

Grand Marshal “Big Chuck” Schodowski Kicks Off
Parma’s First Polish Constitution Day Parade

by Daniel P. McCarthy

With the misfortune they seem to be having lately, it was nice to see some good luck for people of Polish descent when the weather remained calm and rainless during the first ever Polish Constitution Day Parade to be held in Parma on May 2nd. The turnout was indeed impressive, with enthusiastic crowds lining both sides of Ridge Rd. for the more than one mile of the parade route. There were lots of colorfully dressed marchers, both young and old, floats decorated with flags, symbols, and signs written in Polish and English marking the anniversary of the Polish Constitution. There were four marching bands in this parade, so without a doubt, the sound of joyous music filled the air!

The highlight of the parade, for me as well as most everyone else, was the appearance of “Big Chuck” Schodowski as the Grand

Marshal. He was obviously a crowd favorite, and I think that it would be hard to find anyone over the age of twenty in the Greater Cleveland area who did not recognize him on sight. His personal history with Parma has been a storied one, and he seemed to be absolutely delighted by all the warm greetings being shouted his way.

In light of the recent tragedy in Poland, this parade celebrating the anniversary of the Polish constitution seemed to be even more important than it would be otherwise, and I feel that this showed on the faces of many of the celebrants, many of them possibly immigrants, as the floats with the flag of Poland proudly displayed rolled by. I saw many tear-stained faces as I looked around at the crowd, the emotional connection to their heritage being quite evident.

Having our city be the choice as the new location to hold the Polish Constitution



Grand Marshal “Big Chuck” Schodowski

Day Parade, which previously had always been in Slavic Village in Cleveland, is a real honor, although when you think of it, picking this place as the new location, with the history of Polish American

involvement with Parma, it really is a “no brainer”. I will be looking forward to attending the next Polish Constitution Day Parade in Parma next year, and many more after that. I hope that Parma resi-

dents will fully embrace this meaningful event, recognizing the incredible contribution made by Polish Americans in making the City of Parma the fantastic place it is, has been, and always will be.

Stearns Homestead Farmers’
Market Opens New Season

by Debbie Sillett

Stearns Homestead will welcome folks to its second season of its Farmers' Market with fresh local produce from area farmers and vendors with various products for you to enjoy starting Saturday June 19th from 9am to 1pm. Located at 6975 Ridge Road in Parma.

The homestead will also feature a host of other events this year on Saturdays and Sundays

from 12noon to 4 p.m. Some of the family activities that can be enjoyed at the farm include interaction with the horses, turkeys, pigs, chickens, ducks and Red Bourbon turkeys goats, and sheep. Also tours of 1855 Stearns homestead and the charming 1930's style Gibbs house. Take a picnic on one of the benches to enjoy one of a dozen scenic views or by the pond where the geese will greet and entertain

you. Events include a rummage sale, pet adoptions, Farm-City Days and Fall and Christmas at the Farm celebrations. For more updates please see www.stearns-homestead.com.

We are very interested in supporting local farms and local homemade products. If interested in being a vendor please call Market manager Debbie Sillett- 440-882-6234 or email at farmerdeb7@cox.net



Humble Roots - Parma’s City Council President Chuck Germana stands in front of Parma’s Birthplace Historical Plaque. See story on page 8

Parma Area Chamber Of
Commerce Presents 20th
Annual Rib’N Rock

by Lisa Zaremba

The Parma Area Chamber of Commerce, in partnership with Parmatown Mall, Presents the 20th Annual Rib ‘N Rock Thursday, June 10th through Sunday, June 13th.

The PACC is pleased to announce Cox and STO will bring “All Bets Are Off” with

Bruce Drennan - LIVE TV Broadcast, 3:00pm-6:00pm on Thursday June 11th with FREE entry during that time. Join fans in the COX Sports Tent and watch NBA Play-off games or catch the score of the Tribe while enjoying some ribs and an ice-cold beverage.

continued on page 2



Mommy’s Little Sunshines on page 6.

Parma Observer

Parma Area Chamber Of Commerce Presents 20th. Annual Rib'N Rock

continued from page 1

On the Main Stage they have an outstanding line-up including the Second Annual "Parma Area Idol" contest. Watch as contestants compete in front of panel of professional judges to become the "Parma Area Idol" and a chance to win \$200 along with studio time to record a demo CD at Advanced Audio Design Studio. Returning to the stage again this year is long time local favorite Fayrewether, The Girls Band, Vicious Cycle (Lynyrd Skynyrd tribute), and Come Together (Beatles tribute). Also on hand to entertain will be another local favorite Ted Riser. Several "tribute bands" will be appearing including Toys in the Attic (Aerosmith), The Brothers Blues band featuring Fox8 news' very

own Todd Meany will perform Blues Brothers / Cab Calloway as will Stone Pony (Springsteen / Southside Johnny), and Diamond Mines (Neil Diamond).

The event will also be offering a larger amusement ride area, and for the older adults, On Sunday, June 13th from 1:30 – 4:30, is Senior Citizen Day featuring the Honky Express Polka Band in the COX Sports tent.

Be sure to sample the ribs and other specialty food items. See if your favorite rib vendor wins the competition for Best Ribs or Best Sauce.

This Annual Rib 'N Rock can only be brought to you with the assistance of countless volunteers and our many Sponsors – Parmatown Mall, COX, STO, Brunswick Auto Mart, Parmatown Spi-

nal & Rehab, Mueller Family, SCENE Magazine, Coke, Giant Eagle, Bud Light

We have something for everyone and hope you will join us at this family-fun, community event that is close to home. Admission is still only \$3 (chil-

dren under 12 are free) FREE passes and "BOGO" coupons available through the Chamber. For information and tickets contact the Parma Area Chamber of Commerce 440-886-1700 or chamber@parmaareachamber.org

Orchestra Member Retirement

by Joe Germana

Mabledean Hancy has been a member of the first violin section of the Parma Symphony Orchestra since the 1970s. In the orchestra she has played under the baton of John Ferrinacci, Stewart Raleigh and now Randolph Laycock. Mabledean is a graduate of Baldwin Wallace College, and has retired from teaching music in the Olmsted School District. Through the years she has enthusiastically supported the BW Conservatory students in their many concerts and recitals. Aside from fiddling, Mabledean is also a free-style pianist who has enjoyed performing in the clubs and restaurants about the town. Mabledean is the mother of two daughters, April and Dawn. Mabledean soon plans to move to Vermont where she will live with Dawn and family. The orchestra has just completed it's 41st season with it last concert on May 2nd. The Orchestra consists of 77 members of all walks of life from all over the entire Greater Cleveland area. They meet weekly for rehearsals and present at least four concerts annually. The next concert is



PSO Business Manager Joe Germana (left) and Music Director Rand Laycock (right) celebrate the retirement of 32+ year violinist Mabledean Hancy at a reception held in her honor

their Fall concert on October 24th 2010 at 3:00 PM at Valley Forge High School Auditorium located at 9999 Independence Boulevard in Parma Heights. The Parma Symphony Orchestra is a self-supporting community orchestra in cooperation with the Parma City Schools. For more information see our web-site www.parmasympphony.org or call our Business Manager Joe Germana 440-882-2012.

Parma Area Chamber of Commerce
In Partnership with Parmatown Mall

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FRIDAY June 11 4 PM To 11 PM	Parma Area IDOL 4:00-5:00pm	The Sounds of Aerosmith With TOYS IN THE ATTIC 5:00—7:30pm		Don't Miss An Evening With FAYREWETHER A FULL PRODUCTION 8:00—10:30pm
SATURDAY June 12 2 PM To 11 PM	20/20 EVERYTHING 2:00—3:30PM	Parma Area IDOL 4:00-5:00pm	Ted Riser Allman Bros. Marshall Tucker Neil Young 5:00—7:30pm	VICIOUS CYCLE Tribute to Lynyrd Skynyrd 8:00—10:30pm
SUNDAY June 13 1 PM To 10:30 PM	RIB AWARDS 2:00—3:30PM	DIAMOND MINDS Neil Diamond Tribute 1:30—3:30pm	Stone Pony Band Springsteen & Southside Johnny 4:00-6:30pm	Parma Area IDOL FINALS Tonight! Come Together Beatles Tribute 7:00-10:30pm

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Parma News

Parma Hospital President And CEO Patricia Ruflin Announces Retirement; Board Names Chief Operating Officer Terry Deis Successor

by CJ Sheppard

Parma Community General Hospital announced today that President & Chief Executive Officer (CEO) Patricia A. Ruflin will retire mid-summer, and that its board of directors has named Terry Deis, current chief operating officer, to succeed her as the new President & CEO.

Ruflin has served as President & CEO of the hospital since November 2003. She joined Parma Hospital in 1993 and has held the positions of vice president of quality, chief nursing officer, chief operating officer and executive vice president.

"I've been honored to serve the members of the community in meeting their health care needs, and to lead a very talented group of people who are committed to that personalized care



experience for which Parma Hospital is known," said Ruflin. "I am also very enthusiastic that Terry Deis will succeed me as CEO. He is the right person at the right time for this organization.

Maintaining internal continuity at the leadership level will assure a smooth transition."

Kent Geist, chairman of the board of directors of Parma Community General Hospital, commended Ruflin for a job well done. "Mrs. Ruflin has done an extraordinary job of successfully guiding the hospital through a challenging healthcare environment," said Geist. "The board thanks her for a job well done and looks forward to continuing the tradition of excellent leadership with Mr. Deis."

With Ruflin at the helm as CEO, Parma Hospital has been recognized for having the fastest heart attack care in Northeast Ohio, has implemented an Emergency Department physician-staffed triage program known as "Doc at the

Door," and has been honored as one of the 20 Best Community Hospitals in America.

Deis has nearly 20 years of health care experience, 11 of those at Parma Hospital and four as the COO. He is known for his team-building approach and for implementing initiatives that enhance quality, productivity and patient satisfaction. Previous positions include vice president of general services and chief information officer. Prior to joining Parma Hospital, Deis served eight years at Southwest General Health Center. He is a member of the Parma Rotary. He holds a Bachelor of Science degree from Bowling Green State University, an MBA from Cleveland State University, and is a CPA.

Parma Community General Hospital

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Hospital Review

BUSINESS & LEGAL ISSUES FOR HEALTH SYSTEM LEADERSHIP

Becker's Hospital Review, March/April 2010

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Parma Schools

The Shiloh Cafe After School Program

by Jean Micklewright

The MyCom Shiloh Café is an after school program funded by grants provided by the Cleveland Foundation, the Cuyahoga Family and Children First Council as well as Starting Point. The Café meets on Mondays, Tuesdays and Wednesdays from 2:50 to 6:00 p.m. at Shiloh Middle School. The students are given a healthy snack at the start of the program. Homework help and tutoring is provided during the first hour of the program. The students can also choose to “go” to STUDY ISLAND. Study Island is a computer program designed to help students pass the Ohio Achievement Assessment. The next two hours are devoted to enrichment activities for the students.

The Shiloh Café has four partners that develop programs for students; The Cuyahoga County Public Library, The Ridgewood YMCA, The Parma Health Education Center and Berea Children’s Home & Family Services.

The Library invited a local author, Rhonda Stapleton, to the Café to speak to the students. She discussed the procedure she followed in her quest to become a published author. She encouraged the students to work hard and persevere. Each student was given a signed copy of her book *Stupid Cupid*. E. J. the cartoonist visited the Café to speak to the students and teach them cartooning techniques. He

also encouraged the students to follow their dreams. The library also provided the students with no-sew blankets to make for the cats at the Parma Animal Shelter. These are just a few of the fun programs they have provided.

The Ridgewood YMCA is involved with the Café on a daily basis. The “Y” guy, Phil, gives the students the opportunity to participate in basketball, football, handball, dodge ball, obstacle courses and relay races. The “Y” yoga instructor comes to the Café every Tuesday to teach the students stress relief and relaxation techniques.

The Parma Health Education Center sends us Karen, our cooking class teacher and Marissa, who teaches hip-hop dance and art. The students will be creating a cook book using the recipes they have used in the cooking program, such as Won Ton Sausage Raviolis, Stuffed Pancakes and Baked Potato Cheese Pierogis. The students have asked Marissa to provide personal training classes which will be held on Mondays in May.

The Berea Children’s Home & Family Services personnel teach the students leadership skills. They discuss bullying, Internet safety and social skills. They can provide counseling or just listen to the students. They sponsor the monthly Family Night. Café families are invited to attend a free dinner and fun activities are provided

for the whole family. Baker’s Square was invited to the April 21st Family Night and everyone was able to Make and Take a Pie home.

The students are excited about the debut of the Shiloh Café Community Garden. They are busy designing the garden, building planters and filling them with soil. They are donating 80% of their harvest to community hunger centers and plan to use the remaining 20%

in cooking class. Mr. Joe Raso, a Shiloh Middle School teacher, has volunteered to head the Shiloh Café Garden Club. He is also the Ping-Pong coach.

The Shiloh Café has provided wonderful enrichment opportunities for our students. We have applied to the state for the 21st Century Community Learning Center grant in hopes of continuing this exceptional program.



Shiloh Cafe Community Garden

Parma City School District Administrator Recognized At State Level



by Kevin Brennan

Dr. Christina Dinklocker of the Parma City School District was recognized at the May leadership meeting of the Buckeye Association of School Administrators as one of three 2010 Betsy M. Cowles Leadership Awards recipients in Ohio. The award is presented each year to three Ohio women who have demonstrated outstanding educational leadership and made contributions to educational administration in school systems or other educational institutions.

As stated during the awards presentation by Kathleen Lowery, the Buckeye Association’s Director of

Member Development, “This honor was named in recognition of one of the earliest and most noteworthy female leaders in the state of Ohio, Betsy M. Cowles, who served as superintendent in the Canton and Painesville areas from 1850 to 1860. This award is reserved in honor of three outstanding women leaders as selected by their peers as role models for women in education.”

The award was presented by First Lady of Ohio, Frances Strickland, State Superintendent of Public Instruction Deborah Delisle and Jerry Klenke, Executive Director of the Buckeye Association of School Administrators.



Free Program Helps Women Consider Plans For Their Future

by Nancy Smith Kilkenny

Are you a woman thinking about your future? Maybe you are unsure of your interests and qualifications. The Women in Transition Program at Cuyahoga Community College is offering a free four week non-credit “Summer Solution Series” designed to help women navigate their future careers.

These classes will help empower you to move from dependency to self-sufficiency by helping you develop confidence, build self-esteem, identify marketable skills, explore vocational interests, research options for careers and job training, and examine college financial aid options.

Classes will start Tuesday, July 13 at the Western Campus. Please call 216-987-5091 for further information.

Cuyahoga Public Library News

All programs are free and open to the public. Registration is required for some programs.
To register, call the host branch or visit www.cuyahogalibrary.org.

by Robert Rua

Cuyahoga County Public Library now offers passport application, renewal and photo services on a walk-in basis (no appointment necessary) in seven of its branches, including the Parma-South Branch (7335 Ridge Road / 440.885.5362).

- Beachwood Branch / 25501 Shaker Boulevard / 216.831.6868
- Fairview Park Branch / 21255 Lorain Road / 440.333.4700
- Maple Heights Branch / 5225 Library Lane / 216.475.5000
- Mayfield Branch / 6080 Wilson Mills Road / 440.473.0350
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- Sunday / 1:00 – 4:00 p.m.

For more information, including fees, visit <http://www.cuyahogalibrary.org/Passports.aspx>.

In addition to passport application, renewal and photo services Cuyahoga County Public Library also offers a variety of guide books and DVDs for researching travel destinations; Internet access for finding flight, hotel and transportation information; free access to the subscription service Byki Online, an online language-learning system which provides learning tools for more than 70 languages.

Parma Schools



Asset Corner #5

by Gene Lovasy

Developmental Assets – 40 individual assets in 8 Categories....

May’s Asset Category: Commitment to Learning

A love of learning will take them far. The more committed a child is to education and learning, the more likely it is that he or she will grow up healthy.

Education has improved immensely in the past 20 years. Overall, more young people are taking high-level courses, fewer of them are dropping out, math and science scores are on the rise, and more students are entering college after high school. But that doesn’t mean a commitment to learning happens naturally in all young people. Instilling this important trait involves a combination of values and skills that include the desire to succeed in school, a sense of the lasting

importance of learning, and a belief in one’s own ability. This commitment is strongly influenced by the school environment and relationships with family and peers. Commitment to Learning is one of eight asset categories that make up Search Institute’s 40 Developmental Assets, the qualities, experiences, and relationships that help young people grow up healthy, caring, and responsible.

Commitment to Learning Assets Include:

- #21 Achievement Motivation – Kids are motivated to do well in school.
- #22 School Engagement – Kids are actively engaged in learning.
- #23 Homework – Kids do at least one hour of homework every school day.
- #24 Bonding to School – Kids care about their school.

#25 Reading for Pleasure – Kids read for pleasure three or more hours per week.

Tips for building these assets

By supporting young people and reminding them of the built-in rewards of learning, you can help them deepen their engagement in learning at school, at home, and in the community. Focus on young people individually to help meet distinct needs, styles, and preferences. Schools and youth programs often offer different options. And remember: Learning happens everywhere, not just in school.

Also try this....

In your home and family: Encourage reading as a regular part of your child’s day or read aloud together. When young people are read to, have book collections at home and limits on TV watching, they are more likely to read for pleasure and lifelong learning.

In your neighborhood and community: Be a role model. Show young people your enthusiasm for learning new skills and gathering information. Encourage and support young people in finding new things that get them excited about learning.

In your school or youth program: Bring in guests who have achieved their dreams. Invite the students and participants to interview them and learn firsthand about the commitment needed to succeed.

Who are the Asset Builders in our community? Here are just two of the many organizations, businesses and individuals working with & for our youth, and in the process, helping them develop the tools needed to make wise decisions, choose positive paths and grow up to be competent, caring & responsible adults. Others will be highlighted in subsequent columns.....

For close to 10 years the Parma – Parma Hts Kiwanis club has been sponsoring/hosting a quarterly Sundae Bar, recognizing qualifying students at Parkview & now at Ridge-Brook Elementary for their achievements.

The Church in the Woods on Ridgewood & York Rd hosts the Pay It Forward Café offering a meal, speakers, crafts and activities every Saturday afternoon to area families who may be seeking support, single parent families, families headed by Grandparents, families of deployed soldiers or for those who just need to socialize. The program exists only because of the support and generosity from a whole host of business partners willing to donate their goods & services.

Visit www.parmacityschools.org/assets or www.search-institute.org/assets for more information about the 40 Developmental Assets and ideas for helping young people build them.

Developmental Assets® are positive factors within young people, families, communities, schools, and other settings that research has found to be important in promoting the healthy development of young people. From Instant Assets: 52 Short and Simple E-Mails for Sharing the Asset Message. Copyright © 2007 by Search Institute®, 877-240-7251; www.search-institute.org. This message may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.



Cafe kids w/cards, letters & gift boxes ready to be sent to their adopted platoon in Iraq.



Kiwanis Sundae Bar at Ridge-Brook Elementary

“Friend of Education” Award

by Pamela Adams

The Ohio Division of the National School Public Relations Association recognized Dr. Christina Dinklocker as their “Annual Friend of Education” Award at the March 19th State Convention. The award is given to individuals outside the field of marketing who have made significant contributions to school public relations efforts. As President of the State Association, Patricia Koslo stated: “Dr. Christina Dinklocker, Deputy Superintendent of Parma City Schools, has gone beyond her job duties and has actively pursued recognition for the district, its schools, and its employees by participating in awards programs, creating celebration events, providing articles and photos to educational publications and local papers, and presenting district best practices at state and local conferences. In addition, Christina has created events and opportunities that foster collaboration and increase communication between city leaders, local businesses, neighboring school districts and parents. These efforts have made Parma



Dr. Christina Dinklocker

City Schools visible at local, state, and national levels, as well as building the trust and confidence of the community in their local school system.” Dr. Dinklocker brought further recognition to the Parma City Schools as she is Ohio’s only school system recipient.

Parma Civic Groups

Area Kiwanians Team Up To Create Sunshine For Mom

by Pamela Adams

As the month of May brought warmth and flowers, the members of the Parma Area Morning Kiwanis Club teamed up with the 3 and 4 year olds in the Parma City Schools' First Step Program to create the sunshine. Over a dozen morning Kiwanis members were joined by area Rotarians Ken Ferguson, Sarah Zatik and Sharon Jones,

and evening Kiwanian Gene Lovasy, in a creative craft with the little ones. Together with the First Step staff, our young artists carefully created their own "Mommy's Little Sunshine" masks to take home and present to their Moms on Mother's Day. The treasured "sunshines" are sure to be on refrigerator doors for years to come!



What's Right? What's Wrong?

by Daniel Taddeo

No two words in any language provoke more controversy than RIGHT and WRONG. Although there are exceptions, most people agree that a universal code of ethics does exist. Any kind of order would be impossible unless all civilized people have a set of principles that determines responsible behavior. C.S. Lewis wrote "We know that people find themselves under a moral law, which they did not make and cannot quite forget even when they try, and which they know they ought to obey." Most agree that no society could survive without moral laws that spell out right and wrong conduct. The question then becomes: Whose morality will be legislated? All laws intrude on the morality of someone. Are there moral principles and guidelines that have withstood the unfailing test of time? I believe that the answer is yes!

In our culture, we often discover

too late that what we thought was right turns out to be wrong and what we thought was wrong turns out to be right. This essay speaks to right and wrong- responsible conduct for all: those with religious affiliation to atheists and everyone in between. Consider the following sample selection of right moral values and guiding principles: fairness, honesty, justice, kindness, loyalty, love, respect; their opposites constitute wrong. Right moral choices produce positive results and wrong moral choices produce negative results.

There is a powerful force at work in our lives; it is referred to as sin. Sin (vice) is any action that is detrimental to oneself or others. Traditionally, the seven most serious and deadly sins are anger or rage, greed, envy, gluttony, pride, lust, and laziness. When choosing sin (and there are many others besides these seven) over what's right, the consequences can be so very

destructive. It is real and its power to condemn is deadly. Many rationalize that some actions are not sinful- after all, "everybody does it." With most people, when they do wrong, it isn't because they don't know what's right; in fact, the opposite is true. They do everything possible to conceal what they have done, hoping no one will know. This is like taking poison when nobody is looking; it still will kill you. Sin destroys! In the words of Gregory Kouss, "If you believe that morality is a matter of personal definition, then you surrender the possibility of making any moral judgments on anyone else's actions ever again, no matter how offensive to your intuitive sense of right and wrong."

Our self-centeredness tells us it is not wrong to do what we think is right, even if others suffer from it. For wrong to turn out right negates the fact that we reap what we sow. These individuals

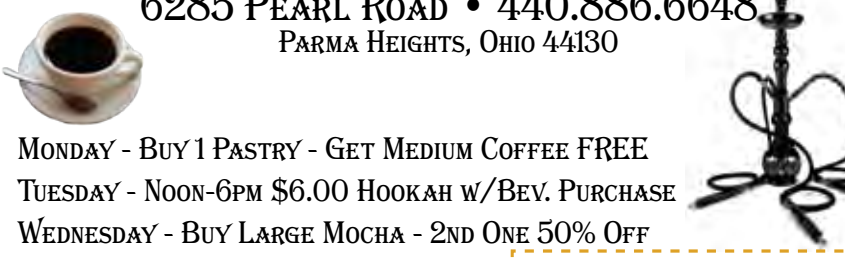
are not discouraged from doing wrong because they fail to acknowledge that, down the road of life, they will suffer the consequences of their inappropriate conduct. It behooves people to avoid doing wrong if for no other reason than the results will be to their advantage rather than their disadvantage.

When it comes to what is truly important, we must admit that certain RIGHTS and WRONGS never change. they are timeless truths that provide guidance when facing tough issues. They worked in the past; they work in the present; they will continue to be true and work in the future. Each person is responsible for deciding which path to take and what choices to make. So, how does one really know what's right or what's wrong? the answer is simple: Look inward; judge only yourself; do to others what you would like done to you or, perhaps, your children.

ARABICA

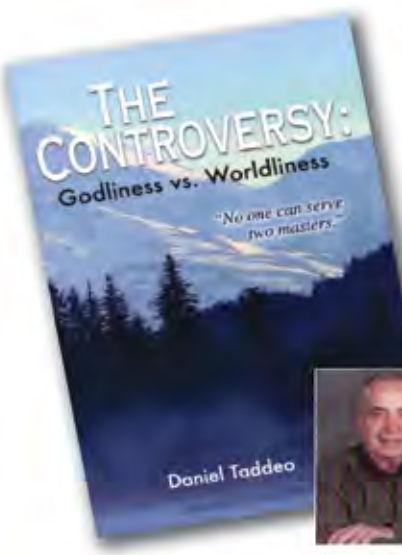
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Parma Safety Fair

Safety Fair For All

by Daniel P. McCarthy

I wasn't sure just what to expect when I attended the annual Safety Fair held at the Parma Justice Center on April 24th. I knew that it was bound to be interesting, and surely informative, but what I also discovered is that this event is a whole lot of fun! During the fair, for the most part, the entire Justice Center building and surrounding complex is used for the event. There are many areas on display which would never be viewed by the average citizen any other time.

The parking lots on each side of the Justice Center were filled with equipment and displays relating to many areas of the Public Safety and Law Enforcement professions. For instance, there were SWAT vehicles and equip-

onstrations of their functions, an amazing display built from the chassis of a pick-up truck which featured life-sized mannequins that spilled out when the unit was mechanically rotated to simulate a roll-over accident, if the mannequins did not have their seat belts fastened. Perhaps most thrilling of all was when the Metro Health Life Flight helicopter landed right in the middle of the parking lot!

Inside the Justice Center, things were just as amazing and exciting. The entire lower level was completely filled with a stunning array of displays that featured a wide variety of interests, from disaster preparedness, to wellness technology, Community Emergency Response Team (CERT), and face-



ment, bomb squad units, including an awesome bomb removal robot, fire/rescue crews performing live dem-

onstrations of their functions, an amazing display built from the chassis of a pick-up truck which featured life-sized mannequins that spilled out when the unit was mechanically rotated to simulate a roll-over accident, if the mannequins did not have their seat belts fastened. Perhaps most thrilling of all was when the Metro Health Life Flight helicopter landed right in the middle of the parking lot!

line, they must be of popular interest.

The upper level of the Justice Center, where the courtrooms are, had events and displays which seem to have been designed to enable average citizens to become familiar with and informed about the institution and related procedures of our legal system, with the noted absence of trepidation and intimidation which generally accompanies a trip to a courtroom. Instead, viewing the various courtrooms in a fair-like setting can change a person's perception, and I'm sure that is the main goal of this event. Judge Kenneth Spanagel "presided" over his courtroom in such a relaxed and inviting way as to give new meaning to the term "friend of the court". This is one judge who obviously enjoys teaching as much as he does applying the law. He effortlessly provided amazing, technical but yet easily understandable answers to questions put to him concerning all manner of subjects related to the law, law enforcement, and our system of justice and the courts. His

area and view the holding cell where prisoners are held while awaiting their hearings. Let's hope that this is the only time most people ever see this unhappy place. In another courtroom, the Parma Police Department had an interesting billboard display, and seated nearby was Captain Shmigel, a legendary veteran of more than 30 years in the Parma Police Department, guiding and directing people as only he can, being the most knowledgeable, experienced, and capable police officer that I have ever known. I remember when he joined the Force, and it seems like only yesterday; that should give a strong clue as to my advanced age.

What probably made this Safety Fair seem most worthwhile was seeing so many youngsters learning for the first time about what we all so often take for granted, and that is knowing why we need safety forces and a system of laws that helps to keep us safe. When we were kids, they took us to the fire-



general knowledge was indeed impressive, and he was able to convey information in a way that was entertaining while being extremely informative, and that is a talent not shared by too many people of equally advanced intellect, I believe. People were invited to sit in his chair, where they could see for themselves what it would look like if they were a judge, and they could see firsthand how the extremely high tech courtroom of today enables the judge to utilize electronic systems to increase the speed and efficiency of day-to-day operations of the court.

From that courtroom, one could stroll through the prisoner holding

station, and sometimes a cop would come by and show us how the siren worked, which was way cool, but there was nothing like this! There are many hardworking people who's efforts made this unique show possible, but it seems that one person in particular should be especially recognized, and that is Councilwoman Mary Galinas (Ward 1), who has grown this event from a small affair in a smaller location, to the gargantuan success that it is today. Everyone keep up the fabulous work, and I urge everybody else to make it a point to attend next year's City of Parma Safety Fair!



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Parma Life

Humble Roots

by Daniel P. McCarthy

How many times have you driven, bicycled, or walked through the intersection of Pearl and Ridge Roads? Did you ever stop for a moment and consider that this is where the City of Parma started, literally? You may find yourself doing that now, since on April 22, a new Ohio Historical Sociey marker was installed on Ridge Road just south of the intersection of Pearl Road directly in front of Rite Aid, and inscribed on the marker is the story of the birthplace of Parma, Ohio. On the evening of the 22nd. there was a wonderful unveiling ceremony, which featured several prominent speakers, who all spoke of the historical significance of the decision by Benajah and Ruth Wilcox Fay to build a homestead and operate an inn on this site in 1826. As I watched and listened, I thought about what it must have looked like on this spot then, and I wondered if

the Fay family could ever have imagined what it was like now at that very moment, with traffic whizzing by in the early evening Parma rush hour. Rush hour then probably consisted of a few horse-drawn wagons and some tired, thirsty travelers.

People stopped in traffic had quiz-zical expressions, no doubt wondering why this impressive crowd was assembled in this unlikely place, directly in front of the entrance doors of Rite Aid (three cheers to Rite Aid and their customers for their much appreciated patience and generosity during this event). If these curious commuters would take the time to read the marker, they will discover that in 1826, Benajah and Ruth Wilcox Fay, along with their ten children, left New York State and made the journey to Ohio and settled in the area known as Greenbriar, which was later to be named Parma. Their inn was the first business establishment



From left to right; Councilman from Ward 2 Sean Brennan, Ruth Fay, and Mayor Dean DePiero.

in Parma, with many more to follow. Business owners in Parma today, while coping with challenging times during this difficult recession, will have to appreciate just how hard it must have been to manage this very first business in Parma. There were wolves and bears to contend with, water to carry. There were no roads, no electricity, no telephones or internet, no Chamber of Commerce, and not much of anything else either. These were extremely tough, resilient people, that is clear. I feel that it is extremely important to acknowledge how we started and the kind of people who gave us that start.

We have many generous and dedi-

cated people to thank for reminding us of that with this excellent symbol of our beginning, but first and foremost, I believe, is Councilman Sean Brennan, for it was his initial effort and hard work that brought everyone together to make this historical marker a reality. During the ceremony, he spoke of the amazing generosity and willingness of so many people to help in this worthy endeavor that he was overjoyed to realize just how important this had always been to the people of Parma. Now the whole world can see the exact spot where our great city was born. Humble roots for the seventh largest city in Ohio!

Recycle Your Paper, Help Your Community

by Sean Brennan

Do you have piles of old magazines and newspapers, catalogs or cardboard boxes cluttering your home? Well, it's time to get rid of them and help out your community in the process. You have probably noticed the large green and yellow bins around town. These bins are provided by the Abitibi Paper Retriever recycling program. By hosting a bin, organizations, including churches, schools, fire stations, and others, are paid based on the number of tons of paper collected in each bin. This is easy money for these good organizations, good for residents needing to get rid of unneeded clutter, good for the environment and good for the City of Parma, as it means less paper picked up by Allied Waste Corporation, the City's waste hauler, translating into fewer runs to the landfill and lower costs for the City.

Several community groups sponsor Abitibi recycling bins at no cost, including all of the Parma fire stations, several churches and most of the public and private schools in town. For instance, the parent-teacher organization of my Parish school, St. Charles Borromeo Elementary School, sponsors four bins. I am amazed at how quickly the bins fill up on a weekly basis, bringing in literally hundreds of dollars for the parent-teacher unit.



Ward 2 Councilman Sean Brennan shows how easy it is.

Organizations use these funds for playground refurbishing, beautification efforts, library enhancements, scholarships, field and mission trips, team uniforms and many other worthwhile projects.

The company accepts catalogs, magazines, newspapers, junk mail, office paper, fax paper, school paper, notebooks, folders, corrugated cardboard, phone books and soft cover books. Items that are not accepted include textbooks, hard cover books, food boxes, plastic, metal, glass and

trash. Abitibi is the global leader in the manufacturing and recycling of newsprint. Paper placed in Paper Retriever bins is sent directly to paper mills and is re-manufactured into newsprint within a few weeks of collection. The paper you recycle today may be the newspaper you read in just a few weeks....and again in two months...and again. That process is called Full-Circle Recycling.

As a member of Parma City Council, I fully support the Abitibi program. In addition to all of the positives already listed, it saves the City of Parma and, therefore, the taxpayers dollars. If even more residents would begin using the recycling bins, that would translate into much less trash our waste hauler

would have to transport to the landfill in Lorain County. Fewer runs to the landfill translates into money savings for the city, whose budget, like everyone's, obviously is tight in light of the current economic conditions. These monies can then be used for other worthwhile projects throughout the community.

The Paper Retriever program is an easy, rewarding way to make a positive impact on your favorite organization and community. Look for the green and yellow Paper Retriever bins in your neighborhood today and join the Nationwide Paper Drive! For a comprehensive list of bins in Parma, call the City of Parma Recycling office at 216-661-7375.



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Parma Outdoors

Greater Cleveland Trails And Greenways Conference To Be Held Monday June 7

by Dave Lincheck

Cities across the U.S. are recognizing and using walking and bicycling trails and greenways as a strategy to retain and attract homeowners and businesses, enhance quality of life, and improve their communities. Trails and greenways positively impact both individuals and communities by providing recreation, fitness, and transportation opportunities, influencing economic and community development and preserving or enhancing the natural landscape.

Locally, a number of trail projects are underway. The best known of these is the Ohio & Erie Canal Towpath Trail, which when complete will span 100 miles from Cleveland through Akron and on to Dover, Ohio. This trail currently ends at Harvard Avenue, but efforts continue to both complete the Towpath into downtown Cleveland, as well as add a trail connection to Lake Erie at Whiskey Island. A new trail in Middleburg Heights opened last year. The Lake to Lake trail connects Lake Isaac to Lake Abram, as well as Southwest General Medical Center, Polaris Career Center and several other businesses and neighborhoods. In the Parma area, West Creek Preservation Committee is leading the effort to complete the West Creek Greenway, a twenty mile trail and greenway loop that will connect the West Creek Reservation with the Towpath Trail and many schools, neighborhoods, and commercial districts along the way.

Additional trails have been proposed. Friends of Big Creek advocate for the extension of the Big Creek Trail through the City of Brooklyn to the Metroparks Zoo and then through Old Brooklyn to the Towpath near Steelyard Commons. The City of Cleveland has assembled an excellent Bikeway Master Plan which includes a City Loop Trail, or "Emerald Bracelet" to complement the Emerald Necklace. Several communities have developed their own bicycle or greenway plans while others are exploring the potential benefits of such projects.

Of course, transforming the myriad of trail plans and proposals into a



completed trail network that we all can use and enjoy has its challenges. Examples of these challenges include selecting acceptable trail routes, obtaining funding, planning for ongoing maintenance, and coordination between various entities, especially in trails that connect several communities.

In order to help communities address these challenges and proceed with trail implementation, several organizations have joined together to hold the first Greater Cleveland Trails and Greenways Conference on June 7 at Southwest General Medical Center and Polaris Career Center in Middleburg Heights.

The Greater Cleveland Trails & Greenways Conference offers an excellent opportunity for public, private, and nonprofit professionals and trail advocates to learn about the benefits inherent to these amenities and the tools needed to develop them. The full day conference will examine model trail projects, as well as local goals, opportunities and experiences. It will showcase the Cleveland Metroparks' recently completed Lake to Lake Trail and include a site visit to this trail which is adjacent to the conference facilities. The conference will also highlight the health benefits of recreational trail use. Speakers will address topics such as economic, environmental and quality of life benefits of greenways and trails, public health opportunities related to trails, how to involve the public in trail planning, funding opportunities, and trail design and construction

challenges. The conference will wrap up with a facilitated group discussion focusing on "Building the World Class Trails and Greenways Network in Greater Cleveland"

For more information or to register for the Conference, please visit www.GCctrails.org

Happy Trails & Healthy People - a Health and Trails Fair

Happy Trails & Healthy People - a Health and Trails Fair is a free public event being planned in conjunction with the Greater Cleveland Trails and Greenways Conference. This health and trails fair will be held from 5:00 pm to 7:00 pm on Monday, June 7 at the Polaris Career Center, 7285 Old Oak Boulevard in Middleburg Heights.

This event will feature free health screenings, nutrition information, and opportunities to discover how trails and greenways can be part of a fun, healthy lifestyle. Information about existing and planned trails and greenways will be available, as well as opportunities to learn about recreation and fitness groups and their trail related activities. Guides will lead trail walks for seniors (5:30 pm) and kids (6:30 pm) on the Lake to Lake Trail.

Happy Trails & Healthy People is being sponsored by Southwest General Health Center, Polaris Career Center, Lifeworks, Old Oak Bible Church, Cuyahoga County Board of Health, National Park Service Rivers and Trails, Cleveland Metroparks, Friends of Big Creek, and West Creek Preservation Committee, and many others.

Joe The Coach; My View Of Sports

by Joe Finding

This article will start on a rather somber note; one of our more popular retired Parma teachers and coach died early in April, and that person was Mr. Ray Shaker. He died, I understand, rather suddenly. I am sure that he was a teacher and coach to many of you reading this paper. Mr. Shaker and I were teammates on the Kent State University Football Team from 1957-1961. He was a tough player, and a nice guy; and I'm sorry he is gone. He kept my sons in line at Valley Forge. I told him if they needed discipline to go ahead and give it out, and he did.

As a annual event, I and a couple of other old coaches attend The Greater Cleveland Football Coaches Association 2009 Awards and Recognition Banquet, this year held on April 19, 2010 at one of the local motels in Independence, on Rockside Rd. Here are some of the award winners from this year: Coach of the Year Award went to Mark Immarrino, of Chagrin Falls High School. The following coaches received The Golden

Deeds Awards: Al Hodakekievic, Joe Perella, and Jim Tressel [OSU]. Some of the past winners of this prestigious award are: Paul Brown, Otto Graham, Dante Lavelle, Jim Rademaker, Bob Brugge[Parma High], Joe Rufus, Fred George, Auggie Bossu, Father William Sullivan, just to name a few. 2008 League Coaches of the Year included Rob Cyr [Parma High], Nick Ciulli [North Royalton, formerly of Valley Forge and Padua], Mike Buck was Named Assistant Coach of the Year, [North Royalton and Padua]. We also received notice that the 38th. Annual County East-West High School All-Star Scholarship Football Game will be played on Friday night, June 18th., at John Carroll University Stadium.

I don't know about you, but I am eagerly awaiting the results of the Parma School Tax Levies, because they will have great impact on the school programs, from scholastic to sports and many educational programs. At

continued on page 12

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Parma Observer

Smallwood Activities Center Honors Volunteers

by Judy Martins

One hundred thirty senior volunteers at the Donna Smallwood Activities Center gathered on April 22nd for their annual Volunteers' Luncheon. These treasured volunteers, who so graciously donate their time, energy and labors of love all year long, are the heart of the Center. They're busy with so many things--answering phones, helping in the office and the kitchen, greeting seniors at sign-in, decorating and setting up for parties, dances and special events, and cleanup after the festivities—just to name a few. Talented volunteer groups such as the Raisin' Canes Vaudeville Dancers and the Sunshine Singers entertain throughout the area and donate the proceeds from their shows to the Center. Creative crafters make beautiful quilts, afghans and lovely craft items for raffle or sale.

Flower lovers beautify the grounds by removing stray weeds and planting lovely plants, flowers and bulbs. They lend a willing, helping hand whenever they are needed and wherever there is work to be done. Says Jo Ann Mason, Director of the Center, "It's just one way to thank and honor our Center's volunteers for the countless hours and hard work so generously donated to helping all of us! We cannot imagine what we would do without them! They are like family to us. Thank you just doesn't seem adequate to express our genuine and profound gratitude. They have our hearts—all year long!"

The annual luncheon had celebrities everywhere! Not only the Center's volunteers, who are ALL celebrities, but also Damean's "Frank and Dean!" This lively, entertaining twosome had them clapping, singing, laughing and dancing all



Volunteers join "Frank and Dean" on the stage.

afternoon! After a delicious lunch topped off with luscious ice cream sundaes, the volunteers were recognized, applauded, thanked and given special medals! What a beautiful day—and what a beautiful way to say, "Thank You!"

If you are over 55 years of age, come to the Center any weekday between 8:00 and 4:00. Located at 7001 West Ridge-wood Drive, it's behind City Hall, up

the hill at the first light east of Ridge. All seniors are welcome! Join them for lunch at noon, and take part in any of the many fun and informative activities on the schedule every day! They offer line dancing, group singing, pinocle, bridge, chess, pool, computer classes, support groups, quilting, crafts, senior exercise, Wii leagues, Bingo, parties, trips and much more! They also offer home delivered meals and bus transportation programs. (Call 440.885.8143 for bus details) Stop in and pick up a copy of their 32-page monthly newsletter/magazine, The Center Line, for a complete listing of lunch menus, calendar of daily activities, party and trip listings, and great articles for seniors! Be sure to visit their website at www.smallwood-center.com. Stop in! You'll meet old friends, make new ones, and be so welcome. You'll be so glad you did!

The Smallwood Activities Center always needs volunteers! If you'd like to be part of this helpful, friendly group, please call the Center at 440.885.8800 for more information.

Judy Martins, Editor
"The Center Line"



Jo Ann Mason, Center's Director, and George Grlicky

REDFLEX Is Coming

by Jim Griffith

Resistance is futile. City after city has been attracted by the siren call of technology combined with enforcement. Many cities have been unable to resist the dive into the speed enforcement technology that has been creeping across the country. Parma Heights could resist no longer.

On May 3rd, the Mayor's Office in Parma Heights made available a press release announcing the installation of red light/speed enforcement camera's in the city. According to Mayor Byrne's Office, installation of the red light cameras will occur over the summer. The use of a speed van will begin immediately. The van will be stationed in school zones and in areas of traffic complaints.

The technology is camera based. Instead of an officer pulling over cars when a violation occurs, a photograph is taken of the violation and another photograph simultaneously photographs the registration of the vehicle. The cameras are triggered by a vehicle entering the intersection above a pre-established minimum speed following a specified time after the signal has turned red. Once an infraction occurs, a violation is mailed out that includes a link to Photonotice.com where the violator can view the video tape, photo, and detailed data of the incident.

The Press release states a camera will be placed at the intersection of Pearl and York and surveys are currently being conducted to determine the exact location where other red light/speed cameras will be installed. No date was given for the installation of the cameras.

In the press release, the city cites statistics that state nearly 1,000 fatalities occur in the United States each year as a result of red light violations. The city states that cities across the country have reduced the number of deaths and injuries due to red light violations by as much as 20% to 50%, simply by installing the red light cameras. "Progressive communities are recognizing that red light running isn't just a minor traffic violation but that it has major safety and financial implications"

said Karen Finley, President and CEO of REDFLEX Traffic systems. Ms. Finley also states that in addition to saving lives, red light cameras yield significant cost saving to motorists and the community through fewer property damage claims, lower insurance premiums, reduced medical expenses and increased productivity for those commuting once-dangerous intersections.

Safety Director Richard Rob states in the press release "It is important to note that the citations are civil offences and not criminal offences." Vehicle owners will have an opportunity to nominate the correct driver, if necessary, and contest their ticket in a court of law just as with a traditional traffic ticket.

The press release also states "With the current economic situation, it is important to note that the REDFLEX technology is completely violator funded and involves no cost to the city." The city states REDFLEX Traffic Systems was selected following a competitive review. Selection was based in part on REDFLEX's extensive experience in the traffic safety area and a client base that includes nearly 50% of all photo-based traffic safety programs operating in the United States.

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Parma Seniors

For Fitness, Wellness, And Classes For Youth To Seniors, Health Education Center Has It All

by CJ Sheppard

Name a single place in Parma where people can go to take a fitness class, learn CPR, get a cholesterol screening, do yoga, play volleyball or get hypnotized to stop smoking?

The Health Education Center, Parma Hospital's one-stop shop for health and wellness at 7300 State Road, offers a new selection of classes and programs each season. The schedule is published in the hospital's Informed magazine, most recently distributed to over 220,000 homes on May 19. In 2009 alone, an estimated 10,000 people took advantage of the vast array of classes and programs offered through the Center.

Enrollment gets underway for the summer session of classes on May 19. There truly is something for all ages. Popular fitness classes range from Cardio Dance, Power Up Pilates, Fitness Fusion and Circuit Workout to new offerings like Ask the Personal Trainer 101 and Postnatal Fitness where babies in an infant seat are welcome. Senior Shape-up is tailored to adults ages 55 and older. For those more interested in mind/body fitness, tai chi chuan and yoga classes are offered.

For more specialized needs, there are a dozen different support groups and even a dance class for people with Parkinson's disease that is the only one of its kind in the area. Introduc-

tory seminars are provided for those considering bariatric surgery or joint replacement surgery at Parma Hospital. Senior citizens can even receive instruction in safe driving skills from the AARP or attend a seminar that clears the confusion about Medicare, probate, nursing homes and more.

Infants up to 18 months of age can try Primetime Baby Rhymes or Kindermusik, while their slightly older siblings can go to Playing with a Purpose, Summertime Preschool or Preschool Dance. Sessions are shorter for the summer season, with most classes lasting just four weeks. For busy families who don't want an overly scheduled summer, there are single session classes like Ocean Adventure and Storytime Make and Take. School-age kids can attend Cheer Camp, brush up on math or science skills or learn to cook with Kids in the Kitchen.

"Many of our youth classes are geared toward academics, teaching numbers, colors, letters and shapes, and some parents have used us as a preschool experience," says Sharon Nichols, Community Health representative. "If you start with us when your child is 2 for All Aboard the Learning Express and continue with classes until they begin Kindergarten, they will be prepared."

Community Health and Wellness is headquartered at the Health Education Center, the site of free weekly blood

pressure screenings and cancer and diabetes screenings by physicians, such as a skin cancer/melanoma screening by a dermatologist on August 18. Appointments are required for vaccine clinics, such as pneumonia and seasonal flu, and for other screenings such as cholesterol and bone density. Over 6,500 people were screened last year.

"Parma Community General Hospital is truly partners with our communities for life – in sickness as

well as in Health and Wellness," says Gail Swiger, Director of the Health Education Center.

Class registration may now be done online. Registrations also are accepted by mail, fax, telephone or in person at the Health Education Center, 7300 State

Road. For a full class schedule and details, go to www.parmahospital.org/programsandclasses or call 440-743-4900.

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The customer (right) in this picture is currently a suspect in theft of money from the Walgreen's store in Parma Heights. The unknown male is a quick change artist who was able to get \$50.00 in cash from the cashier after making several exchanges involving high denomination bills. If you think you know who this person is, call the Parma Heights Police Department Detective Bureau at 440-884-8112

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National Senior Health And Fitness Day For Local Seniors

by Sharon Alexander

National Senior Health & Fitness Day with Local Seniors Wednesday May 26th For the seventh consecutive year, Mount Alverna Village, Seven Hills Community Recreation Center and Parma Community General Hospital will host one of the largest senior health fairs in the area on May 26th. The popular National Senior Health and Fitness Day is a great place to find out what resources are available for seniors, to take advantage of free health screenings, and to enjoy food, raffles, and giveaways offered by more than 115 exhibitors who serve older people in the southwestern suburbs of Cuyahoga County. Free parking is available at the Seven Hills Community Recreation Center, 7777 Summitview Drive in Seven Hills where activities will run from 9:00 AM until 1:00 PM. New this year is a cooking exhibition by Mount Alverna Village Executive Chef Jerry Cook and Eric Bodkin of Sodexo Foods. They will demonstrate easy ways to prepare seasonal heart healthy foods and answer questions about how to develop leaner, healthier cooking habits. "The food is good, and free samples will be available to prove it," Jerry said. The cooking exhibition will be from 10:30 AM until 11:30 AM in the Gathering Room. Participants will

find information about home health, senior living communities, financial planning and several government agencies conveniently offered under one roof. Diagnostic screenings will be offered for bone density, blood pressure, cholesterol, diabetes and more.

Last year one participant learned she might have glaucoma and quickly visited her ophthalmologist as a result. "I was able to get an early diagnosis and receive treatment when it would be the most helpful," she told us. "I will always be grateful to the team from National Senior Health and Fitness Day for saving my sight." Nationally more than 10,000 seniors will participate in the event this year. Bringing the program to Cuyahoga County was the idea of Mount Alverna's Registered, Licensed Dietitian Natalie Smolio. "We had the idea and Seven Hills was building their new recreation center at the time, so they had the space," she said. The community has embraced the program, which has grown from 20 vendors the first year to at least 115 exhibitors in 2010. "It is a great way for seniors to find out about health related services in the community," said Natalie. For more information about the Senior Health & Fitness Day Health Fair contact Natalie Smolilo RD, LD 440-663-1132, Joe Shumay 216-524-6262 or Chris Matthews 216-524-4421.

The Persistence of Memory

continued from page 12

memory recall. I am amazed when I hear someone criticizing the current president for creating the largest deficit ever in American history when, in fact, he inherited the largest deficit ever from a president who inherited the only SURPLUS America has seen since 1969! That's right folks, a budget surplus of 236.4 billion dollars in 2000 was reduced to 127.4 billion in 2001. By 2002 we were back in the hole with a deficit of 157.8 billion dollars. Somehow these facts have been removed from the memory of the average voter. I am not asking anyone

to assign blame or analyze and explain world events that may have influenced these figures. All I am asking is that people wake up, think for themselves, and allow their very powerful and very persistent memory to function properly. When it comes to choosing politicians to uphold the constitution and represent the views that you as a voter want, take some time to investigate. Look up voting records, check out some of the facts that you hear spewed forth from the television or read on the Internet. Because, if my memory serves me, sometimes politicians lie.

Parma Observer's Back Page

The Persistence Of Memory

by Brian O'Donnell

First allow me to apologize to the great artist Salvador Dali for plagiarizing the title of one of his most famous works for use in the title of this article. Secondly, allow me to apologize to all the art fans who may have started to read this column with expectations that I would be addressing this famous work or the artist himself. While I will not attempt to interpret or comment on the artwork or the artist or the title that he chose to attach to that famous painting, I would like to delve into the persistence of memory.

Memory is perhaps one of the most powerful and persistent forces in our everyday lives whether we realize it or not. Often times memories are stirred up and discussed with some sort of conscious intent or purpose. Family reunions, weddings, funerals, chance meetings with old friends and acquaintances are all opportunities to flex your memory and reminisce

of days gone by. Some memories are brought on unconsciously or subconsciously by other factors. The smell of fresh baking bread might spawn childhood memories. A random song on the radio might transport you back to high school and into the arms of your first crush. Some stimuli may trigger negative memories. We are powerless to ignore these triggers and, in fact, the persistence of memory has led many people to seek out professional help in therapy sessions or support groups. Even as one focuses on the present and carefully plans for the future, one simply can not escape this thing called memory.

The response to memories, both positive and negative, is so strong that if a mad scientist could somehow create and control the memories of the general public he could use that power to rule the world. Picture a bad b-movie with the sinister castle on the hill. Lightning streaks across

the sky as the camera pans the landscape. Inside the evil mansion resides the mad scientist with his loyal assistant. The workplace is cluttered with vials and potions, some spewing an ominous smoke. The madman laughs as he mixes the contents of two vials knowing he is close to controlling the memories of mankind and ultimately ruling the world. This could be one of hundreds of horror movies already available for our entertainment. Although originally intended to frighten the viewer some of these films are so ridiculous in premise and production that we find humor rather than horror. But what if you were to realize that the story is not science fiction. What if there really is a group of mad scientists manipulating memory to gain control of our world? Are you scared now?

The reality is that we should all be a little frightened. The modern political machine and the powers behind the scenes of the machine are, in fact, much like the mad scientist in the bad movie. Reshaping history, distorting facts, and force feeding the public their secret potion which results in memory failure. The facts are blurred and peppered with catch phrases over and over again by politicians, pundits, and lobbyists to the point where even the most astute voter can be lulled into a failure to accurately recall the very recent past. As the information age expands and the Internet speeds accelerate we are bombarded with

misinformation and skewed statistics, as well as the occasional outright lie that soon becomes a "fact" that we know to be true, we just can not quite remember where we heard it. The mad scientists are very clever and it can be difficult to avoid succumbing to their evil elixer. At one time or another we have all drank the kool-aid. Keep in mind that I am not accusing one side of the political spectrum and exonerating the other. This kind of science fiction horror story mind control occurs across the board in the world of politics today. Luckily for us there is an antidote. The mad scientists of the political machine know that this antidote exists and they are deathly afraid that we the people will discover and use it to resist their evil plans.

In the movie version there is usually some character who seems like a regular average guy on the street. But when he stumbles upon the secret to destroying the mad scientist plans he is thrust into the spotlight and becomes the hero who saves the day and thus saves the world. I say to you now that we can all be that hero. The secret is easy. We can defeat these mad men by educating ourselves before an election and then of course by voting based on the facts we have discovered. Do not believe the rewritten history that has skewed and sometimes even completely erased our normal

Joe The Coach; My View Of Sports

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the time of writing this article the results are not in. I am a old retired guy on a fixed income, but I hope they pass.

The Browns did well in this year's draft, on both sides of the football. That's my opinion; how about yours? I also hope the nice weather keeps up for High School Spring sports programs in our area.

The Cav's have been very unimpressive and disappointing to me against the Celts, until they decided to play in the fourth quarter. Somebody has to wake them up! Last night's game was a joke; no one seemed to want to play-they all quit. If LeBron is hurt that badly, he should have sat down and let the others fight it out. They can win; turn them loose, and they will play hard! What do you think?

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