"Often times we find that support is really just an ask away"- James J. Zogby, said at an event at the Islamic Center in Parma 1/14/11

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> > Volume 3 • Issue 2 • February, 2011

Mayor DePiero Will Not Seek 3rd Term Race Has Started To Become Next Parma Mayor

by Daniel P. McCarthy

When Parma Mayor Dean DePiero made the sudden announcement that he would not seek a third term, it is really no surprise that just as abruptly, several people have announced their willingness to enter the November election in a bid to replace him. Soon,

many names, some quite familiar to Parma residents, others not so well known, are bound to become frequently mentioned as the race to

Mayor Credits City Employees For Improvements

Parma Mayor Dean DePiero has announced his decision not to run for a third term in office. He is currently in the last year of his second, four year term, elected the 13th and youngest Mayor of Parma, Ohio's seventh largest city, in November of 2003.

"This is a bittersweet decision that I have made after discussions with my family and close friends," said Mayor DePiero. "The credit for all these things belongs to the dedicated employees who I have worked with over the past seven years," Mayor DePiero stated in his letter. He concluded by saying, "I look forward to finishing my final year as your Mayor and promise to continue to work hard and will serve the city with the same enthusiasm and vigor that I always have. I am incredibly optimistic about the future of Parma."

Craig Steven Mackovjak: A Life Remembered

by Brian O'Donnell

What is the measure of a man? How does one calibrate the yardstick by which we are supposed to determine the worth of one's life? This complex philosophical quandary might best be answered with a simple question: Did you leave the place better than you found it? Craig Steven Mackovjak was born July 31, 1965. Most of us simply called him "Mack." Mack was killed in a tragic construction accident on January 17, 2011. Craig was truly one of a kind. Husband, Father, Brother, Son, Uncle, and Friend, he always made sure that he was leaving things better than he found them. At times this meant adding a sun room to a friends house. Or perhaps building a pool deck or patio. Other times it was simply his uncanny ability to bring laughter and cheer to those he encountered. That ability made this world a better place. I have known Mack all my life. He was one year older than me but we attended the same grade school, the same high school and, after marrying my sister, he became my brotherin-law. I was awestruck as I watched the massive crowd pay tribute at the ceremonial wake. From 1:30 until well past 8:30 there was a constant flood of family, friends, coworkers, and well wishers standing in line for, at times, over 2 hours just to pay their respects. How many



Craig Steven Mackovjak

lives did this guy touch? On the day of the funeral, as I walked up the church aisle, hand on casket, with the other eight pall bearers, I was astounded with the number in attendance at St. Bridget's Church. Every possible seat filled, the choir loft packed to capacity, and still more mourners packed shoulder to shoulder standing in the rear of the church. Who were all these people? What I learned over those two days was that Craig Steven Mackovjak was "Mack" to everyone he met. The Mack I knew was always there for you. He never wanted anything in return for his graciousness and kindness. He was less interested in payment and more interested in just helping. The price you paid to Mack was that once you accepted his help you were obliged to accept his humor, his hi-jinx, his pranks and his jokes. Craig would help you

waterproof your basement and then before leaving your house he would secretly pile a stack of pennies on top of your ceiling fan. Mack loved to make people laugh. Always the joker.

Craig also left this world a better place by raising four children in such a way that their positive effect on others is already apparent. His wife, Deanna, deserves equal credit when it comes to the character and strength of the kids, however, she expressed a desire to keep the focus of this written tribute solely on Craig. If you were in attendance at the funeral you heard Mack eulogized by his two oldest children. Loving, devoted, fiercely protective, these were all words used to describe Craig. But even in raising these kids, Mack was still Mack. His children are a direct reflection of the man. Once again, Mack leaves this world better than he found it. The sudden loss of Craig Steven Mackovjak brings the obvious sorrow, pain, and hardship on family and friends. The loss of Mack also brings a burden to the community as a whole. You see, Craig shouldered way more than his share when it came to helping others. He will always be alive and with us in the many memories that we hold dear. But without Mack here to help us anymore, who will do the work? Who will be there to re-shingle the roof? Who will be there to chop out a tree

be the one elected Mayor of Parma heats up rather quickly.

Two individuals, Chuck Germana and Tim DeGeeter, were recent winners in their respective races during the past election cycle, wirth Tim DeGeeter being reelected as State Representative for the 15th. House District, and Chuck Germana elected to the newly created office of County Council Member for District 4. Other candidates who either pulled petitions or are considering entering the mayoral race include Mary Galinas, Parma City Council Representative, Independent, from Ward 1, Ron "Mickey" Mottl, Jeffery Judson, who is also running on the Democratic ticket for City Council Representative for Ward 8, and Ron Marsh, also running for City Council Representative for Ward 4, who first filed as a Republican candidate, but later changed his designation to that of Independent.

Chuck Germana and Tim DeGeeter are certainly no strangers to the pages of the Observer, and each has an attractive record to run with. Chuck Germana, with 40 years of community service under his belt, was President of Parma City Council from 1992 - 2011, and before as well as during that time he has amassed an array of accomplishments that are most impressive indeed, including



Please part in the

Mayor Dean DePiero

Star Insurance Company, President of Proud of Parma from 1986 - 1991, President of the Parma Area Chamber of Commerce from 1983 - 2009, President, Treasurer, and Chairman of the Board of the Parma Jaycees, President of the Northeast Ohio City Council Association, Safety Town, Relay for Life, not to mention being Santa Claus at UAW Hall every year (Parma Observer January 2011- pg.9).

Tim DeGeeter was born in Mishawaka, Indiana (near South Bend) and came to the Cleveland area to attend John Carroll University, where he graduated in 1991. He ultimately attained his law degree from Cleveland Marshall College of Law in 1997. Somewhere along the line he met his wife Pam and they moved to a house on Tuxedo Ave. in Parma, where they still live with their 2 year old son Jack. Tim DeGeeter was elected and served as Ward

continued on page 8

being President of the Four continued on page 8

Reverse Raffle To Benefit Parma Hospital's Maternity Center

by CJ Sheppard

Enjoy a casual evening out to benefit Parma Community General Hospital's Small Wonders Maternal & Infant Program on Friday, February 25.

A Reverse Raffle with a \$2,000 grand prize will be held at St. Michael's Woodside in Broadview Hts. from 6 p.m. to midnight. The event includes an open bar, a buffet dinner with dinner music by Ed Kazubski, and live music later in the evening by classic rock band Second Time Around. Tickets are \$60 per person or \$100 per couple, including one main board number. Tables of 10, with 10 main board tickets, are available for \$500.

Call 440-743-2372 or 440-743-4183 for tickets or more information. A limited number of tickets will be sold.

Page 2

Parma Business Parma Area Chamber Of Commerce **Hosts "MEGA Mixer"**

by Lisa Zaremba

Business networking shifts into high gear with the second Annual MEGA Mixer presented by the Parma Area Chamber of Commerce in col-

This unique event will bring together businesses representing many indus-

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Providing quality health care services for seniors since 1953, we are pleased to offer short-term rehabilitation services and programs.



laboration with the Brooklyn, North

Royalton, Broadview Heights and

Brecksville Chambers of Commerce.



tries and companies throughout the area and provide members direct access to potential partnerships while expanding their personal network.

The goal of the Mega Mixer is to encourage membership in one or several chambers of commerce, allowing businesses to grow based on a wider network of support. The key to growing any business is building strong, solid relationships with others through active networking and product promotion. Scheduled for Wednesday, February 9, 2011 from 5:30 p.m. to 7:30 p.m., the event will be hosted by Montrose Auto Group and Westside Jaguar-Land Rover at 9600 Brookpark Rd. in Parma. Boutique Italian wine will be provided by LA Dick Imports and will be featuring the music of Island Jeff Cavallo!.

This mixer truly is a one-of-itskind networking event and provides a great opportunity for business people from other areas to network with each other. Last year we had over 300 people

in attendance representing over 15 area Chambers of Commerce. Businesses do not have to be affiliated with a chamber to attend the Mixer.To register or for more information contact the Parma Area Chamber of Commerce at 440-886-1700



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STEPHANIE CAME IN WITH ABDOMINAL PAIN. BUT THAT WASN'T HER NUMBER ONE CONCERN.

No, she was more worried about her best friend, a lovable bulldog that she had to leave outside in the car. And while knowing this kind of information may not lead us to a diagnosis, we believe it's absolutely essential to treating a patient right.

It's why we develop programs like our trend-setting, nationally recognized Doc at the Door program, where patients are seen by a physician-led team that includes a nurse, a paramedic and technician typically within 30 minutes of arrival. In Stephanie's case, it helped us quickly give her a preliminary diagnosisand begin ordering testing so we could focus on what was really troubling her:getting the dog out of the car.

At Parma Community General Hospital, we believe that treating you better begins with knowing you better. Parma Community General Hospital

To us, it's all vital.

440-743-3000 I www.parmahospital.org

Parma Health

Parma Hospital's ElderCenter Provides Uplifting, **Caring Environment For Adults Of All Ages**

by CJ Shepard

For every person that enters an adult day center, two people get their lives back - the adult day participant and their family caregiver. Visiting an adult day center proves that life doesn't end with a diagnosis. - Laura Matthews, manager, Parma Hospital's ElderCenter

Hank Wroblewski insists it's one of the best kept secrets in the Parma area: Parma Hospital's ElderCenter adult day center, which just celebrated 21 years of serving the public. Mr. Wroblewski, a chemistry and physics teacher at Holy Name High School, feels lucky to have found a place where his wife of 41 years can enjoy her days.

He witnesses daily what an uplifting place this full-service adult day care is, seeing the smiles of the staff who love what they do, every day. ElderCenter is a refuge for mild to moderately impaired adults and a respite for their caregivers. Participants, dropped off by family members or picked up by the Center's van, benefit from a diverse day that



Laura Matthews, second from right, manages Parma Hospital's ElderCenter adult day care, which boasts a combined 112 years of experience among its four nurses.

includes a continental breakfast, hot lunch, snacks and a full slate of recreational activities, ranging from Bingo, dancing and reminiscence sessions to arts, crafts and intergenerational programs with local schools.

ElderCenter is an alternative to nursing homes, a place where par-

SAD To Glad Rescheduled For Feb. 24

by CJ Sheppard

Did you ever wonder what really causes the winter blues? Seasonal Affective Disorder is a very real problem for some, and Daniel Polster, MD, a psychiatrist seeing patients at Parma Community General Hospital, will offer insight into this mysterious disor-

In an evening presentation on

tive Disorder. Your evening will continue with a presentation on aromatherapy from Jeannette Hummel. Many of you may have met her at the HealthiHer event in October. Aromatherapy can be a powerful tool in overcoming the winter blues.

To register for the event, call

ticipants - and caregivers like Mr. Wroblewski - look forward to seeing friendly faces every day who have become part of their extended family. Participants range in age from 21 to 100+ with varying ability levels. A personalized plan of care for each participant includes administration of medications and activities designed to optimize their emotional, physical and mental needs. Backed by the resources of the hospital, ElderCenter - unlike many other adult day facilities - is supported by the expertise and insight of Medical Director Kimberly Togliatti-Trickett, MD, an internist specializing in physical medicine and rehabilitation.

Linda Baszak of Brooklyn, whose 85-year-old father is in an advanced stage of Alzheimer's, can't imagine what she would have done if she had not found the ElderCenter.

"This is the best thing that has ever happened to us," said Ms. Baszak. "I don't know how we would have ever survived without the opportunity to bring my father here every day."

In addition to adult day care, Elder-Center offers other unique programs, including The Club, a weekly retreat with a structured social program for those experiencing mild memory loss. Members may have mild cognitive impairment or be entering early stages of Alzheimer's disease. As long as they can still manage their own personal care needs, including medication, and participate actively in guiding the group's daily itinerary, this is an ideal place to exercise and take part in discussions and field trips.

Pat Kostelec, sister of Club member Harvey Wincentsen, says her brother is content with the varied activities offered at the Club - and his many new friends.

"The Club has given me a great sense of comfort knowing my brother is with caring and competent people," says Ms. Kostelec.

For more information on any of ElderCenter's programs, please call Laura Matthews at 440-743-4539.



Parma Schools







Asset Corner #13

by Gene Lovasy

SHOW KIDS YOU CARE: SMILE AT THEM

Developmental Assets – 40 individual assets in 8 Categories.... February's Asset Category: POSITIVE VALUES:

You are what you believe:

Values shape young people's relationships, behaviors, choices, and sense of who they are. Although positive values help young people avoid risky behavior, they also help guide their day-to-day actions and interactions. Thus, values inspire, not just prohibit. Young people who have positive values are more likely to listen to their conscience, help others, be independent, tell right from wrong, and feel happy. Ultimately, positive values help young people make their own decisions rather than imitate friends or follow trends.

Here are the facts:

Research shows the more young people develop positive values that guide their behavior, the more likely they are to grow up healthy. Search Institute has identified six assets in the Positive Values category that are crucial for helping young people succeed: **#26 Caring** – The young person places high value on helping others;

#27 Equality & Social Justice – The young person places high value on promoting equality & reducing hunger & poverty;

#28 Integrity – The young person acts on convictions & stands up for his/ her beliefs;

#29 Honesty – The young person "tells the truth even when it's not easy.";

#30 Responsibility – The young person accepts & take personal responsibility;

#31 Restraint – The young person believes it is important not to be sexually active or to use alcohol or other drugs.

Tips for building these assets:

Clarifying values is critical as young people explore who they are and who they want to be. You can't choose young people's values for them, but you can help shape the values they choose by talking about and modeling values important to you. Present young people with consistent messages about the values you wish to instill.

Also try this:

In your home and family: Make a list of the 10 values most important to

Local Businesses And Organizations Help Local Families

by Bryan Stanton

The Parma City School District-Parma Area Family Collaborative would like to thank the many local businesses and other local organizations that helped and worked with us to provide children in our community with Christmas presents. The organizations and businesses donated lots of gifts and some even went as far as to adopt several families for the holiday. Parma Olive Garden, Cleveland ENT Hearing Center, Unity Catholic Credit Union, Ridgewood YMCA, Bethel Temple Assembly of God, Hillside Middle School Tiger Leadership Club, Pleasant Valley PTA, Parma Council of PTA's, St. Francis Catholic Church Youth Group, Target Corp. Solon, Greenbriar Middle School-Ms. Chase's Class, Parma Hospital, Parma City School District Central Office Student Services staff, Parma City School District Central Office Treasurer's Department, and General Motors all went above and beyond to help make sure the children in our community were able to enjoy their Christmas. Along with the donated gifts the local children were also given no-sew fleece blankets and pillows made by Parma Senior High students coordinated by Mr. King and Ms. Dunlay along with Shiloh Middle School students. The kids and families are very grateful for the assistance during these tough times. THANK YOU again for your generosity and for coming together as a community during this time of need. you and your family. Find ways to help your child understand, demonstrate, and internalize these values.

In your neighborhood and community: Young people learn by observing the adults around them. Think about how you act. Actions reveal true values, so strive to model the behavior you want young people to imitate.

In your school or youth program: Create a list of shared values with students or group members. Talk about what it takes to uphold these values.

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.searchinstitute.org. This message may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.

Who are the Asset Builders in our community? All of the many folks who give freely of their own time to help mentor/tutor kids in our schools. Their work is not only a invaluable assist for our teachers but it helps demonstrate that the adult community does care and support its kids. If you'd like to get involved as a tutor/mentor give any school a call and let them know of your interest. They'll be more then happy to have your help.

Parma AM Kiwanis Perform Tutoring In Parma Public Schools



Ridge-Brook Elementary Principal Reggie Ohlrogge oversees Bob Durante tutor students with Math Flash Cards

by Joe Germana

Members of the Parma Area Morning Kiwanis Club and their sponsored Normandy Key Club have been performing math and reading tutoring at several schools in the Parma Public School District. President Joe Germana and Bob Durante of Four Star Insurance have been volunteering weekly at Dentzler Elementary, Bob Gillingham of Gillingham Ford and Gene & Karen Lovasy have been Tutoring at Ridge-Brook Elementary, Dave Guciardo of Normandy High School and the Normandy Key Club have tutored at Green Valley Elementary and have helped weekly at John Glenn Elementary. "With the consolidation of schools in the district resulting in increasing class sizes this tutoring has been valuable assistance to our students who need further practice in developing their reading and math skills" says Dentzler Elementary School Principal Gail Clapp.

volunteers dedicated to changing the world one child and one community at a time. The Ohio District Kiwanis has a statewide "Read Around the World" initiative to teach and encourage reading to children. Kiwanis also provides leadership training and an opportunity for children of all ages the opportunity to serve their community and their school with meaningful service projects. Parma Area Morning Kiwanis sponsorship includes the Kiwanis K-Kids Club at Green Valley and Pleasant Valley Elementary School for elementary age students, the Builders Club for Junior High Students at Hillside Middle School and High School age students' Key Club at Normandy High School. The Parma AM group meets Wednesday mornings for breakfast at 7:15am at the Greenbrier Senior Living Community Center located at 6455 Pearl Road in Parma Heights, and has service and fund raising projects throughout the year. For more information contact President Joe Germana 440-882-2012.

Superintendent Graham's Door Is Open

by Kevin Brennan

You're invited to sit down and speak with Parma City School District Superintendent Dr. Jeff Graham as part of the district's "Open Door Sessions."

Share your concerns and obtain information by coming to Dr. Graham's office located at 5311 Longwood Avenue in Parma adjacent to Parma High School. Dr. Graham's door will be open from 4-6 p.m. on the following Wednesdays: January 12, 19, and 26 and February 2 and 9.

No appointment is necessary and handicapped parking is available.

The Parma Area Morning Kiwanis is a local chapter of Kiwanis International that is a global organization of

Parma Observer

What's Right? What's Wrong?

by Daniel Taddeo

The subject of discussion for this issue concerns stress. Stress is the reaction of our bodies and minds to anything that upsets their regular balance.

Accept Yourself as you are. Don't try to be someone you aren't.

Accustom yourself to unreasonableness and injustice. Unfairness is common around us.

Allow more time to get where you're going. It usually takes longer.

Always look on the positive side. It's the most constructive thing to do. Be prepared to wait in line. Cultivate patience.

Concern yourself with the present. Tomorrow will take care of itself.

Deal with the little problems. It prevents big ones.

Discipline your children. Everyone will benefit from it.

Do the most important things first. And do them one at a time.

Exercise often. It does even more good than most people realize.

Expect four out of five traffic lights to be red. Devote the time to prayer and introspection.

Letter To: The Residents Of Parma

Dear Resident:

I am writing to let the residents of the fine city of Parma know how honored I am to serve as their new President of City Council. Please know that I will continue to serve our entire city with the same level of integrity, honesty and diligence as I have for the past seven years as Councilman for Ward Two. Like you, I am disappointed by the actions of elected officials whom have let us down. Please know that I will work hard everyday to continue to earn and retain your trust. I want nothing more than to ensure that your local government works for you and serves your needs. This will be one of my top priorities during my tenure.



Parma City Council President Sean P. Brennan

At this time I also wish to unveil the "Brennan Challenge." That is, I wish to encourage every Parma resident to make a resolution in 2011 to come to at least one City Council meeting. Meetings are always open to the public and held in Parma City Council Chambers at City Hall, 6611 Ridge Road. Check out the City of Parma calendar at www.cityofparma-oh.gov or call the City Council office at 440-885-8091 for meeting times and dates. With even more citizen involvement, our city is sure to succeed far into the future.

I am also calling on the residents of Parma to join me in making a bigger commitment to recycling in 2011. In fact, I plan to make recycling awareness one of my many objectives as your President of City Council. I will not rest until Parma leads the county in recycling metal, plastic, glass, paper, cardboard and other recyclable materials. Our actions as the seventh largest city in Ohio will have a major impact on our environment. Increased recycling participation will also save the tax dollars.

I wish to publicly thank my wife, Deena, for always being the most loving and supportive wife a husband could have. I also wish to thank my beautiful children, Patrick and Colleen, for all of their understanding of their daddy's love of public service. A call to service does not come without its sacrifices, but you three will always come first.

I must also thank the fine residents of Ward Two whom have supported me so very much these past several years. I have truly been blessed to have you all in my life. I look forward to working with our hard working Mayor, Dean DePiero, his Administration, my very capable and dedicated City Council colleagues and staff, all of our other talented elected officials and our City of Parma employees to continue our work of making Parma the best that it can be. Focus on things as they are rather than how you want them to be.

Get outside of yourself. Help lighten the burdens of others.

Live within your means. Do everything possible to stay out of debt.

Schedule fewer activities. This allows time for the unforeseen.

Take care of yourself. That includes a balanced diet and eight hours of sleep.

View trying circumstances as character-building opportunities. This results in the greatest good.

Watch less TV, especially "news" programs. TV is out to promote its own agenda.

We are not responsible for the actions of others. We can only change ourselves

Write things down. Stop trying to remember everything.

It's our perception of a situation that's at the root of much of the stress in our lives, more than the actual circumstances. It's important for people to learn what they can do when confronted with stressful events, because too much stress will cause physical and emotional damage.

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. this assumes to be true what Abraham Lincoln said, "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will exercise my

soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do- just for the exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, some time, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, be courteous, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.





May God continue to bless all of the wholesome residents of the great city of Parma.

Sincerely,

Sean P. Brennan President of Parma City Council





THE CONTROVERSY

is an anthology of eight books. It contains a random selection of gems of wisdom on 200 related topics.

- Timeless and Challenging
- Encouragement and Hope
- Perspective and Solutions

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Parma Hts. Observer

Talks Continue To Keep Parma Hts. Library In Present Location

by Michael Byrne

I am extremely happy for the residents of Parma with regard to the recently announced plans for construction of a new 45,000 square foot library branch at a cost of \$15 million dollars, as well as, the \$7 million dollar renovation project for the Parma-Snow branch. I am pleasantly encouraged that the Cuyahoga County Public Library System has found the money to do these projects.

In our public and private meetings with library officials, they have always stated that their projected branch closing decisions were primarily based on a lack of funds. That is why I am encouraged by this new development. As the library officials now move forward with these aggressive construction plans, I am confident that they will provide the funding required to keep the Parma Heights library open and functioning in its present location in the Greenbrier Commons.

Toward this end, on January 13, 2011, I hosted a very productive meeting



Parma Heights Mayor Michael Byrne

with a member of the Library Board and C. Anthony Stavole, the City's Law Director. At that meeting, it was decided to continue discussions and that the Project Manager from the library will meet with our City Engineer, Daniel Neff, to revise: 1.) the original assessment of space needs of the library, and 2.) the proposed repairs needed at the Greenbrier Com-

Thoughts On The State Of Things

by Michael Marsh

This weekend was a big one for politics in Parma. Rumors have been swirling for months about what might happen here in the eighth largest city in Ohio and this weekend it happened. Our Mayor announced he was not running for a third term of office. If you listen closely you can hear the suction sound of the vacuum that his announcement has created. Who will rush into the gap to fill the void? What is still out there yet to be revealed about our city government and the way it has been operating? Quite simply, what is next for the citizens of Parma? This citizen has a few suggestions for you.

It is time for the citizens of Parma to consider what kind of people should move forward with the leadership of the city. Good morals and ethics seem to be rare these days. The people of Parma need to be able to trust the next Mayor. The next Mayor needs to be a person of character and integrity, someone who will hold the public trust as a sacred time for a city Charter!

honor. The Mayor's office is not the place for handing out favors to your friends. The city has real issues that it faces over the next several years and we need good people to face those issues. If you live in Parma you may have noticed the condition of many of the roads that are filled with potholes. You may have noticed that your house is not worth what it was ten years ago. You may have noticed that your taxes have gone up. You may have noticed that there are fewer places to work. You may have noticed that the schools are in serious trouble. The city cannot afford any more scandal.

It is time for true decency, honor, and integrity in the city government. It is time to end corruption and wasteful programs and spending. It is time for the city to do what its citizens must do, tighten its belt and make every dollar count. Government reform is in vogue this year as the County government was reformed. Citizens of Parma, it is

mons branch. Mr. Neff and the Project Manager will provide a report with their conclusions and recommendations as soon as they have completed their review.

The Parma Heights library has an interesting history. Starting in 1962, when our residents desired a Parma Heights library branch but the library system was unable to fund the project, city leaders set state precedent by creating a method for municipalities to secure library branches. Under this method, our residents passed a levy to build a library branch at their expense and then turned it over to the Cuyahoga County Library System for the rental fee of \$1 per year, becoming the first city in Ohio to accomplish this feat.

Our residents have provided unrelenting support to the Cuyahoga County Library System for nearly half a century and I now think it is only fair that the library system show them the same measure of support.

Parma Hts Centennial Group **Moves To Next Stage**

by Jim Griffith

The City of Parma Heights will be having its 100th birthday party the weekend of August 6th and the working group organizing the event has moved beyond the planning stage.

The group, working in tandem with the city in the organization of the event, has finished the preliminary plans for the event and is now moving into the fundraising and organizational phase. The activities are designed to put an emphasis on the founding of the city and the people and events whose actions made the city what it is today.

Included in the events are a historical tour, which will highlight the first decades and the accomplishments of those who helped give birth to Parma Heights, as well presentations showing the historical progression of various city departments, business's, organizations and education.

The event will have a weekend in the commons taste, as the city plans events that include musical entertainment as well as activities directed towards all age groups of children.

The group will be passing out informational letters throughout the city asking any business or organization to participate by putting together a history of their business or organization for display at the birthday party. The group is also looking for any items of historical interest that may be donated or loaned to the historical society for use during the weekend of the celebration. There will also be information provided in the next newsletter issued by Mayor Byrne's office that will be distributed in the near future

They will also be searching for sponsors for the events and various activities leading up to the celebration. Planned fundraisers include a silent auction, and a craft and market fair. They also plan to begin selling advertising in a promotional book which will be available that weekend. Also in need is anybody willing to volunteer to work the events and activities throughout the weekend of the celebration.

The kickoff party and the initial fundraiser for the group will be on Feb. 25th at Mr. B's on West 130th St. For information regarding the party, or if you are interested in getting involved and/or donating to the event, go to the website at parmaheightshistoricalsociety.org or call 440-886-4934 for more information.



Rep. DeGeeter Receives Committee Assignments For The 129th General Assembly

by Alana Valle

State Representative Timothy J. DeGeeter (D-Parma) was appointed to serve on three Ohio House committees during the upcoming session of the General Assembly. Rep. DeGeeter will serve as Ranking Minority Member on the Public Utilities Committee. Additionally, he will serve on the Local Government Committee and the Transportation, Public Safety & Homeland Security Committee.

"I am honored and delighted to be appointed to these committees, especially to serve as Ranking Minority Member on the Public Utilities Committee. I served as Chairman of the Committee in the previous session, and look forward to continuing to address various public utility policy issues in the 129th General Assembly," said Rep. DeGeeter. "Further, my experience as a councilman, assistant municipal law director, and assistant municipal prosecutor will be helpful when serving on the Local Government Committee."

Rep. DeGeeter has represented the 15th Ohio House District since 2003. He serves as the Dean of the House Democratic Caucus and is the longest consecutively serving member of the Ohio House. Prior to his legislative tenure, Rep. DeGeeter served as Ward 4 Parma City Councilman from 1998 to 2003.

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Sunday - \$\$\$ Grab Bag

Parma Observer Seniors Ring In The New Year!

by Judy Martins

Two hundred seniors, sparkling in their finery, gathered at the Donna Smallwood Activities Center in January to celebrate and ring in the New Year at their annual New Year's Party and Dance! The Center glittered with festive decorations, hats and horns, as the merrymakers counted down with the gongs, cheered, hugged and sang "Auld Lang Syne".



After a lively conga line and chain dance, they enjoyed a delicious lunch, and toasted and shared their memories of the Holidays. With Al Battistelli's music filling the hall, they whirled to the waltz, swing, tango and Latin dances so popular now, and lively line dancers circled the floor. The seniors love the music and especially love to dance! Those who weren't dancing were tapping their toes, singing and enjoying the festive atmosphere and the beautiful melodies. After a delicious dessert and bowls of punch, many happy party-goers were awarded prizes-lovely centerpieces and extra special raffle gifts. A truly fun and exciting way to welcome the New Year, meet old friends and make new ones!

The Smallwood Center hosts a dance on the second Wednesday of every month, from 11:00 am to 3:00 pm. Everyone is shopping for masks and beads for the gala Mardi Gras on February 9th and gathering their green finery for the rousing St. Patrick's Party and Dance on March 9th. They will feature a delicious lunch, lots of prizes and surprises and dance music by the Steel Drum Band in February and Frank Cardone in March. Advance tickets are required for these parties, and may be purchased at the Center. You can buy single tickets or reserve tables for your group and look forward to a fun and exciting day filled with good food, good music and wonderful company!

If you are over 55 years of age, come to the Center any weekday between 8:00 and 4:00. It's located at 7001 West Ridgewood Drive (behind Parma City Hall, up the hill at the first light east of Ridge). All seniors are welcome! JoAnn Mason, Director of the Center, or one of the friendly, capable staff will be happy to show you around. 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, pinochle, bridge, chess, pool, computer classes, support groups, conversation groups, quilting, senior exercise, Wii leagues, Bingo, parties, dances, trips, advice on health coverage and programs available to seniors, and so much more.

Especially popular is the Center's support group, "Healing Hearts." This warm, welcoming group meets every



Second Second

Monday at 1:00. With over 50 members, they're growing all the time--in numbers, in emotional strength and in their hearts. If you have stress, grief, loneliness, illness or anything troubling you in your life--join them! Reach out! Healing Hearts is there to take your hand. "Coming together is a beginning; keeping together is progress and healing together is success."

There are special days for free blood pressure and health screenings and interesting and informative presentations by many senior-related providers. 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 28-page monthly newsletter/ magazine, "The Center Line," for a complete listing of lunch menus, calendar of daily activities, party and trip listings, local events and great articles for seniors! Also, be sure to visit their colorful, musical website at www.

Mayor's Race

continued from page 1

4 Council Representative from 1998 -2003, and after that he was elected and served in Columbus as State Representative from the 15th. House District until the present time. during his career in Parma, some of his notable accomplishments included being a co-founder of Leadership for Tomorrow, a group that works with 5th. grade students to teach them about the inner workings of city and state government with the hopes of making them interested in future careers in public service, President of the Parma Bar Association from 2007 - 2008, as well as partnering with the Westcreek Preservation Committee in order to save the historic Henninger House from oblivion, an effort in which they raised more than \$500,000 in the space of only 4 months.

Mary Galinas has served as the Council Representative from Ward 1 since 2002, and during that time she has gained valuable experience while working with all of the other council members, with many notable accomplishments, among them especially the Annual Safety Fair held each Spring at the Parma Justixce Center, a truly worthwhile and informative, as well as just plain fun event. (Parma Observer, June 2010) Mary Galinas is the Council Representative from the same ward in which I also live in Parma, and dur-



smallwoodcenter.com for a calendar of monthly Center activities, trip listings, lots of photographs, and links to helpful and informative senior sites. '

Come to the Center! You'll be so welcome—and you'll be so glad you did!

Have a little spare time? The Smallwood Activities Center always needs volunteers! If you'd like to be part of this helpful, friendly group, please call 440.885.8800 for more information, or to ask any questions about this outstanding facility for seniors.

ing a phone conversation with me, she told me that at this time she is still giving serious consideration to the idea of entering the mayoral race, an action that she does not take lightly, as she is all too aware of how extremely important this step is to her, her family, and her fellow citizens of Parma.

I will admit that I don't know all that much about the other possible candidates in the mayoral race yet; Ron "Mickey" Mottl is the son of former Congressman Ron Mottl, an extremely well known. accomplished politician back when I was growing up in Parma. Jeffery Judson and Ron Marsh are somewhat unfamiliar to me, but I have little doubt that they too are well aware of how extremely important that the job of leading Parma is at this time for the future of our city.

I have had the pleasure of spending some moments here and there with Mayor Dean DePiero over the past couple of years, and I can tell you that although he is not an especially large man (compared to me), these are nevertheless some enormous shoes to fill, in my opinion, and I am comforted by having the belief that no matter which of these worthy candidates succeeds in being elected the next Mayor of Parma, the fact that they all live in this great city of ours in the first place should make all the difference, because that means the voters here will have really good choices, and ultimately they will select the best one.

Saturday, March 12, 2011 8:30am – 4:30 pm

Holiday Inn Airport, 4181 West 150th Street Cleveland, OH 44135

Students welcome, family discounts available!

Cost: \$35.00 before Feb.12, \$45.00 after

Lunch: Soup/salad/sandwich buffet \$10.00, reserve in advance

Sponsored by Parma Patriots

Seminar Schedule

8:30 am-12:00 - "Developing America's Great Success Formula"

This is the exciting exploration which Jefferson, Adams, Franklin, Washington and others made in order to rediscover the key to the creation of the first free nation in modern times. We'll trace their adventure from 1400 B.C.- A.D. 1787. 12:00-12:45 - Lunch

12:45 pm-4:30 pm - "The Perfect Plan of Liberty"

A refreshing look at the solid political and economic principles from the preamble through the amendments to the Constitution. You'll learn perhaps for the first time, how nearly every problem in America today can be solved by restoring these successful concepts.

RSVP on Meetup: <u>http://www.meetup.com/goooh-north-coast/</u> or RSVP by mail to: GOOOH North Coast, P.O. Box 343, Valley City, OH 44280

Facebook: search for "NCCS Making of America" E-mail for additional info: neogoooh@gmail.com

Craig Steven Mackovjak:

continued from page 1

stump? Who will be there to pour the concrete for a new driveway? Who will make this world a better world?

The best way to remember Craig Mack and to honor his memory is to make your own surroundings a better place. Plant that garden that you always talked about. Clean out the garage. Put that game room in the basement. Trim the bushes and plant a tree. Above all else help each other out with these same types of improvements. When you hear that a friend or neighbor is preparing to tackle a tough job, don't ask them if they need help, just show up. Because that is what Mack would do. But remember, after the job is done, and when nobody is looking, leave a few pennies on the ceiling fan. Mack would enjoy that.

Join the Discussion at: www.parmaobserver.com



with Registration

Parma Observer

Five Things To Think About Before The Ambulance Comes

by Sharon Alexander

People who live in Parma, Parma Heights and Seven Hills have access to some of the finest fire and rescue services in the region. There is no doubt that area residents benefit from the professional, well trained departments that serve these communities. Still, there are things we can do to help these dedicated workers provide us with the fastest and best care possible if we ever need to be rescued because of fire, medical emergency, or trauma. Six months ago, at age 65, I became a volunteer fire fighter for the rural township where I live. I learned some surprising things while taking classes to become an Emergency Medical Technician (EMT), and I want to share some of this information with readers of the Parma Observer by suggesting a few actions that will make emergency care more efficient during a situation where every second counts:

1. Keep all your medications in one place. This includes vitamins, supplements, cold remedies, pain relievers and anything else you might take that doesn't require a prescription. When the ambulance arrives, workers are going to search for your meds. It is important that they know what you are taking to provide proper care in the field and to give accurate information to your receiving facility. If you are unconscious or unable to communicate they might not find all your medications and their treatment decisions could be based on partial information. This could cause dangerous drug interactions or omissions about medical conditions you may have—not good. In the old days I kept my morning meds near the coffee pot and my evening meds in the bedroom, but now everything is central. If I can't talk when they find me the paramedics will know what to do. Also, if you keep a list of meds in or on your refrigerator, make sure you keep it up to date and add your over the counter medications to the list.

2. Lose weight, especially if your bedroom is on the second floor. Even departments with the most modern transport equipment require more time, more people, and more strategy to move a patient into the ambulance when the patient is overweight. I'm also told that the cots are just plain uncomfortable when the patient doesn't fit easily into the unit. Trust me, if you find yourself on an ambulance cot you will already be uncomfortable and you don't need this added aggravation. If you ever needed another reason to lose weight, this might be the one. I have lost 30 pounds since I joined our fire department and, I might add, weight loss has other obvious health benefits as well.

3. Declutter. Do you remember the movie Backdraft? The film perpetuates one huge fallacy so the audience can see what happens inside a burning building. In a real fire, no one can see anything. Smoke, even from a small burning chair, quickly fills a room. Rooms become pitch black very quickly. In training we are taught to feel our way around spaces because we

Residents Making Themselves Comfortable At Humana Guidance Center

by Kate Marx

The Humana Guidance Center opened last November with a lot of fanfare. Representatives from the mayor's office, members of the Parma City Counsel and Chamber of Commerce, and Action Jackson from WMJI welcomed the new Humana location to the neighborhood.

Three months later, people from around Cuyahoga County and beyond have visited the Guidance Center to receive personalized assistance with their health insurance and connect with others. "The reaction to the Guidance Center has been extremely positive," said Mark Kent, vice president of Humana of Ohio. "Visitors like having a location to socialize and get their insurance questions answered. We've tried to foster this welcoming atmosphere by opening the center to everyone. You don't have to be a Humana member to visit us or participate in our activities." The most popular activities have been the weekly Movie Days, Wii Bowling, and T'ai Chi and Yoga Stretch classes. In February, the Guidance Center will add swing dance classes, scrapbooking and a book club.



Seniors Along With Public Officials On The Opening Day Of The Humana Guidance Center At 1915 Snow Rd.

can't see much of anything. In a real fire the fire fighters may have to feel their way around the inside of your house. Imagine how hard this would be if you leave things on the steps or make piles of "round to it" projects in your rooms. Since I learned this I have become better at putting things away, but I pray every day that there is never a fire in my sewing room, where I can't bear to part with bits and treasures that overflow the closet and spill on the floor, but I'm getting better, especially after tripping over bundles of newspapers during one of our practice drills during fire training.

4. Secure your dogs in your car. The danger to the dogs in a car accident is obvious, but there is an even greater danger that when in a collision, your dogs will fly through the air and injure you. My beloved Katie and Annie took about two weeks to get used to this, but all of us are safer now that I bought harnesses at a local pet store. The harnesses attach to the car seat belts and everyone is safer on our icy, slippery roads. I also put as much stuff as possible in the trunk to keep from being hit by a flying head of lettuce or a library book that sails from the back seat to the back of my head if I ever hit another deer or someone hits me.

5. If they come, listen to the medic, EMT, police officer, fire fighter, or other professional who comes to your aid. You may feel fine, but during assessment they might determine that you could have an internal injury that needs to be checked out. Many of these injuries won't show up right away but could kill you weeks or even months later, so this is not the time to be macho. Ohio law also requires that the ambulance crew take you to the

receiving facility best able to provide the emergency care you need unless the family requests otherwise. My advice is to let the crew decide where you should go, even if you have to venture into unfamiliar territory. If you are having a heart attack, for example, you may need a cardiac catheterization lab like the one at Parma Community General Hospital. If your rescue workers want to take you there they will call ahead to see that the care that begins in the field will blend seamlessly into the hospital care as soon as you arrive. If you have been in a fire, you may have injuries that need immediate attention before burns are treated and your rescue workers will know how to prioritize your injuries and take you where you need to go. Also, time is an important issue, and if you need urgent care you want to get to the right care as quickly as possible. If you have an accident on I-271 in my township and have an injury that is life threatening, please let us take you where we know you will receive the best care fast. Once you are stable you can transition to your regular provider and receive the rest of the care you need from people you know and trust. If you are not in immediate danger we will be happy to drive you wherever you want to go.

No one wants to have a stroke, a heart attack, a car accident, an injury, or a fire, but I volunteer for my township because many people do need help when the unexpected happens. Please do what you can to protect yourself and make it easier for your rescue workers to meet your needs. Our goal is for you to live happily ever after, and you can help us help you by taking a few steps that might seem trivial, but that will make a difference if and when you call 911.



The best indicator of the Guidance Center's early success may be the fact that it already has regular visitors. According to the staff, there are two gentlemen that meet at the center every morning. They sit in the café, drink cups of coffee, read the paper and engage in conversation.

"The best part of the Guidance Center is that it serves multiple purposes," explained Kent. "In addition to being a neighborhood gathering place, we have face-to-face customer service for individuals who need assistance with their health plan, Medicare, or dental, vision, life and critical illness insurance."

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.





www.backs-massage.com





Parma Observer

Parma Symphony Orchestra To Perform March 6th At Valley Forge Auditorium

by Joe Germana

Symphony Orchestra Parma under the direction of Music Director Dr. Randolph P. Laycock will present their Winter concert on Sunday, March 6th 2011 at 3:00 PM at Valley Forge High School Auditorium located at 9999 Independence Boulevard in Parma Heights.

The concert will include Egmont Overture by Ludwig Van Beethoven, Symphony #2 (Romantic) by Howard Hanson and Max Bruch's Violin Concerto #1 in G Minor Op. 26 performed by soloist Hristo Popov.

Described as "Virtuoso-violinist extraordinaire" (Musical Horizons), Hristo Popov, brings tremendous experience to the concert stage. Popov made his orchestral debut at the age of nine and since then has performed throughout the United States, England, Germany, Czech Republic, Poland, Bulgaria, Italy, Switzerland, and Mexico as both recitalist and concerto soloist. His Carnegie Hall debut has been hailed by The Strad Magazine as "...alert and energetic" and New York Concert Review as "...impassioned and unified, with each instrument shining individually".

Hristo Popov is a prizewinner at the Kozian International Violin Competition, Silver Medalist at the California Young Artist Competition, winner of the Grand Prize at the International Institute of Music (Germany, USA), first place at the American String Teachers' Association Chamber Music Competition. He has been selected as Artist of the Month at the Obama for Arts and Entertainment Organization in April of 2009. He has appeared as guest artist in numerous festivals such as Park City International Music Festival, Plovdiv International Chamber



Violin Soloist Hristo Popov

Music Festival, Sofia Musical Weeks Music Festival, Summit Music Festival in New York, Interharmony International Music Festival, among others. Popov has performed in major Performing Arts Centers in the United States including the Carnegie Hall, New York City, Dorothy Chandler Pavilion - Los Angeles, Severance Hall - Cleveland, John F. Kennedy Center - Washington D.C, and Casa Verdi -Milan, Italy.

Hristo Popov began his musical education in Bulgaria at the school for gifted children "Dobrin Petkov" in the city of Plovdiv. However, he has completed most of his studies in the United States of America after winning full scholarship to attend the Idyllwild Arts Academy in California. He holds Bachelor Degree from Oberlin College. As a member of the Anima String Quartet he completed his Master's degree at Kent State University and was first violinist of the Niles String Quartet at University of Kentucky while completing Doctoral of Musical Arts. Notable mentors include Taras Gabora, Daniel Mason, Wolfgang Marschner, Todor Pelev, Michael Tseitlin, and Oleh Krysa.

In addition, he has participated in master classes led by Cho-Liang Lin, Ifrah Nieman, and Tokyo String Quartet.

Dr. Popov is a fierce advocate for the arts in several communities in Ohio. He serves as Artistic Director of the Chagrin Valley Chamber Music Concert Series and is Founder and Artistic Director of International Festival for Strings & More in Sandusky, Ohio - an intense program for string studies that results in numerous performances. He served as Audience Coordinator at Opera Circle in Cleveland, Ohio, and he has appeared as chamber musician, concertmaster and soloist in many of their productions. Formerly, he was the Music Director of The Euclid Orchestra and has been on the faculty at Kent State University and Youngstown State University. Currently, he teaches at Western Reserve Academy in Ohio.

Hristo Popov performs music from the standard repertoire as well as significant works of the contemporary genre. American composer Thomas Janson has recently composed a number of works specifically for him. He has also premiered works by the American composer and author, Rick Sowash. Dr. Popov performs over twenty violin concerti and he maintains a wide variety of recital programs. His performances have been documented on TV and radio stations in United States, Mexico, and Bulgaria and has recorded albums for TC Recordings and Bravante Records. He continues to receive rave reviews - as

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described recently by The Plain Dealer, Cleveland, "...the performance benefited from the elegant purity soloist Hristo Popov invested in every phrase. Popov traced the lyrical and vibrant lines (Mozart - Violin Concerto No. 5, Turkish) with unruffled assurance. He enabled the music to float where necessary and made easy work of the acrobatic demands."

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.

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.parmasymphony.org or call our Business Manager Joe Germana 440-882-2012.







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Seven Hills Observer

Remembering A Life Of Service

by Beth Baszuk

Sister Pachomia Rychlicki was born on Feb. 15, 1916 in Youngstown, Ohio , the fourth of nine children to Charles and Mary Rychlicki.. There were three boys; Michael, the oldest, Joe and Charlie, the baby of the family. Her sisters were all middle children, Mary, Alice, Sophie, and Pauline. One sister also named Sophie died in infancy. Sister Pachomia was christened Ladaslaus Rychlicki and called Lottie by her family and friends.

Sister's father worked in the steel mills in Youngstown and her mother was a homemaker. It was her mother who taught her how to cook, especially the art of preparing good Polish food. Sister Pachomia loved to cook and at an early age quickly developed her culinary skills. Her oxtail soup was the most requested recipe in the convent kitchen and memories of this legendary soup still make people smile. She also displayed an artisitic talent, a skill she used extensively in her teaching career and in decorating the church for Christmas and other liturgical holidays. Her decorating skills were only surpassed by her skills as a seamstress and an educator.

Sister attended St. Stanislaus Parish grade school, where she was taught by the Franciscan Sisters of Chicago. She greatly admired the Sisters and felt drawn to join them at the early age of 14. In 1930 with the support of her parents and the encouragement of her older sister Alice, who had entered the Franciscan Sisters two years earlier, Lottie was accepted into the novitiate of the Congregation. Today, her remaining biological sister, Sophie lives in Mansfield, Ohio. Throughout her convent life, Sister always awaited and enjoyed visiting with her family. While ill, these visits became especially meaningful, were greatly anticipated and a cause of special joy.

Sister completed her high school education while in the Order and went on to earn a Bachelor of Science Degree from DePaul University in Chicago. She taught elementary school for 61 years in Illinois, Indiana, and Ohio. The latter half of her teaching career was in Ohio schools, namely, Sacred Heart of Jesus, St. Casimir and St. Leo's schools in Cleveland and St Stanislaus School in Youngstown. She especially enjoyed teaching in the lower grades where she felt she could best influence and mold the minds of her young students. She found teaching the most rewarding ministry she could have chosen and when you walked into her classroom, you knew it.

Sister retired from teaching in 1991 and once again resumed her sewing skills as she worked at Mount Alverna, mending resident clothes and sewing labels into all resident clothing. In 2005 Sister officially retired from a so-called job and eventually became a resident at MAV where she was ministered to by Sister Celeste and by a compassionate and loving staff, some of whom were her former pupils.

Always a fierce scrabble player, Sister enjoyed playing cards, Yahtzee and watching the Price is Right and Wheel of Fortune. Sister always looked forward to each day as a special gift, regretting only that her hands had become too still to meaningfully contribute. "I'm not complaining" She would say "I just miss helping out sometimes."

Sister lived a long and fruitful life. She lived the joys and sorrows of each day and realized that God was her focus. She accepted God's will for her life and that is the example she leaves for us today. Sister Pachomia died on Saturday afternoon at 1:00 p.m. at Mount Alverna Village. She now dwells with God in eternity where time no longer matters.

Remember us before the Lord, Sister Pachomia, and know that you remain in our hearts. Thanks for sharing your life with us ; know that you will be deeply and sincerely missed.

The City of Seven Hills Night With The Lake Erie Monsters

by Lisa Draganic

Seven Hills Community Night with the LAKE ERIE MONSTERS at Quicken Loans Arena.

Saturday, February 12, 2011 – 7:30 p.m. Lake Erie Monsters –vs- Grand Rapids Griffins

TICKETS ONLY \$15 For more information and to purchase tickets contact:

LISA DRAGANIC 216-525-6227 or LDraganic@sevenhillsohio.org

Limited number of tickets available.... I will only have discounted tickets until February 7, 2011.

St. Valentine's Day Rigatoni Lunch

by Lisa Draganic

The Seven Hills Senior Advisory Board is hosting its St. Valentine's Day Rigatoni Lunch. This lunch will be held at the City of Seven Hills in the Community Rooms on Wednesday, February 16, 2011 from 10:00 a.m. to 1:00 p.m.

Cost is \$10 it includes: Rigatoni and meatballs, Salad, bread and dessert. There will be live entertainment, door prizes, couple and single photos and a special gift. For tickets or more information please contact Chris at 216-525-6230.



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