

For every complex problem there is an answer that is clear, simple, and wrong. - H.L. Mencken

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Volume 2 • Issue 12 • December, 2010

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No Easy Fix

Combined Sewer Overflows

by Dave Lincheck

"We're all environmentalists, but how are we going to afford this?" Perhaps this question, overheard at a recent public meeting at Parma Memorial Hall, sums up a predicament that we are facing here in the Cleveland area. That is, we want to stop polluting our community, our streams, and our Lake, but the price tag is steep. Even worse, the longer we wait, the more expensive it could get.

The pollution I am referring to comes from old-style combined sewers and combined sewer overflows – CSO's. In a combined sewer, household sewage, industrial waste water, and storm water all flow into and mix together in a common sewer line. In dry weather, the waste water mixture flows to the closest treatment plant where the water is cleaned before being released into a river or lake. However, in rainy weather, the addition of storm water causes the volume of the polluted mix to exceed the capacity of both the sewer and the treatment facilities. As a result, overflow outlets were designed into the system to prevent damage to the pipes as well as to prevent backups into homes. Many of the older sewers in the Cleveland area include CSO's and frequently discharge raw sewage into local streams such as Big Creek, the Cuyahoga River, and Lake Erie as well.

According to the Northeast Ohio Regional Sewer District (NEORS), 4.5 billion gallons are overflowing into our waters annually. This is actually down from 9 billion gallons in 1972 because NEORS constructed a number of new sewers and tunnels to capture, hold and then move the waste from certain combined sewers to the treatment facilities. Nevertheless, the release of 4.5 billion gallons of untreated sewage causes high bacteria counts and other water quality problems and further constitutes a health hazard. It is the reason that Lake Erie beaches are closed

for days after a storm. This also harms our community's image and hinders recreational and economic uses of our Lake and River.

CSO discharges are illegal under the Clean Water Act of 1972 as well as subsequent environmental rules. This law which resulted from the public outcry over Cuyahoga River fires is popularly credited with cleaning up industrial pollution in our waterways. This same law has and continues to require cities and sewer districts across the nation to significantly reduce if not eliminate CSO pollution. Locally, the Federal Government, US EPA, and Ohio EPA have mandated that NEORS fix the CSO problem. NEORS has negotiated with these entities for the past decade about how and when the fix needs to be accomplished. The result is a proposed agreement on measurable goals, methods, time-lines, and cost that the Sewer District is calling "Project Clean Lake" (It should be noted that this program is separate and different from NEORS's proposed storm water program.)

NEORS representatives provided a detailed description of "Project Clean Lake" at a series of public meetings and also the Sewer District Board of Trustees meeting in November. I attended the public meeting at Parma Memorial Hall on Nov 17, and the NEORS Board Meeting on Nov 18. Frank Greenland started the District's presentation with a description and history of the CSO problem, as well as a discussion of improvements that have been made to date. He described the decade long process of proposals and counter-proposals, back and forth negotiations with the EPA. Mr. Greenland then reviewed proposed treatment methods and specific physical improvements such as new storage tunnels included in "Project Green Lake"

Cost is the primary concern about this proposal. EPA originally was insisting on a \$3.7 billion investment in



A packed room for the NEORS Meeting got pretty wild.

as few as 12-15 years, while NEORS at one time was proposing to spread the cost over a 30 year schedule. In the proposed agreement, NEORS would invest \$3 billion in CSO reduction projects over 25 years and possibly use green infrastructure in lieu of traditional concrete and steel solutions to reduce costs. To raise the \$3 billion, NEORS is estimating significant rate increases. Though a rate analysis is still in progress, the District estimates rate increases starting around 13% per year and slowing to around 5% per year later in the program.

Understandably, most of the public comment at the Parma meeting focused on the impact of the rate increases both on individuals and the area economy as a whole. Many objected to the amount and/or timing of the increases, indicating that they simply cannot afford it. Some asked that NEORS to negotiate for a delay in implementation or a reduction in the mandated requirements. District representatives responded that if they delay or reject the current proposal, that negotiations would have to start over from scratch, that costs could rise even more due to inflation, a less favorable agreement or even an order from a judge. Other questions were raised about availability (or lack) of federal funding to alleviate the cost, about what alternative designs were considered, and

about timing of the projects. Mayor Starr of Middleburg Heights called for additional public review, a delay in adoption of the plan and cited a one-year exemption granted in Florida. The next day at the NEORS Board meeting it was noted that Florida's exemption was not comparable because in that case, the exemption was intended to provide time to comply with a new rule where in Cleveland, the applicable laws have been in place for many years. Public comment at the Board meeting also included concerns about

the cost. However, comments were also presented in support of neighborhoods impacted most by CSO's and in support of fixing the CSO problem and the related health hazards.

Project Clean Lake and the associated costs are still only a proposal. NEORS staff state that its the best solution after a decade of study and negotiation. It will be up to the Board of NEORS to adopt or reject the agreement with the EPA. The earliest possible vote could be on December 2, 2010. This decision will significantly affect both our wallet and our environment. Most people agree that reducing water pollution is a worthy and necessary goal. Nobody is happy about increased costs. It's not always an easy decision.

If raw sewage was backing up into our house, the answer would be fix it. If sewage was overflowing from a pipe onto our street, we would demand it be fixed. If raw sewage is overflowing a few miles away into the stream, what is our answer?

More information about CSO's and Project Clean Lake can be found at <http://neorsd.org/cso.php>

The Salvation Army Needs You!

by Lisa Draganic

Each year during the holiday season The Salvation Army comes out in force to your local businesses with their patented RED BUCKETS and BELLS. The money that is collected over this time goes to fund many valuable programs throughout the year. As peoples lives become more involved and busy, the Salvation Army receives less and less volunteers and has been forced to resort to paying help to ring the bell for donations. As you can expect, a greater percentage of your donation will go to help those people in need if there are volunteer bell ringers!

Collectively, representatives from Seven Hills,

Broadview Heights, Brecksville and Independence have agreed to do their part in seeking out and scheduling volunteers for those businesses that allow collecting during the holiday season. A much higher percentage of the donations will stay in the immediate community and friends and families in need will be afforded the help they deserve.

Please call Chris Matthews @ 216-525-6230 to volunteer your time this Holiday Season for The Salvation Army. Bell ringing schedules have been put together in 1 hour increments from Thanksgiving to Christmas at K-Mart and Walgreens on Broadview Rd in Seven Hills.

Parma Observer

Parma Symphony Orchestra Holiday Concert Sunday December 5th 3pm Valley Forge HS Auditorium



by Joe Germana

Parma Symphony Orchestra under the direction of Music Director Dr. Randolph P. Laycock will present their Annual Holiday concert on Sunday, December 5th 2010 at 3:00 PM at Valley Forge High School Auditorium located at 9999 Independence Boulevard in Parma Heights.

The concert will include Dvorak's Violin Concerto featuring soloist Andrew Sords and a collection of Traditional Holiday Favorites.

General admission is \$8 for adults and \$5 for students and senior citizens. Family passes are available for families of up to 2 adults and their children. All tickets are available at the door beginning at 2:30 PM.

The Parma Symphony Orchestra is a self-supporting community orchestra in cooperation with the Parma City Schools. For more information visit www.parmasympphony.org or call our Business Manager Joe Germana 440-882-2012.

Hailed as an "absolute wonder", violinist ANDREW SORDS has established himself as the preeminent new face of classical violin. Already a veteran of the concert stage, Sords has appeared with over sixty orchestras and in countless recital venues across three continents. The 2010-11 season will showcase the concerti of Dvorak, Bruch, Mendelssohn, Brahms, Beethoven, and Tchaikovsky.

Born in 1985 in Newark, Delaware, Sords later moved to Shaker Heights, Ohio, and began his violin studies with Liza Grossman. Sords completed his undergraduate education at the Cleveland Institute of Music with violin pedagogues Linda Cerone and David Russell, and performed for the legendary Midori in masterclasses in New York City and at the University of Southern California. Sords most recently studied under internationally acclaimed violinist Chee-Yun at The Southern Methodist University of Dallas, Texas in the Artist Diploma program.

In 2008, Sords received international exposure as the top Google Classical News story as well as crowning the "Top-40 Charts" in Classical Music. During the 2009-10 season, Sords was a featured guest on NPR's "Morning Edition", Dallas' WRR, Boise State Public Radio, and numerous other media outlets. Sords was profiled by the Reno Gazette Journal and The Sun News among others.

Highlights for the 2010-11 season

Parma Symphony Orchestra on stage at annual Holiday Concert.

include return appearances with the Balcones Chamber Orchestra, Carson City Symphony Orchestra, Medical Arts Symphony, St. Augustine Symphony Orchestra, Parma Symphony and the Mansfield Symphony Orchestra. Sords will make his debut with The Gulf Coast Symphony, Austin Civic Orchestra, Atlanta Philharmonic Orchestra, Crown City Symphony, Waynesboro Symphony and the Yuma Symphony. Sords will appear as a guest artist on the EMMA Recital Series, Music from the Western Reserve Series, Kitchener-Waterloo Recital Series, and the Mansfield Symphony Chamber Series. Sords made his solo debut with the Mansfield Symphony Orchestra and Robert Franz in the memorable 2010 season finale capping Maestro Franz's 7-year tenure with the orchestra. Additionally, Sords has served as Concertmaster of the Mansfield Symphony Orchestra since the 2008-2009 season.

Recently, Sords has appeared with the Portsmouth Symphony, Parma Symphony Orchestra, Minnesota Philharmonic, Suburban Symphony, Rappahannock Pops, Diablo Symphony, Magic Valley Symphony, Mesquite Symphony, TOCCATA Tahoe Symphony, Stow Symphony Orchestra and Clear Lake Symphony. As a popular recitalist at colleges nationwide, Sords has performed recitals for the Abilene Christian University, Kent State University, Boise State University, and Baldwin-Wallace Conservatory among others. Re-invited by the Kent State Recital Series in 2008, Sords performed the complete Brahms sonata set with pianist Anita Pontremoli in a broadcast performance. International appearances include concert halls and venues in Europe, Latin America, the Caribbean and Asia.

Sords commissioned a violin concerto from acclaimed composer Evan Fein, which was completed and recorded with the Cleveland Institute of Music Orchestra in early 2007. The recording of the concerto is already accumulating awards, and will be performed in upcoming seasons on recitals and solo appearances. In 2005, Sords performed George Crumb's "Black Angels" at Cleveland's Ingenuity Festival with a live broadcast on Cleveland's WCLV 104.9.

In 2007, Sords opened the Great Mountains Music Festival in South Korea with the Beethoven Violin Concerto; for the duration of his stay, he

studied and performed extensively with musicians from across the globe. In fall 2009, Sords stepped in on 48 hour notice to helm the Boise Philharmonic Orchestra's season opening concert. Additionally, in 2006, Sords stepped in on twelve hours notice to perform on the Franciscan University Recital Series with pianist Eric Genuis.

Sords is the winner of the 2005 National Shirley Valentin Violin Award, the 2004 and 2005 National Federation of Music Clubs Competition, the Fortnightly Music Club of Cleveland and the Festival de la Orquesta Sinfonica de las Americas Competition of the Casals Festival among others. He is the featured violinist in a documentary on violin technique recorded at the Cleveland Institute of Music. Sords performs on a 1912 Augustine Talisse violin with strings provided by Warchal.

Dr. Randolph P. Laycock is in his 33rd year as Music Director of the Parma Symphony Orchestra. He is also the conductor of the Baldwin-Wallace College Junior and Senior Youth Orchestras, the Valley Forge



High School Orchestra and is Department Head for the Cluster Schools in the Parma City School District. Aside from his full-time duties teaching in the Parma City Schools, he is also adjunct professor of music history and theory at Cuyahoga Community College. Dr. Laycock earned a Ph.D. in Music Education from Case-Western Reserve University, Master of Music Education from Bowling Green State University and completed a Bachelor of Music Education degree at Baldwin-Wallace College. Dr. Laycock has been included in six editions of Who's Who Among America's Teachers and is listed in the 53th edition of Who's Who in America. He has been an active consultant for the Ohio Department of Education as a Praxis III assessor.

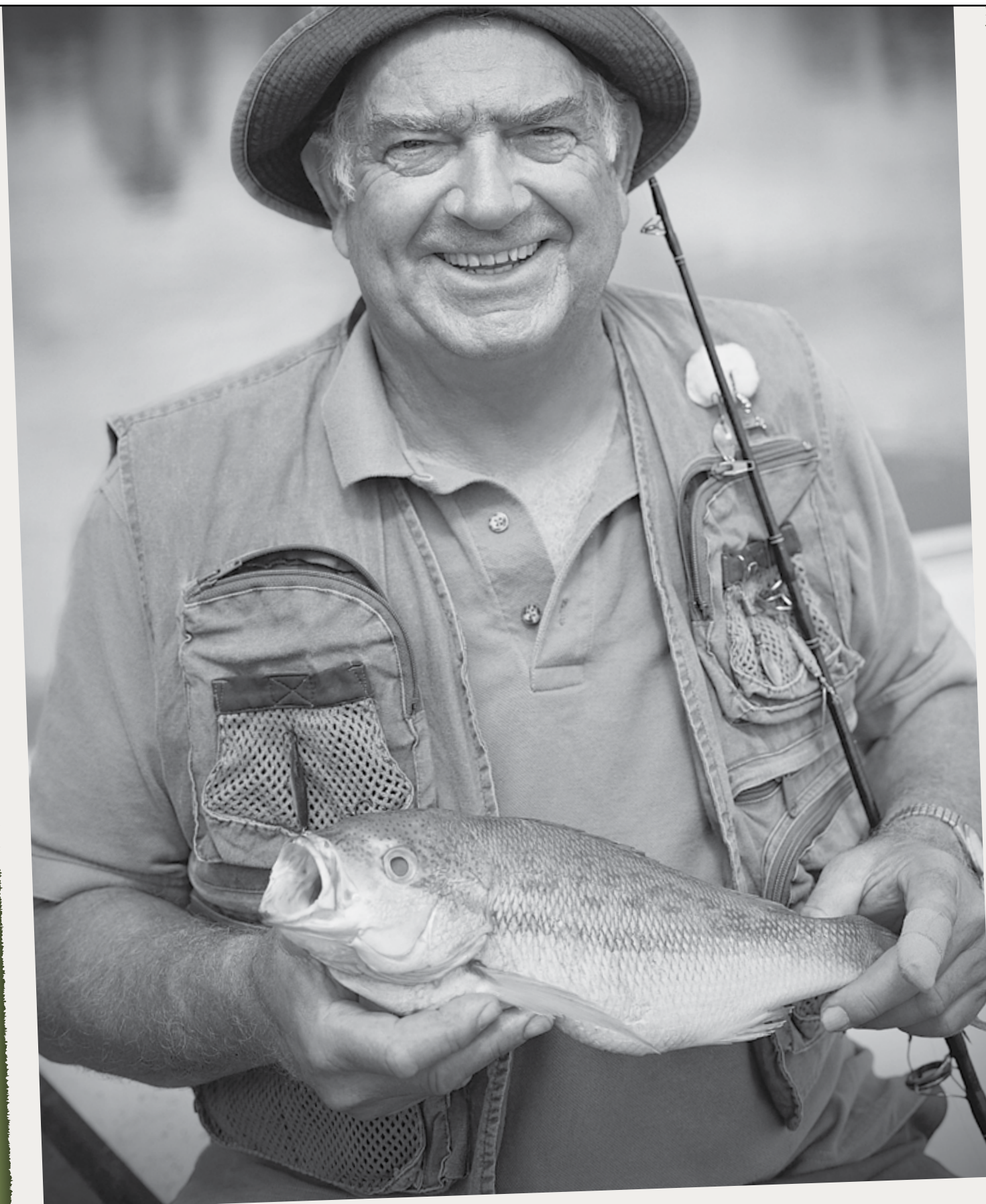
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Parma Health

Parma Hospital's New Vice President Of Medical Affairs Brings Wealth Of Experience

by CJ Sheppard

Richard Jacobs, MD, MBA, a clinician with more than 25 years of experience in clinical practice, physician practice management and consulting for both acute care hospitals and long-term care facilities, has been chosen as the hospital's new Vice

President of Medical Affairs, effective November 1.

Dr. Jacobs previously served as a Vice President of Medical Affairs at hospitals in California and Florida and as a physician liaison in Aspen, Colorado, after more than a decade of quality assurance work and physician

practice management and development in Florida. He is focused on best practices for care management and has been successful at improving patient satisfaction, reducing costs and improving accuracy of coding to better reflect severity and complexity of cases. His leadership style embraces change and mobilizes commitment of all team members to create a more stable, effective environment.

"I am passionate about patient safety and quality," says Dr. Jacobs. "The people I have met at Parma Community General Hospital have a great sense of values and make it a desirable place to work. I look forward to utilizing my experience to help Parma Hospital remain independent and successful."

A native of Chicago, Dr. Jacobs received his medical degree from the University of Illinois College of Medicine after earning his bachelor's degree in psychology from Case Western Reserve University. An internist and gerontologist, Dr. Jacobs also possesses an MBA from the University of Miami. He has been a member of the American College of Healthcare Executives since 2003.

"We are thrilled that Dr. Jacobs



Richard Jacobs, MD, Parma Hospital's new Vice President of Medical Affairs

has relocated to greater Cleveland to bring his varied and significant clinical and administrative experience to Parma Hospital in a full-time VPMA role," said Terrence G. Deis, president & CEO. "We are also appreciative of the vital role Dr. Richard Ungvarsky played over the past 18 months, stepping into this position on an interim basis after the passing of Donn Wolfson, MD. He has had very big shoes to fill and has represented Administration well."

Dogs Are Hippies Too?



Hippy Dog 5530 Pearl Rd. Parma, Ohio

by Paul Woods

More and more people are insisting on unadulterated, all-natural, organic food and products for themselves and their families: why not for the family dog and cat too? Hippy Dog is a new store in Parma which is devoted to helping you provide your pet with freshly baked organic dog and cat treats, collars and leashes (custom made upon request), Radical clothing, One-of-a-kind exquisite tie-dye t-shirts and Hippy Dog Jewelry, Exotic Plants and Agave, TNT Custom Skateboards, as well as many other accessories, all under one roof. Feel free to bring your pet(s) into the store on your trip there; the proprietor, Gretchen M. Jurkovic will certainly make them, and you, feel right at home as you select from the collection of wonderful products you'll find. When we speak of hyper-

local places of business here in our community, Hippy Dog is just about as good an example of that as you can find. Gretchen's business is based on her love of animals and the earlier success she had in producing nutritionally balanced, organic foods for rescued animals. Her sons were essential to expanding the product line to include the tie-dye shirts and accessories, and that involvement makes this one a real family business.

When you are thinking of a nice present for your faithful dog or cat, or for someone you love who has a pet, or you may be looking for some unique items of fashion, then be sure to stop by this brand new business at 5530 Pearl Rd. in Parma and have a look at what's in this cozy little store. Gretchen will make sure to see that you'll find something just right!

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Parma Schools



Asset Corner #12

by Gene Lovasy
Developmental Assets – 40 individual assets in 8 Categories....

December’s (and July & August’s) Asset Category: CONSTRUCTIVE USE OF TIME: I described this one of the four External assets in the July issue (Observer Vol 2 Issue 6 - available for download from the paper’s web site, www.parmaobserver.com). To recap, young people need constructive, enriching opportunities for growth through creative activities, youth programs, congregational involvement and quality time at home. The more time a child spends with caring adults who nurture the child’s skills and creativity, the more likely it is that he or she will grow up healthy, caring and responsible.

The assets associated with this category include:

#17 Creative Activities – Kids perceive that adults in the community value them;

#18 Youth Programs – Kids are given useful roles in the community;

#19 Religious Community – Kids serve the community one hour or more a week;

#20 Time at Home – Kids feel safe at home, school and in the neighborhood.

This month, I’d like to focus on.... Asset #18, Youth Programs:

After-school activities: They may be extra but they’re also essential.

It’s appropriate that the word extracurricular starts with the letter “E.” But the word should really be essential-curricular. In fact, they’re so important many schools are now calling them co-curricular activities. For many young people, youth programs at school and in the community are the highlight of their day. They meet new people who share their interests or introduce them to new pursuits. They spend time with adults who also enjoy the activity. And they boost their skills.

Here are the facts.
Research shows that young people who regularly spend time in sports,

clubs, or other youth programs have higher self-esteem and better leadership skills, and are less likely to feel lonely. About 57 percent of young people, ages 11–18, spend three or more hours a week in youth programs, according to Search Institute. Young people involved in interesting activities helps bring out their best.

Tips for building this asset.
Encourage young people to join a school or community activity that matches their interests, or try one they have never considered before. People can learn a lot about themselves by taking a chance on something new. Clubs and programs can also help young people make new friends of all ages, give them leadership opportunities, and make school more fun. Many groups also let them choose how much time and energy to commit.

Also try this....
In your home and family: With your child, make a list of activities he or she wants to learn about. Rank the ideas according to her or his level of interest. Together, research ways to try out the top two choices.

In your neighborhood and community: Check your newspaper for upcoming community activities such as charity lunches, art openings, or athletic events. How many are youth-centered or allow youth participation? If you don’t see many, consider starting an activity for young people with your neighbors.

In your school or youth program: Discuss the following with the young people in your class or program: If you could start a club of your own, what would it be? How would you get it started? What materials would you need?

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-](http://www.search-institute.org)

Parma City Schools Work To Prevent Bullying In Middle Schools

by Linda Ocepek
Just about every adult who ever attended junior high or middle school has a bullying story to tell. Either they were bullied or they saw bullying happen, or they were a bully themselves. Unfortunately, bullying continues today and has had harmful consequences for individual students, their families, and their communities. Bullying is most evident where young adolescents, who are just learning how to interact with their peers, gather. It is the 11, 12, and 13 year olds in middle school who are right at the heart of this national problem.

The Parma City Schools middle school staffs are taking steps to address this issue. The district’s three middle schools, Hillside, Shiloh, and Greenbriar are partnering with the Society for Prevention of Violence (SPV) to take on the bullying issues and try to help students and parents become more aware of the consequences of bullying.

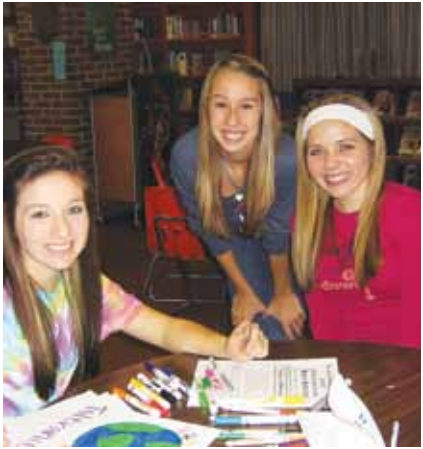
The partnership was made possible through a grant from the Jewish Federation of Cleveland. Rick Vanek, the district’s Safety Director, wrote the grant because he saw “a strong need to take a proactive approach to address the asocial behaviors and violent acts of school age children in our schools throughout the country.”

The grant will provide program funds for stipends for two social skills trainers and a leadership sponsor in each middle school. Speakers will be available on each professional day to discuss topics such as bullying, aggressive behavior, building self esteem, respect and responsibility.

Each school has a team made up of three teachers and the principal and assistant principal. All of the team members are volunteers. At Hillside Middle School team members include teachers Kim Kohut, Susan Stovcik, Halle Dawson and principal Jeff Cook and assistant principal Mark Tanski. At Shiloh Middle School the team is made up of teachers Jackie Szemplak, Brian Donahue, Nancy Rundell, and principal Phyllis Spears, and assistant principal Ray Rockwell. The Greenbriar Middle School Team includes teachers Erika Eredish, Sharon Sim-

merer, and Bridget Chase and principal Frank Spisak and assistant principal Jacqueline Marconi.

Who are the Asset Builders in our community? American Legion Post 572 & Veterans of Foreign Wars Post 7609. Both organizations are actively involved in our District’s schools, sponsoring Sundae Bars, conducting patriotic programs, encouraging/ sponsoring youth to participate in national, scholastic competitions, plus others. Their support has and is both dependable & invaluable to the youth or our community.



Hillside

merer, and Bridget Chase and principal Frank Spisak and assistant principal Jacqueline Marconi.

The district coordinator of the prevention program teams is Jerry Manganella. Mr. Manganella described some of the services the grant will provide. They include teacher training on how to hold class meetings where middle school issues are discussed, assemblies, guest speakers, and social skill lessons in class. In addition classroom teachers will receive social skills workbooks that contain lessons that will be used in each classroom. Each middle school will develop an action plan to prioritize the social skills areas that need improvement for the 2010-2011 school year. Ongoing assistance for each school will be provided by an SPV specialist who will make weekly visits to each building. Also, students will be evaluated on social skills progress in October of 2010 and June 2011. Numerous measurable outcomes will be evaluated at the conclusion of the program to chart program effectiveness. Mr. Manganella said, “SPV is proud to work together with these three middle schools in the Parma City Schools to continue their path to excellence. Since our cut backs eliminated the house teams where much of this work was originally centered, this prevention program allows us to continue to be proactive with this very serious issue.”

For more information about the SPV go to www.spvohio.org. The state direction of the program, David Volosin, has developed a brand new website which was just launched and contains links to many different resources.

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Parma Observer

What's Right? What's Wrong?

by Daniel Taddeo

What makes us the way we are? First, our heredity: the passing on of certain characteristics from parents to offspring- the genes we inherit at conception. Second, our environment: all the things, conditions and influences that surround us, both positive and negative, especially during the early, pre-school years. Third, prenatal health care. In *Origins: How the Nine Months Before Birth shape the Rest of Our Lives*, author Annie Murphy Paul

writes the following: "Much of what a pregnant woman encounters in her daily life- the air she breathes, the food and drink she consumes, the chemicals she's exposed to, even the emotions she feels- is shared in some fashion with her fetus." She continues, noting that these factors shape a person as a baby and a child and continue to have an effect throughout life.

Children respond to their environment based to a great extent on their inherited characteristics. However,

they should not be made to feel inferior or cheated because of hereditary differences. They have no control over it. They can't change it. And their worth as a human being should not depend on it. It's God's plan for them to be different. Therefore, they should not be compared to one another. When parents view their children in this light, they not only prevent them from feeling inferior or superior, but also they actually help them discover God's plan for their lives.

"One of the most important gifts a parent can give a child is the gift of that child's uniqueness. Children's parents are the very best people to let them know that they are different, that there are no others in the whole world who are exactly like them, and that their differences are part of what makes them special and lovable. When parents value their child's uniqueness, that child can learn self-worth and the worth of others as well."- Fred Rogers.

Since heredity is pre-determined there's little parents can do about it. But, they can do a lot about environment and this can make the biggest difference in how children turn out. One of the most critical factors in children's lives is their environment. At the moment of conception environment impacts on children physically, emotionally, and mentally. It's up to parents to provide a good environment for their children. A healthy environment would include such things as providing safe conditions in which to grow up; adapting discipline to the individual child; spending as much time as possible with them; correcting them in a loving way; focusing on their strengths; instilling a positive attitude, "catching" them doing right; helping them acquire a healthy self-image; making children feel special; and supplying healthy physical and spiritual food.

Everything children experience in the environment is recorded in their minds- forever! The more positive and caring the environment is, the better children will respond and thrive. Children's minds at birth are like newly plowed fields. What grows will be determined by the quality of the soil, the kind of seeds planted and the care given. These factors will determine the quality and quantity of fruit produced. Something is going to grow, if not the preferred seeds, then weeds. Once the seeds are planted, the kind of fruit probably won't change. We are the way we are primarily because of our heredity, environment and prenatal health. These are far from exhaustive and the reader is encouraged to find and take advantage of whatever measures that would enhance self, other family members and others with whom one comes in contact. Over a lifetime, we reap what we sow!

Parma Adult Education Services C.A.L.L. To Action

by Karen Velbeck

On Tuesday, October 5, 2010 the Coalition for the Advancement of the Lifelong Learner, C.A.L.L., an advocacy initiative of Parma City Schools Adult Education Services Office, hosted Meet & Greet Your Legislator. Elected officials were invited to come to Valley Forge High School to observe classes in session, to learn about Parma's program, and to have meaningful contact with their constituents in the relaxed and familiar atmosphere of a school.

Displays in the student center, representing the many class locations within the Parma program, highlighted lessons and student work that centered on civics education. Class projects, writing samples, and art work presented ideas about history & government, citizen's right & responsibilities, community involvement, and people and places of Ohio. One display table was staffed by eight students from the Employment Connections' location. Students enthusiastically described the posters they created for the display and spoke warmly of their teacher, Cass, and the many valuable things they are learning in their class.

In addition to the displays, a power point presentation about the importance of transitioning adult learners to post



Shelly Cullins Talks With State Representative Timothy J. DeGeeter

secondary and employment opportunities, and how Parma Adult Education is advancing transitions within its program was available for viewing.

Guests included Parma City Council President Chuck Germana, State Representative Tim DeGeeter, and two members of the local Veterans of Foreign Wars chapter. Guests visited classes and addressed students, were interviewed by Parma City Schools PACT TV and interacted with staff and students during the reception.

This event marks C.A.L.L.'s first effort in engaging public officials. Guests left with a deeper understanding of what adult education is and how the educational achievements of adult learners are directly connected to the

health and wealth of the community. Future efforts will build on the success of this event to expand their outreach and advocacy work even further.

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Parma Heights

Holiday Wishes And New Years Resolutions

by Brian O'Donnell

Another year is coming to an end. I hope each and everyone has a safe, relaxing, and enjoyable holiday season. My other most sincere wish is for a prosperous New Year for you and your families. To help make my wish come true I would like to remind all, as we approach this gift giving season, to “buy American”, and to “shop local.” Statistics indicate that if each American would purchase just one piece of clothing that was made in the U.S.A., the economic impact would be nearly \$9 billion. Do you care enough about this country to buy one USA made garment each year? We can further increase the likelihood of a prosperous new year by shopping locally and recycling our dollars.

The concept of recycling money revolves around spending your money where you live. Each purchase that we make right here in the tri-city area supports local businesses and local business owners. These owners support the community through the employment opportunities that they provide, revenue generated through sales and income taxes, and the overall positive effects to the neighborhoods of our communities. The jobs created lead to employees who also live and spend in the same tri-city area. The money we all collectively spend locally can be reinvested and spent again and again right here in our own backyards, thus producing a "virtuous cycle" that increases income for all in the area. This recycling of our dollars also benefits the local governments that rely on sales tax revenue. This revenue can be used to plug some of the increasingly large budget holes in city finances.

Under the heading of “practice what you preach,” I was recently in the market for a new mattress. The only option for me was The Original Mattress Factory on State Road. After choosing the mattress that I wanted, the salesman took me to the factory directly behind the showroom. I saw the workers fabricating the beds. I was able to see the faces of actual local people plying their trade. These workers would then receive a paycheck, in part at least, because of my purchase. Maybe your purchase will be the one that puts the owner of the business in a position where he needs to hire another employee, thus further strengthening our local economy and fueling the virtuous cycle of local economic prosperity.

While I am still high on my “shop local” soapbox please allow me to thank our advertisers and strongly suggest that all area residents patronize these businesses who have chosen to support the community by purchasing ad space in The Parma Observer. This newspaper is truly a public service to the community. Our “reporters” are average citizens many of whom are raising a family while holding down full time jobs. Sometimes local elected officials or a member of a local police force may write a story. We do not have a staff of paid writers or reporters. For the record, I receive no financial compensation whatsoever for performing my duties as Editor. I have a full time job outside of, and unrelated to, this paper. Publisher Daniel P.McCarthy, although he probably doesn’t want me to say this, had a very secure and steady job in the Wine Industry. When he left that job in order to start this paper, he

covered all initial expenses from his own personal finances. Mr. McCarthy continues to sacrifice more than anyone will probably ever really know. Currently the paper is financed solely through the contributions of local businesses via their advertising dollars.

At a recent weekly Parma Observer meeting (open to the public-every Tuesday night at Aribica on Pearl Road @ 7:00pm) Mr. McCarthy shared with me that some local business owners in our community have chosen not to take out ad space, conveying to the paper that “we are doing pretty good right now, and don’t need to advertise.” Well, my response to that would be: if you are doing that well then take out an ad thanking the people of Parma for their support! After all, we are all in this together. Another way to look at the “need” for advertising, as pointed out by Mr. McCarthy at the same meeting, is to check out a company like McDonalds. They seem to be

doing “pretty good” yet still choose to advertise heavily. He loves to quote P.T. Barnum- “advertising is like knowledge; a little is dangerous.”

I apologize, I just caught myself rambling, so to recap: Have a happy and safe Holiday Season. Shop locally and always try to buy "Made in the U.S.A." products. Please PATRONIZE our advertisers. If you own (or work at) a business, contact the paper and place an ad with us. Help this community based paper grow along with the community that we represent. Show that you are an active and caring member by joining your fellow businesses that are already on board with us by placing an ad. Working together we can help bring financial stability to our families, friends, neighbors, neighborhoods, and municipalities. I believe that a sound and secure economy will help ensure a Happy New Year for all of our families and friends right here in the tri city area.

New Humana Location Opens In Parma

by Katie Marx

On Tuesday, November 9, Humana opened a new Guidance Center in Parma. The Guidance Center is a place for people to receive personalized assistance with their health insurance as well as a gathering place for connecting with others. Everyone is welcome at the Guidance Center; you do not need to be a Humana member.

The Guidance Center is designed especially for senior citizens and families who prefer face-to-face discussions regarding their health plan or Medicare options. In addition to being a resource for information, the center tries to bring the community together by hosting wellness seminars and social activities, such as craft courses, dance lessons, and video bowling.

For the grand opening celebration, hundreds of people were invited to meet the staff, enjoy refreshments and participate in fitness class demonstrations. It was easy for them to see why the Guidance Centers have developed loyal visitors in other cities. "Regulars" at the other centers describe them as comfortable and welcoming, even if you are only stopping for a cup of coffee.

“Humana’s intention with the Guidance Center is to provide friendly support and information and help people gain more control over their health decisions,” said Mark Kent, vice



president for Humana of Ohio. “Our other Guidance Centers have evolved from customer service locations to neighborhood gathering places, and I’m looking forward to witnessing the same in Parma.”

Humana has 20 Guidance Centers across the country, and the center in Parma will be the company's third in the State of Ohio. The Guidance Centers have continued to expand because of their popularity among the people they serve.

"We have a large concentration of Humana members throughout the state and in Cleveland," said Kent. "We selected Parma because of its convenient location for these members as well as other residents."

The Humana Guidance Center is located in the Giant Eagle Shopping Plaza at 1915 Snow Road, Parma. It is open 8 a.m. to 5 p.m., Monday through Friday. Call 216-778-6810 for additional information.

Are We Denying Our Children And Grandchildren Clean Water?

by Barbara Hermes

On Wednesday, November 17, 2010, the Northeast Ohio Regional Sewer District held a public meeting at Parma City Hall Community Center to present the rationale for the proposed rate increases of our sewer bills. Their presentation was thorough and logical and clearly outlined the need for the rate increases. Most residents in attendance voiced their strong opposition to the rate hikes, many citing the difficult economic times.

I see it a little differently. I grew up without running water in the house. It had to be carried in, which was a hard and tedious job. We also did not have indoor plumbing, so I had to use an outhouse that was uncomfortable, inconvenient, and smelly, and very cold in winter; so I don't take it for granted that I can turn on my faucet and get clean healthy drinking water at any time. I also enjoy the comforts and cleanliness of my bathroom, where I can flush away my waste with the push of a handle. I don't need to take any further responsibility for it, it is simply taken care of. The NEORSD has been

designated to do that for me.

Now the NEORSD tells me that because the system is quite old, and the demand on it has increased over the years, that it does no longer work as well as it should. Rules have also changed since it was first built, the "Clean Water Act" makes it no longer acceptable to flush combined sewer overflow (CSO) into our waterways and Lake Erie. Our drinking water comes from the lake, we cannot continue to pollute it. We want to have clean water, not only for our drinking water but for recreation as well. In order to achieve those goals, the NEORSD tells us that many repairs and large scale engineering projects need to be undertaken. Those are costly, and costs will increase if the measures are delayed further.

I believe that we will need to bite the bullet, and get it done, regardless of the hardship of increased bills. If we delay, we will place an even greater burden on our children and grandchildren. We cannot deny our children and grandchildren clean and healthy water. We owe it to them to get our sewer system fixed now.

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Parma Observer

Election Aftermath; Man The Lifeboats

by Brian O'Donnell

It has been referred to as “a tidal wave” and a “tsunami.” I am talking about the Republican gains across the nation this past November. Here in Ohio it is already looking like a tidal wave, tsunami, hurricane, tornado, and earthquake all rolled into one huge natural disaster. Governor-elect Kasich has vowed to kill programs, impede progress, and has shown his penchant for rewarding his wall street cronies even before officially taking office. He went so far as to issue the admonishment, during his victory speech, that “if you don’t get on his train, the train is going to run you over.” He may have used “bus” rather than “train”, but his message is clear: Agree with him or get out of the way! Kasich is not at all interested in what Ohioans want. You thought Cuyahoga County was bad with the cronyism and favoritism? You ain’t seen nothing yet!

So what do you think Ohio? Are you happy with the man you chose for Governor. (Although I will use a semantics game that the Plain Dealer uses in skewing the news to fit their particular bias and say that the majority of Ohioans did not vote for this man, as he received less than 50% of the vote.) This wall street alumni is off to a great start in working on his pledge to bring jobs back to Ohio. Governor-elect Kasich has vowed to kill the rail project connecting Cleveland to Columbus and Cincinnati. Killing at the same time the 16,000 jobs that the project would immediately create. He promised to bring jobs to Ohio and here he is vowing to nix thousands of jobs before he has even officially taken office. Consider first the hundreds of construction jobs associated with the rail project. Then you have the admin-

istrative and maintenance jobs created once the corridor is completed and trains are running. Most importantly let’s not forget about the small business community. Kasich and his fellow Republicans like to crow and pound their collective chests about being champions for the small business owners and the jobs they can create. One could safely conclude that each new stop on the train route that Kasich wants to kill would be fertile ground

for new small business opportunities. Newsstands, coffee shops, diners, souvenir kiosks, cab stands, I could go on and on.

So I ask you again Ohio: What do you think of your Governor-elect so far? How does the future of our state look now? I would normally urge all citizens to write and call Columbus. Let your voice be heard. Tell those in the state capitol what you want for Ohio. But, alas, I must advise you not

to waste your time. Kasich will do what is best for himself and his wall street banker friends. Your voice no longer matters. Your best interests are no longer part of the equation. I hope all the Kasich supporters are satisfied with their choice, in light of these early tell-tale actions and statements by the Governor-elect. Yes indeed, the Republican gains in the political landscape have been compared to a tidal wave. Does anyone else see the irony?

Something To Consider When Buying Uniforms & Corporate Apparel

by Bill DeMarco

How many times do you go to a supplier and come to find that there are limited apparel choices. You may want a specific fabric, color or style. Maybe you want to have your organization represent that you support sustainability and Eco friendly products; which comes to the first thing you should consider when buying uniforms and corporate apparel:

“Is there a large selection of products offered to you and a specialist available to help you find and select the right products you want?”

If you are looking to purchase uniforms, for an example, in the food service industry, you may want to consider stain resistant, soil release and liquid repelling fabric. They come available in polo shirts, woven button down shirts, aprons and chef apparel. These treated fabrics helps keep garments looking newer, longer.

Now while outfitting your employees, there are many “Easy Care” wrinkle-resistant garments to choose from. These comfortable, wash-and-

wear garments are indispensable for the workday. Wrinkle resistance keeps you and your staff looking sharp, professional, and a cut above the competition.

Looking for high tech performance wear for outfitting your sport team, running or bicycling club or for very active people in active and outdoor positions? High tech fabric materials with options like moisture wicking, breath-ability, high UPF (ultraviolet protection factor) rating and odor inhibiting capabilities. Performance apparel will not only keep the most active sports person cool, dry and protected, but also great for the person wanting to look their best doing business on the golf course, meeting clients at the job site or in any warm outdoors conditions.

Many organizations are looking for ways to Go Green with Eco Friendly and Sustainable initiatives. You can start with the apparel you provide to your staff or when giving or selling branded apparel to clients or customers. Show them you care about being Earth Friendly. Many apparel brands are offering organic, recycled and earth friendly products. Picking the materials like organic cotton, bamboo, and recycled polyester are not the only thing that makes it Eco Friendly, also need to consider the manufacturing processes adding to the sustainability. It’s good to have a reliable company

to guide you to the brands that truly offer Eco Friendly products. Eco’s old image of heavy, colorless, crunchy, granola hippy wear that looks green is long gone. There is a fast growing demand for Eco friendly products, and the mills are producing fabrics now with performance properties that you crave and with colors and fashions that are in.

On November 24, 2008 when the American National Standard Institute (ANSI) regulations went into effect requiring stricter standards in retro reflective safety apparel. People are realizing that they now have to use this kind of gear, and need a source that can offer the best solution for them. You need a company who can offer wide selection at price points that will fit within your budget.

Fitting the right styles and colors that will represent your unique culture to your customers and the team culture you are creating for your group or staff are important. Getting the right help to make the right decisions is also important. And with all the things we deal with on a daily bases, this kind of help is welcoming.

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Seven Hills

How Seven Hills Flushed Homeowners, Along With The Sewage

by Lucy Mckernan

This isn't just about just me. It's about everyone directly and indirectly affected by the Seven Hills sewer projects – including every parent, teacher, student and resident of both Seven Hills and Parma. Of particular concern is the insurmountable sewer tax assessments PLUS INTEREST compounding over 20 years that, by every one's estimation except for the city's and their lawyers, in reality averages 30 percent. Incidentally, city officials and their brilliant lawyers from Squire, Sanders & Dempsey calculated this nightmarish interest.

Readers unfamiliar with the Seven Hills sewer debacle, here's a synopsis: After sitting on the project for decades, the EPA and Cuyahoga County forced Seven Hills to comply beginning in 2008/2009. The city turned around and told homeowners to comply within 90 days, or face fines of their own. Of course, there was a generous grace period after the October 30, 2008 meeting; because around that time, the ground begins to freeze for six months. Things only got chillier from there.

After the nightmarish hookup in 2009, after which our contractor left a 2-ton eyesore of a dirt pile for a year and a half (Seven Hills refused to go after him), we received nothing regarding an assessment. Only after requesting it, we received one stating that a 20-year special assessment would cost \$12,301. Nonetheless, we thought it would come to \$615 annually; maybe

we'd see a \$60/70 monthly increase in our escrow, plus a LITTLE interest. Right?

Actually, one month ago, we opened our bank statement and found a whopping 45 percent overall increase, reflecting a nearly \$400 jump in escrow. In spite of written correspondences from both the bank's own tax department and county treasurer's office indicating no changes in escrow (not to mention, falling home value and correspondingly lower taxes for 2008/09), we received a shocking escrow analysis last month, Chase Bank now wanted all the \$934 sewer assessment -- plus a huge shortage spread -- over the next 12 months, totaling about \$400 more each month.

One month and one local TV investigative news story later, this writer wants the general public to know that the city is paying only ten percent of everything to do with the sewer assessments – at least for Phase I. Total assessments through municipal bonds for Phase I is roughly 1.6M. Well over 1M of that is interest alone paid by roughly 100 homeowners. For us, that means instead of paying \$12,300 over 20 years, we're paying \$18,680. From the homeowners' perspectives, that means 30 percent interest; nobody cares about stupid formulas concocted by greedy lawyers and city officials, all they care about is what's on their mortgage statement, and whether they can keep their homes.

For a glimpse of the way this proj-

ect is being handled, consider that, when we asked the person on council in charge of sewers why we're being charged so much more interest on the assessment, he said, "You might want to call the Board of Health." Stunned. Speechless. Explains everything. Here's a juicy tidbit gleaned along this sorry path: When cozy-tax-base Independence had their sewer lines put in, no taxes were charged homeowners. Here's another: Seven Hills officials dropped the ball on getting grant money for Phase I.

Those on Broadview Road with large frontages and/or special tie-ins that have to be routed around other lines are being assessed up to \$50 or \$60K. So, if you own a home worth \$180K on Broadview, the city will likely charge up to one-third the total home value. City engineer Mark Papke confirmed this, explaining they have a “one-third cap” agreement to not charge more than one-third the home value. Extreme generosity motivated city officials to offer a lump sum option. If you don’t have \$60/75K laying around, that’s your fault! And if you can’t afford a 50 to 75 percent increase in your mortgage payment, you should be ashamed of yourself! What is wrong with you?

As all the sewer lines converge and meet up, so do we all in these southwest suburbs. It's going to come into play at the voting polls. Homeowners lucky enough to keep their homes under such incomprehensibly dire financial pressures (especially an unemployed yours truly) are sure as hell not going to vote for a school levy. First, it was corruption and other economic woes that kept the levy from passing. Too bad, for the kids. People should direct their

anger to the correct party . . .

Blame Seven Hills, in part, for the failed levy.

Seven Hills, you should be deeply ashamed on so many levels. How can you afford to bargain for higher wages, when plenty of other cities are on furlough? How can Mayor Bentkowski brag about fireworks displays when other cities have taken breaks from such UNNECESSARY expenses? How can you make \$250K worth of pretty street signs a priority over helping struggling homeowners with sewer compliance? How can you make Fall Fest and other special events so important, while safety and security fall by the wayside? Worst, how can you continue to ignore the pleas of the vast majority of residents who want a strong tax base, and not in the form of some sham shopping complex that never came to be?

Seven Hills' priorities are so indefensibly screwed up! Personally, our biggest outrage this year came in the form of a notice from the City of Seven Hills citing us for uncut grass in a tiny, unseen corner of our backyard to be used as a wildlife habitat (after receiving NWF stewardship certification). If we didn't mow within two days, we would be summoned to court -- while police and city officials turn a deaf ear to complaints about bonfires, illegal fireworks, speeding on Hillside, noisy parties, illegal hunting/poaching, unsalted main roads and much more. Police told us: if we don't see it, it's not happening. Hey, maybe we can pretend we don't see our sewer tax assessments. Oh, wait, we can't, it's bundled into our escrow. Thanks, Seven Hills. And thanks J.P. Morgan/Chase. At least it's not the county, this time.

Joe The Coach: My View Of Sports

by Joeseeph Finding

Hi Gang! I just wanted to write a shorter than usual article this month because we have reached a transitional point in the highschool sports season. I wanted to make sure that I give a sincere Holiday Greeting to all of those High School students and Middle School students who have worked so hard so far this year. I'm writing this during Thanksgiving season, so I think it's appropriate that I thank everyone involved with school sports. Special thanks goes to the School System, the School Board, Administrators, and all of the rest of those individuals who were able to put this thing together and

make it work so well. Thank you so very much to our athletes- you are the ones who made this such a good Fall; thanks for your fantastic dedication and all of your hard work. Thanks to all of you parents and boosters for all of your efforts in putting on activities for the students: I hope that I haven't missed anyone.

I must say NO THANKS to those who didn't vote for the levy; some people didn't even bother to vote at all! Unfortunately, now the crisis will be larger than ever, and all efforts will have to be re-charged.

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Parma Observer

Caregiver's Kitchen: Asking The Hard Questions Of Late Stage Alzheimer's

by Patty Knox

What's best? After a serious medical complication has occurred, the family has to re-evaluate their loved one's care needs. For Dad, this means confronting the fact that we are unable to keep our promise to give him what he wants – to continue to live at home – given the set of circumstances we have to deal with.

The number one issue is Dad's safety. He is now out of our depth, and needs skilled nursing care. A recent stroke and a heart problem have left him fragile, in need of constant monitoring and unable to walk independently any longer, and lifting him is not practical for anyone in our family. He lives in an older home that is not handicapped-accessible; the hallways and bathroom are too small to accommodate a wheelchair. We cannot afford to remodel, and selling it would not bring in enough to find a house more suitable, nor did Dad ever want it sold.

Home health care is a beautiful thing, but too costly for us 24/7. Dad is very unhappy in a skilled nursing facility, but there is no other feasible answer. In one of his lucid moments, a tear dropped from the eye of this World War II veteran who never cries when he said to my little sister, "I guess it couldn't last forever."

We are hoping that he will soon be able to move into the special Alzheimer's unit of the Veteran's Home, where the camaraderie of the other men and

the outstanding services they provide will hopefully make him happier. But the downside is that it is far away in Sandusky, Ohio. Because of his dementia-induced combative nature, we know that the caregivers at the VA are best able to take care of him without drugging him into zombieland or tying him up like an animal. So far, those have been the two usual modi operandi of some facilities at which he's been treated since his stroke and heart episode. It's very hard to watch all this occur to him, but we don't want him to hurt himself or others. To complicate matters, he has been in the wandering stage of Alzheimer's for about two years now, and he keeps falling or cleverly sneaking out despite all precautions. He knows where he doesn't want to be.

And so, in thinking through some hard questions, I pass them on for your consideration in preparation for your own circumstances, because it is difficult to think clearly when your loved one is in crisis at the hospital, yet important decisions are required of you. Think through these things before you need to.

1 Can you safely continue to care for your loved one at home?

2 Is their condition such that they need skilled nursing? Oxygen, constant monitoring, professional assistance?

3 At the very least, do you need the help of one or more certified nurse

aides to lift and transfer your loved one, or to rent and install a Hoyer lift?

4 Are your other loved ones (spouse, children) suffering because of your absence due to time spent caring for your elderly loved one? Is your marriage negatively impacted? Do your children feel neglected?

5 Have you given up your personal life to take care of your elderly loved one? Is there balance in your life? Do you schedule respite time to renew and refresh yourself, stay active & healthy via some form of exercise, keep up your friendships and at least one hobby? Or has your life been consumed with the heavy load of this overwhelming responsibility?

6 Are any other relatives helping you with the care needs of your loved one? Are they willing to help? Have you been able to schedule respite care with a volunteer organization, church, social worker?

7 Has this taken a toll on your own health? Are you happy caring for your loved one, or have you grown to resent it? Are you depressed? Do you experience flashes of anger? Or are you at peace and find that ministering to your loved one is very fulfilling?

8 Are your circumstances such that, financially or otherwise, you feel that you have no choice? Are the options too limited? Is this care expected of you by your family? Are you willingly duty-bound?

9 If money were no object and you could provide your heart's desire for your elderly loved one, what would you change? What would be different from how you have arranged for their care now? For one who has no choice but to live with Alzheimer's for the rest of his or her days on earth, what, to you, would be the best possible solution?

10 Given the ravages of this disease on the sufferer's body, mind, and personality, can you accept that your original intentions to care for your elderly loved one at home for the rest of his or her life may not be possible, and you may have to revise your plans?

As this Christmastime grows near, I ask that you be gentle on yourself. You probably are, like my family, doing everything you can, and yet are helpless when the severe late stages of Alzheimer's take over and dictate impossible circumstances. Know that those of us who have walked in your shoes understand the huge sacrifices you have made to honor your commitment to your loved one. You did everything you could for as long as you could, and it may feel like defeat to have to face that your loved one's medical condition is now beyond your ability. You need to do what's best for your loved one, which may greatly differ from what your loved one wants, and that may be painful for both of you. Don't give in to guilty feelings; it's not your fault. You may then need to learn to let go, trust your loved one to those dedicated nurses who specialize in Alzheimer's care, and accept

that it's out of your hands. Your role will change to one who cares for your loved one by brightening their day with a visit. As the Bible says, visiting the sick is a benevolent act. It's no less important. He or she will still be your cared-for, despite the change in setting. Take some time to absorb the sense of loss that you're going through, but try to rejoin your life and your other loved ones. You have invested a lot of yourself in the loved one whose needs made them dependent on you, but that time has now passed. Take a deep breath, look around and see where you are at in your life, set a new course and sail prayerfully into your future, knowing that you have done your best. God bless you. Write to me at alzheimerannie@yahoo.com and tell me how things are going. May the joy of Christ Jesus be yours this Christmas.

Let I forget your Christmas present, here it is: a fast, fabulous, easy pie crust that you can fill with anything sweet or savory, pop in the oven & it's ready to eat in 55 minutes. Kudos to Esther, the pie queen of our church, who with her daughter Sue & granddaughter Jessica have perfected this pie crust to an art form; three generations of pie experts! Toss in some veggies & leftover meat, a cup of any shredded cheese, a few beaten eggs mixed with a healthy dash of milk, & you have a savory quiche. Or fill with pudding, canned fruit filling, custard or your favorite filling recipe, & you have a cure for your sweet tooth. Top with a second crust or whipped cream, & get ready for the appreciative smiles from everyone you share it with.

Esther's No-Fail Pie Crust

Stir together 2 cups flour with ½ teaspoon salt. Cut in ¾ cup vegetable shortening or lard with pastry cutter or two knives until particles are pea-size; err on the side of not over-mixing! In a separate bowl, beat 1 small egg, then mix in 7 teaspoons ice-cold water and 2 teaspoons vinegar. Add to flour and stir until only streaks of shortening can be seen; again, don't over-mix, or dough will get tough. Mixture will look pasty; let rest for 5 minutes. Scoop into one mound out of bowl onto lightly floured surface, lightly dusting the top with flour. Roll into two balls with hands. Wrap one ball with plastic wrap and cover with towel to keep from drying out. Using rolling pin, roll out other ball immediately and line 9 inch pie pan. Fill immediately, flute the edges, then bake without top crust unless making a fruit pie. Either store other ball in fridge for later use, or roll out and place on top of fruit, seal crust with fork tines, sprinkle with a teaspoon of sugar and cut several vents near center of pie. Bake on low rack of a preheated 425 degree oven for 10 minutes, then reduce heat to 350 and bake for 45-50 minutes more, or until knife inserted in center of custard comes out clean. Take out of oven, let cool to set filling, slice generously and enjoy.

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