

**“When inspiration calls, you get on the phone and give it directions on how to get to your house”-  
Will.i.am of the Black Eyed Peas**

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# PARMA Observer

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## Promises Kept 2011

*by Dr. Jeffery Graham  
Superintendent of Parma  
City Schools*

There is an old saying that a man is known by the promises he keeps. The same can be said of a school district. When I arrived in the Parma City Schools last August, I started out by doing a lot of listening. As time went on I began to see patterns in what people were telling me. As a result we began to make plans about what we intended to do to improve the district. The first promise was to Achieve Academic Excellence for all students. Since the district was already rated as excellent, we had to change the word “achieve” to “maintain.” Certainly some of our financial problems had caused us to cut personnel and programs to the bone. Slowly we have been trying to get back some of what was lost by using stimulus dollars from the federal government.

At the high schools we were able to reinstate 39 elective courses that 922 students are now taking in the second



*Dr. Jeffery Graham, Superintendent of Parma City Schools*

semester of this school year. To help out seniors whose transcripts are going to look mighty thin to colleges, we are sending out a letter to admissions personnel attached to every student's transcript explaining that “due to financial constraints in our school district, students have been limited to taking five credits per year. Course offerings, such as 3rd and 4th years of foreign language, have been discontinued. These issues preclude students from taking a more rigorous academic schedule. Please take this into consideration as you are evalu-

ating this student for admission to your institution.” Our hope is that with this explanation from us, colleges will not turn our students away just because they have not been able to take all of the courses usually available in a comprehensive high school. At the middle school level we will bring back five courses next year while this year we are able to reinstate some enrichment and remediation activities through the use of a web-based instructional program called Study Island. This program was very affordable compared to other print or technology learning products.

In the area of special education, our staff has adopted a vision that promises to provide access to the general education curriculum that is aligned with state academic content standards for all students with disabilities. Parents and students can expect greater participation in selecting goals and designing their child's educational program. For its part the Special Education Department has

committed itself to additional teacher training in the areas of writing I.E.P.'s and providing appropriate instruction for students with disabilities. The ultimate goal is to see these students improve their math and reading scores and to show adequate yearly progress and to do this in the least restrictive environment.

Our second promise was to improve communications by providing more information in a timely fashion. Our new publication the Monitor came out for the first time on February 10 as part of the Plain Dealer's advertising packet. It will be published once a month throughout the calendar year.

**continued on page 8**

## Parma Community General Hospital Honored With Golden Pride Award At Annual Chamber Gala



Several members of Parma Community General Hospital's Administration and Board of Directors attended the Parma Area Chamber of Commerce annual gala, where the hospital was presented with the Golden Pride Award. Pictured from left are: Board Chairman Kent Geist of Parma Heights; President & CEO Terrence G. Deis; Board members Joe Tal of Parma Heights, Sharon Martin and JoAnn Mason of Parma; First Vice Chairman David Nedrich of North Royalton, who also serves as President & CEO of the Chamber; Board member John H. Bundy of Brooklyn; and Chief Financial Officer Barry L. Franklin.

*by CJ Sheppard*

Fifty years ago, the six surrounding communities of Parma, Parma Heights, Seven Hills, Brooklyn, Brooklyn Heights and North Royalton founded Parma Community General Hospital. Today, it is the only remaining independent, not-for-profit, community hospital in Cuyahoga County.

The Parma Area Chamber of Commerce recognized Parma Community General Hospital with a Golden Pride Award for 50 years of service to the people of its founding communities and beyond.

“This was already going to be a golden year for our Hospital, as we will be celebrating our 50th anniversary this summer, but now it is doubly golden,”

said Terrence G. Deis, Parma Hospital's president & CEO, in accepting the award at the Chamber's January 29 gala. “It is a Pride award we are being honored with, but it is we who are proud – proud to have served our community for nearly 50 years.

“All of us at the Hospital – the physicians, employees, and the auxiliary – think of ourselves as members of the community caring for members of the community, so to be recognized by the business community in this way is very special to us.”

In presenting the award, Steve Millard, president & executive director of COSE, the Council of Smaller Enterprises, noted that Parma Hospital:

• has been recognized as one

## Parma Animal Warden Has Passion For People And Pets

*by Jack Marshall*

Did you ever meet anyone whose career and personality created a perfect match? If not, take a drive to the Parma Animal Shelter and say hello to Animal Warden Julie Kocik. She's a people person, the one with the indelible smile, who loves animals and her job. In fact, Julie doesn't hold back when talking about her passion for a career in the animal kingdom that has spanned more than 25 years.

“I love my job and I always have,” said Julie. “I imagine they'll have to drag me out of here if and when the time comes for me to retire. But that's a long way off. The way I feel right now, I wouldn't give-up doing what I do for anything in the world.”

The animal world at the shelter amazingly operates entirely on money donated



*Parma Animal Warden Julie Kocik holds a German shepherd mix puppy available for adoption.*

throughout the year. The City of Parma leases the shelter building on State Road for a dollar a year, and Julie is the only paid staff member. Parma veterinarian Dr. William Clark offers his services at no charge one day a week. Julie's two-legged helpers are all volunteers who are

drawn to the shelter because of their love for animals. Kristen Ballasch of Parma came by last month to offer her free time as a volunteer. She says she enjoys the company.

“I love the dogs and I like

**continued on page 9**

**continued on page 2**

Parma Business

# The President's Corner

by Sean Brennan, Council President

As President of Parma City Council, one of my priorities has been to inform the community about the make up, procedures and initiatives of Parma City Council. This article represents the first in a new series in which I will provide you, the reader, with a monthly glimpse into your local legislature. My intention is not only to inform, but to motivate residents to become even more involved in our community.

Parma City Council represents the legislative branch of your local government. Thus, this body of elected representatives makes the laws for the city of Parma. Council is made up of nine ward members who are elected by the voters of their respective ward or district. Only ward Council members may introduce and vote on legislation. Legislation comes in two forms, including proposed ordinances (laws, such as a curfew) or resolutions (statements of opinion, such as approving the Fire Department's request to apply for a Homeland Security grant). The President of City Council is elected at-large and, thus, represents the entire city. He or she presides over the meetings of City Council, but, may not introduce legislation and may only vote in the case of a tie. All members



by Sean Brennan, President Parma City Council

of Council are elected to two-year terms in odd-numbered years.

Proposed legislation normally originates from a few sources. First, members of Council may initiate legislation. This may occur when a constituent makes a suggestion to a member, a member wishes to borrow an idea that has been introduced in another city or a member, through his or her own creativity, comes up with a novel idea for legislation. Members of Council are always on the lookout for good legislation that will make life for their constituents even better. Therefore, Council members wel-

come suggestions from residents. It is especially appreciated if research is provided to back up the suggestion.

It is safe to say that most legislation is initiated by members of the Administration (the Mayor and his/her cabinet members) who often make legislative requests of council, including proposing new laws, granting permission to take actions, such as entering into contracts, and approval of spending items. Further, arguably the most important function of Council is approval of the Mayor's annual budget. In fact, Council is currently in the midst of budget discussions. This process involves a representative of every department coming before Council to present their budget and answer the questions of the members of Council. Council scrutinizes the budget line item by line item. By law Council must approve the budget by April 1 each year.

Meetings of Parma City Council are held at Parma City Hall in City Council Chambers. City Hall is located at 6611 Ridge Road. Members of the public are always invited and encouraged to attend and participate. To enter Council Chambers, simply park behind City Hall and enter through the back doors. Handicap parking, an A.D.A. compliant entrance and audio equipment for the hearing impaired are available. Generally, City Council meets on the

first and third Mondays of the month at 7:00 pm, while committee meetings are held on the first and second Mondays of the month. Special meetings are also called when necessary. Meeting dates and times are always posted on the City of Parma's website at [www.cityofparma-oh.gov](http://www.cityofparma-oh.gov) or you may simply call the Parma City Council office at 440-885-8091 for information.

## Proud Of Parma Sweatshirt Sale To Benefit Community

by Jack Marschall

The non-profit civic organization Proud of Parma has announced the sale of Parma sweatshirts. The proceeds will be used for local improvement and beautification projects in the City of Parma.

"This is a major fundraiser for Proud of Parma," said President Monica Dentkos. "We are hoping for a good response in order to keep our projects going strong."

Members meet monthly to support and coordinate community activities. Membership includes city, school, library and non-profit and business

organizations.

"The outdoor gazebo built at Ridgewood Lake Park is a great example showing Proud of Parma's fundraising impact," said Parma Mayor Dean DePiero. "Their members bring out the best in our community. I applaud them for their efforts."

The sweatshirts cost \$25.00 each. They can be purchased at the Donna Smallwood Activities Center and Office on Aging. The building is adjacent to Parma City Hall.

For more information, you can call Jo Ann Mason, Activities Center Director, at 440-885-8143.

## Golden Pride Award

continued from page 1

of the 20 Best Community Hospitals in America;

- has been recognized for providing the fastest heart attack care in Northeast Ohio;
- is accredited by the Commission on Cancer; and
- has earned Joint Commission Gold Seal of Approval distinction for both its orthopedic and stroke programs.

"With 321 beds, a medical staff of more than 500 physicians, numerous outpatient facilities and a whole continuum of care to support the health needs of the local community, Parma Hospital has remained committed to providing excellent, personalized, care," said Mr. Millard.

Several members of Parma Hospital's Administration and Board of Directors attended the gala. Board members in attendance included: Board Chairman Kent Geist of Parma Heights; First Vice Chairman David Nedrich of North Royalton, who also serves as CEO of the Chamber; John H. Bundy of Brooklyn; Jack C. Krise Jr., Sharon Martin and JoAnn Mason of Parma; and Joe Tal of Parma Heights.

In the 30-year history of the Pride Awards, the Golden Pride Award has only been given to one other area employer. General Motors received the award in 2005.



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Parma Business

# Patient Navigator Based At Parma Hospital's Cancer Center Steers Patients To Resources

by CJ Sheppard

For a patient facing a diagnosis of cancer, managing the medical condition is only half the battle. Ask Melissa Davis, an American Cancer Society patient navigator who for nine years has been guiding patients to resources and programs that will help them understand and better cope with their disease. One of 16 patient navigators established by the ACS in Ohio, Davis covers Cuyahoga and Lorain counties. Best of all, she is now based at the Cancer Center at Parma Hospital.

"I am available to anyone who has a cancer issue," says Davis who can help patients and their family members find resources for financial assistance, medication needs, home health care, insurance questions, transportation and understanding their diagnosis.

There are so many lives she has touched, helping patients shoulder their burden. When a 54-year-old man with lung cancer needed transportation to radiation treatments, she found numerous local



American Cancer Society Patient Navigator Melissa Davis, left, is based at the Cancer Center at Parma Hospital, managed by Alisa Mazzarella.

resources and even coordinated with a local church to deliver a bed so he could remain comfortably in his home. For a 50-year-old woman with breast cancer, Davis found a national co-pay assistance pro-

gram, a local home maintenance and repair program and directed her to Reach to Recovery, an ACS program specifically for those facing breast cancer.

And when a 47-year-old man

with pancreatic cancer needed assistance finding accommodations in New York City, where he sought treatment at Memorial Sloan-Kettering Cancer Center, she linked him to counseling and support groups in Manhattan and even directed him to a national program to assist with mileage reimbursement.

The American Cancer Society has more patient navigators in Ohio than in any other state. Each patient navigator aims to handle at least 600 unique patient calls per year. While covering two of the most populous counties in the state, she strives to return calls in 48 hours or less.

"The patient navigator will only enhance the personalized care that Parma Hospital's physicians and nurses provide," says Alisa Mazzarella, manager of the Cancer Center at Parma Hospital.

To reach Melissa Davis, call the American Cancer Society's toll-free number at 888-227-6446, ext. 8052.

WELCOME TO THE  
Parma Hospital Medical Staff

Mary Gorjanc, MD  
BOARD CERTIFIED, INTERNAL MEDICINE

## Accepting New Patients

■ Board Certified in Internal Medicine and specializing in Geriatrics, Dr. Gorjanc will see adults of all ages. While she has previously cared for patients at several Northeast Ohio hospitals, she now devotes her focus to Parma Hospital, where her patients are treated to excellent, personalized care.

Treating you better begins  
with knowing you better.



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# Parma Health

## Small Wonders Maternity Center Enhances Neonatal Coverage Through Partnership With Rainbow Babies & Children’s Hospital

by Raelene Jeglie

The level of care for newborns at Parma Community General Hospital has just been enhanced through access to University Hospitals Rainbow Babies & Children’s Hospital certified neonatal nurse practitioners, who will care for newborns with transitional or serious medical issues in the special care nursery.

These specially trained and certified advanced practice nurses work under the oversight of a UH Rainbow Babies & Children’s neonatologist to accelerate the coordination of care for babies with special needs. When necessary, babies will be transported to a higher level of care at UH Rainbow’s Level III Neonatal Intensive Care Unit – currently ranked #4 in the nation by U.S. News & World Report.

Parma Hospital continues to have an obstetrician in the unit at all times to handle emergencies. The difference is that babies born with special needs will no longer need to be evaluated by a pediatrician before an advanced level of care can be initiated.

Tina Bowker, RN, manager of Parma Hospital’s Small Wonders Maternity Center, says this news should

be reassuring to expectant mothers who deliver prematurely or who have newborns with unexpected special needs. Maternity staff are trained and educated by these neonatal nurse practitioners in post-delivery care of higher-risk babies.

### Cure The Cause: GERD

by Pam Hoffman

GERD, heartburn, indigestion, gastritis-these are all very prevalent conditions and to say the least-uncomfortable. Often many tests are run and medicines prescribed, which can lead to the need for other medicines. What can one do? The truth is, there are some very natural and inexpensive cures-NOT band-aids so to speak. Dr. Ronald Drucker goes as far as to say that acid reflux (GERD) is merely a symptom, not a disease in and of itself. he believes it stems from an auto-immune problem leading to digestive dysfunctions. Whatever the cause, the following is a brief explanation of what is happening, and what you can do now to remedy it.

Undigested food reaches the colon where it is not wanted. This undigested food can cause inflammation-PAIN. It

“Our nurses will remain hands-on in the care of our newborns, but this oversight by neonatal specialists enriches their competencies,” Bowker said.

Not all pediatricians are trained or experienced in neonatology.

“At Parma Hospital, we do not

intentionally deliver babies under 35 weeks, but occasionally that happens,” said Diane Butler, MD, chairman of Parma Hospital’s Department of Pediatrics. “This is a first responder service that can be initiated by an obstetrician or a nurse who perceives that an infant

can also cause other unwanted conditions up to and including colon cancer. So, the body sends messages to the rest of the gastrointestinal tract (GI) to “hurry up and get this stuff out of here” so to speak. The true intention is to break down the food but the bulk of the food gets thrown up into the stomach which produces excessive acid to try and break it all down. Unfortunately, much of the acid then proceeds to back up into the esophagus which can cause erosion, possibly hiatal hernia (erosion of LES muscle),ulcers, cancer and more.

A combination of DGL Licorice and Marshmallow root has been providing not only relief from these conditions but actually addressing the real cause. DGL licorice works by decreasing the swelling, thinning the

mucous secretions, and increasing the chemicals in the body that heal ulcers, gastritis and upper respiratory inflammations.

Marshmallow root mixes with water to form a sticky gel to coat the throat and stomach, reduce inflammation. 3-6g a day treats inflammation and ulceration of the digestive tract and relieves irritation of the mucous membranes of the mouth, throat and GI tract. Marshmallow can also form a protective film over inflamed and irritated tissues.

Other lifestyle suggestions include: losing weight, stopping smoking, and avoiding acid agitating foods.

Pam Hoffman DT CFNS CFT

WELCOME TO THE  
Parma Hospital Medical Staff

**Orest Stecyk, MD**  
BOARD CERTIFIED, FAMILY PRACTICE



### Accepting New Patients

- A native of the Parma area and graduate of Padua Franciscan High School and the University of Notre Dame, Dr. Stecyk trained at the Ohio State University College of Medicine and has more than 30 years of experience. He belongs to the Ukrainian Medical Association of North America and is an associate professor at NEOUCOM. He enjoys hiking, biking, camping and gardening.

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Parma Schools



# Asset Corner #15

by Gene Lovasy

**March's Asset Category: SOCIAL COMPETANCIES:**

Young people need skills and competencies that equip them to make positive choices, to build relationships and to succeed in life. The more personal skills a child has, the more likely it is that she or he will grow up healthy.

**SOCIAL COMPETENCY** Assets Include:

**#32 Planning & Decision Making** - Kids know how to plan ahead and make choices.

**#33 Interpersonal Competence** - Kids have empathy, sensitivity and friendship skills

**#34 Cultural Competence** – Kids know and are comfortable with people of different cultural, racial and/or ethnic backgrounds.

**#35 Resistance Skills** – Kids can resist negative peer pressure and avoid dangerous situations.

**#36 Peaceful Conflict Resolution** - Kids seek to resolve conflicts nonviolently.

Today, we're going to be focusing attention on Asset #32, Planning & Decision Making.

**Decisions, decisions . . .**  
Wear a blue shirt or a red shirt? Try to fit in or create your own style?

Go out with so-and-so or find a way to say "No thanks"? Watch some TV or do homework first? Young people make a lot of decisions every day. Some are easy, others difficult, and still others just plain irritating. But all of these decisions are good practice for their future as they learn how to take more control of their lives. Best of all, when young people start connecting the choices they make today with their futures (goals, dreams, ideas for jobs), the better they'll get at actually planning for what they want.

**Here are the facts:**  
Research shows that young people who learn to make good decisions and plan ahead do better in school, are less likely to engage in drinking, smoking, or using other drugs, and are better able to accomplish more of what they want. Only about 29 percent of young people, ages 11–18, say they know how to plan ahead and make choices, according to Search Institute surveys. Show young people different strategies to effectively plan ahead and make healthy decisions.

**Tips for building this asset:**  
Encourage young people to keep a daily "to do" list and check off items as they complete the tasks. Allow room for mistakes, but avoid rescuing them

from the consequences. Celebrate progress and accomplishments in planning and decision making.

**Also try this**  
In your home and family: Talk with your child about how you make decisions. Have you changed your approach over time? Invite your child to help with making a decision or plan a family event.

In your neighborhood and community: Invite local young people to help plan and organize a neighborhood party or potluck.

In your school or youth program: On the board or using newsprint, make two columns. Write Decision above one column, Future above the other. Have each young person list a decision he or she needs to make, then rank how connected (1 = low, 5 = high) it is to a future goal or plan (grades, college, jobs). Discuss.

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

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

## Parma Hts. Baseball/Softball Sign-Ups

by Tom Moran

Saturday, March 5 & 12 from 9-11 AM at City Hall (6281 Pearl Rd.). Residents and non-residents welcome both days. Fees: \$23/resident and \$43/non-resident. Leagues for 5-18 year-olds available. We accept cash or checks only. \$10 late fee starting March 13th. Call 440.884.9600 ext. 37 or go to [www.parmaheightsoh.gov](http://www.parmaheightsoh.gov) for more info.



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## Parma Hts. Fitness Programs

by Tom Moran

Beginning the week of March 20th we will be offering youth classes for martial arts and tumbling/cheer-leading. For adults we offer cardio-kickboxing, yoga and zumba classes. We will also offer separate golf clinics for juniors and adults. All classes have a fee, for more information call 440.884.9600 ext. 37 or go to [www.parmaheightsoh.gov](http://www.parmaheightsoh.gov)

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# Parma Observer

## What's Right? What's Wrong?

by Daniel Taddeo

The topic for March is Giving. Giving, as opposed to possessing, means to hand over or part with something one owns to someone else. This could be one's time, talent, treasure, or anything equally valued by most people. Giving is something that doesn't come easily to most people. Human nature leans much more toward getting than giving. The attitude begins to change only when one begins to understand that giving benefits

the giver even more than the receiver. "He who refreshes others will himself be refreshed."

When it comes to giving, most people always put themselves first. A few always put others first. All the rest of us fall somewhere in between. Where do you fall on the continuum of giving? Formal giving of one's treasures goes back thousands of years to Old Testament biblical times. It was called tithing; it was in the form of a tax. "You shall truly tithe."

It meant paying one-tenth of one's wealth to the church for religious functions. Though not commanded in the New Testament, church members still view tithing as a guide for responsible financial giving. In fact, it encourages one to go even beyond tithing that reflects the believers' faith and love for God. This may also apply to one's time, talents, and more. "For where your treasure is, there your heart will be also."

Unfortunately, the vast majority

of people view giving as an imposed-upon obligation rather than a privileged opportunity. For example, according to certain church officials, the average giving in most Protestant mainline denominations is two percent. They go on to say that members who give what they can, when they can, give an average of \$460 per year. Those who pledge a specific amount of dollars each week give an average of \$880 per year. Those who pledge a percentage of their income each week average \$1,210 per year.

It's worth noting, for example, of those who tithe, seldom if ever does one stop once he or she starts. A few even give more. None gives less. When asked why, they say that they feel blessed, which supports the biblical passage: "It is more blessed to give than to receive." One theologian is on record as saying, "This is the least believed verse in the Bible." It has been stated that the best way to manage one's finances is to give ten percent, save ten percent, and learn to live on the remaining eighty percent. What do you think?

Giving is like exercising. When one begins to exercise, it may actually be painful and set one back; but the more one exercises, the better one's physical condition becomes. The better one's conditioning, the more likely one will want to exercise. As soon as one begins to reap the benefits of exercise, one will want to exercise more, not less. So it is with giving. Once one begins to reap the mental and emotional benefits of giving, the tendency will be to give more and not less. "He who sows bountifully will reap bountifully. Give and it will be given to you. For with the same measure that you use, it will be measured back to you."

## We'll Help You Score Big On The ACT!

by Anissa Pletcher

We know your plans include going to college, getting a degree, and conquering the world! Do you need a financial boost? Scholarship funds are available to ease the financial burden – and you can qualify! The middle 50% of incoming freshman at Ohio University (Fall 2009) had an ACT score ranging from 21-26. For Fall 2011, Ohio University offers a Gateway Scholarship to incoming freshman. An ACT score of 28 makes you eligible for a \$1000 scholarship. Add two points (30) to double your eligibility to \$2000. A score of 31 turns into \$4000 and a 32 makes you eligible for full in-state tuition ([www.ohio.edu/admissions/gateway](http://www.ohio.edu/admissions/gateway)). Since funds are limited, apply early with your best scores in hand. Let KnowledgePoints help!

KnowledgePoints' ACT Prep program will help you get the best score possible, and get into the college of your choice. Our individualized program is tailored to each student's needs, teach-

ing the test-taking strategies needed to score big on the test, while also strengthening the skills necessary to be successful in college.

The KnowledgePoints program is designed to specifically target the five areas of the ACT: English, Reading, Writing, Science and Math. Each student's program also covers General Test-Taking Strategies such as Time Management, Setting and Meeting Goals, Guessing Strategies, and Test Format. Based on the student's previous test scores, he/she may or may not need instruction in all five areas.

We begin our program with a full length ACT Diagnostic Assessment to determine which subject areas to target. Our detailed feedback report will break the subject areas down to address specific skills during tutoring. Tutoring is done 1:1 by specialized tutors to ensure each student receives quality instruction in the areas determined as critical skills. This prevents students from sitting

through boring review sessions covering material they already know. Each subject area also includes discussions of test-taking strategies specifically designed to target its question types. If he/she does not require help in all sections, he/she will still have the opportunity to learn and practice the test-taking strategies for each section type.

ACT Prep programs at KnowledgePoints average between 20 and 40 hours of instruction, depending on each student's goals. Goals are determined based on the student's ACT Diagnostic Assessment, as well as any previous ACT scores and the student's college/university choices. The decision on the number of hours of instruction ultimately rests with the student and his/her family. There are no contracts and no set number of hours. Sessions are scheduled at the convenience of the students.

Is your child ready for the test? Let us help! Call Anissa Pletcher, Education Advisor, at 330.460.4037 to schedule your child for an initial assessment and put them on the path to success!

## Parma Adult Education Needs Volunteer Tutors

by Kim Merryman Sherer

Are you passionate about education? Have you wondered how you can give back in your local community? Parma City School District's Adult Basic and Literacy Education (ABLE) Program needs your help. We are looking for volunteer literacy tutors in several areas.

Help is needed in the following classes: Adult Basic Education, ESOL - English for Speakers of Other Languages, GED Test Preparation, Listening Lab and Transitions Workshops. Free training is provided.

Know you can make a difference! If interested, please contact the Adult Education Services Department at 440-885-8797. For more information on the program, log on to [www.parmacityschools.org/able](http://www.parmacityschools.org/able).

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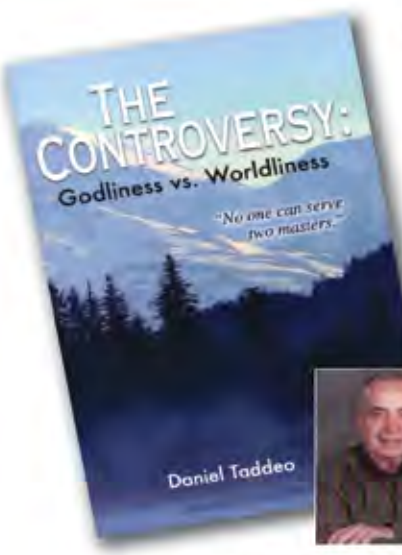
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Parma Hts. Observer

Go Ahead And Cross This Line

by Daniel P. McCarthy

Kevin Dunley was a police officer in the City of Cleveland for 25 years, and upon retirement, he was faced with the decision about what it was that he would like to do next in his life, so he decided to open a tavern, and not just any tavern, but one that would make the patrons think of places in days gone by, where once you are inside, you will feel comfortable, in friendly, familiar surroundings. What's more, early on, he decided that he would concentrate specifically on offering extremely local choices when it comes to the food served at his place, and that became very apparent to me after I selected the fish dinner there recently, when I had the privilege of dining along with a few friends, and we all agreed (this does not happen all too often) that this food was satisfyingly delicious- their words; I don't talk like that! All kidding aside, it was pretty darned good, and the reason , I think, is that Kevin's philosophy, as he explained to me, is that he could easily buy from the giant suppliers that



View Of The Bar Inside The Blue Line Bar And Grill 4305 Brookpark Rd. Parma, Ohio

dominate the market selling products to establishments like his, but instead he made the conscious decision to buy only from local suppliers; from the city and surrounding areas first, then the surrounding counties and state, and if need be, from outlets in the Midwest only. By doing this, he not only sees to it that ingredients are fresh and familiar, but also that the businesses in our region benefit from the existence of his business, and vice versa. This practice not only includes food and beverage purchases, but also extends to other things, even T- shirts and apparel, which he buys from a supplier right here in Parma. Because the Parma Observer is completely dedicated to the concept of

supporting hyper-local business above all else, this particular business is certainly worthy of our support and the patronage of this community.

Kevin opened the Blue Line Bar and Grill, located at 4305 Brookpark Rd. in Parma, on June 7, 2010, so the one year anniversary is coming up soon. There will be a fantastic St. Patrick's Day celebration, and on June 11, 2011, it is worth noting that there will be a fundraiser for the Susan G. Coleman Breast Cancer Foundation held here. Other fun events are scheduled, and as Kevin explains, customer requests largely determine what they are; karaoke, live music, and for the first time soon, by special request from the ladies, a male dance revue! Whatever the event, the atmosphere at this place suggests that loyal customers will be having fun and would love to have you join in.

About the name: most people, myself included, would assume that since Kevin was a police officer, the name must have come from the reference so often associated with the law enforcement community, but to



my surprise, he informed me that the name was suggested by his kids, who are dedicated hockey players, and when you glance around at the walls and notice the many hockey jerseys on display, suddenly it makes sense that the name is derived from the blue line on the ice. Another surprise is the magnificent fireplace on the west end of the room; we thought that this must have been someones house originally, but actually the place was built in 1957 and has always been a tavern since day one. There is plenty to do here, a nice pool table, an old fashioned bowling machine with a bowling league being organized, nice friendly customers, and good food, so don't forget your appetite. Unlike many lines that are drawn, this is one that you can and should cross!



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# Parma Observer

## An Opportunity To Grow On

by Debbie Sillett from Stearns  
Homestead Farmer's Market

In my gardening experience, I have learned that there is opportunity in your backyard and your front yard as well, if you like to grow different crops. The fresh food and farm market movement is growing and thriving all across the country and there can be economic opportunity in it for people who have a business mindset. The first part of this is to change the way you look at your yard. Start by thinking of it as a land of opportunity- a mini farm.

Now in a urban setting we do have to limit and consider carefully how we can accomplish this, because we just don't have to make it look like the overrun back forty; that's bad business

practice to begin with, and we must keep peace with the neighbors. But it can be accomplished, and you wouldn't believe the wealth of opportunity that is possible with a standard size lot.

As a market manager in a city setting, I can tell you that farmers' are not close by and not easy to get to a farmers' market. The price of gas isn't helping either. But for city folks that would like to supplement their income and have fun doing it. becoming a backyard farmer is a good opportunity right now.

What do you grow? Heirloom vegetables and flowers? Berries, willow and grasses for baskets? Herbs, craft plants and dyes? Gourds and sorghum? Mushrooms, houseplants, seed starting and transplants? Teas, endangered trees, fresh flowers for bouquets?

Ethnic specialty plants, hot peppers, decorative corn? Greens, grains? Find what you like to do, make sure you have a business plan that makes sense and does not put you into debt (bad business idea) Start small and use your environment to your advantage. Rain barrels, rain gardens, recycled materials, compost, are all accessible to start or continue your business without a outrageous output of money. You can manage it so that it can be in some stage of production all year round if you wish. Know your soil and what it needs to thrive, a sick plant does not make money or even compost. There are all kinds of ways to get water to plants. Know your light and growing requirements. Know where the wind and rain and snows land in your yard (farm) and include this in your plans.

Don't forget where the compost is going to be-out of sight or attractively staged; you have to look at it too. See what your community or your neighbors might be interested in (church? school?) to figure out where your market is and fill it.

And your local farmers market is looking for vendors at Stearns Homestead for the 2011 season which starts in June. For more information and help with these ideas. contact Debbie Sillett at 440-882-6234

Dear Dan: Thanks for the great article on your visit to the farm this past season. Looking forward to seeing you again.

See schedule for this year at [stearns.homestead.com](http://stearns.homestead.com)

## Promises Kept 2011

continued from page 1

Our previous newsletter IMAGES came out only four times a year and went to only registered voters and parents. Because we are making use of the Plain Dealer's distribution and printing system, the monthly Monitor will cost 57% less than IMAGES did because of a reduction in paper, printing, and mailing costs. In addition to the Monitor, we also have revamped and improved our website at <http://www.parmacityschools.org/>. To see the latest news, go to the website and click on the NEWS button on the left hand side. Our site is easier to use and has updated information on a regular basis. In addition, we now have a presence on FACEBOOK with regular news coming out as it happens. It, too, changes on a regular basis so that visitors do not see information that is outdated.

For residents who would like to speak to me in person, I have set up Open Door Sessions where I will be in my office from 4 to 6 p.m. on selected Wednesdays. Anyone is welcome to stop by and talk with me.No appointment is necessary. Winter sessions have ended, but we will restart these sessions in the spring. In March and early April I plan to have another round of "Talk of the Town" meetings where residents can come to one of the schools and ask questions about the district.

The third promise was to be fiscally responsible. I have already mentioned how we have used some federal funds to bring back classes for high school students as well as remedial and enrichment programs for middle school students, and how we reduced costs, but improved output for communications. We have been careful to weigh costs vs. important issues like student safety. We did decide to direct some funds to reinstate busing for students who live within the two mile limit (where we do not have to provide busing) but who have to walk through Safety Zones where because of major roads and a high volume of traf-

fic, students could be at risk. We also have carefully examined our building needs with the help of a community/school committee. The committee will be making recommendations for further consolidation in order to reduce operating costs. Public meetings to discuss our plan will be held at various times throughout March and April. Please see the district website for dates and times.

In the area of business operations we have done everything we can to examine our practices and procedures and to look for ways to do more with less. We have opened up our procedures to the community so that our operations are honest and above board. We have a Business Advisory Committee now which includes community members. This group is dedicated to changing the perception people may have of the Business Department's practices. They are dedicated to making purchases that come through a free market and do not involve personalities or previous relationships. The committee has reinforced the idea of group purchasing cooperatives such as those organized by the Ohio Schools Council and the Department of Administrative Services. By going through these government agencies, the district can make cost-effective purchases.

We also have seen our Board of Education adopt policies that provide for more accountability beyond statutory requirements. They are setting standards that exceed what is required. By taking these steps, we hope to change the public's perception of our business practices, because they are very public and transparent.

These three promises: Achieving Academic Excellence, Improving Communications, and Maintaining Fiscal Responsibility form our A.I.M. for the future. It has been said that you should, "Promise only what you can deliver. Then deliver more than you promise." Our hope for the future is to do just that. Our communities deserve no less.

## Parma Republican Club

by Myrtis Litman

The Parma Republican Club meets at 7:00 p.m. on the second Thursday of every month at Parma Memorial Hall. The programs are speakers who keep us informed on current events. On March 10th, the speaker will be Nan Baker, Ohio State Representative from the 16th District, which consists of Cuyahoga County's western suburbs. She is on the Economics, Small Busi-

ness and Education Committees. In February, the speaker was Sean Nicklos, who replaced Kevin Kelly on the Parma School Board.

To get to Parma Memorial Hall at 6617 Ridge Road, turn into the driveway on West Ridgewood Drive, just east of Ridge Road. Drive a short way up the hill, turn right into the parking lot, and enter the side door. All are welcome. Be an active citizen, and make a difference.

## The Patriot Corner

by Wayne Mahowald

"I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them." Thomas Jefferson made this statement many years ago and his words certainly ring true today. Everywhere we turn we see examples of government intruding in our daily lives and spending money at a rate that we simply cannot sustain. Currently, the Federal Debt is in excess of \$14 Trillion and growing, the State of Ohio is projecting a budget shortfall of at least \$8 Billion and this is only the beginning. Our local governments will soon face similar issues if they are not already.

Many people have opinions about what must be done. Some people feel that we do not spend enough, some believe that all spending must stop and some are willing to cut spending as long as it doesn't affect their lives. We must all ask ourselves not only where we stand on this question and many other issues. We must also find a way to make our voices heard to those that are supposed to represent us. Calling, faxing, emailing and personal visits to the offices of our elected officials all too often seem to be ignored, so what do we do? My suggestion is to learn as much as you can about the issues you are concerned with and get involved with other people that are trying to achieve the same goals. There is

strength in numbers.

One local group that I am involved with is the Parma Patriots. We are not concerned with whether or not someone is a Republican, Democrat, Independent or any other party. What we are concerned with is the beliefs and values of the person. We have members of all parties, all ages and all walks of life. The one thing that we all have in common is that we are all concerned about the direction of the city, county, state and country. We have joined together to help educate ourselves, our fellow members and our fellow citizens on many diverse topics and issues. Some of these areas include the untaught and ignored history of America, how we can prepare ourselves for an uncertain future and individual rights and responsibilities as citizens in the representative republic that is the United States. My plan is to be a regular contributor to this newspaper and I will share information and opinions with you over the coming months. I would also like to take this opportunity to invite you to one of our upcoming events. We have regular meetings on the 2nd and 4th Sundays of every month. These meetings are currently being held at Denny's at Parmatown 8111 Day Drive from 6 – 8 PM. We also have many special programs and events occurring every month. Please visit our website at [www.meetup.com/parma-patriots](http://www.meetup.com/parma-patriots) for more details.

Parma Observer

# Revisiting Chernobyl

by Nadia Deychakiwsky

This year marks 25 years since the most serious accident in the world ever to occur in the Nuclear Power industry. The explosion on April 26, 1986 at the Chornobyl (Ukrainian spelling of Chernobyl) Nuclear Power Plant in Ukraine (at that time part of the Soviet Union where everything was dictated directly from Moscow), left around 25,000 people dead, the fallout damage being roughly the equivalent of 400 Hiroshima bombs (The Guardian, April 26, 2006). The Ukrainian Health Ministry now estimates that 2.4 million Ukrainians suffer various health problems from exposure to radiation,

mainly thousands of thyroid cancers among the youth. 10% of Ukraine's land was irradiated and 164,000 families were relocated following the accident. However, a number of elderly folks returned to their precious, abandoned villages located in the "dead zone" - the 30 km. radius surrounding Chernobyl Nuclear Power Plant. On Saturday, March 19th 2011, writer and filmmaker Irene Zabytko will present her award winning ten minute film Epiphany at Chornobyl, an offshoot of the larger documentary in progress Life in the Dead Zone - about the returning evacuees currently liv-

ing in the forbidden "dead zone". Both films are based on her highly acclaimed novel The Sky Unwashed. Irene will discuss the challenges of filming in the Chornobyl Exclusion Zone where she is returning this April to finish her full-length documentary Life in the Dead Zone. She will also read excerpts from her collection of essays (not yet published) titled In Chornobyl. The Sky Unwashed is I. Zabytko's haunting and beautiful novel about the women who returned soon after the explosion to their village in the Exclusion Zone. Based on a true story this novel captures their strength, faith and

spirit. The Sky Unwashed is a Barnes & Noble "Discover Great New Writers" book; a "Book Sense '76 picks" and a New England Booksellers Association Discovery selection. This event will take place Saturday, March 19th, 2011 at 6:00 PM at the Holy Trinity Ukrainian Orthodox Church Hall, 9672 State Rd, North Royalton, OH 44133. Open to the public, goodwill donations welcome. There will be question/answer period, refreshments will be served. The event is sponsored by the Ukrainian National Women's League of America, Inc. Chapter 12 in Parma.

## Parma Animal Warden Has Passion For People And Pets

continued from page 1

to help them any way I can," said Kristin. "I have two dogs at home and I feel comfortable being around the dogs and cats. I'm taking home an application with me right now. I'm hoping they call me back and put me on the schedule." When it comes to schedules, Julie doesn't have one, at least not a typical nine to five routine. Yet, she says that's the beauty of her job - no two days are ever alike - a fact of life both she and her husband accepted a long time ago. "I'm on call 7 days a week, 24-7, and that's the way I like it," said Julie. "I never look at the clock because I'm dealing with living creatures here at the shelter that are many times in need of care when it's time for me to go home. I may be called out at 4 in the afternoon to help wildlife in danger. I do what needs to be done until the job is done. I have never been one to punch a clock because my day is not over until a given crisis or concern has been resolved. That's just the way I am. Luckily, my husband is very understanding when it comes to late dinners and plans that might have to be put on hold." Holding animals of all species is second nature for Julie. The same practice can be more of a challenge for residents who come to the shelter to adopt a dog or cat. Michael Brown is back from the Army following a tour

of duty in Iraq and had a heck of a time holding onto Coal Car, an energetic black cat that was a little too friendly, quickly crawling on his shoulder. The human and the cat both seemed to enjoy the attention. "I've already got a dog at home and I'm looking to keep him company when I'm not in the house," said Michael. "I came here because I live in Parma and I don't see the point of talking to a breeder when you have the shelter right in the neighborhood. This is a really great place, and they have pets that anyone would like to have." Julie says she has always had a strong bond with animals, a trait she claims to have inherited from her mother. She says her childhood home in Old Brooklyn would often become a temporary home for a stray dog or cat



Kristen Ballasch checks out a beagle mix available for adoption at the Parma Animal Shelter on State Road.

until a permanent residence was found for the homeless pet. Julie says the time spent with her pets allowed her to playfully fulfill her dream to become a veterinarian. "We had a Border Collie by the name of Tramp," said Julie. "I would pretend I was a vet by gently wrapping Tramp's paw with a small bandage and then giving him medicine so he would feel better. He was great at taking his medicine - Necco candy wafers." Julie pauses and smiles. "Being a vet would have paid more money, but I've learned that money isn't everything. Being happy at what you're doing is priceless." The shelter keeps its prices low for dozens of donated products on sale in its cozy gift shop. The building houses separate boarding areas for cats and dogs plus a large, outdoor enclosure for exercise. There is a vet office put to use when the doctor visits, a reception room for meeting and getting to know the pet of our choice plus Julie's small office run by Cassie, a 13 year old cat that Julie says has yet to master answer the phone or running errands. As for running the operation, Julie says it's a matter of taking it one step and one

task at a time and being as friendly as possible to both people and pets. "I was told a long time ago, you can't be good at caring for animals if you can't work well with people," said Julie. "I'm all about education and telling our residents what they can do to become better owners. I don't like giving tickets for people that break the law. But I take this job seriously when it comes to animal cruelty or having to inject a little common sense to solve a neighborly problem." Julie is authorized to write a ticket when a pet owner violates a city ordinance dealing with pets, whether it's animal cruelty, disturbing the peace or endangering people or pets in the neighborhood. She says the truly amazing part of her job is that she has never been the victim of a dog or cat bite in all the years she has been handling animals. "I guess I've just been very lucky," said Julie. "I've handled angry animals that wanted a piece of me, but I somehow avoided being bitten. That's pretty crazy now that I think of it - knock on wood." Julie then turned around, knocked on the top of her wooden desk and flashed that indelible smile. For her, it's just another enjoyable day doing what she does best at the Parma Animal Shelter. The average cost for adopting a dog or cat is \$85. She says the average cost for adopting a puppy is \$100 to cover additional veterinary services. The Parma Animal Shelter is located at 6260 State Road. The phone number is 440-885-8014. You can also find information on the shelter's website, [www.parmashelter.org](http://www.parmashelter.org) or [www.cityofparma-oh.gov](http://www.cityofparma-oh.gov). The Parma Animal Shelter is open seven days a week except Friday mornings.



Michael Brown meets Coal Car, a black cat available for adoption at the Parma Animal Shelter on State Road.



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# Parma Observer

## Joe The Coach; My View Of Sports

by Joseph Finding

I am really sorry that I haven't had an article in the last few editions of the Parma Observer, but I was taken seriously ill and had to be admitted to the Parma Hospital on DEC.2,2010, where I had to spend a couple of days in the Intensive Care Unit. From what I have been told, it

seems that it was "touch and go" for awhile. Thanks to the quick response by Parma Fire Department medics, I made it to the hospital, but I don't remember the ride. I had also taken a fall earlier that day which aggravated some of the old injuries in my back, and now I am being told by my therapists that I will probably have to walk with a quad cane for the rest of this beatup old body's life. I can tell from my therapy sessions that it will take some time. Enough about me though; I chose Football and Wrestling in college, and yes moms' out there, I would do it all again!

Unfortunately, I missed the end of the football season and all of the Wrestling season, but I certainly wish to thank all of the students in the Parma Schools for working so very hard to be able to field teams, and all Band Members, Cheerleaders, etc. that put in their money and time: you students are great!. These are not the only sports teams that need to be thanked, but also Basketball, Volleyball, Cross-Country, and any others that I can't remember right now-thanks to each and every one of you!

The really very unfortunate situation concerning the School Sports programs, I believe, is that it looks like you and I will have to start all over again to fund these programs and to bring back the scholastic programs that were also cut. A new levy will be voted on in May, and whether it passes or not, the funds would not be able to be collected for months. Think of this; if the levy does not pass, the state may very well take control of our school system, which will not be a good situation. Our

founding fathers based our country on a strong local system, not state control, and I am fairly certain that one of the first things that the state will do is put another levy on the ballot. Well, where do we go from here? We had better be prepared to find the funding for all of the programs that were cut last year. Please do not tell me that all of the old people always vote it down. I am a retired teacher on a fixed income and I have always voted for the levies, and please, do not bring up the 400 million dollars that the Federal Government is going to contribute. How much of that money will the Parma City Schools get? Maybe 1 million, and that may be enough for one year for the restoration of scholastic programs which were dropped, and very well that they should be restored. I hope that they will not be controlled by the Federal Government. Remember again, our founding fathers wanted strong

local control. We must get back our athletic and extra curricular activities- They are a valuable part of preparing our children for adult life, especially when it comes to instilling a good work ethic.

Again, enough about history lessons. I see that this weekend the sectional wrestling and swimming tournaments start. The wrestling teams will start off at North Royalton, and the top four in each weight class will advance then to Mentor for the sectional tournament. The first round starts on Friday, 5:00 PM. Hockey has already started at the Brooklyn Recreation Center Rink; I have not seen bowling and swimming listed yet. Boys and Girls Basketball should be starting soon too. Remember that all of these student athletes have supported themselves and their programs. Good luck to all of you! Please know that at least one old coach, teacher, and former athlete wishes you well,

I know that much of this article did not focus on talking about student athletes, but I felt that it was important to address retired citizens like you and me. I would love to hear from you.

Joe Finding 440-886-5136  
COACHJOE61@COX.NET

### Cut It Out

by Faye Stasiak

Spectator's Hair Design, in cooperation with the Ohio Attorney General's office, is sponsoring a training class on domestic abuse. The class is part of a national program, "Cut it out", to raise awareness concerning the rapidly growing problem of domestic abuse and provide recommendations to their clients. Eligible attendees will receive two Continuing Education Units (CEU's) from the Ohio State Board of Cosmetology.

The class will be held, on Monday, March 14th at 10 O'clock in the morning at Spectator's Hair Design, located in Parma Heights at 6277 Pearl Rd. The class is open to anyone who would like to get more information on the subject.

For more information or to reserve a seat, please contact Faye Stasiak at (440)-886-7159

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Seven Hills Observer

Become A Mediator

by Patti Bertschler

Most mediators are thrilled that our field has made it to the small screen with the new show “Fairly Legal.” While admitting that mediation is presented in a Hollywood-esque fashion, the overall theme of conflict resolution, win-win agreements and effective listening are true to life.

Are you someone who is considering a career enhancement or change? Do you have a knack for helping others solve problems? Are you the one they come to because you are a good listener? These qualities and others may open you to a new field: mediation.

How do I begin? Enroll in a Basic Mediation training class (generally 12-16 hours). Learn the vocabulary of the field, the steps of a mediation, when not to mediate, how to conduct a thorough intake and more.

Are there any pre-requirements? If you hold a 4-year bachelor’s degree and at least two years’ work in some human-service field, eg., nursing, teaching, nursing home administration, customer service, HR and others, you qualify for the course and certifi-

Thoughts On The State Of Things

by Michael Marsh

When I was growing up my father used to say that “success happens when opportunity meets preparation”. He would go on to say that the only part of this equation that one can control is the preparation, for you have little control over the opportunities that may or may not present themselves. The aim in life, according to my dad, was to be prepared when the opportunity came and thus position yourself for the greatest possibility of success. How does one prepare? For what should one prepare? The obvious answers to my father were to get as much education and information as you could, but that was not the most important way of preparing to him. He would constantly ask “what kind of person are you becoming?” To him the best way one could prepare for future success was to be a genuine person of integrity and character. Integrity and character are the basic foundation upon which education, information, and skills are to be built. Without this foundation the building of your life would be shaky and unstable at best and a complete disaster at worst. It is out of this fortress of character, or lack thereof, that we face every question and situation that life throws at us.

In recent years we have all seen examples of the failure of politicians and businessmen alike. Our newspaper headlines and news broadcasts are so full of the stories of corruption and sordid scandals that it begins to boggle the mind. All of this has served to crush the public trust and breed a culture of cynicism toward public and corporate institutions. How did we get here? I once heard it said that a man should not be thrust into a position that is greater than his moral capacity to handle or deal with it is. Simply put, we have seen examples of people in positions that are and were in way over their moral heads.

cate.

When do I receive the certificate? At the close of the course.

How will mediation training help me? Some mediators set up a private mediation practice. Others use their mediation training on the job. Still others specialize and get more elective niche areas such as elder, truancy, health care, real estate, foreclosure and other types of mediation. For divorce and family mediation, the State of Ohio requires a minimum 52 hours (including Basic training), to work in this arena. A mediation certificate will make you more marketable as you advance in your career.

What is training like? Interactive classes are the best which include lecture, group discussion, video, and several role plays for practice and feedback by the trainer.

Do I have to take a test? No. Unlike other disciplines such as law or counseling for example, mediation is still an unregulated field. Therefore, there are no state boards, oral exams or the like to receive a certificate.

How would I gain experience as

We have seen people of academic and educational achievement stumble and fall over moral weakness. We have seen people of great skill and ability sink to very low levels in corruption and scandal. We have seen lives forever damaged by the lack of integrity and character. Our society is writhing in the pain and cynicism of the damage caused by this abominable plague.

The good news is that it is all curable. This pain and damage is all self- inflicted. The question is “have you had enough yet?” Integrity and character do not come with expiration dates and they are immune to the whims and fads of time. They stand as the immutable and unchangeable bedrock of a life well lived. When we see these two qualities in our politicians and business leaders again, we will see a restoration of the public trust and a nation that can hold its head high once again. We will witness once again the real power of a free and peaceful people. As a chain is only as strong as its weakest link, our society is only as strong as an individual. That individual is you. What kind of person are you and what are you personally doing to bring about the cure to what ails our society? In the immortal words of The Irish statesman Edmond Burke;

“Perpetrators, collaborators, bystanders, victims: we can be clear about three of these categories. The bystander, however, is the fulcrum. If there are enough notable exceptions, then protest reaches a critical mass. We don’t usually think of history as being shaped by silence, but the only thing necessary for the triumph of evil is for good men to do nothing.”

And these are my thoughts on the state of things, respectfully submitted. Michael Marsh, Co-Founder of the Parma Patriots

a mediator? There are opportunities to volunteer at local agencies or with the local Association for Dispute Resolution. Some mediators pair with seasoned mediators to sit in on cases (with permission of the clients) and participate as they gain confidence. Many join on-line groups to learn from members and ask questions. Two such groups on LinkedIn are Mediation Mentors and The Conflict Coach-

The Lions Are Coming To Parma

by Marty Dennis

A new opportunity for the City of Parma is being planned and you can be a part of it. A Lions Club is currently being formed within the City of Parma and all residents, 18 years and older, are invited to become a charter member. The North Royalton Lion members will be the sponsor for this new club and are willing to discuss this new venture for the City of Parma.

Lions Clubs International is the world’s largest service club organization with nearly 1.38 million members in 45,000 clubs within 208 countries and geographical areas around the world. Since 1917, Lions Clubs have aided the blind and visually impaired and have made a strong commitment to community service and serving youth throughout the world. For more

information about Lions Clubs International, visit their web site at [www.lionsclubs.org](http://www.lionsclubs.org).

Lions Clubs are ordinary folks who bring people together for the benefit of their community to make a difference in the lives of others. The new Parma Club will have the ability to connect with other clubs, allow community-minded people to freely exchange ideas on how to assist people in need, raise funds and launch new projects.

An organizational meeting is being planned in the near future. If you are a community-minded individual who wants to serve the community of Parma, meet humanitarian needs, encourage peace and promote international understanding through Lions Clubs, please contact Lion Marty Dennis at 330-655-2302, or [Duhstoy2@aol.com](mailto:Duhstoy2@aol.com).

Tri-C Automotive Program Receives Vehicle From General Motors



New Saturn Ion at Tri-C

by Nancy Smith Kilkenny

The Tri-C Automotive Service Educational Program (ASEP) has received a new addition to its training facility. General Motors (GM) donated a Saturn Ion for the student automotive training program.

“We are proud to support training programs which prepare the next generation of GM technicians,” states Brad Busboom, GM ASEP and AYES program manager.

Busboom recognizes that the company’s commitment to customers goes well beyond building a quality product. It includes quality service after the sale.

Tri-C and GM partner to teach students to diagnose, correct and repair electrical, fuel, emissions and mechanical problems found in today’s modern automobile through class-

room, laboratory and field experience. Graduates are prepared for entry level positions as technicians in fleet service, manufacturer’s dealerships, national oil company and transmission repair facilities or independent garages.

“Donated vehicles are vital to ASEP because they allow students to get the hands-on experience they need,” said Ted Schafer, assistant professor and ASEP coordinator at Tri-C. “Our program goes beyond the classroom and we couldn’t do it without the ongoing support of GM.”

The GM ASEP program at Tri-C is certified by the National Automotive Technicians Education Foundation (NATEF) in all eight ASE categories.

For more information, contact the program manager at 216-987-5224 or [edward.kopp@tri-c.edu](mailto:edward.kopp@tri-c.edu).

Parma Observer



March 2011 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 T'ai Chi 10:00 a.m. Scrabble Tournament 2:00 p.m.	2 Zumba Gold 9:00 a.m. Yoga Stretch for Members 10:00 a.m. HearUSA-Hearing Screenings 2:00 p.m.	3 Wii Bowling 10:00 a.m. BINGO Bash 2:00 p.m.	4 Fit and Balance 10:00 a.m. Popcorn and Movie "Charlie St Cloud" 1:30 p.m.
7 Yoga Stretch for Members 10:00 a.m. Wii Bowling 2:00 p.m.	8 T'ai Chi 10:00 a.m. Fat Tuesday/Mardi Gras Party 3:00 p.m.	9 Yoga Stretch for Members 10:00 a.m. Swing Dance 4:00 p.m.	10 HAO MEMBERS Only Use the Brain for Change 9:00 a.m. Dementia vs. Normal Aging 10:00 a.m. Control Blood Pressure 11:00 a.m. Bingo Bash 2:00 p.m.	11 Fit and Balance 10:00 a.m. Popcorn and Movie "Nanny Mc Phee Returns" 1:30 p.m.
14 Yoga Stretch for Members 10:00 a.m. Crafting 11:30 a.m. Wii Bowling 2:00 p.m.	15 T'ai Chi 10:00 a.m. Memoirs Class 2:00 p.m. Book Club "To Kill A Mockingbird" 3:00 p.m.	16 Zumba Gold 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Special Popcorn and Movie Day "Finian's Rainbow" 1:30 p.m.	17 HAO MEMBERS Only Power to Change 9:00 a.m. Alzheimer's --The Facts 10:00 a.m. Control Your Cholesterol 11:00 a.m. St. Pat's Day/Birthday Party 3:00 p.m.	18 Fit and Balance 10:00 a.m. Popcorn and Movie "Eat, Pray, Love" 1:30 p.m.
21 Yoga Stretch for Members 10:00 a.m. Scrapbooking 11:00 a.m. Digital Photography 1:00 p.m.	22 T'ai Chi 10:00 a.m. Scrabble Tournament 2:00 p.m.	23 Yoga Stretch for Members 10:00 a.m. Swing Dance 4:00 p.m.	24 HAO MEMBERS Only Maintaining Change 9:00 a.m. Parkinson's--Managing 10:00 a.m. Control Your Blood Sugar 11:00 a.m. Bingo Bash 2 p.m.	25 Fit and Balance 10:00 a.m. Popcorn and Movie "Grown Ups" 1:30 p.m.
28 Yoga Stretch for Members 10:00 a.m. Crafting 11:30 a.m.	29 T'ai Chi 10:00 a.m. Memoirs Class 2:00 p.m.	30 Zumba Gold 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Scrapbooking 12:00 p.m.	31 Wii Bowling 10:00 a.m. BINGO Bash 2:00 p.m.	

The Humana Guidance Center  
1915 Snow Road  
Parma, Ohio 44134

We hope to see you soon!  
216-778-6810  
8:00 AM to 4:30 PM

Special Events  
Join us for a Mardi Gras Party  
Tuesday, March 8 at 3:00 p.m.  
  
St. Patrick's Day / Birthday Party  
Thursday, March 17 at 3:00 p.m.

