday, September 10, from 9:00 a.m.-noon in the City Hall parking lot. Bring personal documents, mail and files to have them shredded on-site at no charge.

A maximum of six banker boxes or 12 blue grocery bags are permitted. Please bring your driver's license or ID as proof of residency.



AUGUST RECREATION GUIDE

SUMMER SNAPSHOT

Beachwood has been buzzing with activity for all ages this summer from a Juneteenth Community Celebration to our Disco Night pool party. Look back at our summer snapshot of June and July events while you make plans to join us for the upcoming movie night, Dog Paddle, Honkin' Haulin' and, of course, Beachwood's annual Fall Festival!

How can you stay connected with recreation in Beachwood? It's easy! Look for our recreation guide mailed directly to your home, follow us on Facebook (@BeachwoodOHRec), visit our website at BeachwoodRec.com and sign up for our email list.



Mayor Berns, Community Services Director Derek Schroeder and Bartu Hatipoglu with his parents at Leaf Party Day. Credit: Discovery Photo



Beachwood's first Disco themed pool party on July 13. Credit: Discovery Photo



Line dancing at the Juneteenth celebration. Credit: Discovery Photo



Barkin' Brunch at the Beachwood Truck Park. Credit: Discovery Photo



Games at Disco Night! Credit: Discovery Photo



All smiles at Barkin' Brunch. Credit: Discovery Photo



Balloon art was a Juneteenth favorite. Credit: Discovery Photo



A Beachwood Beats concert crowd at BFAC.

BEACHWOOD ART GALLERY:

Bold & Beautiful | August 11 - September 9 | Artists' reception on August 13 from 1-2:30 p.m.
Artwork by Nana Kwesi Agyare, Samuel J. Francazio, Karen Hopwood and Sandy Spinks.

OUTDOOR

MOVIE

5 PM *Nights*

Beachwood H.S. Parking Lot
25100 Fairmount Blvd.

FREE

AUG. 20

Super Mario Bros. Movie

Beachwood Schools
Family Night

BeachwoodRec.com

Bring chairs & blankets. Snack bar available!

Recreation Guide

Fall 2023

FALL GUIDE

Programs and events for all ages!

BeachwoodRec.com

City of Beachwood
 ► Honkin' Haulin' Parade - Sept. 19
 ► 6th Annual Fall Festival - Oct. 22
 ► 5th Annual Fall Festival - Oct. 22
 ► 5th Annual Fall Festival - Oct. 22

CITY OF
Beachwood

DOG PADDLE

Summer's Final Pool Pawty

SEPTEMBER 7
Beachwood Family Aquatic Center

Time Slots:
4:00-5:30 PM
5:45-7:15 PM

Admission: \$5/dog

Registration begins August 14.
Open to resident dogs only. No human swimming.

Register at [BeachwoodRec.com!](http://BeachwoodRec.com)

CITY OF
Beachwood

HONKIN' HAULIN TRUCK PARADE

FREE GOODY BAGS!

TRUCKS ON THE MOVE!
SUNDAY, SEPTEMBER 10TH
PARADE ROUTE BEGINS AT 1:00 PM

YOUR FAVORITE BIG TRUCKS HONKIN' PAST YOUR NEIGHBORHOOD.
DETAILS & MAP AT [BEACHWOODREC.COM!](http://BEACHWOODREC.COM)

BEACHWOOD SENIORS

UPCOMING PROGRAMS & TRIPS

- Learn Rummikub & Canasta**
Tuesday, August 15, 1:00 p.m., Community Center

Calling all want-to-be rummikub or canasta players! We are looking for people who are interested in learning to play through the help of others. If you are a want-to-be player or seasoned player willing to help others enjoy either game, join us for an organizational meeting on August 15.
- September Senior Day Out - Dianne Palmer & Mike Elkins**
Thursday, September 21, Noon, Community Center
Residents \$13, Non-Residents \$16, Program Only \$5

Dianne Palmer (vocalist) returns to bring her new show, "Standard Cocktails." Get ready for a feel-good time featuring the talented Mike Elkins at the piano. Register by September 13.
- Quintessence's Tea Parlor Day Trip**
Tuesday, October 17, 10:30 a.m., Depart from the Community Center
Residents \$68, Non-Residents \$82

This beautifully decorated, antique furnished historical home is just the spot to relax and take in the season along with an array of savory, sweet treats and heartwarming tea. Register by September 14.

SENIOR DAY OUT

Cleveland's Iconic Crossroads
Thursday, August 17, at Noon
Beachwood Community Center

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

Register by August 8.

Join local historian and master storyteller Dennis R. Sutcliffe as he shares the story of Cleveland's Iconic Crossroads. Originally known as Doan's Corners, the area began as a stagecoach stop on the road from Buffalo to Cleveland. In the first half of the 20th Century it became an entertainment mecca offering Clevelanders a taste of New York City high-life.

Meal choices include primavera marinara or a roast beef sandwich. All entrees served with a beverage and dessert.

**Register for events at BeachwoodRec.com,
City Hall or call 216.292.1970.**

WHERE BUSINESS IS BOOMING!

THE LATEST NEWS FROM ECONOMIC DEVELOPMENT

BEYOND HEALTHCARE RIBBON CUTTING

We recently welcomed Beyond Healthcare to our community! Its intensive mental health treatment services are designed to help teens and families heal together. Located at 23600 Commerce Park Rd., Suite A, this facility marks the opening of its third treatment center in the Cleveland area, and there are plans to open more offices across Ohio.

Beyond Healthcare provides holistic intensive mental health care to teens, ages 11-17, and their families. It offers both full day Partial Hospitalization Programs (PHP), after school Intensive Outpatient Programs (IOP), and virtual Intensive Outpatient Programs. Behavioral healthcare services coupled with medication management and individual counseling to give teens the tools to manage their mental health conditions and succeed in life. To learn more, visit beyondhccleveland.com.



Mayor Berns with Chamber of Commerce Executive Director David Lapierre and members of the Beyond Healthcare team.

UH EXPANSION FEATURED IN REGIONAL PUBLICATION

Beachwood's Ahuja Medical Center Phase 2 opening was recently featured in *Northeast Ohio Properties Magazine*. It's exciting to see the collaboration and partnerships between local companies, architects, engineers, hospital leadership, the city and so many others who worked diligently to bring this impressive project to fruition. This \$236 million Phase 2 investment, totaling more than 300,000-square-feet of space, offers state of the art healthcare to Beachwood and the region.



University Hospitals Phase 2 expansion of the Ahuja Medical Center. Credit: *Northeast Ohio Properties Magazine*

ATTAIN BEHAVIORAL HEALTH NOW OPEN IN BEACHWOOD

We recently welcomed Attain Behavioral Health which offers services that benefit those who need help with addiction treatment and mental health therapy. Thank you for choosing to base your services in our community! To learn more about their services, visit their website at attainbh.com or call 888.389.2095.



ALWAYS BE AN INSIDER, STAY CONNECTED!

Facebook Pages:

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

Twitter Accounts:

- @BeachwoodOH
- @BeachwoodPolice

Instagram Accounts:

- @BeachwoodOhio

Beachwood eList:

Sign up at BeachwoodOhio.com



UH Ahuja Medical Center's Newly Expanded Emergency Department



One of the busiest EDs in the area has doubled in size to provide even more patients with high-quality care

Part of UH Ahuja Medical Center's Phase 2 expansion, the newly built Emergency Department (ED) has nearly doubled in size to 43 beds, making top-tier care even more accessible for patients. It includes two trauma bays and five fast-track rooms. Since opening June 5, more than 3,000 patients have walked through the door, and of those, 25% were admitted.

The ED was designed with the family in mind, provides spacious rooms, and offers both adult and pediatric emergency care.

"We are the busiest community emergency department in the UH system, with the exception of UH Cleveland Medical Center downtown," said Kirk Stiffler, MD, MPH, medical director of the ED at UH Ahuja Medical Center. "Since the COVID pandemic, healthcare capacity has been a big issue, and now with our expanded space we can take care of the community when they need us."

"We also have all new, state-of-the-art equipment featuring the latest technology," explained Imran Tahir, MD, associate medical director of the ED, who has been working at University Hospitals for 23 years in internal medicine and now specializes in emergency medicine.

The new fast-track rooms, as the name implies, provide emergency care to patients with minor illnesses and injuries so they can be evaluated, get

the care they need, and be discharged as quickly as possible.

"I always recommend patients go to the emergency department whenever in doubt to be extra cautious," Dr. Tahir emphasized.

Dr. Stiffler added, "Patients who had minor falls, orthopedic issues such as bad ankle sprains, bad coughs, and children with ear infections can be treated more expeditiously here than in traditional hospital beds."

The original ED is being renovated into a 23-bed Short-Stay Unit, where patients can stay for observation. "This will be ideal for patients with chest pain, mild congestive heart failure flare-ups, stroke symptoms, and infections that require IV antibiotics," said Dr. Stiffler, adding that UH Ahuja Medical Center is an accredited chest pain center and stroke center.

"I always recommend patients go to the emergency

department whenever in doubt to be extra cautious," Dr. Tahir emphasized. "If you need urgent care beyond just having a cough and fever – especially in the evenings and on weekends when doctors' offices are closed – you should come to the ED to get evaluated. We are here for the community and ready to

take care of patients in a new, clean, safe environment."

The Emergency Department at UH Ahuja Medical Center is located at 3999 Richmond Rd. in Beachwood. If you are experiencing an emergency, call 9-1-1. For more information or to find a doctor near you visit UHhospitals.org/Ahuja.

When to Seek Emergency Care

Extreme symptoms, like chest pain or trouble breathing, warrant a trip to the ED. But not all medical issues are clear-cut, and may leave you wondering when to seek emergency care, urgent care, or make an appointment with your provider. The board-certified emergency physicians at University Hospitals recommend you err on the side of caution by going to the nearest ED if you experience:

- Very high or very low vital signs, such as blood pressure, heart rate, breathing rate, and temperature
- Signs of heart attack or irregular heartbeat rhythm, such as chest pain or fainting
- Stroke symptoms, including sudden onset of numbness or weakness of the face or body, confusion, dizziness, or loss of coordination
- Shortness of breath, wheezing, or high-pitched breathing sounds.
- Complications from recent surgery
- Seizures
- Vision loss
- Nose bleeds that don't stop
- Bleeding during pregnancy
- Suicidal thoughts
- Overdose



Members of UH Ahuja Medical Center's Emergency Medicine Team. *Front row, from left:* Dr. Imran Tahir, Dr. Cristina Carpintero-Ramirez, Dr. Kirk Stiffler and Dr. Brett Kinkopf. *Back row, from left:* Dr. Jordan McQuilkin, John Fenner (PA-C), William Spaner (CNP), Dr. Donald Spaner, and Dr. Jessica Goldstein.

BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

A Message from the Board of Education



I hope you have been enjoying summer and share my excitement for the upcoming school year!

Beachwood Schools continues to build on the strengths of our staff, students, and community as we begin the 2023-2024 school year. The Board of Education has demonstrated a deep commitment to community engagement and input as we developed a master plan for our

elementary facilities, which earned the overwhelming support of Beachwood voters on May 2. As we enter the design phase, I invite you to join us as we envision the buildings and grounds to benefit all who use them.

The success of Beachwood Schools is due to collaborative partnerships with families and community members.

Through quarterly “Bison Talks” and “A Seat at the Table” events with the District’s affinity groups, we have heard feedback regarding what is working well in our schools and how we can improve. We are excited to add many new educational opportunities for students during the 2023-2024 school year, which are the result of your feedback and the District’s commitment to educational excellence for all students.

The Board will continue to increase its visibility and involvement by attending school events, particularly at the buildings we have “adopted.” This coming school year Wendy Leatherberry will represent the Fairmount Early Childhood Center; Kim Allamby will represent Bryden Elementary; Jillian DeLong will represent Hilltop Elementary; Josephine Chan will represent Beachwood Middle School; and I will represent Beachwood High School.

We are stronger together, and I look forward to your continued partnership as we enter a new school year full of opportunity. May it be our best yet!

Sincerely,
Megan Walsh
President, Beachwood Board of Education

EVENTS CALENDAR



Bison Athletics Fall Pre-Season Parent and Coaches Meeting

Monday, August 7, MS at 5 p.m.; HS at 6 p.m.
Beachwood High School
25100 Fairmount Blvd.

Hilltop “New to District” Family Orientation

Wednesday, August 9, 1 p.m.
Hilltop Elementary
24524 Hilltop Dr.

Bryden “New to District” Family Orientation

Thursday, August 17, 1 p.m.
Bryden Elementary
25501 Bryden Rd.

Back-to-School Night

Sunday, August 20, 3 p.m.
Beachwood High School
25100 Fairmount Blvd.



**VIEW THE
FULL CALENDAR**

beachwoodschoools.org/Calendar.aspx

Meet Treasurer Matthew Brown

This month, Matthew Brown steps into his new role as the Beachwood City Schools treasurer/chief financial officer. He succeeds Michele Mills, who retired in July after 35 years with the District. Mr. Brown brings 20 years of professional experience in school finance and governmental accounting, previously serving as treasurer/CFO with the Nordonia Hills and Euclid City School Districts. He graduated from the University of Akron in 2003 with a bachelor of science in business administration. As he takes the helm of the District’s financial operations, Mr. Brown shares his goals for his first year on the job.

What are your goals for your first year in Beachwood Schools?

Mr. Brown: My biggest goal for my first year at Beachwood Schools will be to get to know the staff and the community. Relationships are very important to me, and I look forward to working on developing those in the first year. Additionally, I want to be able to continue building on the financial foundation that Ms. Mills has built.

BOARD OF EDUCATION MEMBERS

Megan Walsh, President • (216) 287-4657 • mwalsh@beachwoodschoools.org
Jillian DeLong, Vice President • (216) 509-3514 • jdelong@beachwoodschoools.org
Kim Allamby • (216) 533-3358 • kimallamby@beachwoodschoools.org
Dr. Josephine Chan • (216) 235-1129 • jchan@beachwoodschoools.org
Wendy Leatherberry • (216) 409-2211 • wleatherberry@beachwoodschoools.org



beachwoodschoools.org

Beachwood Schools Unveils New Courses for 2023-2024

Beachwood Schools is excited to welcome students back to campus for the 2023-2024 school year. We have added many exciting new programs that support our mission to “develop intellectual entrepreneurs with a social conscience.”

Elementary World Language Program

Beachwood City Schools will offer Spanish and Chinese to all students in kindergarten through fifth grade. All elementary students will be exposed to both language and culture on a weekly basis. They will learn about greetings, cultural celebrations, conversational language, colors, numbers, alphabet, food, families, and more. Learning a second or third language in elementary school is shown to promote academic success in middle and high school—not only in world language courses but in other subjects as well.



Middle School Executive Functioning Mini Course

All sixth-grade students will take a mini course on executive functioning during their Unified Arts classes. The course content will focus on study skills, organization, time management, task initiation, working memory, metacognition, self control, attention, and perseverance. Through a variety of self-assessments, lessons, and activities, sixth graders will develop and strengthen these developmentally important middle-grade skills.

High School Social Studies

The high school social studies courses will be expanded to include criminal justice, women's studies, and financial literacy. The criminal justice course for juniors and seniors focuses on the foundations of our criminal justice system and the criminal justice process. Students taking the women's studies course will examine the societal advancement of women throughout history. The new financial literacy course will teach students to manage limited financial resources effectively. Students will explore saving and investing strategies, credit and debt concepts, and various strategies to help protect personal assets and wealth for a lifetime of financial security.

High School English Language Arts

New this year, juniors and seniors can choose a yearlong course, such as American Literature or AP Literature and Composition, or a combination of two semester courses in Journalism and Media Literacy, Creative Writing, Film as Literature, African American Literature, and Contemporary Literature. In addition, seniors who fulfill the prerequisites may take a university-level English 101 course taught by English Department chair Dr. Casey Matthews in partnership with Cleveland State University. Students will earn college credits through CSU as they develop academic writing skills by composing a variety of formal texts, including argumentative and expository essays.



Matthew Brown with his family

What attracted you to our district?

Mr. Brown: Beachwood has many desirable features that make the District a highly sought after place to work in the educational world. The high expectations of financial accountability, diverse tax base, strong community support, and fantastic educational opportunities and expectations for students are all key attributes that attracted me to Beachwood City Schools.

What do you enjoy doing outside of work?

Mr. Brown: Spending time with my family is one of the biggest things I enjoy doing outside of work. My wife, Kelli, is an eighth-grade science teacher. We have three kids: Lincoln, 16, Kailin, 14, and Riley, 11. We like to be outdoors as much as possible—camping, golfing, and hiking. This spring we started our first bee hive. We are trying our best to keep the hive growing and will hopefully harvest some honey from it in the near future.

Register Your Child for the 2023-2024 School Year Today!

Beachwood City Schools are back in session August 23 for the 2023-2024 school year. Registration is open for students in prekindergarten through twelfth-grade. Go online to register your child at: www.beachwoodschoools.org/onlineregistration.aspx.

BEACHWOOD CITY SCHOOLS

Developing Intellectual Entrepreneurs with a Social Conscience

Bison 2023 Spring Sports Review



Bison Softball

The Beachwood varsity girls softball team opened its new stadium in April with a ribbon-cutting ceremony and 17-3 win over Chagrin Falls. The winning streak continued as Bison softball went on to become the 2023 Chagrin Valley Conference (CVC) champions for the first time in 35 years. Seniors Maya Greller, Nia Brown, Emily Clar, and Ryleigh Zabell led the team through a stellar season. Ari Preston and Nia Brown received CVC First Team All Honors. Coach Mike Coreno was named CVC Coach of the Year.

Tennis

The CVC champions ranked fourth place in the highly competitive Northeast Ohio region. Junior Landis Teren extended his season after becoming one of sixteen singles players in Ohio to qualify for the Ohio High School Athletic Association's Division II state tennis championship. He became our first male state qualifier in singles since 2009.

Track and Field

Both the boys and girls track and field teams won the CVC Championships. State qualifiers for shot and discus included juniors Madison Torbert and Josh Rosenberg. The 4 x 400 boys relay team also extended their season with a seventh place finish at the Ohio High School Athletic Association state championships. The 4 x 400 relay team included seniors Vincent Crenshaw, Braylen Eaton, Max Page, and David Steckner. In other achievements, sophomore Osita Ogor broke the school record in the 100-meter dash with a time of 10.92 seconds. First Team All Conference honors went to Peter Adobamen (freshman), Vincent Crenshaw (senior), Strahinja Dimitrijevic (junior), Braylen Eaton (senior), Dakota Houston (junior), Michael Keselman (senior), Sasha Kheyfets (freshman), Max Page (senior), Mattix Revells (junior), David Steckner (senior), and Kylie Walters (junior). Most Valuable Performers included Madison Torbert and Josh Rosenberg. Coach Willie Smith was named CVC Coach of the Year.

BOARD OF EDUCATION NEWS



Recent Resolutions

- Approved the Owner's Representative Services Agreement with Project Management Consultants, LLC for the Beachwood Elementary Facilities Project
- Approved the Certification of Beachwood High School Graduates
- Approved Parent/Student Handbooks and Program of Studies for the 2023-2024 School Year
- Approved Extension of City-Schools Shared Services Agreement

Future Resolutions

- Approve 2023-2024 School Bus Routes
- Approve Design Professional for Elementary Facilities Project
- Introduce 2023-2024 Student Council
- Recognize Students Who Earned the Seal of Biliteracy

Board Meeting Calendar

- August 3 @ 8 a.m. Executive Session Only
- August 14 @ 7 p.m.
- August 28 @ 7 p.m.

Baseball

The three-time sectional champs finished the season with a record-breaking 20 wins. Varsity baseball enjoyed the longest winning streak in school history with nine victories in a row before taking the title of CVC conference champions for back-to-back seasons. CVC First Team All Conference Honors went to seniors Luke Bennett and Drew Keilin, freshman Ethan Malek, and sophomore Josh Rosenblitt. Josh also earned the title of CVC Most Valuable Performer. The CVC named coach Ben Shepherd 2023 Coach of the Year.



**VIEW AGENDAS
& MINUTES**

beachwoodschoools.org/BOE.aspx

ADMINISTRATION

Dr. Robert Hardis, Superintendent · (216) 464-2600 ext. 2201 · rph@beachwoodschoools.org
Matthew Brown, Treasurer/Chief Financial Officer · (216) 464-2600 ext. 2211 · mbrown@beachwoodschoools.org
Dr. Ken Veon, Assistant Superintendent · (216) 464-2600 ext. 2202 · kev@beachwoodschoools.org
Jennifer Polak, Director of Pupil Services · (216) 464-2600 ext. 2215 · jpolak@beachwoodschoools.org
Kevin Houchins, Director of Equity & Community Engagement · (216) 464-2600 ext. 2207 · kth@beachwoodschoools.org
Dr. Linda LoGalbo, Director of Curriculum & Instruction · (216) 464-2600 ext. 2208 · lhl@beachwoodschoools.org



beachwoodschoools.org

Alumni Spotlight: Paula Zavell Rollins (Class of 1971)



Paula Zavell Rollins (Class of 1971) has a passion for bringing people together. The longtime Beachwood resident has dedicated her life to serving others as an educator, mother, and community volunteer. Since 2003, Paula has led the Gallery of Success program, which recognizes distinguished alumni who give back for the greater good and embody the spirit of Beachwood Schools. "Beachwood

grads have achieved amazing things locally, nationally, and internationally," Paula said. "All Gallery of Success candidates have at least one qualification to be selected: leadership, service, humanitarianism, creativity, courage, and career contributions that have benefited others."

This fall, Paula is excited to launch the nomination process for the 2024 Gallery of Success inductees. She will guide a selection committee composed of alumni, community members, staff, and current students as they review nominations for candidates who exemplify the District's mission to "develop intellectual entrepreneurs with a social conscience." Inductees will be honored at a special ceremony in April, where they will have an opportunity to meet and mentor high school students. So far, 139 honorees have been recognized since the program's inception in 1985. "I am honored to meet these amazing people, learn their stories, and promote them to the community," said Paula.

Paula's passion for highlighting the success stories of alumni stems from her fond memories of attending

Beachwood Schools from first through 12th grade. "I loved my years as a student at Beachwood Schools, both academically and socially," she said. "With the district being the size that it was, there was always a lot of personal attention given by teachers as well as a variety of classes and extracurricular activities available."

Paula graduated from Beachwood High School in 1971. She attended the University of Cincinnati, where she earned a Bachelor of Arts degree in English and Communications and a Bachelor of Science degree in Secondary Education. She combined her interests in education and writing to work as a high school English teacher and student newspaper advisor at Cincinnati's Forest Park High School.

In 1979, Paula and her husband Mike returned to Cleveland, where she taught English and served as the student newspaper advisor at Shaker Heights High School until the birth of their first child in 1982. "Beachwood afforded me an excellent college-preparatory education," she said. "Mike and I wanted our children to experience the same type of education, so we chose to move to Beachwood."

While raising her daughter and son, Paula enjoyed volunteering in their schools and the community. She headed a host of programs, projects, and civic organizations – excelling as a connector, communicator, and relationship-builder. "I love giving back to the Beachwood community and schools that have given so much to our family," said Paula. "Beachwood is a wonderful place to live, work, and raise a family."

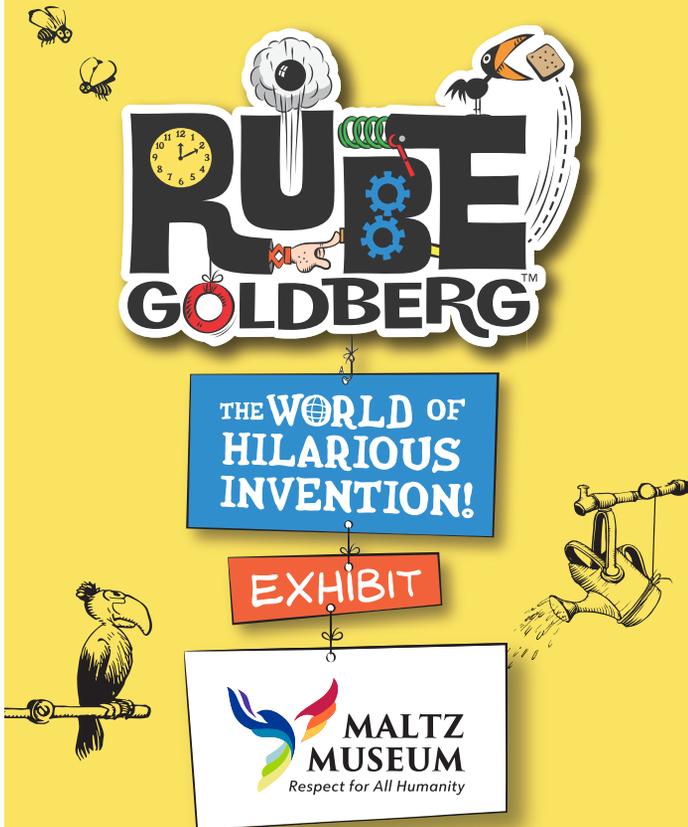
Is someone you know deserving of the Gallery of Success?
Go to www.beachwoodschoools.org/gallery.aspx for details.

Social Scene

@BeachwoodBison



LAST CHANCE, CLOSING SOON



On view through August 27, 2023

Rube Goldberg™, The World of Hilarious Invention Exhibit! is created by the Children's Museum of Pittsburgh in partnership with the Heirs of Rube Goldberg.

JOIN US THIS SUMMER!

STORYTIME STAY AND PLAY

Every Thursday through August 24 • 10:30 am

MONTHLY FAMILY FUN

Sunday • August 6 • 1:30 pm

IN THE GALLERY SHOW AND TELL

Friday • August 11 • 11:30 am

ALL ABOUT RUBE!

Wednesday • August 16 • 7 pm

CREATIVE BRAIN & BODY BOOSTS

Friday • August 18 • 11 am

LEARN MORE AND REGISTER:
MALTZMUSEUM.ORG

Rube Goldberg™: The World of Hilarious Invention!

On view through August 27 at the Maltz Museum

Rube Goldberg™: *The World of Hilarious Invention!*, created by the Children's Museum of Pittsburgh in partnership with the Heirs of Rube Goldberg, showcases Pulitzer Prize-winning humorist and inventor Rube Goldberg's iconic contraptions and celebrates his humorous storytelling and inventive cartoons. Upcoming programs are free with museum admission and registration is required.

Exhibition highlights include:

- See a Rube-inspired way to paint a picture in the 3D version of Ed Steckley's "An Epic Way to Paint a Picture"™
- Move balls and ramps to trigger chain reaction machines in Wall Machines, then figure out how they work by resetting each part.
- Be inspired by Rube Goldberg's drawing techniques to create your own hilarious cartoon in the Art Studio and then see how it looks at the Revolvometer.
- Pull ropes to start a series of musical chain reactions in the large-scale sound animation Music Machine.
- Step into one of Rube's iconic wearables, "Self-Operating Napkin"™, for a one-of-a-kind photo op.

Join the Maltz Museum for free and low-cost young family, adult, and senior focused programs now through the end of August! Registration is recommended for most programs to secure a spot. Visit www.maltzmuseum.org or call 216.593.0575 for more information.

Select programs include:

Storytime Stay & Play

Thursdays through August 24 10:30 a.m.

Free with Museum admission, registration requested.

Join us for story time, then stay and explore our special exhibit. Each week, we'll read stories about creativity, teamwork, and celebrating imagination with guests from local organizations.

Build Your Own Bot with Great Lake Science Center

Sunday, Aug. 6 • 1:30 pm
Free with Museum admission, registration requested.

Build your own Jumping Jitterbug "bot" while exploring how circuits and electricity work together. After the program, enjoy crafts, explore the special exhibition, interact with the special machines in the gallery, and go home with the bot you built!

In the Gallery Show and Tell

Friday, Aug. 11 • 11:30 am
Free with Museum admission, registration requested.

Join Sean Martin, WRHS Associate Curator of Jewish History, to hear the story behind American Greetings cards. Then explore letters and cards from loved ones all over the world that you bring from home when audience members are invited to share their personal artifacts.

Creative Brain & Body Boosts

Friday, Aug. 18 • 11 a.m.
Free with Museum admission, registration requested.

Join wellness expert Julie Konrad as she offers fun ways for seniors to keep their brains and bodies fit. Boost your overall wellness through fun and engaging talks, games and movement specifically designed to leave you feeling fresh, invigorated and full of vitality.

To view a complete listing of programs, visit www.maltzmuseum.org.

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Classrooms Without Borders: Trip to Poland

Beachwood Middle School teachers Carrie Shapiro and Kate Vitek recently traveled to Poland with Classrooms Without Borders to learn about the history of the Holocaust. Prior to their visit, they collected 20 memorial stones from Beachwood residents to lay at the Treblinka Memorial site, a former concentration camp outside of Warsaw.

There was a theme for each day of the 10-day itinerary. The first day's theme was Introduction to Jewish life in Warsaw, followed by One Thousand Years of Jewish Life in Poland. Additional topics included: Warsaw and the Treblinka Extermination Camp, The Nazi System of Extermination and Concentration Camps in Europe, Bearing Witness and Grappling with the Question of Justice, Auschwitz – the Decline of Humanity, Jewish Life in Krakow before the Holocaust, and the Wieliczka salt mines.

Carrie's motivation to participate in this program came from the final units for 8th-grade English Language Arts: Elie Wiesel's book, *Night*, and a Holocaust research project. "I was motivated to enhance my own understanding and knowledge of the Holocaust and, in turn, strengthen our curriculum," she told us.

One of her most impactful takeaways was how one can feel history. "I felt the absence of millions of Jewish people in Poland and I walked away with a heaviness in my heart," she said. "This experience reconfirmed the utmost importance to continue to teach Holocaust education since many young people are unaware of the disaster altogether."

For someone who may participate in a CWB program, Carrie suggests, "Be prepared to dive deep into the history of the location and take away a richer understanding of the world. You will experience a life-changing trip with scholars and fellow educators."

Kate also valued the opportunity. "I anticipated that it would be a valuable experience for many reasons, and it certainly was," she said.

"We focused on historical context by studying Jewish life before, during, and after the Holocaust," she explained. "The message was that you cannot learn only about the Holocaust because you cannot define a people by one moment in history. I think this is an important perspective for teaching – one that I will bring into my classroom."

For someone considering participation in a CWB program, Kate says, "Go into it knowing that it is hard work. This is experiential learning at a very high level. Every day is packed with a carefully designed curriculum to make the most of your time. The scholars are absolutely amazing, and you will want to take a lot of notes, so be prepared to keep up."

About Classrooms Without Borders

CWB's mission is to open minds and hearts through learning experiences that transform education and empower educators and students to combat discrimination, injustice, and hate.

Classrooms Without Borders has four major tenets surrounding the core of its mission.

Education: The power of educators can impact and influence the culture and climate to create a more global community.

Inclusivity: Recognition and understanding of other traditions inspires cross-cultural tolerance and respect.

Collaboration: Collaboration and communication creates a world without borders, promoting tolerance and combating discrimination.

Holocaust and Israel: Understanding the roots of antisemitism and its contemporary manifestations exposes the dangers of hatred and intolerance.

For more information, visit <https://cwbpg.org>.



Kate Vitek and Carrie Shapiro at the Zookeeper's House in Warsaw, where Jan and Antonina Zabinski saved 300 Jews during WWII.



Kate Vitek places a stone from the Beachwood community at the Treblinka Memorial.



Kate Vitek (left) and Carrie Shapiro (right) with Holocaust survivor Howard Chandler, who traveled with the group and shared stories about his childhood and internment at Auschwitz-Birkenau.

You Need To See What Is Invisible (Excerpts from Carrie's blog. To read in its entirety, visit <https://tinyurl.com/CWBCSBlog>)

This afternoon we visited Treblinka Memorial Site, a two hour bus ride outside of Warsaw. Kate and I traveled with 20 stones from our community of Beachwood. Before our travels, we collected stones from those who wanted to pay tribute to Holocaust victims. I also brought stones from friends whose grandparents are survivors.

As we entered the site, our wonderful scholar, Natalia Aleksiu, explained, "You need to see what is invisible." In an attempt to cover up the mass murder of 900,000 Jews, the Nazis destroyed the camp and any remaining evidence. An expansive symbolic representation of the train tracks and platform are arranged for visitors to understand the spatial layout of the death camp. Visitors must dive into their imagination to visualize the incoming trains packed with victims, including Warsaw Jewry, who only had a few hours upon arrival to meet their fate. I immediately felt anxious walking on the same ground.

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Beachwood Medical Academy

Beachwood High School students recently participated in Beachwood Medical Academy, a three-day camp at UH Ahuja Medical Center. They participated in a lung dissection, practiced suturing techniques, and operated ultrasound equipment to identify anatomical structures.

In addition to learning about the path to become a physician, students explored careers such as healthcare administration, physician assistant, and nursing. Students also participated in a poverty simulation at the Greater Cleveland Food Bank to develop their understanding of the impact of poverty and food scarcity on health. The Beachwood Medical Academy program continues throughout the school year as students take advanced coursework and participate in hospital immersion experiences.

We reached out to four students to solicit feedback on the program and here's what they shared:

Sofia Silva

Since I was a child, I have always been interested in the challenges and complexity of the human body. When I heard about the program, I saw an opportunity to acquire more knowledge with professionals on a subject I like.

During the three-day program I was able to learn about

several organs and diseases. Additionally, my biggest takeaway was to understand the reality of being a doctor and all the steps I should follow to get where I want to be.

Lorena Tovanche

One of the main reasons I signed up was to learn CPR because certification was part of the program. My biggest takeaway was when we participated in a poverty simulation at the Cleveland Food Bank. Prior to sorting donations, we were assigned a family and had to see how thin we were able to spread our resources to see if we should spend money on medication or heating. It made me realize how hard it is and how much more help people on or below the poverty line need. While sorting through donations, I thoroughly enjoyed myself knowing that I was helping people and making a difference in their lives.

Kevin Zhang

I chose to participate in this program to learn more about the different fields of medicine and get some hands-on experience with some things that they do. The dissections of the heart and lung were a fun way to teach us how the organs worked, and the neurosurgeon talk was really

interesting and definitely made me more interested in the field.

Anna Zhao

I was motivated to participate because I am interested in the medical field. I thought it would be a really cool opportunity to be able to speak to doctors and hear them talk about their experiences. I also took anatomy last year and really enjoyed it. I was excited to learn more about anatomy and see how it relates to medicine. My biggest takeaway was being introduced to the hospital from the inside. I also enjoyed seeing the role of each medical professional since I have never had that perspective before. I thought the hands-on experiences such as the dissections and ultrasound were really special. They were very interesting, and I am glad I got to do them.

Beachwood Medical Academy Presenters:

Dr. David Rosenberg, MD, MPH

Medical Director of the Ahuja Lung Center

Dr. Jillian Sinopoli, DO

Thoracic Surgeon

Lindsey Colangelo, MSN, RN

Chief Nursing Officer

Sean Kramer, PA

Physician Assistant

Yanilsa Santiago, CPN

Cardiology

Dr. Xin Li, MD, PhD

Pathology

Dr. Tiffany Hodges, MD

Oncologic Neurosurgeon

Dr. Diana Ponsky, MD, FACS

Facial Plastic Surgeon

Dr. Jessica Goldstein, MD, FACEP

Chief Medical Officer at UH Ahuja Medical Center

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Provided CPR/AED Training



COO Percival Kane Jr. (center) leads students on a tour of the new Drusinsky Sports Medicine Institute at UH Ahuja Medical Center.



Sofia Silva and Anna Zhao learn to close a wound with a simple interrupted suture.



Kevin Zhang uses ultrasound imaging to identify anatomical structures during a demonstration led by Dr. Jessica Goldstein, MD, FACEP, chief medical officer of the UH Ahuja Medical Center.



Dr. David Rosenberg, MD, MPH, pulmonologist and medical director of the UH Ahuja Lung Center, guides students through a bovine lung dissection.

Beachwood Physician Mentors Students

By Arlene Fine

Giving back to the community is part of Dr. Diana Ponsky's DNA. She has spent her life returning the kindness extended to her family when they settled in America after fleeing postwar Vietnam.

"I'm very lucky to have had incredible mentors throughout my life who provided guidance and support," said Diana, a Beachwood-based Facial Plastics ENT, who is double board certified by the American Board of Facial Plastic Reconstructive Surgery and the American Board of Otolaryngology. "My mentors' influence and encouragement made me determined to pay it forward – it's especially meaningful to me to mentor young people."

Diana recently participated in the student-centered Beachwood Medical Academy (BMA), a two-day workshop organized by Dr. David Rosenberg. The event, held June 13-14 at UH Ahuja Medical Center, provided Beachwood High School students the chance to hear medical professionals describe the many and varied opportunities in the healthcare field.

"When I interacted with the students, I saw such potential in this generation of proactive young people," said Diana, the mother of three daughters. "Educating our students and teaching them to become critical thinkers is very important. They are our hope for the future and will be responsible for tackling the problems we face locally and globally in this rapidly changing world."

Reflecting on her career, Diana said the best advice she received was to be curious and have an open mind. That's why, during the 14 years that she has practiced in Cleveland, she has been receptive to the latest improvements and advances in her field. "The ever-evolving procedures like endoscopy and laparoscopy enable physicians to perform surgeries that are less invasive and require tinier incisions," she said. "And as AI advances we will be able to do

more advanced robotic surgery."

Along with traditional facial cosmetic surgeries, the latest procedures Diana offers in her Beachwood office are Neograft Hair Restoration, Morpheus8 skin tightening treatments, and Daxxify, the new Botox that lasts six months instead of the current three months.

"Educating our students and teaching them to become critical thinkers is very important. They are our hope for the future and will be responsible for tackling the problems we face locally and globally in this rapidly changing world."

– Diana Ponsky, MD, FACS

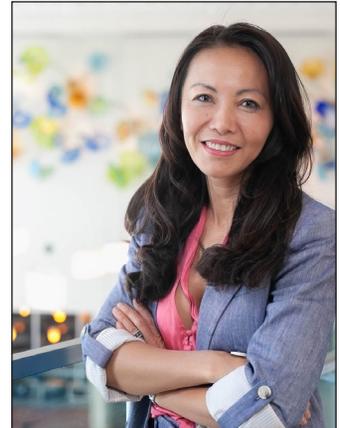
Despite new and better medical breakthroughs, Diana said one of the biggest challenges facing physicians today is healthcare misinformation. "It's amazing how many patients use inaccurate, unsubstantiated social media sites instead of reliable, credible sources for information about their health. I tell my patients to always reference trusted sources and to rely on their medical professionals' knowledge rather than random websites."

As a health-conscious physician, Diana's wellness prescription is to get plenty of rest, have a regular exercise routine, limit alcohol intake, drink only two cups of caffeinated coffee a day, avoid salty and fatty processed foods, eat plenty of vegetables, fruits, lean meats, legumes, and nuts, and put on sunscreen throughout the day.

An early riser, Diana follows her own advice and makes sure she goes to bed early, and is on the treadmill five days a week. "I tell patients it is never too late

to take care of themselves," she said. "People are living longer and it is important to follow a healthy lifestyle, no matter what age you are."

Choosing to locate her Park East office in Beachwood has reaped many rewards, said Diana. "Beachwood is strategically located between major highways and the city is very easy to navigate. Plus, Beachwood actively supports local businesses, particularly its growing group of health care providers."



Diana Ponsky, MD, FACS, is committed to paying it forward by mentoring students.

Stay Safe in the Sun

Ultraviolet (UV) rays from the sun and tanning beds are the leading cause of skin cancer. Too much exposure, even on overcast days, can also cause sunburn, eye damage, and wrinkles.

Here are seven ways to protect your skin from UV rays:

- Avoid or limit your time in the sun.
- Wear sunscreen with a sun protection factor (SPF) of at least 30.
- Apply sunscreen 30 minutes before going outside. Reapply every two hours, or after swimming or sweating.
- Stay in the shade when the sun is the strongest – between 10 am and 4 pm.
- Cover up with clothing, and wear a hat and sunglasses.
- Make sure you do not burn.

Source: American Cancer Society.



As a Beachwood Medical Academy presenter, Dr. Ponsky helped BHS students become aware of careers in the healthcare field.

Integrated Therapies Help in Stroke Recovery

A stroke can occur when a blood vessel in the brain is blocked or when a blood vessel ruptures. When this happens, it adversely affects the blood flow to an area of the brain which injures the brain's cells, known as neurons. This injury can cause varying degrees of challenges with fine motor skills, gross motor skills, or with your ability to speak and swallow.

The impact of a stroke varies from person to person, and speech, occupational, and physical therapy are all essential to regain as much independence as possible.

One way that our body heals after a stroke is through neuroplasticity, which is the brain's ability to rewire following an injury. Aspects of our brains are "plastic," meaning they are adaptive and can be altered in response to environmental and/or structural changes.

High repetitions of purposeful movements can help to regain strength and control as the nervous system creates new connections. Recovery is reliant on high repetitions and dependent on the intensity, quality, and specificity of training a particular movement. Your brain is not hardwired, it is continuously responding.

Therapists use principles of neuroplasticity to help patients maximize their recovery after a stroke. Plus, physical, occupational, and speech therapists work together as a team to help you recover from a stroke in the most effective way.

Physical therapists work with you to improve your gross motor skills, strength, balance, coordination, and functional mobility, including bed mobility, transfers, walking, and stair-climbing. They also can help you to manage spasticity, meaning

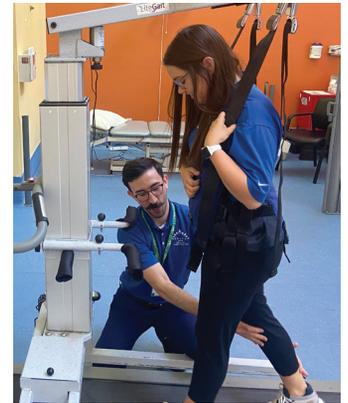
stiffness or involuntary muscle spasms, following a stroke.

Occupational therapy is used to improve self-care tasks, such as bathing, dressing, grooming, and toileting. Your occupations also include hobbies and leisure participation, work, caregiving, and driving. This therapy is used to enable the individual to return to the highest level of performance in his or her day-to-day self care and activities.

Speech therapists evaluate, diagnose, and treat disorders related to speech, language, cognition (thinking and reasoning skills), voice, or swallowing abilities. Following a stroke, patients may experience difficulty swallowing and using language. Therapy interventions may include teaching strategies to regain communication, providing exercises to regain strength, using neuromuscular electrical stimulation (NMES), a non-invasive

technique to improve swallowing through electrical stimulation, and providing exercises.

The Peter B. Lewis Aquatic and Therapy Center offers individualized physical, occupational, and speech therapy services to assist with recovery after a stroke. For more information, call 216.595.7345.



Staff at the Peter B. Lewis Aquatic and Therapy Center demonstrate LiteGait therapy which is used to build strength.

Young Beachwood Resident Advocates for the Environment

This summer, Beachwood resident Sabrina Machtay is following her passion for improving the environment. Sabrina, who will be a senior at Brandies University this fall, is interning at Ocean River Institute (ORI), educating the public about the importance of keeping a natural lawn, keeping soil and grass naturally healthy, storing more water and carbon in the ground, and conducting outreach to spread the word about ORI's various causes. She is also reaching out to town and city officials in the region to further educate people on how to make better decisions for the earth.

"I have been passionate about the environment since I was a child," said Sabrina. "I always felt a different connection to the planet than perhaps other people did, and I felt as if me and the environment were connected. I

loved spending my time outside and loved going to the beach. However, I was deeply upset when I saw all the litter and pollution so I wanted to dedicate my life to helping the environment."

Sabrina is majoring in environmental studies and is on the executive board of Students for Environmental Action. ORI, an environmental nonprofit, works with communities to tackle climate change with nature-based solutions that feature slowing water down, and building more soil with grasses and plants. Research indicates that people acting in their own neighborhoods can build an inch of soil in a year and slow sea level rise by as much 25%. Please visit www.oceanriver.org for more information on opportunities to make a difference and go the distance for savvy stewardship of a greener and bluer planet Earth.



Sabrina Machtay, BHS Class of 2020, interns at Ocean River Institute, advocating for ways to better protect our planet.

"I loved spending my time outside and loved going to the beach. However, I was deeply upset when I saw all the litter and pollution so I wanted to dedicate my life to helping the environment."

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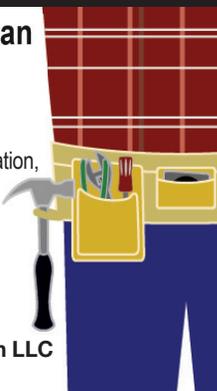
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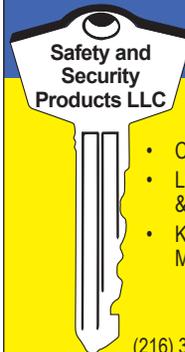
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**September Issue Promotion:
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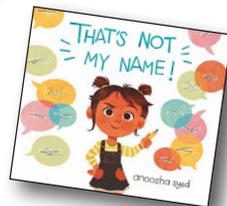
To learn more, contact Adam at beachwoodbuzzsales@gmail.com today!

August StoryWalk® and Library News

The August StoryWalk is *That's Not My Name!*, written and illustrated by Anoosha Syed. Mirha questions her name after her classmates continually pronounce it wrong on the first day of school so her mother helps her to learn the significance of her name and to be proud of it.

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

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



All CCPL branches will be closed on September 3 and 4 for Labor Day. CCPL's Summer Reading Program, *All Together Now*, wraps up on August 13. There's still time to finish your summer reading challenge and collect your prizes!

Storytimes take a break in August and will return in September. Check event listings for the full schedule at <https://cuyahogalibrary.org>.

Toy Library Meet & Greet

Birth - 3 years w/ caregiver
Wednesday, Aug. 23 • 10-11 a.m.

Say hello to toys from CCPL's toy library and then check out your favorites to play with at home. No registration required.



Jungle Terry and His Animal Friends

Pinecrest

Tuesday, Aug. 22 • 11 a.m. - 1 p.m.

Pinecrest Play Days will feature Jungle Terry and His Animal Friends, which is perfect for families with children ages 10 and younger. Hosted by *Northeast Ohio Parent Magazine*, this fun, free event with interactive activities will take place at the oval in front of Pinstripes. Free parking is available and registration is not required.



BCC Programs

The Beachwood Chamber of Commerce invites you to become connected, engaged, and involved with the Beachwood business community. To learn about upcoming events, visit www.beachwood.org.



Enjoy the little things, for one day you may look back
and realize they were the big things.
– Robert Brault

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