

“Liberty cannot be preserved without a general knowledge among the people”- John Adams

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# PARMA Observer

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Volume 3 • Issue 7 • July, 2011

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## Parma Renames Ridgewood Lake Park

by Jack Marschall

The City of Parma officially renamed Ridgewood Lake Park as Anthony C. Zielinski Park during a dedication ceremony Saturday, June 25. The event was attended by city officials, members of the Zielinski family and Parma residents. “This is a fitting tribute to remember one of the most popular elected officials in Parma,” said Parma Mayor Dean DePiero. “Anthony did a lot of work to improve the park, not to mention the positive impact he had as a Parma City Councilman and Treasurer. Zielinski Park will help to preserve his name, his memory and his legacy.”

Anthony Zielinski passed away March 25th after battling cancer for more than a year. The Parma Democratic Central Committee chose Tom Mastroianni, Clerk of Parma City Council, to succeed Zielinski as Treasurer. Parma City Council elected Ward 7 Councilman Ken Ramser at its

June 20th meeting to succeed Mastroianni as Clerk of City Council.

It was through the efforts of then-Parma City Councilman Anthony Zielinski that thousands of dollars was raised to buy new playground equipment at Ridgewood Lake Park. The improvement program was a partnership between the City of Parma, Walmart and Parmatown Mall. The resolution to change the park’s name was sponsored by Parma City Councilman Scott Tuma who succeeded Zielinski as Ward 8 Councilman and Finance Committee Chairman. “Ridgewood Lake Park always had a special place in Anthony’s heart,” said Councilman Tuma. “He knew more than anyone that by improving the park he was making Parma a better place for families and residents. It just seems appropriate to attach Anthony’s name to the park so we never forget the great contributions he made to our city.”



aking part in the dedication ceremony was Parma City Councilman Scott Tuma, Anthony’s father, Carl Zielinski, Anthony’s son, Anthony, and Anthony’s mother, Rose.

In addition to the park’s name change, the Parma School Board recently named the district’s Leadership for Tomorrow program in Anthony Zielinski’s honor. The

program was created in 2007 by Zielinski, State Representative Timothy DeGeeter and Treasurer Tom Mastroianni to educate elementary school students on the workings of

city and state government and encourage them to become more active and involved in their community.

## Over 500 Celebrate With Parma Hospital At Golden Gala

by C.J. Sheppard

Parma Community General Hospital celebrated 50 years of commitment to the community with a golden gala on June 18 attended by 525 hospital and community leaders and friends, including six members of the original medical staff. Kent Geist, chairman of Parma Hospital’s Board of Directors, was the master

of ceremonies at the Embassy Suites in Independence for the spectacular black-tie gala, complete with a display of hospital memorabilia and an 18-piece orchestra. The revelers gathered to recognize the growth of what began as a 200-bed, six-story hospital in August 1961 and is now the only independent community hospital operating in greater Cleveland without tax-

payer support.

Geist spoke of the fundamental decisions made by a group of local leaders who first met on the Ides of March in 1956 to discuss formation of a campaign to raise support for a community hospital. During the evening, he recognized founding father Paul Cassidy, former Parma Heights mayor, as well as longtime administrator John Nelson. Three trustees emeriti also were honored: Michael J. McGinty, Charles F. Harle and the late Joseph W. Coleman. In accepting the award, McGinty noted that Parma Hospital has made a concerted effort to remain an independent, community-oriented provider of high-quality, cost-effective health care.

The evening also featured the unveiling of an original piece of artwork by Cleveland-area artist Hector Vega, who celebrates the unity of communities through bold colors and sharp geometric patterns. The painting, which contains



More than 500 people attended Parma Community General Hospital’s gala event to celebrate its 50th anniversary. Pictured from left are Parma Hospital President & CEO Terrence G. Deis and his wife, Rosa; Board of Directors Chairman Kent A. Geist and his wife, Barb; and State Rep. Timothy J. DeGeeter.

landmarks from all six of the founding communities, will permanently be on display in the hospital lobby. Ronald Flauto, DO, the medical staff president-elect who is beginning his tenth year of practice at Parma Hospital, said he is proud to belong to a hospital with independent practitioners who choose to serve the community in such a friendly, patient-focused hospital. He reflected the pride of

the medical staff, just as CEO Terrence G. Deis – finishing his first year as chief administrator – humbly did.

“I wouldn’t be standing here representing the only independent hospital in Cuyahoga County if it weren’t for the Hospital administrators, presidents and Board members who led and governed

continued on page 4



The event featured recognition of donors to the Parma Hospital Health Care Foundation, including Brian C. Wagner, far left, and his wife, Lisa, second from right. They are pictured here with Parma Hospital Board member Joseph Tal and his wife, Mary Beth Talerico, who served as co-chair of the event.

## Parma Business

# The President's Corner

by Sean Brennan,

Parma City Council President

As President of Parma City Council, one of my priorities has been to inform the community about the makeup, procedures and initiatives of Parma City Council. This article represents the latest in a series in which I will provide you, the reader, with a monthly glimpse into your local legislature. This month, I want to address the oft-misunderstood city council committee process.

City councils, like any legislative body – the Ohio General Assembly, U.S. Congress, British Parliament, etc. – deal with a multitude of issues. Obviously, a legislator cannot be an expert on all of the issues that arise. Therefore, committees are formed to focus on specified areas of the law. In this way, certain members of the legislature can become better versed in the area upon which his or her committee focuses. Further, committees allow the abundant amount of work of a legislative body to be split up and made more manageable.

In my role as a high school government teacher, I ask my students to attend council meetings in their respective cities. They often come back and express how fast-paced and hard to follow the meetings are. They also are



Parma City Council President Sean P. Brennan

perplexed as to why most ordinances and resolutions pass or fail unanimously. My response to this is that most of the work of a legislative body, like a city council, goes on in committee. It is in committees where most bills (proposed legislation) are thoroughly discussed, debated, and often amended. Members of the public are also given the opportunity to share their perspective on bills and even offer suggestions to improve the bills. It is through this deliberative process that compromise is achieved on most pieces of legislation. Therefore, in most cases, by the time the council meeting takes

place, members already know how they are going to vote on the piece of legislation.

The following is a list of Parma City Council committees and the chairperson/vice-chair of each of those committees: Finance (Scott Tuma/Nick Celebrezze), Safety (Mary Galinas/Roy Jech), Governmental Operations (Roy Jech/Larry Napoli), Service (Tom Regas/Ken Ramser), Planning (Nick Celebrezze/Scott Tuma), Environmental Standards (Larry Napoli/Brian Day), Appointment Scanning (Ken Ramser/Nick Celebrezze) and Public Housing (Mary Galinas/Brian Day). Each member of Council serves on at least five committees. For instance, Debbie Lime serves on the Finance, Public Service, Governmental Operations, Environmental Standards, and Public Housing Committees. All members serve on the Finance and Public Housing Committees.

Like City Council meetings, committee 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.

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 as 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 for information at 440-885-8091.

## Rep. DeGeeter Announces CLG Grant To West Creek Preservation Committee

by Alana Valle

State Representative Timothy J. DeGeeter (D-Parma) announced that the Ohio Historic Preservation Office awarded the West Creek Preservation Committee a Certified Local Government (CLG) grant in the amount of \$19,500. The grant will go towards an additional phase of restoration on the historic Henninger House. Specifically, the grant money will be used to complete the exterior masonry repair on the house and each of the chimneys. Additional funds will be sought to replace more vital structural and framing components of the property.

This is the fifth CLG grant that the Ohio Historic Preservation Office

has awarded the West Creek Preservation Committee since 2003, totaling nearly \$65,000. "There has been a great partnership between the West Creek Preservation Committee and City of Parma over the years, as well as a strong commitment from the Ohio Historical Society to see this historic landmark preserved. This grant will help move the process forward," said Rep. DeGeeter. "Our office is proud to have been involved in the restoration process over the years, working with all parties, including the Ohio Historic Preservation Office."

The City of Parma and the West Creek Preservation Committee will continue to co-manage efforts in order to fully restore the house and property,

and to make it a prominent and accessible fixture in the community. The Henninger House will also be an important trail-head facility on the West Creek Greenway trail system, which will connect the historic property to the Brooklyn Heights Village Park. While serving as Parma City Councilman for Ward 4 from 1998-2003, DeGeeter led a task force that worked with the West Creek Preservation Committee to save the Henninger House.

## Parma AM Kiwanis Promote Child Safety

by Joe Germana

The Parma Area Morning Kiwanis recently distributed nearly 300 "C.H.A.D." stickers at the Parma Safety Fair. C.H.A.D. (Children Have An iDentity) stickers are identification labels to put on car seats and booster seats. These would help police, rescue workers, and hospital staffs know important information about a child in an emergency, if there is no adult able to supply information. At the time of an accident, it is not unusual for a child to be sent to a different hospital than the adult(s), and having identification would make a tremendous difference. CHAD stickers should be put where rescuers can easily find them but where juice and other liquids cannot smear them. The stickers should not be in a position to be easily read

continued on page 4



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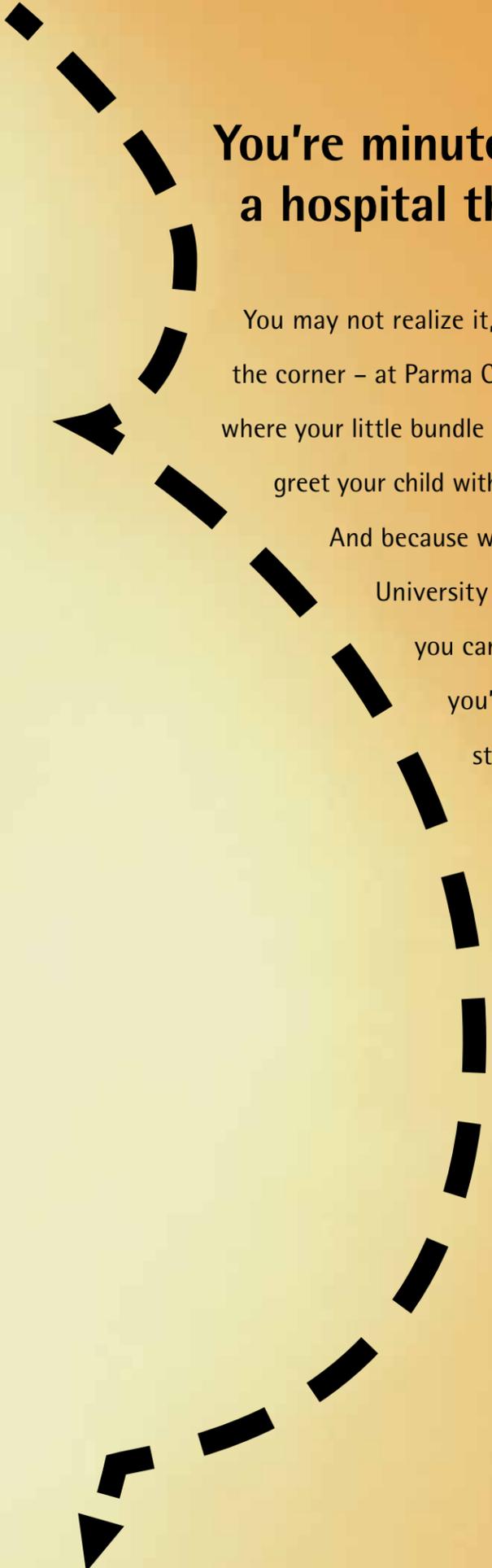


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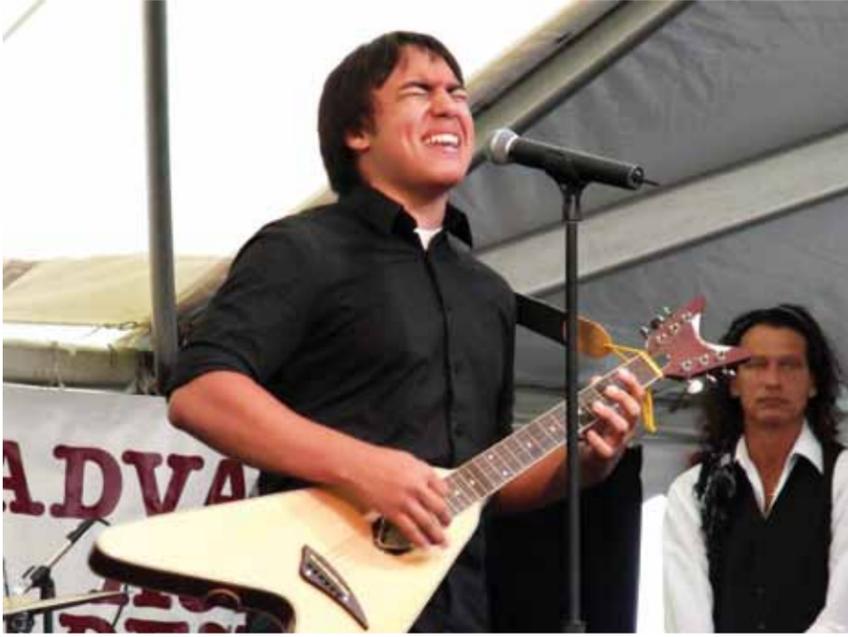
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## Rib 'n Rock 2011



Winner of Parmas Idol Contest Anthony Lagunzad plays while Master of Ceremonies Michael Zaremba looks on.



Big crowds, great ribs, great acts made this another special moment for Parma that I look forward to every year! Good work everyone!



## Over 500 Celebrate With Parma Hospital At Golden Gala

the hospital successfully for its first 49 years," said President & CEO Terrence G. Deis. "Collectively, we understand the responsibility we have undertaken, caring for the health of our community. Deis went on to note that the hospital's slogan – "treating you better begins

with knowing you better" – was not created by an advertising agency but rather discovered by one, through their interactions with Board members, physicians, patients and employees.

"We really do work harder than other hospitals to know our patients

better," Deis said. "Often, we treat our patients better because we already know them better. Our patients are often Joe from the EMS squad's dad, or the mother of Sally, one of our nurses or, I'm guessing, even some of you. "I don't have to tell you that healthcare delivery is at the forefront of national debate. National healthcare reform will

put more pressure on community hospitals over the next several years. But we believe there will still be a place for well-run community hospitals such as ours who partner judiciously to bring tertiary specialty care to our local community. And as we celebrate our first 50 years, I'm confident our Hospital will be here and successful for another 50."

## Parma AM Kiwanis Promote Child Safety

continued from page 2

by the casual passerby. Children must be in cars seats or boosters until they are 4' 9" or 80 lbs. These stickers will be distributed again on August 6th at the Parma Heights Centennial Celebration at the Greenbrier Commons. If you would like one mailed, please send a self addressed, stamped envelope to "Parma AM Kiwanis CHAD Stickers", 5835 Pearl Road, Parma, Ohio 44130 and President Joe Germana will send them out promptly.

This project is in support of the club's "Young Children Priority One" initiative for the safety of pre-school children. For school age children, the Parma AM Kiwanis sponsors the Kiwanis K-Kids at Pleasant Valley and Green Valley Elementary Schools, the Hillside Builders Club for students ages 12 to 14 and the Normandy High School Key Club. These clubs give an opportunity for children to learn leadership skills while providing service to their home, school and community.



Parma Area Morning Kiwanis President-Elect Bob Durante distributes "C.H.A.D." Stickers at the Parma Safety Fair

The Parma Area Morning Kiwanis is a local chapter of Kiwanis International, a global organization of volunteers dedicated to changing the world one child and one community at a time. The Parma AM group meets Wednesday mornings for breakfast at 7:15 a.m. 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 at 440-882-2012.

## Editor's Invite

by Patty Knox

**Citizen Journalism 101:** Your input makes the Parma Observer unique. Real people, real local news. ANYONE can submit a story from Parma, Seven Hills, or Parma Heights. It's your right to write. We want to hear from you!

EVERYONE has something to say. Are you a parent or a grandparent of a child in summer Little League? Write about the game, take a picture of the team or the winning point (or your kid) & send it in! Do you have a strong opinion and good reasons for/against an issue--for instance, about developing a city charter? Write them up! Send them in or, better yet, go on the Observation Deck at [parmaobserver.com](http://parmaobserver.com) and share them. Do you know good news or bad news about our community but never see it in the paper? Be an Observer, write it up, & get it to us. FREE computer usage

of an hour a day is available to all Parma residents at the jewel of all resources, our public library. We are fortunate to have five libraries in this area of Cuyahoga County. Go to the reference desk. Librarians will assist you. If you are truly old-school & computerless, send them to me, Patty Noonan Knox, Editor, 6501 Wilber Ave. Parma OH 44129. I will type them up for you, edit if necessary, & have your photos scanned in for publication if possible. You may consult the website under Policies or write for guidelines. We are looking for new voices, people we haven't yet heard from. You are out there. We know.

YOU matter. Your voice is important. This community would not be the same if you weren't here. We want to hear from you. As my cool Parma High School English teacher, Neil Chesney, used to say, "You can speak words and they're gone. Write them down, and they will live on." So. Write.

# Parma Schools



## Asset Corner #17

by Gene Lovasy

**SHOW KIDS YOU CARE: ASK THEM ABOUT THEMSELVES.**

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

**July's Asset Category: CONSTRUCTIVE USE OF TIME:**

All work and no play can be boring and stressful. The pace of everyday life varies depending on the activities young people participate in. These fluctuations are normal, even healthy. As long as young people don't consistently have too much to do or not enough to do, they're right on track. Problems arise when the balance begins to tip too far to one side or the other. Too much involvement can lead to stress or anxiety. Too little involvement can be a sign of depression or isolation. Ensure that young people constructively use their time for both fun and learning.

**Constructive Use of Time Assets include:**

**#17 Creative Activities** – Kids

spend 3 or more hours/week in lessons or practice in music, theater or other arts. (21%\*)

**#18 Youth Programs** – Kids spend 3 or more hours/week in sports, clubs or organizations at school and/or in the community. (57%\*)

**#19 Religious Community** – Kids spend one or more hours/week in activities in a religious institution. (58%\*)

**#20 Time at Home** – Kids are out w/friends "with nothing special to do" 2 or fewer nights per week. (51%\*)

(\* The percent of youth who experience or have this asset in their lives. Data based on an aggregate Search Institute sample of 148,189 students surveyed in 2003. The sample included students in 202 cities in 27 states.)

**This column's focus will be on..... Asset #17 Creative Activities**

**The arts for fun and learning**

Whether it's Mozart or the Rolling Stones, Picasso or graffiti, most people like some type of music or art.

## Tips For Parents: Party Ideas

by Bob Durante

Party Time is always here and time is running out to plan the perfect children's party. At Zap Entertainment we have been planning parties and special events since 1979. We have been serving the Parma community since when we first opened our doors here in 1988.

Every weekend of every month mom and dad are planning that "Special Party" for a loved one's birthday, communion, graduation etc. This article will focus on how to plan a successful children's birthday party. First and foremost, the number of children invited will be a key point. The rule of thumb is to have as many guests as twice your child's age. So, if you are having a party for a five-year-old, 10-12 children will be ideal. Inviting the whole class and having a party with 15-25 children will be overwhelming to a five-year-old child. This rule holds up through the teenage years.

Where to have it and what to expect? Many families will decide to hold the party at home. If you are having a party at home, plan on three

hours maximum length. You need time for the guest to arrive, play, have ice cream and cake, open gifts and take part in a group activity. This could be an art and craft project, game playing or hiring an entertainer to bring in a "Special Event" feeling to your party.

Other alternatives are a trip to Kid-die Park, Bowling (make sure the alley has bumper bowling) Jump Houses, Golf and more. At these parties, people will be spread out so expect a much shorter time for cake and presents. Remember, if you are having a party for anyone age 6 and younger, most of the parents will stay. Make sure you have room and something for them to do, too.

Hint of the month: Piñatas Time!: At many parties we attend, the kids all partake in the classic Piñata game. It is almost impossible to break a Piñata with a stick unless you poke tiny air holes throughout the body. This is all you have to do: just take a pin and poke holes all around it. Now when they hit it hard, it will start to break off in pieces. This age-old wisdom is usually written on the tag, but who reads those

Being creative—singing, playing the piano, drawing, or acting—can be fun, and helps young people improve basic and advanced thinking skills. Performing and creating works of art helps young people develop cognition (intellectual comprehension), cultural understanding, communication, and creativity. Learning that's fun and worthwhile—what could be better? Creative Activities is Asset 17 of Search Institute's 40 Developmental Assets, the qualities, experiences, and relationships that help young people grow up healthy, caring, and responsible.

**Here are the facts**

Research shows that young people who spend three hours or more a week in music, theater, or other arts are more likely to grow up healthy. Only 21 percent of young people, ages 11–18, do so, according to Search Institute surveys. It's important to help young people find creative outlets that are fun, teach them about themselves, and provide a way to relieve the stresses of everyday life.

**Tips for building this asset**

tags nowadays? They also sell Piñatas with ribbons attached where each child can take a turn pulling a ribbon off. One ribbon will open the bottom of the Piñata and let all the candy fall. These

Everyone is an artist in some way. Think of how you may create a new way to surprise someone on her or his birthday, hum along to the radio, dance when you're in a good mood. These small bursts of artistic expression are important ways people communicate individuality. By bringing more art and music into young people's lives, caring adults can help to develop another side of their personalities, talents, and skills.

**Also try this**

In your home and family: Play magnet art. Here's how: Visit an art museum as a family. Have each person walk toward the first painting that catches her or his eye (drawing you to it like a magnet). Let each family member explain what he or she likes about the painting he or she chose.

In your neighborhood and community: Encourage the creative energies of everyone in the community by supporting your local community theater.

In your school or youth program: Integrate music into your regular curriculum or program. Start the day with a bit of classical music, followed at lunch by rock and roll or jazz, and end the day with opera. Discuss everyone's preferences and invite students and participants to help select songs for the next day.

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.

ribbon Piñatas are safer and better for small-age children.

Until next month, we "Hope Your Party is a Great SUCCESS!!!"

## Parma Relay For Life

by Ruth Teper

With renewed purpose, Parma Councilman Sean Brennan leads one of the largest Relay for Life events in northeast Ohio. Sean has been a passionate American Cancer Society advocate for many years, but this year is special. Sean lost his mother to cancer just a few months ago. "Who knew that when I agreed to chair this event, that it would hit home so closely. It just goes to show why we need to pull together to beat cancer."

This year's Parma Area Relay for Life will be different, from the opening moments starting with a 5K Run and a 1 Mile Walk called "Run for the Pierogies" at 9:00 a.m. The daytime, one-day event is breaking new ground and setting new records as the teams strive to break a \$1 million dollar mark of what has been raised since it began nine years ago. Scheduled on Saturday, July 9th, the event will be held again this year at Cuyahoga Community College's Western Campus. There

will be a Kickoff Ceremony at 10:30 a.m. and Survivor Lap at 10:30 a.m. followed by lunch for each of the Cancer Survivors and one of their guests. There are more than 40 teams registered this year and the teams are having fun with the Disney-based theme, "Wish Upon a Cure."

There will be a Disney costume party for the children 12 and under at 6:30 p.m. and later in the evening, a Miss Relay competition for the older youth and adults.

One of the most meaningful parts of the evening is at dusk when we light more than one thousand luminarias around the circle. The crowd will go silent as each person's name is read and together we celebrate the lives lost to cancer as well as the brave survivors. The evening will end with a closing ceremony at midnight where we celebrate our combined efforts in the fight against cancer -- a disease that unfortunately touches so many lives.



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# Parma Observer

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

by Daniel Taddeo

The topic of this month's article is: Waste. Waste has become one of the most critical issues in our present-day culture. It's a matter of using or spending without real need or purpose and without restraint, good sense and consideration for others. Waste is much more than filling up our trash cans. It's the inconsiderate and unnecessary use of time, money, water, energy, unhealthy food, effort, talent or any other valuable resource. It's what is squandered after our needs are met. It's carelessness; it's thoughtlessness; it's irresponsible behavior.

We can't do wrong and have it turn out right; someone, somewhere, someplace will experience the negative consequences of our irresponsible actions. For example, utility experts say that we waste as much energy as we do because lights, appliances and water are often left on when not needed. These

are just a few ways of preventing waste. When all is said and done, minimizing waste comes down to dollars and "sense." Adults, and especially those who are parents, need to teach their children the value of money as early as possible. Children must limit their spending within the amount allotted them or even save some for something that may crop up in the future. If they mismanage their allowance, they must live with their mistakes -- the price of learning the value of money. Debt, spending money one does not have, should be avoided by all at all cost.

Waste by a single individual may appear as very insignificant, but when millions and millions of people are involved the additional expenses and the additional resources required can be overwhelming. At one time waste was actually viewed as sin; all stand to suffer as a result of it. Just as wasteful actions produce negative con-

sequences, the opposite is just as true: actions that prevent waste can generate positive results. Thus, all can reap the benefits. All need to learn to think about the welfare of others and not just their own. People must learn to distinguish between needs and wants. The Lord's prayer teaches, "Give us this day our daily bread (needs)," not our daily wants; there's a big difference between the two. A few principles to help reduce

waste include the following: use it up, make it do, wear it out, and do without.

It's never too early to exercise giving to charity and savings. As children grow older, encourage them to get a part-time job and open a savings account. As difficult as it may seem at times, the more parents persist, the more likely children will avoid waste and establish wise savings and spending habits that will last them a lifetime.

## This Was IT!

by Melanie Clink

There is a place that hasn't changed

Not I, nor you, no one has named

A place that I can flee to rest, no one has found my little nest

Deep in a wood, beneath a meadow, I came upon an enchanted fellow

He led me through into the dark, through flowers, color, and moss-covered bark

I followed silently and found another lifestyle underground

Although I thought I'd heard of all, this world was very small; yet tall

And, as I drifted further down, I came across another town

With creatures of all kinds together: they would not perish- no, not ever

To sense, to think, to meet with FATE

In their own way was to communicate

I found it rather peaceful that to think of love was love in that

So quiet was it because of this I felt I was and, this was IT

All minds joined in one great power; amazing it has not gone sour

Now can I really share this secret? Will humans try to hoard and keep it?

Confine it, crowd it, or make it better? To their own taste, fashion, or pleasure?

Can I trust one with this beauty?

No, I feel it is my duty- to keep it hidden for this time

revealing only what is fine, in time...in time

## Run For The Pierogies

by Ruth Teper

The American Cancer Society, Parma Area Relay for Life, 5K Race/Walk and 1 Mile Fun Walk. Saturday, July 9, 2011 (5K - 9a.m.; 1 Mile - 9:15a.m.) Tri-C Western Campus (11000 Pleasant Valley Road). All pre-registered runners are guaranteed a T-shirt and post-race pierogies, drinks and snacks!! Pre-Registration \$20; Day of Race Registration \$25; Ages 11 and Under \$10. On-Site Registration/Check-In: 7:30 a.m. - 8:45a.m. Mail entries must be received by Wed., July 6. Make checks payable to: Hermes Sports & Events, 1624 St. Clair Avenue, Cleveland, OH 44114. Register online at: [www.hermescleveland.com](http://www.hermescleveland.com). Race coordinator: Councilman Sean Brennan: 440-884-0489 or [councilmanbrennan@sbcglobal.net](mailto:councilmanbrennan@sbcglobal.net).

## Mary Galinas Holds Major Fundraiser For Re-Election

by John Allender

On June 17 Councilwoman Mary Galinas held a fundraiser at Das Schnitzel Haus on Pearl Road in Ward 1 in Parma in her bid to win re-election. Many enthusiastic supporters gathered on the impressive semi-enclosed patio of the restaurant, where they enjoyed delicious food and the pleasure of each other's company while offering Mary Galinas their best wishes for her re-election to City Council this November. Councilwoman Galinas stated "I am so glad and thankful to have Mayor DePiero, my City Council colleagues, and most importantly my constituents attend my annual Spring Social and fundraiser tonight." She then added, "Das Schnitzel Haus has such great food and everyone is so

enthusiastic in their support of my 6th. run at re-election."

Mary Galinas has been the City Council representative for Ward 1 since 2001 as an Independent, and she was a candidate for Mayor of Parma in 1999. When asked about her service to the residents of Ward 1, she said "I am honored to have so many Ward 1 residents support and offer to help me in my campaign re-election efforts", adding "People have expressed their appreciation of the good work I have done on their behalf and my independent voice." She expressed herself with a message to voters, stating "I really enjoy being a public servant and work very hard at my job as an elected official and I hope to continue to serve the residents of Ward 1."



Ward 1 Parma Councilwoman Mary Galinas stands with Parma Councilman Ken Ramser among her supporters at fundraiser held on June 17.

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# Parma Observer

## Parma Reaches Out To Those In Need: It's Christmas In July

by Jack Marshall

The summertime holiday spirit of giving has returned to Parma just in time for the city's annual Christmas in July food drive to benefit the Parma Hunger Center. The food collection campaign results in the donation of hundreds of pounds of non-perishable food items distributed to residents in Parma, Parma Heights, Brooklyn Heights and Seven Hills. "We are obligated as good neighbors to help those in need in our own community," said Parma Mayor Dean DePiero. "The surprising reality is that a growing number of suburbanites across Ohio, many considered to be economically stable, middle-class residents, are struggling to make ends meet as we continue to feel the dramatic effects of the Great Recession. Our Christmas in July campaign is the least we can do to reach out to those in need."

Food collection boxes donated by Republic Services will be placed at Parmatown Mall, Parma/Parma Heights County Library Buildings, Parma City Hall, the Parma Justice Center, the Donna Smallwood Activities Center, Parma Community General Hospital, Ridgewood YMCA on Ridge Road and the western campus of Cuyahoga Community College. A portion of food collected at Tri-C and the Parma

Heights Library will be donated to the Parma Heights Food Pantry.

The fourth annual food drive officially ends during the Parma Area Jaycees Fourth of July Parade where non-perishable food items are collected along the parade route on Ridge Road. The parade begins at Snow Road at 10 a.m. and heads south to West Ridgewood Drive. Residents are encouraged to bring non-perishable canned and boxed food items to the parade that can be handed to members of CERT, the Community Emergency Response Team.

Residents can also drop-off non-perishable boxed or canned food items at the Parma Hunger Center located at 5280 Broadview Road. It is operated by an all-volunteer staff at Parma Lutheran Church. The Parma Hunger Center has been serving the area for nearly forty years. Food is distributed on Tuesday afternoon and Friday morning. For more information on assistance criteria, call the Parma Hunger Center at 216-351-6376.

Volunteer organizers say The Parma Hunger Center's total distribution has been steadily increasing in 2011 as it does every year. So far, demand has risen by approximately 6% when compared to the same time period in 2010. The Hunger Center expects to serve

more than 3,700 families that represent nearly 14,000 individuals.

"It may sound corny, but our work never ends because hunger never takes a vacation," said Parma Hunger Center co-director Arch Stevenson. "Traditionally, our donations drop during the summer months so the Christmas in July drive by the City of Parma comes at a time when we need it the most."

Food distributed by the Parma

Hunger Center is obtained through local cash and food donations and the Cleveland Foodbank, serving more than 450 regional hunger centers, a six county coverage area. Last year, the Foodbank distributed more than 20 million pounds of food. Parma residents and other northeast Ohio donors helped to provide enough food to serve more than 15 million meals to individuals in our community.

## Fundraiser For City Treasurer A Success



Parma City Treasurer Thomas Mastroianni stands with supporters at fundraising event held at Antonio's Restaurant on June 22

by Daniel P. McCarthy

Parma City Treasurer Thomas Mastroianni, recently appointed after the untimely passing of his predecessor, held a fundraising event at Antonio's Restaurant at Parmatown on June 22. He was joined there by many supporters who are committed to seeing that he is re-elected to the position for a new term this November. Always a great choice of locations for any event, Antonio's furnished the high quality, extremely satisfying food that they have become famous for, and guests and supporters of Mr. Mastroianni filled the banquet

room to capacity as they greeted one another and offered their enthusiastic support. As of this time, it is not known if Mr. Mastroianni will face any challengers in the November election or not. When asked how he feels about the job so far, Mr. Mastroianni stated that since he worked very closely with former Treasurer Anthony Zielinski, he was fortunate to have been so familiar with the details and requirements of the position, and since so many people have been helpful and supportive, his transition from Council Clerk to Treasurer has been all that much easier.

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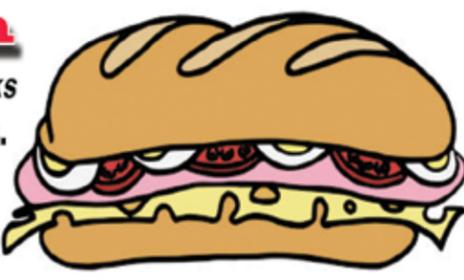



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# Parma Observer

## America's Last Line Of Air Defense Right In Your Own Backyard!

by Gary Rice

Imagine having powerful Nike-Ajax guided missiles just blocks from your home. Imagine having soldiers, support buildings and underground military storage tanks, just minutes from your door. That was indeed the case from 1957 until about 1968, right here in your community, at a Nike missile launch site. This site was located in the area currently occupied by the properties comprising part of the campus of Tri-C West, along with the present-day James W. Day (formerly, Nike) Park on Pleasant Valley Road.

It was one of a number of launch sites for air defense missiles in the Greater Cleveland area; all to be deployed if necessary in order to save Cleveland, Ohio and the rest of America from the effects of Soviet bombers.

Ironically, having these sites also made us prime targets for those very same Soviet bombers!

Gulp...

By the 1960's, huge inter-continental ballistic missiles had been developed, and could be launched against any target in the world, with very little time available for a response. These were targets that the Nike-Ajax missiles could not possibly shoot down, so these anti-aircraft weapons were taken out of service and the missile centers were decommissioned.

In the case of the Parma facility, the land became available for Tri-C's use, and also for a city park. As recently as year 2000, several underground storage tanks were finally removed from the park area.

A walk through the James W. Day (formerly Nike) Park will reveal old service roads, dirt mounds, and tree cuttings cleared for northern horizon launches of those missiles.

## The Patriot Corner

by Wayne Mahowald

As a resident of the city of Parma all you need to do is look around this once great city and wonder where the jobs have gone, where the businesses have gone, and where the people have gone. Vacant houses dot our neighborhoods, and empty storefronts greet you as you travel our main roads. When businesses, jobs, and people leave the city, the city's tax base leaves with them. This means that thousands of dollars in tax revenue no longer flows in to support and pay for the municipal functions of the city. This can affect a wide range of services from trash collection to emergency services.

There are a few ways to address the problems. The city can just raise taxes on everyone, or come up with a myriad of new fees on services to make up for lost revenue streams. The recent passing of the school levy by a narrow margin indicates the people feel they are paying all they can and just can't afford any more. The other solution is to drastically cut the city budget. I think everyone can agree that we are in a place where there

are no easy solutions.

In addition to facing grave financial challenges, the City of Parma is operating, as it has since its beginning, without a city charter. Right now the size and layout of the city government is dictated by the Ohio Revised Code. Parma is a "statutory city," which means that all decisions regarding the offices and function of our municipality are made in Columbus. Adopting a city charter would bring about "home rule," where decisions as to the size and function of the city government would be made by the people who live here. A charter would allow the city to control what they spend, and would put the citizens in control of their local government. The charter could include language that does not allow for a tax increase without the consent of the citizens.

Please support a charter for our city because it is what we need to face the difficult economic times ahead. Our county government recently underwent reformation and it is time for our city to do the same.

**THIS IS YOUR CITY!**

## Mary Galinas Deserves To Be Re-Elected In Ward 1

by Bob Durante

The Voters of Ward One have to make a choice in this up-coming election. They can choose to support a man who has never held any office but is tied very close to Parma's long running Political Machine, or they can choose to vote for the incumbent Mary Galinas who has served the residents of Ward One very well. Mary is there on the spot when a problem arises. In her many years on Council she has given

us the annual Safety Fair, background checks for coaches and employees working for the City, to name but two of her accomplishments. She also created the Military Wall of Honor at our City Hall to honor all our Parma residents serving in the Armed Forces. Mary runs as an Independent and she works well with either party. It is very evident that Mary needs to be re-elected to Ward One and she deserves your vote.

## Parma Republican Club Meeting

by Myrtis Litman

The Parma Republican Club meets at 7:00 p.m. on the second Thursday of every month at Parma Memorial Hall. Programs are speakers who keep us informed on current events. On July 14, 2011, the speaker will be Thomas Kelly, an investigative reporter who is a talk show host on WHK 1420 am radio. Kelly is also the Executive Director of Citizens Reform Association of Cuyahoga County (CRACC). Their website is [www.citizensreform.com](http://www.citizensreform.com), where you can read of over 400 individuals who have been tried and convicted of corruption, indicted or are consid-



ered persons of interest by the FBI.

To get to Parma Memorial Hall, 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.



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## Parma Hts.

# Parma Heights Is One Hundred Years Old

By Michael Byrne,  
Parma Hts. Mayor

Parma Heights is turning 100 years old and the city is throwing a party! The Centennial Celebration is scheduled for Saturday, August 6, 2011, and Sunday, August 7, 2011, in the Greenbrier Commons. This is the usual weekend for our Weekend In The Commons, so it was a natural choice for our 100th Birthday Party. In addition to a number of local vendors providing great food, information and services, the Parma Heights Historical Society and the city have lined up a lot of events and activities to celebrate this momentous event! Be sure to check out the Centennial Celebration link on our website [www.parmaheightsoh.gov](http://www.parmaheightsoh.gov) for up-to-the-minute additions and details.

## County Executive To Update Residents On County Reform

by Michael Byrne

Cuyahoga County Executive Edward Fitzgerald will give the residents of District 4 an update on county government reform on Wednesday, June 29, 2011. Fitzgerald will speak at the Cassidy Theatre, located at 6200 Pearl Road in the Greenbrier Commons in Parma Heights at 7:00 p.m.

"The Cassidy Theatre provides the perfect venue for community meet-

ings and Parma Heights is honored to host this event," said Mayor Michael P. Byrne. District 4 encompasses the cities of Brooklyn, Parma, Parma Heights, Seven Hills and the Village of Linndale. The meeting is open to the public and no reservations are required. For further information, contact the Cuyahoga County Executive's office at (216) 443-7178.

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will be available between the hours of 2 – 5:00 p.m. when the Historical Society has arranged for a clown, caricature artists, jugglers, magicians, trivia game shows and a slide show presentation. Music at the Gazebo will be underscoring the day Saturday with the Keller Brothers kicking off between noon and 1:00 p.m., Ronnie Fiorentino performing from 1:30 – 3:30 p.m., Lucky Shot taking the stage between 4:00 – 6:00 p.m. and The ReBeats taking us all back to the '60's between 6:30 and 8:30 p.m. The movie Yogi Bear, will be shown as a special finish to the evening.

Sunday's events get off to a running start with the Gazebo Gallop with registration starting at 8:30 a.m. A Kids Romp Run for children 12 and under will be held at the NEO Soccer facility starting at 10:30 a.m. followed by a Corn Hole Tournament. The pool will once again be open with a \$1 donation requested for the Firefighters 9/11 Memorial. Music continues throughout the day with a polka band playing

between 1 – 3:00 p.m., a Neil Diamond Tribute band taking the stage from 3:30 – 6:00 p.m., and the Stone Pony band performing from 6:30 – 9:00 p.m.

Vendors participating in the event include Yorktown Lanes, Mapleview Concessions, Paisano's Pizza, BLKHouse Photography, Clean and Shine Cleaning Services Inc., E. Miller's Psychic Readings, Fine Designs Imprinted Sportswear, GT Computers, Greenbrier Senior Living, Harbor Freight Tools, Liberty Tax Service, Love Those Dirty Dogs, McIntyre Center, Mercy Hill Chapel, Nationwide Health Care, Parma Heights Democratic Club, Parma Heights Food Pantry, Parma Heights Garden Club, Parma Heights Morning Kiwanis, Ridgewood YMCA Adventure Pioneers, Springs of Life Bible College, Sunshine Flowers and University Hospitals – Just Get It Across Seat Belt Campaign along with Q104 Radio Station. Howard's Jewelry Center will be on hand Saturday, and Shear Desire will be at the party on Sunday.

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## Joe The Coach - My View Of Sports

by Joseph Finding

The warm and wet days of summer are here and it's time to enjoy the outdoors. Congratulations to all the spring sports of the the Parma School System and the private schools of the area. All had a good run but unfortunately came up short of their goals. It's the personal play and enjoyment that are important. You are all "Keepers."

I am sure that you are all sorry that LeBron didn't make the goal of the ring, "Right, sure you are." The Dallas team was really into it. Dirk is much better than I gave him credit for. In fact, the whole team did the job. Once again, LeBron quit and choked but his colleagues didn't. I watched the whole series and the better team won. LeBron doesn't want to set picks and roll to the basket, and that was part of his downfall. He rather tries to live with the long jumpers and his team didn't need that. That's all right LeBron, there's always next year. Talking about next year, I

am intrigued about who the Cavs will take at 1 and 4 in the draft. I like Kyrie Irving, but I also like Derrick Williams. Both look like they can handle the player maker spot. I really do think they need to draft a 7-footer who is tough on the boards and can score. At this point, I don't know who. Help me out.

With the hot days when you can't get out, you may want to read the book I just finished, or tell your Dad to read it. Fortunately, I relate to many of those who the writer talks about, both personally, or I know their names because I remember them well. Dan Coughlin wrote the book. Again, it is good reading. Dan and I have been friends for many years. Get the book. It's easy reading and entertaining. The name is, "Crazy, With The Papers To Prove It." Now, let's start on our Cleveland ball team. What a great start, they surpassed anything I expected. Mannie has them playing great. I love the small ball bunt and run. I guess he should use more, he is forgetting these last couple

weeks. The pitching is pretty good but the bats are starting to get silent. I don't know how you get those bats singing again, unless the guys are trying too hard. Now's the time to get a grip on themselves. Maybe a couple pitchers, too, are trying to over-pitch and press too hard. I am staying behind them. They are young and they are going to get better. Go Tribe.

Now comes a real tough part for me to write about and that is Ohio State's problem following the NCAA rules. I don't know what the outcome will be but I have a feeling it's going to have a big impact on the football program. Pryor has already dropped out of school and filed for the supplemental pro draft. I suspect some or all of the other five players will also do the same. OSU is loaded with talent and I see them being good next year. But if the NCAA takes away scholarships, that will present a major problem. I can't believe these guys put their tatoos in front of their team and education. What a stupid

move. There are probably other sports at OSU that have committed infractions and they will need to be dealt with. I went to a Division 1 program and I saw infractions even then, and that was fifty years ago. We all must play by the rules and that is the way it is. Fifty years ago the rules were not that tightly enforced, but I can see now with all the money involved why they are so strongly enforced. I am really let down by Coach Tressel. I have known him since he was a kid. His father was a strong coach at B-W and I am sure that this whole matter would not sit well with him if he were alive today. Jim is a good man and a great coach, but he put himself on the spot when he didn't report the misconduct to his higher-ups. I hope that by resigning that he didn't seal away all his coaching. We shall see in the next couple of months.

I would sure like to hear from you and hear your thoughts. Email coach-joe61@cox.net



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## Parma Wildlife

### Caregiver's Kitchen:

# Appeasing The Incurable Sweet Tooth

by Patty Knox

As a former nurse aide, since Dad died I returned to the traditional work world through the familiar. For a month, I cared for an elderly gentleman out near Amish country while his family was strategizing how best to honor his wish to stay at home. Let's call him Will. Strong will. And an even stronger sweet tooth. Oh, did I mention he's a diabetic who needs insulin injections three times a day?

Due to a temporary medical problem, he had been in the nursing home his wife is in. He was miserably unhappy there, even though he enjoyed being with his wife. She needed to be there, he didn't. He lives to eat, one of the few joys he has left. He could not abide the doctor's prescribed diabetic diet. Will went on a hunger strike. This only complicated his health issues. Yes, some institutional food is bland and has been cooked to death. But doctor's orders are doctor's orders.

His family was frantic to get his weight back to normal. I was hired to prepare all his meals with the goal of reducing his dependence on insulin and playing to his taste buds. I fed him the meals I was present for and prepared "personal chef" meals for him to eat in my absence. I cooked

fresh carrots and glazed them with Splenda and maple extract; served him a BLT with applewood-cured bacon; made full-flavored meals from fresh fruits and vegetables, fish and meats, all according to an informative book called Foods That Combat Diabetes by Dr. Maggie Greenwood-Robinson. He raved about my cooking, especially when he thought it contained real sugar (instead of stevia, Nutrasweet, or other sweeteners I was experimenting with). But, when left to himself, he would seek out a box or package full of simple carbohydrates. His insulin needs only declined when I was able to monitor and influence what he chose to eat. Will's family placed no restrictions on his selections, yet I was there specifically to cajole him into more healthy choices. When I was there, he ate well.

Maybe it's the male psyche. One pastor I know confessed that even though his wife prepared carefully labeled single-portion refrigerated meals with easy microwave reheating instructions when she was visiting her parents, he made do with a box of cereal and a jug of milk the whole week. Why?

Sympathetic relatives enabled Will by supplying his sugar fix. I came in to find the cupboards and

refrigerator stocked full of contraband. For budget reasons, the family scheduled me twice a day, hoping to bridge all three insulin checks. The following day, in the unguarded moments, Will ate seven donuts of the dozen his daughter had bought for him. "But that's okay; they're only cake donuts," he told me. I mildly protested. "One, okay; two, maybe, at most. But Will!" He rolled up his sleeve and stuck out his arm before I even took his blood glucose level. "That's fine. Just give me the insulin." To Will's way of thinking, he takes the insulin to be able to eat whatever he wants. Four whole units! I lived in fear thereafter of finding him in a diabetic coma whenever I returned.

Now, I have a wicked sweet tooth. Since my mother was a diabetic, I should be more careful. But, like Will, I throw caution to the wind when it comes to my own health. My weaknesses instill in me compassion for others and the impetus to find a more acceptable answer. Since my sweet tooth is so gourmet, I figured if I liked it, he's sure to like it. My next line of defense was to make his favorite snack: oatmeal cookies. Sprinkled with white raisins and sweetened with Truvia, they were similar to his favorite packaged variety, only better. More crumbly, they still satisfied. Will gobbled up half a batch while I was gone, even though I hid them in the freezer and placed three decoys out on the table to slow him down. Clever guy. Can't outfox Will.

Will's family has now worked out complete coverage. Each of the children and adult grandchildren who are within an hour's drive take turns checking in on him. He's happy to be able to do what he wants when he wants, damn the torpedoes. I warned them that more supervision would be advisable, given his definition of "Willpower." He's so much like Dad in personality that I miss seeing him.

He eventually may find himself back in the nursing home because his family is unable to control his diabetes at home. He has earned the moniker: Indomitable Will.

Here is my second attempt at a satisfying oatmeal cookie using only one packet of plain oatmeal and no sugar or sugar substitute (to avoid the inevitable chemical aftertaste). Only sweetened by fruit: banana for potassium and cohesion, white raisins for regularity, and unsweetened applesauce for soft cookies.

#### "Just Enough" Oatmeal Cookies

Mix one packet of plain unsweetened oatmeal with 2 heaping tablespoons of flour, a pinch (1/8 teaspoon) of baking soda, a pinch of salt, and a pinch of pumpkin pie spice (nutmeg, allspice and cinnamon). Mash 1/2 of a ripe banana and stir in 1 teaspoon of unsweetened applesauce and a dash of vanilla flavoring. Stir into dry mix. Stir in 1/8 cup (coffee scoop) white raisins and 1/8 cup walnut pieces. Drop by teaspoon onto lightly sprayed cookie sheet and bake in preheated 350 degree oven for about 8 minutes, or until light brown. Remove immediately from sheet to plate. Makes 8 small cookies. Enjoy two cookies with meal. If anyone can create a better original dietetic oatmeal cookie recipe, please send it to me at [alzheimerannie@yahoo.com](mailto:alzheimerannie@yahoo.com) and I will try it. Winner will receive an autographed copy of my next book, Caregiver's Kitchen: Tips and Recipes, when it is published.

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- 3 Exchange healthy complex carbohydrates for simple carbohydrates.

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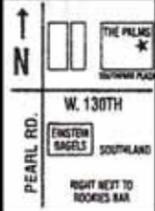


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# Parma Observer

## Made In America Keeps Jobs Here

by Daniel P. McCarthy

When I was growing up in Parma, my parents were raising 8 of us, all on a single wage household budget, with my dad employed as a newspaper pressman. He was a World War 2 Army Veteran who had been part of the occupation of Japan, and by the 60's when we were kids, while shopping for such necessities as shoes, he would look for the union label before he would buy them, never mind simply being made in the U.S.A, and I have vivid memories of leaving shoe stores rather than purchasing shoes not made by union workers. While this may seem to be an extreme view to many these days, I must admit that back when people focused on supporting other people's jobs to that extent here, we didn't seem



US Mart at 5690 Ridge Rd. 440-886-1109

to have to worry about "creating jobs" to save our economy all of the time; we made the products that we needed, and

we had the jobs to prove it!

I am inclined to agree with Dorothy Bowe, who wrote in the Observer earlier this year that we seem to have given the entire game, pieces and all, to other countries, for their benefit. What I do not agree with is the notion that there is little that we can do about it, and a new flash of hope has just arrived right here in Parma to remind us just how simple the solution really is. A brand new business has just opened its doors on May 29th by the name of US MART. Their location is 5690 Ridge Rd., which is not far north of the Polish Village area. Owner Brenda Forristell says that her cousin Joe Sessa had the inspiration for their store that sells all products made in America. When I visited there recently, I was just delighted to find so many items made right here



You may be surprised to find so many items made right here in the US, such as the cookware in the right of this photo, which is actually made right here in Cleveland!

## Stearns Homestead Is Open For The Season!

by Debbie Sillett

The Parma Area Historical Society, with the cooperation of the City of Parma, welcomes you to come and enjoy the opening of the Stearns Homestead Farmers' Market on Saturday, June 25th, from 9 a.m. - 1p.m. The market will be open every Saturday until the end of the season on October 1. Our local vendors will feature fresh seasonal produce, bakery, honey, Watkins products, pierogies, organic laundry detergents, beauty products, our own farm fresh eggs and more! We do have vendors who will honor the Senior Coupon program.

During your visit you can see our farm animals. Learn about our Youth programs and animal adoption programs. See what life was like in early Parma at our two museums. Explore the Country Store for treasures, candy and refreshments. Stearns Homestead is located at 6975 Ridge Road in Parma (across from Wendy's). The farm is open during the weekends from 12 Noon to 4 p.m.. We also have family fun events every month. Please see our website [www.stearnsomestead.com](http://www.stearnsomestead.com) for more information, or call Debbie at 440-882-6234.



Dean DePiero gives a big thumbs up of approval at what will be his last 5K run as Parma Mayor

## Pink Firetruck Crosses Blue Line For A Great Cause!

by John Allender

On Saturday June 11, The Blue Line Bar & Grill at 4305 Brookpark Rd. in Parma hosted an event for the purpose of raising funds for Team "Holy Ta Ta's" to participate in the Susan G. Komen 3 Day for the Cure. For those of you who don't know, Susan G. Komen suffered from breast cancer and was driven to see that her ordeal would produce something positive for others who were afflicted, and her sister Nancy Brinker began an organization that is now the global leader in the fight against breast cancer, having since 1982 invested nearly 2 billion dollars for breast cancer research and patient support programs. Women and men interested in making a personal difference in the fight against breast cancer participate in a 60 mile, 3 day walk. The event in Cleveland will be held from July 29-31.

When I visited the Blue Line, the fundraising event was in full swing, and people were enjoying themselves



Pink firetruck that was brought all the way from the Columbus area to help with the effort to raise funds to fight breast cancer.

everywhere you looked. Most noticeable was a pink firetruck parked out in front facing Brookpark Rd. The truck was driven up here from the Columbus area by a fireman who is totally committed to the cause. Also outside, there were tables for various raffles and other fundraising activities. Inside, there was great food, including fabulous pizza, and huge chicken wings with sauce that was just out of this world. There was a live band named Intrigue that played classic rock tunes in a way that inspired the great crowd that came to show their support for this fantastic organization and the people who are determined to make a difference. Owner Kevin Dunley couldn't have been more proud, and I was impressed by the commitment that everyone involved showed that night. By the time I left, it seemed like this event was going to last all night, and I knew that Team "Holy Ta Ta's" had made a lot of friends here in Parma.



Blue Line Bar & Grill owner Kevin Dunley checks with a loyal volunteer.

# Parma Observer

## JULY 2011 Calendar of Events

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Special Events</b> RSVP for the following events: July 6 HearUSA Hearing Screenings July 20 Luau Party / July Birthdays July 27 Reward Auction * VIP - HUMANA BUCKS ELIGIBLE ACTIVITY				1 * Zumba Gold 9:00 a.m. * Fit and Balance 10:00 a.m. * Speaker - Tom Strong "Receiving the best Doctor Care" 12 Noon
	4 Holiday Independence Day HUMANA Guidance Center Closed	5 * T'ai Chi - 10:00 a.m. * Self Defense 1:00 p.m. Scrabble 2:00 p.m. * Popcorn and Movie "American Experience-The Kennedys" - 2:30 p.m.	6 * Zumba Gold - 9:00 a.m. Yoga Stretch for Members 10:00 a.m. * HearUSA-Hearing Screenings 2:30 p.m. * Dance Class 3:30 p.m.	7 * Sweatin' to the Oldies 9:00 a.m. * Wii Bowling 10:00 a.m. BINGO Bash 2:00 p.m.	8 * Zumba Gold 9:00 a.m. * Fit and Balance 10:00 a.m. * Popcorn and Movie "Cop Out" 1:30 p.m.
	11 * Wii Bowling 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Jewelry Making 12:30 p.m. Blood Pressure & Blood Glucose 2:00 p.m.	12 * T'ai Chi 10:00 a.m. Digital Photography 11:00 a.m. Scrabble 2:00 p.m. * Popcorn and Movie "American Experience-RFK" 2:30 p.m.	13 * Zumba Gold - 9:00 a.m. Yoga Stretch for Members 10:00 a.m.	14 * Sweatin' to the Oldies 9:00 a.m. * Wii Bowling 10:00 a.m. BINGO Bash 2:00 p.m.	15 * Zumba Gold 9:00 a.m. * Fit and Balance 10:00 a.m. * Popcorn and Movie "The Girl with the Dragon Tattoo" 1:30 p.m.
	18 * Wii Bowling 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Crafty Women 11:30 a.m.	19 * T'ai Chi - 10:00 a.m. * Self Defense 1:00 p.m. Scrabble 2:00 p.m. * Popcorn and Movie "American Experience-Nixon" - 2:30 p.m.	20 * Zumba Gold - 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Luau Party / July Birthday's 2:00 p.m.	21 * Sweatin' to the Oldies 9:00 a.m. * Wii Bowling 10:00 a.m. Polka Lessons 11:00 a.m. BINGO Bash 2:00 p.m. Knit caps for the Rainbow Kids 3:30 p.m.	22 * Zumba Gold 9:00 a.m. * Fit and Balance 10:00 a.m. * Popcorn and Movie "The Producers" 1:30 p.m.
	25 * Wii Bowling 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Jewelry Making 12:30 p.m. Current Events-Jerry Graham "First Ladies..from Eleanor to Michelle" 2:00 p.m.	26 * T'ai Chi 10:00 a.m. Scrabble 2:00 p.m. * Popcorn and Movie "American Experience-George HW Bush" 2:30 p.m.	27 * Zumba Gold - 9:00 a.m. Yoga Stretch for Members 10:00 a.m. July VIP Reward Auction 2:00 p.m.	28 * Sweatin' to the Oldies 9:00 a.m. Emergency Preparedness Seminar Part 2 of 3 10:00 a.m. BINGO Bash 2:00 p.m.	29 * Zumba Gold 9:00 a.m. * Fit and Balance 10:00 a.m. * Popcorn and Movie "Confessions of a Shopaholic" 1:30 p.m.

**The Humana Guidance Center**  
 1915 Snow Road  
 Parma, Ohio 44134

We hope to see you soon!

**216-778-6810**

8:30 a.m. to 5:00 p.m.

