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# PARMA Observer

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## Hollywood Then Bollywood Now It Is Parmawood

*by Daniel P. McCarthy*

For the first time in Parma history, part of a major Hollywood film, albeit a small part, has been filmed within our city limits. This is extremely exciting, and it makes me wonder: just how was the decision made

to pick our location among the many choices from around the Greater Cleveland area? I also believe that this could be only the beginning of more and more such activity, and we should seriously consider taking the necessary steps in order

to make Parma not just film friendly, but simply the most film friendly place in these parts. A Parma film commission should be formed, possible filming locations should be identified for future reference, contacts within the film industry should be established and strengthened, etc. We should take this very seriously as a viable consideration in view of the new 21st century economy. After all, Parma is more famous than many people realize; I was in Columbus recently, and while speaking with an author who had in fact never been in Northern Ohio, I mentioned where I was from. "Parma!" he exclaimed, and began dancing to an imaginary polka. Of course, this is all due to Ghoulardi (Ernie Anderson) who, like it or not,



*Members of the media had to run up to the chain link fence just to get a quick photo of the busy set of The Avengers at the GM plant in Parma.*

## Centennial Celebration Honored Past While Celebrating Future

*by Mike Byrne,*

The City of Parma Heights won't officially turn one hundred years old until November of this year, but that didn't stop the community from taking advantage of the beautiful weather to throw an early birthday party August 6 and 7 in the Greenbrier Commons.

A successful event is the result of the hard work of an army of people, both visible and behind-the-scenes. With that in mind, a very special "thank you" goes out to everyone who planned, contributed, volunteered, worked, and participated in the City of Parma Heights Centennial Celebration.

Live bands, good food, local vendors, trivia contests and pool-side entertainment together with historical presentations and events made for an entertaining weekend based around the theme "Honoring Our Past, Celebrating Our Future."

On Saturday, numbered edition Parma Heights Cityscape posters, commissioned to raise funds for the Community Garden, were signed by myself and artist Jim Ptacek. The highlight of the



*A piece of steel beam from the World Trade Center which will become the centerpiece of a permanent monument near the Parma Hts. fire station*

evening was the showing of the big screen comedy Yogi Bear, originally scheduled for viewing under the stars but moved indoors to the soccer facility. "We were very pleased at the attendance at the Centennial Celebration and very thankful that the rain held off for the most part," commented Recreation Director Tom Moran.

On Sunday, approximately 100 runners made their way through the city's streets in the Gazebo Gallop followed by the Kids Romp Run. In the afternoon, we cut the official City Birthday Cake and volun-

teers from the Parma Heights Historical Society passed out generous portions. Donations were also accepted at several events for the Police and Firefighters 9/11 Memorial to be located by the flag pole in front of the police station in the Greenbrier Commons.

A firm date for the dedication of the Memorial has not yet been set. Our thanks go out to everyone who donated. Earlier this year, we were able to secure a piece of steel from the Twin Towers and these donations will help us create a beautiful memorial.



*Photo taken downtown on the set of the Avengers by Observer Photographer Kreshnik Musmurati*

put Parma on the map more than any other person, probably. Let's not forget where Mr. Anderson went to after he left the Cleveland area - Hollywood! So let's make the most of it and do all that we can to increase the link between the film industry in Hollywood and Parma, or shall we

say, Parmawood? Remember that next summer when viewing the Avengers film, and you know just where that one particular scene was shot, and familiarize yourself with terms like "Quiet on the set," "Action," "Cut," and "That's a wrap." We can do this!

## Parma Mayor Stresses Driver Safety As School Year Begins

*by Jack Marschall*

Parma Mayor Dean DePiero is reminding area motorists to be extra cautious and alert while driving in traffic now that local schools are back in session.

"There is no need for speed whenever you're behind the wheel of a car," said Mayor DePiero. "That is really important to remember now that school buses are back on the road as well as students crossing the street while walking to and from their schools."

According to the Ohio Department of Transportation, there is an average of 10 crashes involving school buses in the state of Ohio on a daily basis. Research shows there were a total of 1,865 crashes involving school buses last year. During the '09-'10 school year, bus-related crashes led to 760 injuries and three fatalities.

There are twenty school zones within the City of Parma

that are photo enforced for speed.

The city has two cameras that are randomly deployed at different locations during the course of a day to enforce the 20 mile an hour school zone speed limit.

Motorists should remember that some school zones are only active during opening and closing hours, but many zones are also active during lunch and recess hours when children are, or may be, on the premises.

Prior to the start of school, the city's traffic light technician does a systems check and inspection to make sure all the signage is up-to-date and properly working.

"I agree with our safety experts nationwide that drivers need to remember their ABC's - Always Be Cautious during the school year," said Mayor DePiero. "It's important for all of us to slow down, pay attention to street signs and always be aware of our surroundings."



Parma Business

# The President's Corner

by Sean Brennan,  
Parma City Council President

As 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 latest in a series in which I will provide you, the reader, with a monthly glimpse into your local legislature. Last month, I provided you with a brief biography of five of the ten current members of Parma City Council. This month I will describe the other five.

Ward Five is located in the south-central portion of the city. The current Councilman is Tom Regas. Councilman Regas joined Council in 2006. He and his wife, Jane, reside on Sassafra Drive and have three daughters. He is employed full time by the Cuyahoga County Department of Public Works. His career experience is why he was selected to serve as Chair of Council's Public Service Committee. He also serves on the Finance, Planning, Environmental Standards, Appointment Scanning and Public Housing Committees.

Councilman Larry Napoli has represented the residents of Ward Six since January 2004. He and his wife, Debbie, live on Hilltop Drive with their two sons. He is a professional chemist at PPG Industries. Because of his background, his colleagues selected him to chair the Environmental Stan-



Parma City Council President Sean P. Brennan

dards Committee of Council. He is also the Vice-Chair of the Governmental Operations Committee. His other committees include Finance, Public Housing, Public Safety and Appointment Scanning. Ward Six makes up the southeastern section of Parma.

As many readers know, City of Parma Treasurer Anthony Zielinski recently lost his battle with cancer. As a result, his position was filled by Clerk of City Council Tom Mastroianni (who was once Ward Seven's Councilman). Ken Ramser, who had been serving as Ward Seven's Councilman, subsequently replaced Mr. Mastroianni as Council Clerk. Therefore, Ward Seven's residents now have a new Councilman in Brian Brochette who was selected in July. Mr. Brochette and his wife,

Amber, reside on Sierra Oval. He represents the city's southwestern section. Councilman Brochette achieved his law degree from Cleveland Marshall School of Law and is licensed to practice in the State of Ohio. He serves as the Vice-Chair of the Public Service Committee, as well as on the following committees: Finance, Public Housing, Public Safety, and Environmental Standards.

Scott Tuma has represented Ward Eight since 2005. He and his wife, Joann, are the parents of two and reside on Lalemant Drive. Ward Eight is located basically in the center of Parma. Councilman Tuma is an attorney with the law firm of Robert L. Tuma and Associates. He is currently the Chairman of the Finance Committee, Vice-Chair of the Planning Committee and serves on the Environmental Standards, Appointment Scanning and Public Housing Committees.

Councilman Roy J. Jech is the current Dean of Parma City Council, having served the longest. In fact, he joined Council on January 1, 1994. He and his bride, Maureen, have three children and reside on Keystone Road. Mr. Jech also serves as the Pro-Tempore of City Council, meaning that he presides over meetings of Council in the absence of the President. His length of experience is one of the reasons why his colleagues selected him as the Chairman of the Governmental

Operations Committee. He also serves as the Vice-Chair of the Public Safety Committee and serves on the Finance, Public Service, Planning and Public Housing Committees. Ward Nine is located between Wards Four and Six in the east-central section of Parma.

To find out more about City Council and its membership please visit the City of Parma's website at [www.cityof-parma-oh.gov](http://www.cityof-parma-oh.gov) or simply call the Parma City Council office at 440-885-8091.

## Local Celebrities To Judge Parma Hospital's Spaghetti Cook-Off To Benefit The Alzheimer's Association

by CJ Sheppard  
A panel of celebrity judges will spice up Parma Hospital's 12th Annual Spaghetti Cook-Off, held on Thursday, September 15 from 11:30 a.m. to 1:30 p.m. at Parma Hospital's Health Education Center.

Parma Hospital's Health Education Center is home to the ElderCenter adult day care programs overseen by Laura Matthews, chair of Parma

Hospital's fundraising efforts for the Alzheimer's Association for the past 11 years. Last year, over 400 people sampled 11 sauces with accompanying plates of pasta in a festive room decorated with checkered tablecloths. Diners also enjoyed a bingo hall and the music of a Dean Martin sing-alike at a memorable event that raised \$2,747 toward Alzheimer's care, support and research.

**Judges for the 2011 event include:**  
Eddie Cerino, owner of Eddie's Pizzeria Cerino in Seven Hills;

Rick Haase, vice president of Marketing for the YMCA of Greater Cleveland;

Tom Mastroianni, treasurer, City of Parma; past president of Parma Rotary Club; and

Lori Stancato, president of Stancato's in Parma.

Eleven area assisted living facilities participated in last year's event. Awards went to the top chef, as determined by both diners and the celebrity judges. The panel of judges selected Arden Courts of Parma for First Place in 2010. Brookside Estates in Middleburg Heights and Crystal Waters Retirement Community in Strongsville took home top honors from the diners.

"This event has been instrumental in creating awareness and generating financial support for the Alzheimer's Association," says Laura Matthews. "The support that the Alzheimer's Association has and is providing to families in our community affected by the disease is priceless."



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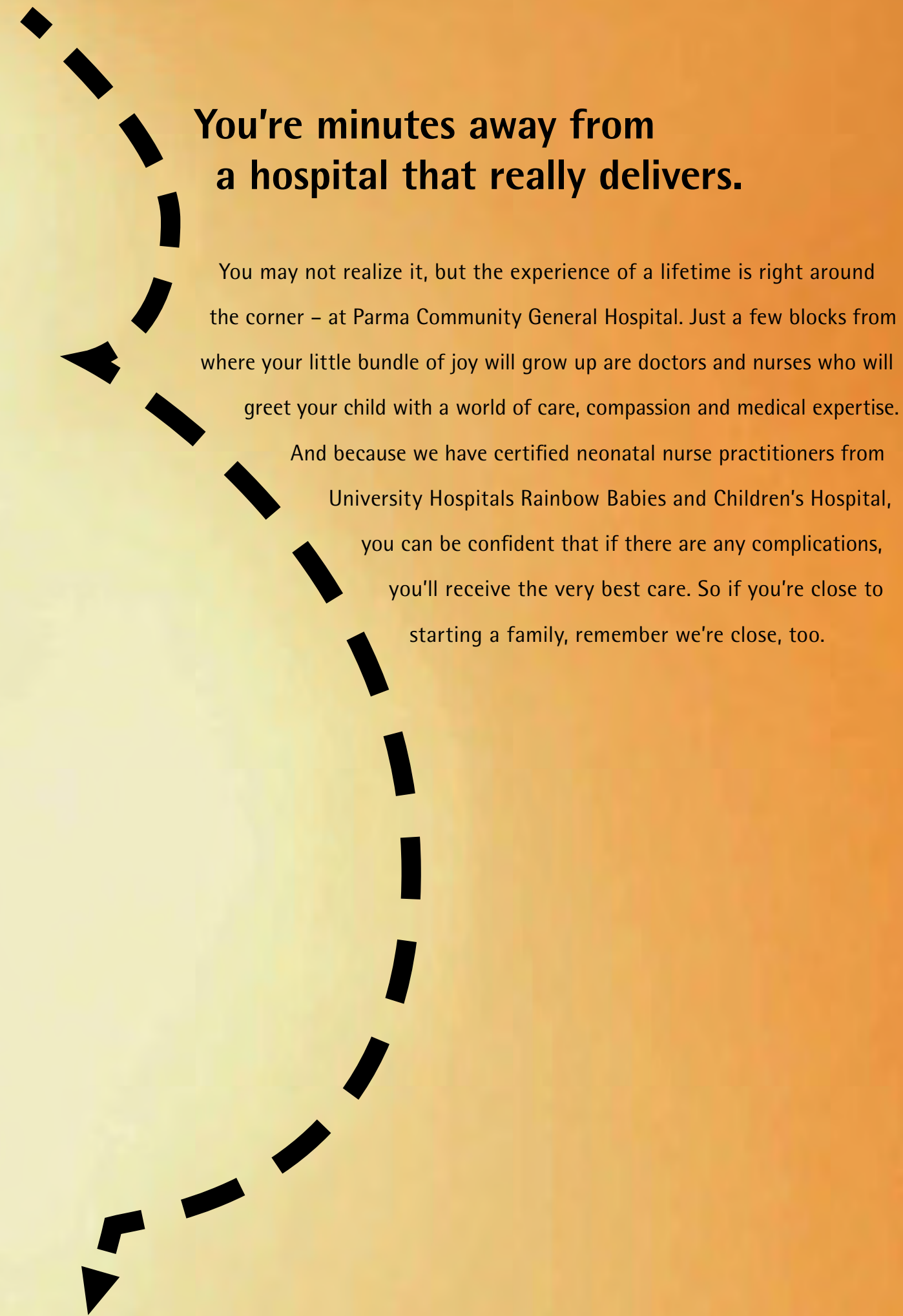
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# Parma Observer

## Run, Retreat For Your Health With Autumn Events

by CJ Sheppard

Whether you choose an invigorating run for your physical benefit or a fulfilling retreat to refresh your mind and heart, Parma Community General Hospital has something for you.

For runners and power walkers, Parma Hospital is hosting its first 5K on Saturday, September 24. The race features a unique course that begins at Medical Arts Center 4 on the Hospital campus and winds through Ridgewood Municipal Golf Course. Prizes will be given in each age division, and the bonuses include health screenings and refreshments.

Proceeds from the race will benefit Parma Hospital's Adult Day Care programs.

Register by online at [www.hermescleveland.com](http://www.hermescleveland.com) by Friday, September 23 at 9 a.m. The race costs \$20 for those pre-registered and \$25 on the day of the race, and all participants will receive a long-sleeve T-shirt.

The Third Annual HealthiHer Retreat on Saturday, October 15 features a world-renowned transformational expert and breakout sessions with experts in pain management, gynecology and healthy lifestyles.

Marci Shimoff, author of *Love for No Reason: 7 Steps to Creating a Life of Unconditional Love*, and the woman's face of the biggest self-help book phenomenon in history, *Chicken Soup for the Soul*, will be the keynote speaker at the Retreat, which takes place at the Strongsville Holiday Inn from 8 a.m. to 1:30 p.m. The event is \$35 for HealthiHer members and \$40 for non-members and includes a healthy, delicious breakfast and lunch.



Marci Shimoff

Participants can choose between three breakout sessions and peruse a wide variety of vendors.

Shimoff is an acclaimed authority on success and happiness and has been on more than 500 television and radio shows and interviewed for over 100 newspaper articles nationwide. Her writing has appeared in national women's magazines, including *Ladies Home Journal* and *Woman's World*. A celebrated transformational leader, Shimoff has inspired millions of people around the world, sharing her breakthrough methods for personal fulfillment and professional success. She has been a top-rated trainer for numerous Fortune 500 companies, including AT&T, General Motors, Sears, Kaiser Permanente and Bristol-Myers Squibb.

To register for the HealthiHer Retreat, call 440-743-4900 or go to [www.parmahospital.org/programsandclasses](http://www.parmahospital.org/programsandclasses).

## Thrown Away

by Melanie Clink

A discussion that I had recently with a maintenance man at a dignified college caused me to be alarmed. He told me that as he was walking past a dumpster on the college grounds, he heard chirping. Looking inside, he came upon two parakeets, both still in their cage. They had been thrown away! At that present time, college students were beginning to leave their dorms and head home for the summer. Many of the pets that kept them company while living away from home were either abandoned in their dorm rooms, left to survive on their own; let outside to roam on the streets (only to multiply and create even more strays) or, as these parakeets had been- simply thrown away.

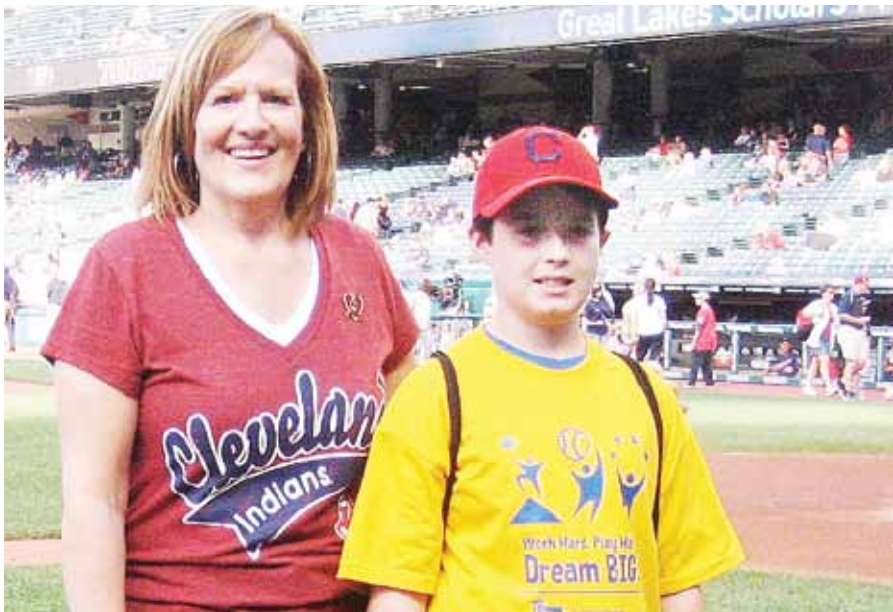
I have since discovered that this is very common behavior among students in college towns. This behavior has to stop. Where are these kids' heads at? What have they, or what haven't they been taught about life and how to respect it? Parents and teachers, have a conscience please! Teach and direct your children, while they are still children. Play a part in their total educational experience in life. These children of today will be the adults of your world tomorrow. Do you want to abandoned or thrown away when you have served your useful purpose? Think about it: time passes quickly.

## September Is National Preparedness Month

by Doug Turner

The Parma Fire Department would like to encourage everyone to participate in this year's National Preparedness Month (NPM). In its eighth year, the NPM is using the slogan: "A Time to Remember. A Time to Prepare."

A number of organizations including FEMA and the Red Cross got together to launch this campaign to help prepare all Americans, to have their families, businesses and communities, ready for emergencies of all kinds. Disasters can strike anytime, anywhere, and can be human or natural. It's important to be educated in the three steps "Get a Kit, Make a Plan, and Be Informed." You can get all the information to "Be Ready," on web sites like [www.redcross.org](http://www.redcross.org) or [www.ready.gov](http://www.ready.gov)



Award-winning teacher Jeanette Dumot and the student who wrote her nomination essay, Sean Demko

## Parma Teacher Wins National Award

by Kevin Brennan

Jeannette Dumot, a fifth grade teacher at Pleasant Valley Elementary School in Parma, has been selected by the Great Lakes Scholars Program as its 2011 Teacher of the Year. Nominated by Sean Demko, one of her students, Mrs. Dumot is the seventh recipient of the annual award and was the only teacher chosen from a 24-state region. A unanimous selection, Mrs. Dumot expressed gratitude for her selection.

"The highest honor an educator could ever receive is to be recognized and admired by a student," said Dumot. "My goals are to inspire and challenge my students to be creative and critical thinkers, to be productive members of society, and to reach for success. Knowing that I make a difference is

truly rewarding." Mrs. Dumot and several local students who were chosen as Great Lakes Scholars were recognized at the Cleveland Indians game at Progressive Field on August 12.

According to information found at [greatlakescholars.com](http://greatlakescholars.com), "Great Lakes Scholars honors students in grades 3-8 who excel in the classroom, in the community, as leaders in extra-curricular, church or other outside interests, as well as on the athletic fields and courts." Founded in 1998, the program has expanded beyond the Great Lakes region to include California, Florida, Illinois, Texas, six New England states and nine southern states. More than 100,000 students have been honored since the program's inception.

## Parma City Schools Adult Ed Department Offers Several Fall Workshops

by Kimberly Merryman Sherer, MBA

The Parma City Schools Adult Education Department will be offering several workshops this fall. Please call 440-885-8797 for more information on how to sign up or log on to [www.parmacityschools.org/able](http://www.parmacityschools.org/able).

**College Readiness - MATH**  
Tuesdays - October 11–November 15  
7-9 p.m.  
**College Readiness - WRITING**  
Wed. - October 12–November 16  
7-9 p.m.  
**College Readiness - READING**  
Thursdays - October 13–November 17  
7-9 p.m.

**College Success**  
Wednesdays - October 12, 19, 26  
7-9 p.m.  
**Employment Success**  
Wednesdays - November 2, 9, 16  
7-9 p.m.  
**Citizenship Test Prep**  
Wednesdays - November 30,  
December 7 & 14, 7-9 p.m.



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Parma Schools



Asset Corner #21

by Gene Lovasy

September’s Asset Category: COMMITMENT TO LEARNING:

Education has improved immensely in the past 20 years. Today, more young people are taking high-level courses, fewer of them are dropping out, math and science scores are on the rise, and more students are entering college after high school. But that doesn’t mean a commitment to learning happens naturally in all young people. Instilling this important trait involves a combination of values and skills that include the desire to succeed in school, a sense of the lasting importance of learning, and a belief in one’s own ability. This commitment is strongly influenced by the school environment and relationships with family and peers.

Commitment to Learning Assets include:

- #21 Achievement Motivation – Young person is motivated to do well in school. (65%\*)
- #22 School Engagement – Young person is actively engaged in learning. (55%\*)
- #23 Homework – Young person reports doing at least 1 hour of homework every school day. (47%\*)
- #24 Bonding to School – Young

person cares about his/her school. (52%\*)

#25 Reading for Pleasure – Young person reads for pleasure 3 or more hours/week. (22%\*)

(\*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 #22 School Engagement

Academics are important, but there’s more to an education.

Each day is a new beginning, a new day to learn. For some young people, this prospect is exciting and exhilarating. For others, it’s scary. Sometimes learning is difficult, but it doesn’t have to be scary. Help young people understand that academics are just part of the education they must complete to successfully attain goals. Find creative ways to show young people learning means more than studying for or worrying about tests. Opportunities for learning are everywhere, and they’re fun!

Here are the facts

Research shows that young people who are actively engaged in learning exhibit more positive than negative behaviors. About 55 percent of young

people, ages 11–18, say they are actively involved in their learning. It’s time to help even more young people discover—and achieve—personal success in and out of the classroom.

Tips for building this asset

The best way to keep young people engaged in school is to focus on their individual interests and goals. Listen to young people and pay attention to the activities they most enjoy. Once you’re aware of what they want (or need), help them tie their interests and goals to what they learn in and out of school. Since learning doesn’t just happen within the four walls of the school, look for—or design—additional learning activities that complement school curricula. Acknowledge and celebrate school successes. Help young people address any challenges they may face.

Also try this:

In your home and family: Help your child stay interested and involved at school by ensuring he or she is getting enough sleep, eating well, and managing difficulties. Show your child that learning is more than just the classes they take at school. Talk to your child about things he or she is interested in, and help your child find new ways of experiencing and learning about those interests—outside the classroom.

In your neighborhood and community: Look for ways to address the curiosity of young people through

books, plays, artwork, or hobbies. At the local library or community center, post notices about fun community events or activities, such as author signings, school debates, or museum classes.

In your school or youth program: Help young people focus on their personal ideas of success. Have them create goals that encompass academics, hobbies, and values. After several weeks, evaluate students and participants based on their goals. Celebrate successes and talk about steps to take to improve where needed.

For more asset-rich ideas on how to transition your kids from “summer time” to “school-time” visit <http://www.parentfurther.com>.

And another thing...Have you heard about the BACKPACKS FOR KIDS program? Last year KIKS Office, a C/B/S Partner supported the Parma Area Collaborative’s annual backpack/school supply program by donating 75 brand new, stocked backpacks. For the 2012 – 13 school year KIKS & the CBS Partnership Committee has committed to purchasing as many backpacks as they can at a price of \$16 each to donate to the Collaborative. The goal is to provide 400 packs by next summer. To help with this initiative make your check out to PCSD Collaborative & mail to PCSD, Attn, CBS Office – Backpack Drive,, 5311 Longwood Ave., Parma OH 44134. Please make sure to include you name, Business name if applicable, your address, phone, email address, and THANK YOU!

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.

Meeting The Russians

by John Allender

Usually, when you drive up or down the hill on Broadview Rd. in Parma, it’s hard to notice just what is to the right or left at the top; but on July 30th, I had a good reason to find out, and I’m sure glad that I did. St. Sergius Russian Orthodox Cathedral at 6520

Broadview Rd. staged a Russian Festival there. This was my first time at this particular kind of event. In addition to a large selection of food offerings like stuffed cabbage, Tefteli (Russian style meatballs), Bigus (sauerkraut and kielbasi), and Borshch (that famous Russian beet and cabbage soup), there



Mogadore Balalaika Orchestra performs at the Russian Festival on July 30th. at the St. Sergius Russian Orthodox Cathedral in Parma



St. Sergius Russian Orthodox Cathedral at 6250 Broadview Road in Parma

was an impressive assortment of beverages, both alcoholic and otherwise.

The music played by the Mogadore Balalaika Orchestra was simply captivating; Being a musician, I believe that one may learn much about another culture through their music, and I could tell that this was a close-knit community which is extremely proud of their accomplishments, including their most impressive and beautiful art.

It was obvious that I was an outsider, but these folks made me feel welcome, and I was eager to find out more about them. There were tours of the majestic cathedral, play areas for the children, plenty of seating, and everyone there was enjoying the festival in the beautiful summer weather. Too bad for you if you missed it this year; my advice is to mark your calendars for next year. See you there!



# Parma Observer

# What's Right? What's Wrong?

by Daniel Taddeo

The topic for this issue is Television. Television is one of the greatest inventions of all time. Since the 1950's it has affected people's lives more than any other technological development. For the first time in history, something other than parents has become the main provider of information, val-

ues and entertainment for children. TV has changed how the family functions, how people think, what they buy, how they dress, and what they do during their free time. Surveys tell us that average pre-school-age children, age two to five, spend a third or more of their total waking hours watching TV. Most children will spend more time

watching TV than any other single activity during the first 18 years of their lives except sleep.

Television can be a great blessing. At its best it can inform, expand and enrich the lives of adults and children; but it can also be a curse. It can rob adults and children of their moral and spiritual values and cripple their mental, emotional and physical development. the wrong use of television can do the following: cause confusion between right and wrong; retard social development; make learning in school more difficult; shorten attention span; reduce attentiveness; discourage self-discipline; harm parent-child relationships; interfere with mealtime; increase boredom; promote spectatorship rather than participation; rob time from reading, writing, conversing, playing, exercising, and imagining; and mislead children into believing difficult problems can be easily solved in a short period of time.

Parents are responsible for preventing television from ruling their family. They should not assume that TV is always acceptable entertainment. In fact, the opposite is true. TV programming is saturated with violence, sex, distorted role models, trivia and immorality. In addition to all of the above and more, TV viewing is extremely passive. children put little into it; therefore, they get little value out of it. Plus, they've wasted valuable time that could be put to better use.

Parents should be very selective about which programs they allow their children to view, including the nightly “news” programs. The emphasis on

violence and dramatic footage can be very disturbing and destructive. The mass media is a major force in forming our attitudes of right and wrong. Most television writers and producers are convinced that focus on the “forbidden fruit” will increase the demand for their product because they think that’s what the viewing public wants. As a result, broadcasting guidelines are pushed to the limit in downgrading language, moral values, good taste, speech, dress, manners, respect, kindness, and concern for others. Often programs are so captivating that even Christians fail to change channels or turn off the TV. The Bible says, “Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is good and acceptable and perfect will of God.” God’s word should serve as the final authority on what we should accept or reject from the broadcasting industry.

According to the American Academy of Pediatrics, children should be limited to watching no more than two hours of TV a day. It helps to decide ahead of time which programs to watch. Having only one TV in the home will help to achieve this goal. The time gained can then be spent on more constructive activities. They could include such things reading, using the library, listening to good radio programming, playing games, conversing with friends and family members, taking trips, learning to get along with others and many other activities where children are actively involved gaining life-lasting skills and benefits.

# Hey Look, Our Church Is Growing- A Garden!

by Brett Iafigliola

The Parma Lutheran Church Community Garden is busy reaping the produce of its first harvest!

Located at 5280 Broadview Road, the garden allows members and non-members alike a way to demonstrate God's love without "just going to church." A portion of the harvest is donated to the Parma Hunger Center, which is also housed at the church.

The garden currently consists of twenty 4 foot by 12 foot plots. Water is provided via rain barrels which collect rain from the roof and gutters and store it for use on dry weather days. A compost bin to produce excellent soil and a sandbox for children are among other amenities at the garden. Four plots are maintained by the community as a whole and all produce from these plots is donated to the Parma Hunger Center.

Informal tours are given on Sunday mornings at 11:45 AM and we



*Parma Lutheran Church Community  
Garden*

would be thrilled if you would like to help with the harvest for the hunger center this year or have your own plot next year. Whether you lack land to grow your own garden or desire to grow with others, please consider joining our community next year. Applications for individual plots for 2012 will be available beginning November 1st. For an application or more information, please leave a voicemail at 216-586-4186 or email us at [ParmaLutheranGarden@gmail.com](mailto:ParmaLutheranGarden@gmail.com).



Parma Lutheran Church Community Garden

## Chili Cook-Off On October 2nd.

*by John Allender*

Parma City Council President Sean Brennan will hold his Ninth Annual Parma Chili Cook-Off at Red Circle Bar and Lanes, 6056 State Road, Parma, Ohio, on Sunday, October 2, from 1:00 pm to 4:00 pm. Tickets are \$25 per person, \$40 per couple and \$10 for children 12 and under and include food, drinks, and bowling. Chili cook-off contestants are also needed for the event. To order tickets in advance or to find out about entering the chili contest, call Deena Brennan at (440) 884-0489, or e-mail [councilmanbrennan@sbcglobal.net](mailto:councilmanbrennan@sbcglobal.net). Tickets will be sold at the door on the day of the event. Please make checks payable to Friends of Sean Brennan and mail to 6306 Hampstead Avenue, Parma, Ohio 44129. No corporate checks may be accepted. All are welcome to attend

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
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Parma Observer

# Hometown Jazz Legend Returns To Parma From NewYork City

by Kitty Bina-Yates

Brooklyn, NY has been home to Rick Stone for twenty-nine years, but his heart (and his Mom) remain in Parma, OH. This month, Rick returned to his hometown after touring cities in Italy while promoting his latest CD “Fractals”– making the top ten lists in major US cities. Rick was given a souvenir flamingo to decorate his flower arrangement back east, and several area businesses were happy to autograph “Pinkie” (hand-selected from the outside display at Flowerama on the corner of Ridge and Snow Rds.) in thanks for his patronage. Sittoo’s Pita and Salads on Ridge Rd., Babe Chuppa from Chuppa’s Market on Pearl, Kenneth Ramser, Parma Clerk of Courts, and the Office of Dennis Kucinich were among those well-wishers who signed. Rick was delighted with the gift which could be seen touring with him in the Parma area the remainder of his visit. Rick promises to take him to “sister” city, Parma, Italy on his return visit there. We are eagerly awaiting the pics from that!

Rick began performing for school assemblies and class parties in the fifth grade, and played in rock bands in junior high and high school but didn’t get really serious about his music until he studied under the late Dr. Joseph Howard at Tri-C. Dr. Howard recommended Rick to Berklee College of Music in Boston where he moved in 1978. Rick received his Bachelor of Music degree in August of 1980 from Berklee, and in 1982 moved to NYC, enrolled in Queens College and studied under legendary saxophonist Jimmy Heath. Rick received his Masters degree in 1991. His first album,



Rick Stone Trio currently #8 on JazzWeek Jazz Chart - August 22, 2011.

- 1 Monty Alexander
- 2 Chick Corea, Stanley Clarke, Lenny White
- 3 The New Gary Burton Quartet
- 4 Stefon Harris, David Sanchez, Christian Scott
- 5 Dave Valentin
- 6 Deep Blue Organ Trio
- 7 Gerald Wilson Orchestra
- 8 Rick Stone
- 9 Ben Williams
- 10 Terri Lyne Carrington

“Blues For Nobody,” was released on his own label in 1985, and his second album, “Far East” (also on CD), came out in 1991. Rick was active performing in the ‘90s and received several NEA grants to present concerts at Carnegie Hall’s Weill Recital Hall, Tri-C, and the Smithsonian. He also taught at a number of institutions in NYC including Hofstra University and the Brooklyn Conservatory of Music. Nowadays, Rick says, he mostly teaches, but still enjoys performing. He appears regularly with his trio at local venues like the Bar Next Door and the Garage. “I’ve come back to Cleveland often and have played at Tri-C Jazzfest,



“Pinkie” at the Whip

Rhythms, Wilbert’s, the Bop Stop, and in recent years I’ve appeared annually at Nighttown.” Currently, Rick has five recordings under his own name which can all be found at [www.cdbaby.com/](http://www.cdbaby.com/)

all/jazzand, and is also on recordings by Carol Leven, Carol Sudhalter, Al Ashley and Mary Ann Hurst. Congratulations, Rick, and success wherever you go!

## Editor’s Observation: Parma Ranks 13th

by Patty Knox

Parma pulled in a lucky #13 ranking in Housing as a Best Bargain for the Cleveland Magazine “Rating the Suburbs” issue in June. Safety rank was 65th place, uncomfortably close to East Cleveland’s score of 77th place, rated to be the least safe. Not encouraging.

We placed better in Education, ranking 42nd place, right behind Lakewood and Wickliffe. We did not make the Top 20 Suburbs. But there are other interesting statistics. For instance, where we excel is in having sidewalks (98.8%). We have a moderate number of citizens below the poverty level (4.9%), which is not far behind Beachwood (4.3%); surprising. Parma is still the largest suburb, with a population of 81,601. In coming months, I will go into statistics for Seven Hills and Parma Heights as well.

What conclusions can we draw from these statistics? Obviously, they help sell the real estate ads in that magazine’s issue, but what do they really say? How Cleveland Magazine arrived at their scores is explained in the article, available at your public library. I



Patty Knox, Editor

have been mulling over the various numbers since the issue came out, and still don’t want to draw any hasty conclusions. But I would like to hear your opinions on our rankings and how we compare with other suburbs in all those things that make living here good. It’s not all about the money. I invite you to join in the dialogue online on the Observation Deck at [parmaobserver.com](http://parmaobserver.com) or by addressing your comments to Patty Noonan Knox, Editor, Parma Observer, 6501 Wilber Ave., Parma, OH 44129. I look forward to hearing from you.

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# Parma Observer

## Buy American, Buy Ohio

*by David Dieball*

The recent news about the Ridge Road store selling only items made in the USA reminded me of a related issue: should we buy American cars to be patriotic? Any intelligent discussion of this requires determining what an American car actually is, because it is different than it used to be.

Growing up as a boy in the early 1960's, I would sometimes listen as the men would stand around talking after church. These guys were all World War II veterans, and from what I could see, they usually agreed on most topics. At that time, foreign cars were just beginning to become popular. One thing I often heard the veterans say was that for an automobile manufacturer to expect them to buy a car, it had to be made in a factory on American soil, providing jobs for citizens of the USA. They would not complain if

someone bought a foreign-made car, because in their opinion, the right to purchase any car available was one of the freedoms they fought for, but for them, personally, the car had to be domestic so that their purchase would support jobs for their fellow Americans. Out of respect for those veterans and what they went through for the sake of my freedom, I have chosen, so far, to buy only cars made in the USA.

However, there is a more logical reason to buy American. If you patronize your local businesses and merchants, purchasing things made in the USA, Ohio, and Cuyahoga County, you are helping your country and your community, promoting the economy where you live, and therefore, you are helping your neighbors and yourself. In other words, if you want to live in a place where the economy thrives, then you must patronize the merchants in

your area. The slogans, "Buy USA," and "Buy Ohio," are more than merely patriotic; they give us good, practical advice about helping our local economy and our society, therefore helping our own community to be a better place.

However, the automotive market is more complicated than it used to be. In the early sixties, you could tell where a car came from by the name. Chevy's and Fords were made in USA (or in Canada), while Volkswagen's were made in Germany, and so on. It simply is not like that anymore. Every one of these companies has become international. Now, both Ford and Chevy have cars on the market in the USA that are imported from foreign countries, while many Toyotas and Hondas are made in the USA, and have been for decades. I have seen TV commercials in which a Ford dealer and a Chevy dealer sit next to each other, look at the camera, and ask us to buy American, but what they really mean is, "Buy what we're selling." They do not tell you that the Ford Fusion and the Chevy HHR are imported from Mexico, or that the Aveo is from Korea, while the Honda Accord is made in Ohio. It is also common for a car made in the USA to contain many foreign-made parts. Ford spent bil-

ions to build a factory in Mexico to build the Fiesta, but if they wanted me to think about purchasing one, they would have built that factory in the USA. I respect the right of everyone to buy any car on the market, and I have no criticism for those who buy imported cars, but personally, I prefer to buy cars built in the USA, in support of my fellow citizens having jobs.

Many citizens of the USA, and particularly Ohioans, work in factories that make auto parts, which are shipped to a variety of places where cars are assembled. If we want to support our country and our state by purchasing American or Ohio products, we can no longer simply go by the name of the car, but need to ask where a vehicle and its parts are made. This takes effort, but just as we can read the label on a shirt or a pair of shoes, we can look at the doorpost on the driver's side of the car to see where the final assembly point was for that car. We can ask questions about parts content, and repeat the question if the sales agent avoids answering it. The more of us who "buy Ohio" or buy American, and patronize local merchants when possible, the stronger our economy, our community, and our society will be.

## Get It All With Resveratrol

*by Pam Hoffman*

Many have heard about the benefits of drinking red wine-the resveratrol in it is supposed to help put off the aging process and functions as a strong antioxidant. Resveratrol is also found in blueberries, cranberries, and peanuts. Here is some new news. Resveratrol also has fat-burning qualities and increases energy levels. One of the ways it does this is by increasing the number of mitochondria or cellular power plants in each muscle cell. Mitochondria are the energy portions of the cells. This translates to more energy and endurance, and possibly the most important form of endurance -- life span!


The good news does not stop there, however. Resveratrol is also great for reducing risk of cancer, as well as increasing heart health, muscle endurance, lowering estrogen levels, and increasing insulin sensitivity! A recent study published in March of 2011, "... shows for the first time that resveratrol improves insulin sensitivity in humans, which might be due to a resveratrol-induced decrease in oxidative stress that leads to more efficient insulin signaling via the Akt pathway"(Brasnyo, 2011). Oxidative stress comes from

numerous factors ranging from poor diet to exercise as well as basic biological processes. In short, we cannot escape it, and a small amount is actually beneficial. However, too much oxidative stress is involved in a number of other diseases.

Resveratrol is a phytoalexin, a class of antibiotic compounds produced as a part of a plant's defense system against disease. So, when grapes are grown in a cooler climate, the concentration of resveratrol is higher to protect the grape against fungus. For humans, as a powerful antioxidant, resveratrol can lower oxidative stress and inflammation. Although found readily in red grape skins, the amount can vary depending on where the grape came from. Supplements can range from 20-500mg. Resveratrol may be a good option for people with the aforementioned conditions.

Refs: Brasnyó P, Molnár GA, Mohás M, Markó L, Laczy B, Cseh J, Mikolás E, Szijártó IA, Mérei A, Halmai R, Mészáros LG, Sümegi B, Wittmann I. (2011, March) Resveratrol improves insulin sensitivity, reduces oxidative stress and activates the Akt pathway in type 2 diabetic patients.

*Pam Hoffman DT CFT CFNS*



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Parma Observer

# Welcome To Parma

by Daniel P. McCarthy

I'm sure that no one has to be told that times are tough, and it's not exactly like new businesses are starting up every time you turn around, so when a new restaurant opens its doors here in Ward 1 in Parma, that should be duly noted and most appreciated. As most readers should be aware, the Greater Parma community is blessed with several fine establishments offering Indian food. That number just increased by one as the Priya Indian Cuisine Restaurant held a ribbon-cutting ceremony at its location in the

Snowville Plaza Shopping Center at 5747 Chevrolet Blvd. in Parma to celebrate their recent Grand Opening. Now, anyone who knows me is familiar with the fact that I am just crazy about Indian food, plain and simple. I had the good fortune of being introduced to this wonderful cuisine years ago while I was employed by Indian people in the office automation field, so when an Irish-American ,who was raised on meat and potatoes, potatoes, and even more potatoes, tells you that this food is fabulous and well worth trying, do yourself a favor and



take my word; experience the food at this place, and you will most likely be visiting more than one Indian restaurant in our community, I'll just bet. Sridhar Jaladi is the gentleman who decided to open Priya in the Snowville Plaza Shopping Center in Parma, and let's face it, he could have picked any place to open his doors for business. The fact that he has chosen here in Parma, at this present time, is all the reason that I need to urge everyone in this community to come and support this brand-new business in our midst - never mind that the food is out of this world! The Parma Area Chamber of Commerce has been extremely supportive, and in fact it was they who hosted the ribbon-cutting event on August 12. It was well attended by a wide range of people from our area, including those from the business community, city government, non-profit organizations, as well as average citizens who are curious about the new and different cultures that have managed to find their way into our wonderful part of the world. I recognized many people with whom

I am familiar at the event, and I was pleased to be able to help them become acquainted with Indian cuisine. The look of pleasant surprise on their faces as they sampled the food for the very first time was reward enough to have marked my calendar for this occasion. Remember, the first chance that you get, come on over to the Priya at 5747 Chevrolet Blvd. in the Snowville Plaza Shopping Center and welcome them to Parma. They offer an extensive menu, which also includes dishes from beyond the Indian sub-continent, as well as all of the foods that one would expect to find at a more typical Indian restaurant. I have always personally recommended to those embarking on their first discovery of Indian food to frequent the buffet, so that you may try a variety of different preparations in order to decide which you prefer. Before you know it, you will have chosen your favorites, and perhaps you will be taking one of your friends, or a family member, to have their first experience.



Owners of Priya Indian Cuisine along with members of the community stand in front of the restaurant at the moment of the ribbon cutting on August 12th.

# The Patriot Corner

by Wayne Mahowald

Think back to how you felt on September 12, 2001. Partisan politics, social, racial and economic backgrounds did not matter. On that day we all knew we were Americans and we had to come together against a common but as yet unknown enemy that was trying to destroy us. During the following days and weeks, many vigils were held, much investigating was done and responsibility for the attacks of 9-11 was laid at the feet of Osama bin Laden and Al Queda. Eventually, military forces were

deployed to Afghanistan to begin the War on Terror. "Great harm has been done to us. We have suffered great loss. And in our grief and anger we have found our mission and our moment. Freedom and fear are at war. The advance of human freedom, the great achievement of our time and the great hope of every time, now depends on us. Our nation, this generation, will lift the dark threat of violence from our people and our future. We will rally the world to this cause by our efforts, by our courage.

We will not tire, we will not falter and we will not fail." - George W Bush Only 10 years later, we seem to have forgotten the meaning of these words. We have become bogged down in multiple armed conflicts with no clearly defined goals or strategies, we have sacrificed freedoms in the name of security, and we have entered an era of economic volatility and political divisiveness. In short, we have become a nation divided. So what can you do? I would suggest that it is time for each of us to make some commitments to our future. First, educate yourself as much as possible. This could be on a multitude of subjects such as the issues of the day, the true history of America (not just the dates) and ways to become more self reliant. Second, share your knowledge with friends and family, we are all passengers on the same ship and we will all float or sink together. Third, get involved in your local community. This can be done

in an untold number of ways. Join some local organizations or church groups, become involved in your schools, local politics, whatever interests you. The important thing is to DO SOMETHING. Complaining without taking action is just making noise. One organization that I would strongly recommend joining is the Parma Patriots. We meet regularly and have begun the process of educating ourselves on a multitude of issues. We also partner with many other organizations around NE Ohio to help us expand our knowledge base. Two of the areas we are currently studying at our regular meetings are the History of Money and the Federalist Papers. We also have an ongoing series of classes involving food preservation that is held at a separate time. Our regular meetings are held the second and fourth Sunday of every month. Meetings begin at 6 PM and are held at The Hive 5324 State Rd Parma.



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Parma Heights Observer

Labor Day AFL-CIO Parade Comes To  
Parma Heights During Shared Historic Year

by Mike Byrne,  
Mayor of Parma Heights

The City of Parma Heights kicks off the Labor Day weekend in a big way this year as it hosts the North Shore Federa-

tion of Labor AFL-CIO Labor Parade on Saturday, September 3 at 10:00 a.m. We are honored to have the opportunity to host the parade in our community for the first time in the city's history dur-

ing this, our Centennial year. The labor federation is also celebrating milestone birthdays in 2011. The Federation of Organized Trades & Labor Unions, now known as the American Federation of Labor, was formed in 1881, making this the 130th year since its founding. The Cleveland Federation of Labor, now known as the North Coast AFL-CIO, was issued a charter in 1887, making this its 125th Anniversary.

The parade will step off at the corner of Pearl and Snow Roads and head south on Pearl to the Greenbrier Commons. Joining me on the reviewing stand will be Harriet Applegate, Executive Secretary of the North Shore AFL-CIO Federation of Labor and Loree Soggs, Executive Secretary of the Cleveland Building Construction Trades Council. Parade Grand Marshals are U. S. Representatives Betty Sutton, Dennis Kucinich and Marcia Fudge. As in the past, unions affiliated with the Cleveland Building Trades Council are expected to make up about

half of the event.

The North Shore Federation of Labor AFL-CIO has chosen "We Are One Against Issue 2" as the theme for the Parma Heights parade and picnic. The union is expecting a strong turnout from teachers, firefighters, police and other public employees who would be directly affected by Senate Bill 5, on the ballot as Issue 2. Organized labor is encouraging voters to vote "no" on Issue 2, legislation that seeks to severely limit collective bargaining rights for public employees in Ohio.

Parade watchers and participants are invited to a post-parade picnic in the Greenbrier Commons.

New Express Clinic Opens In  
Parma Heights Drugstore

by CJ Sheppard

Parma Community General Hospital has opened its third retail health clinic in Parma Heights. The Community Express Care clinic is housed inside the Discount Drug Mart at 6476 York Road in Parma Heights. The clinic can take patients as young as 2 years old. Certified nurse practitioners provide treatment for common, non-emergent conditions such as:

- Ear infections, sinus infections and upper respiratory tract infections
- Strep throat, ear wax removal, suture/staple removal
- Cold sores, common warts and eczema
- Insect bites, bee stings, minor cuts and abrasions
- Seasonal allergies, minor rashes and minor colds

The certified nurse practitioners also perform immunizations for pneumonia, tetanus, hepatitis B and measles/mumps/rubella. Screenings for blood pressure and blood sugar are available, as well as exams needed for students to participate in sports and camps. Most major insurances are accepted at the clinic, except for sports/camp exams, which are not billed to insurance.

"Many people have stopped by and thanked us for opening in their store," says Melissa Nemeth, certified nurse practitioner. "We're glad to be able to offer people in the community a convenient, quick, walk-in clinic for their basic illnesses."

Parma Hospital opened its first location of Community Express Care inside the Discount Drug Mart in Olmsted Falls in July 2008 and followed with a clinic inside the Independence Drug Mart in October 2009.

All Community Express Care clinics are open Monday through Friday from 10 a.m. to 6 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m. The clinics can be reached by calling 440-743-CARE.

Parma Hts. Offers Adult & Youth Programs

by Tom Moran

Beginning the week of Sept. 12th on the lower level of the Cassidy Theatre we will have Adult Yoga on Thursdays, Zumba on Mondays and Youth Martial Arts on Wednesdays from 6-7 PM for 8 weeks. The cost is \$50. There will also be a golf Clinic on Tuesdays for Juniors 8-13 yrs. of age (\$80) from 6-7 PM and adults 14 yrs. of age and older (\$100) from 7-8 PM for 8 weeks. For more information go to [www.parmaheightsoh.gov](http://www.parmaheightsoh.gov) or call 440.884.9600 ext. 37.

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 September 8, 2011, the speaker will be Suellen Oswald, an attorney with Littler Law Firm, who will speak on the laws about SB5. She has researched it extensively and is very knowledgeable on the subject.

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 Observer

## Caregiver's Kitchen:

# Widowed Soldier Fighting The Good Fight

by Patty Knox

Every now and then, I meet strong, heroic people who inspire me by their ability to convey a passion for the caregiving life and don't stop fighting after their loved one has succumbed to the heartbreaking, wasting-away death that Alzheimer's disease causes. They soldier on, trying to make life a little easier for others who are just finding out that their loved one has the classic signs of dementia.

One such soul is Sarah McRae Rowan, a woman who travels thousands of miles a year to speak at conferences, banquets, medical conventions, any place she can get the word out to a large group of people about caregiving for those with dementia. Mrs. Rowan expresses the very real urgency about the dementia epidemic, and about the need for research funding to find a cure, out of the love she has for her departed husband, an Alzheimer's sufferer. Both educators, they led an active life until Dr. Rowan was struck down in the prime of

life. Sarah determined to give her husband the best possible care by making the sacrifice and giving up her career to stay home with him and be his sole caregiver. Her husband Joe became her whole life; now that he's gone, she fills her schedule with meetings and speaking engagements to emphasize that even an Alzheimer's victim can have a fulfilling quality of life.

A vibrant, joyful woman in her seventies, Sarah spoke to me in her kitchen about a cutting-edge book, *Dementia Beyond Drugs*; *Changing the Culture of Care* by Dr. G. Allen Power, published by Health Professions Press ([www.healthpropress.com](http://www.healthpropress.com)). Dr. Power recommends rethinking how the average dementia patient is treated and changing their environment in creative ways to play to the person's remaining strengths and accommodate their declining abilities. Instead of making the dementia patient conform to his or her surroundings, the approach is to come from the needs of the patient and create a nurturing patient-centered

environment. Moreover, it is a proven idea. Dr. Power's work has resulted in less medication and more focus on alleviating the dementia sufferer's feelings of loneliness, helplessness and boredom. He expresses this unique idea far better than I ever could. I recommend this book most highly to all of you. It is a revelation. New ideas, fresh perspective, workable solutions. A new day for the caregiver.

Gluten sensitivity has become such a problem for so many that I decided to make a hearty, festive main dish for gluten-free diets, which means no wheat, barley or rye. The answer is: RICE. The dish: Paella (pronounced pie-A-yah). As versatile as you wish to make it, the main ingredients are a

lovely flavorful rice base with sofrito (aromatic vegetables including tomatoes), topped with your choice of vegetables and meats. Or meatless, for vegans, with chickpeas for a nutty flavor. I love paella with chorizo sausage or kielbasa, chicken, fresh seafood, and either green beans, frozen peas or zucchini. Either fresh rosemary or a bay leaf adds flavor & tradition. Saffron, steeped in low-sodium chicken broth for an incomparable taste, is added to complete the dish.

Write Caregiver's Kitchen to ask questions or send comments/suggestions to [alzheimerannie@yahoo.com](mailto:alzheimerannie@yahoo.com). Please tell me how your caregiver's journey is going. Thank you for reading the Parma Observer & this column.

## BOOK REVIEW:

# Dan Taddeo's Latest Work

by Myrtis Litman

WHAT'S RIGHT, WHAT'S WRONG by DANIEL TADDEO, a Parma Heights resident, retired teacher and counselor, is an inspirational guide that contains collections of essays and quotations that can help individuals become the best they can be, make families stronger and keep our country going in the right direction.

The first chapter "A Message to Congress" leaves no doubt in our minds that our founding fathers put God uppermost in the American birthright. Every session of Congress begins with a prayer. Each House has its own chaplain. There is a room in the Capital for private prayer and meditation by members of Congress. A stained-glass window shows George Washington kneeling in prayer. Behind him is a verse from Psalms 16:1. In the rotunda is a picture of the Pilgrims' chaplain on the Mayflower holding an open Bible

in his lap. On the wall is the motto of the Pilgrims, "In God We Trust, God With Us". The Ten Commandments are above the head of the chief justice of the Supreme Court. Other biblical verses are engraved there and in the Washington Monument, Library of Congress, the Lincoln Memorial and Jefferson Memorial.

There is a movement started to have this chapter printed on bookmarks and given out free of charge to as many Americans as possible. (Any suggestions or help in this effort would be appreciated.) The chapter about the Lord's Prayer will give you a deeper meaning whenever you recite it. The chapter on "Giving" has personally convinced me to give more. And the chapter on "Worry" shows how to become worry-free and avoid the many problems that worry causes. The rest of the book (about 60 short chapters) is easy to read, hard to put down and would make a good gift.

### PATTY'S PAELLA

Suggested Ingredients: 4 pieces of chicken (thighs and breasts), 4 scallops, 1 chorizo or other sausage, 1 fresh whitefish fillet (about 8 oz.), 1 medium onion (diced), 4 cloves garlic, 1 can diced tomatoes (15 oz.), 1 red bell pepper (large dice), 1 hot pepper, whole, 2 cups short-grained rice (or Goya medium-grain), 4 cups chicken broth, 1 cup fresh or frozen green beans or peas, 1 lemon (sliced), 1 bay leaf, large pinch smoked paprika, large pinch saffron, salt.

1 Saute the meats & scallops, seasoned with smoked paprika, in olive oil in a large skillet over medium heat, browning the chicken first, salted skin down; hold chicken in a 350 degree oven, set rest of meat aside on a separate plate.

2 Saute the vegetables in the same oil over medium heat; first, the sofrito: onion, garlic, red bell pepper, hot pepper & diced tomato with its juice and herbs, adding either rosemary or bay leaf, cook till syrupy and thick.

3 Add the chicken broth with a large pinch of saffron (it may cost you \$3, but it's worth it!) and raise the heat to medium high until boiling.

4 Add the rice evenly across the pan without stirring. It should cover the bottom of the pan to a depth of about half an inch. DO NOT STIR!!! Add the meats back in on top. Lower the heat to a brisk simmer and continue to cook, uncovered, until the rice is al dente (chewy, but done), roughly 20 minutes. During the last 5 minutes, place the fish fillet and scallops on top. Cover with lemon slices. Remove the bay leaf. Gently check the bottom of the rice. If it isn't toasted, turn up the heat to medium high very briefly, for about half a minute, and listen for a popping, crackling sound. DON'T BURN IT! This creates what's known as the soccarat, the caramelized crust of rice on the bottom of the pan. Take it immediately off the stove. Serve with a cool beverage and enjoy Spain's signature dish. !Ole!


## John Allender Band At Lucky T's Sept. 17th

by Paul Woods

John Allender is one of our writers, a Graduate Of Valley Forge High School (Class of 1989) who returned not long ago after having lived in Florida for many years. Something else about John that should be said is that he is an exceptional guitar player, and his band, the John Allender Band, will be performing in Parma at Lucky T's Pub, which is at 11717 Snow Rd. John is a two-time winner of the "King of the Blues Guitar challenge" in Fort Myers, Florida, and placed third in that state's "International Blues Challenge". Showtime is at 9:00 P.M., so come on in and relax, enjoy the evening in this nice cozy setting, and listen to some fabulous entertainment, featuring Blues and Rock, provided by John and his talented crew, which features



Sonny P.C. Williams, John Noble, and Tommy Varga




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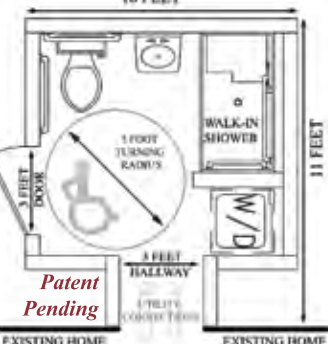
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# Parma Observer

## SEPTEMBER 2011 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Special Events</b> * VIP – HUMANA BUCKS ELIGIBLE ACTIVITY  RSVP for Jewelry Making-September 12th and 26th			1  * Sweatin’ to the Oldies 9:00 a.m. BINGO Bash 2:00 p.m.	2  * Fit and Balance 10:00 a.m. * Zumba Gold 11:30 a.m. * Popcorn and Movie “Joseph and the Amazing Technicolor Dreamcoat” 12:30 p.m. CLOSING @ 3:00 p.m.
5  LABOR DAY HUMANA GUIDANCE CENTER CLOSED	6  * T'ai Chi 10:00 a.m. * Zumba Gold 11:30 a.m. SCRABBLE 2:00 p.m. * Popcorn and Movie “American Experience–Sister Aimee” 2:30 p.m.	7  * Sweatin’ to the Oldies 9:00 a.m. Yoga Stretch for Members 10:00 a.m. * HearUSA–Hear Screenings 2:30 p.m.	8  PRIVATE MEETING TODAY	9  * Fit and Balance 10:00 a.m. * Zumba Gold 11:30 a.m. * Popcorn and Movie “Wall Street - Money never Sleeps” 1:30 p.m.
12  * Wii Bowling 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Jewelry Making 12:30 p.m.	13  MEMBERS ONLY HAO Workshops 10 a.m.- 12 p.m. SCRABBLE 2:00 p.m. * Popcorn and Movie “American Experience–Orphan Trains” 2:30 p.m.	14  Yoga Stretch for Members 10:00 a.m. * T'ai Chi 11:00 a.m. BOARD GAME BONANZA 2:00 p.m.	15  * Sweatin’ to the Oldies 9:00 a.m. Polka Lessons 11:00 a.m. BINGO Bash 2:00 p.m.	16  * Fit and Balance 10:00 a.m. * Zumba Gold 11:30 a.m. * Popcorn and Movie “The Other Guys” 1:30 p.m.
19  * Wii Bowling 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Digital Photography 1:00 p.m.	20  MEMBERS ONLY HAO Workshops 10 a.m.- 12 p.m. SCRABBLE 2:00 p.m. * Popcorn and Movie “American Experience–Coney Island” 2:30 p.m.	21  Yoga Stretch for Members 10:00 a.m. * T'ai Chi 11:00 a.m. Knit Caps for the Rainbow Babies 3:00 p.m.	22  * Sweatin’ to the Oldies 9:00 a.m. BINGO Bash 2:00 p.m.	23  * Fit and Balance 10:00 a.m. * Zumba Gold 11:30 a.m. * Popcorn and Movie “Knight & Day” 1:30 p.m.
26  * Wii Bowling 9:00 a.m. Yoga Stretch for Members 10:00 a.m. Jewelry Making 12:30 p.m.	27  MEMBERS ONLY HAO Workshops 10 a.m.- 12 p.m. SCRABBLE 2:00 p.m. * Popcorn and Movie “American Experience–Crash of 1929” 2:30 p.m.	28  Yoga Stretch for Members 10:00 a.m. * T'ai Chi 11:00 a.m. * Emergency Preparedness Seminar Part 3 of 3 2:00 p.m.	29  * Sweatin’ to the Oldies 9:00 a.m. Polka Lessons 11:00 a.m. BINGO Bash 2:00 p.m.	30  * Fit and Balance 10:00 a.m. * Zumba Gold 11:30 a.m. * Popcorn and Movie “Inception” 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.

