

“In my 80 plus years, there’s always something that I didn’t know 5 minutes ago”- Elmer Hankey

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## Parma Rings In 2012 With New Leadership

by Daniel P. McCarthy

Eight years is a long time in the life of a city, and since that many years have passed since Parma has seen a new mayor, the Inaugural ceremony held at Parma City Hall on January 2 had a special significance. Brand new year, brand new mayor, seventh largest city in Ohio- I don't know about you, but I have a sense that some exciting things may be happening in Parma in the near future. Parma City Council also welcomes two new members this year, so it will be interesting to see how the new council works with the new administration as 2012 moves forward.

A cold, snowy day did not deter people from flocking to council chambers to witness the swearing in of our new mayor and other elected officials. What started as a trickle turned into a packed house by the 2:00 p.m. starting time. Many other officials were present in the audience, including now former Mayor Dean DePiero, County Executive Ed Fitzgerald, County Prosecutor Bill Mason, County Council Representative Chuck Germana, both U.S. Congress-

man Dennis Kucinich and U.S. Congresswoman Marcy Kaptur, plus many other notable leaders from our surrounding community. Many proud parents, wives, husbands, children and friends were also present in order to witness as well as take part in this historical occasion in the life of their loved one and of our city. The feeling in council chambers was one of exciting anticipation as everyone was seated and the inevitable process began to unfold.

The Inaugural ceremony began with the elected council member from each of the nine wards stepping up in front of the assembly and having their oath administered by their spouses, children, and other family members. Each newly sworn in council representative then made a speech at the podium. Especially moving were the remarks from newly elected Ward 3 Councilman Mark Casselberry, who was obviously affected by the sheer gravity of this new chapter in his life, when he spoke of the unexpected arrival of his son on New Year's Eve, fresh from having served our country in Afghanistan. After the council members were sworn in, it was



New Parma Mayor Timothy J. DeGeeter takes the oath of office administered by his wife, joined by their son Jack and daughter Molly.

time for Treasurer Thomas Mastroianni, Law Director Timothy Dobeck, and Auditor Dennis Kish to each have their turn.

Every ceremony such as this has its big moment, and this was when Tim DeGeeter stood to take the oath as Mayor of Parma, Ohio, the seventh largest city in the state. His proud parents were in the front row, having come all the way from Indiana, where Tim was born and raised. His oath was administered by his wife Pamela, along with his son Jack and very young daughter Molly. For me, seeing a young Mayor with his young family

taking office at this point in time here in our city filled me with a sense of hope and satisfaction, since this is someone with his own future still well in front of him, and the stakes

are high, because the future of his cherished family depends on his leadership of our city as well. His speech reflected nothing less than that, as he thanked everyone who had helped him achieve what he has so far, and promised to do his very best to continue taking the city of Parma forward, making sure to remind us that Parma deserves and will have an ever increasing leadership role in the future of the Greater Cleveland area and the State of Ohio.

After the ceremony was concluded, everyone remained for some time to enjoy refreshments, including fantastic bakery items graciously sup-

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## Parma Fire Fighters Donate Christmas Funds

by Doug Turner

Members of Parma Fire Fighters Union 639 gave two checks to help with the purchase of Christmas gifts. Donations from the Charitable Committee were presented

first to the Tillet family who has four children: ages 8, 7, 5, and 4, two of them with autism, and second to Heidi Spaeth, who represents Koinonia Homes. She will use the funds to buy gifts for disabled adults that

live in the home. Each year the Committee donates money raised from events, including the union golf outing, to help local groups in need.



## HUD, Cuyahoga Land Bank Renew Ground Breaking Agreement

by Katherine Bulava

During Spring, 2010, HUD and the Cuyahoga County Land Reutilization Corporation, commonly known as the Cuyahoga Land Bank, forged a nationally groundbreaking agreement whereby HUD would transfer low-value, vacant and abandoned properties to the Cuyahoga Land Bank for \$100. HUD ended up with these properties as a result of mortgage foreclosures guaranteed by the Federal Housing Administration (FHA). This agreement was considered essential to stabilizing real estate market values. Instead of transferring these properties to speculators and perpetuating the cycle of tax foreclosure and abandonment, HUD transfers these properties to the Cuyahoga

Land Bank for \$100 after paying all current taxes. After one full year, HUD and the Cuyahoga Land Bank have renewed the contract for another year based on the need and success of the relationship.

Frank Ford, Senior Vice President for Research and Development of Neighborhood Progress, Inc. hailed this renewal as an essential step toward stabilizing real-estate values in Cuyahoga County in removing blighted and abandoned properties from the market. “In order to preserve the value of the good apples in the basket, you have to remove and demolish the rotted apples,” said Ford. The Cuyahoga Land Bank has a similar agreement with Fan-

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Pictured with members of the fire department are Heidi Spaeth and Mr. and Mrs. Tillet



Parma Business

# The President's Corner

by Sean Brennan,  
Parma City Council President

Happy New Year Parma Observer Reader! In this month's column I am going to take a hiatus from my monthly Parma City Council report and focus on how we can all help address the needs of our community and make Parma an even better place to live. I realize that many who will read this article are already giving quite a bit back and I thank you for your sacrifices and selflessness. My goal is to persuade everyone in our fine community to use his or her talents in 2012 to make this the "Year to Volunteer" in Parma.

I would suspect that two of the primary reasons holding folks back to volunteering are, 1.) Not knowing who to contact and 2.) Not feeling they can contribute meaningfully. My suggestion is to think about what you love to do and where your God-given talents lie. There are a multitude of fine organizations in Parma that would surely benefit from what you have to offer. I have listed some of them below, along with contact information.

## Parma Rings In 2012 With New Leadership

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plied by several local Parma bakeries. Master of Ceremonies, Council Clerk Ken Ramser pointed out that the efforts of many people had contributed to the success of this swearing-in ceremony, including but not limited to, American Legion Post 703, Parma City School District High School A Cappella Ensemble, Father John T. Carlin from Saint Charles Borromeo Church, and countless others who lend their talent and hard work to an event such as this. Obviously, when a city such as ours has people like this that we can depend on, the future of Parma, Ohio is looking better and better. I've spent my first fifty years here, and this is

## Parma-South To Serve Spaghetti Dinner

by Mary Beth Breckenridge

Parma-South Presbyterian Church will host its annual spaghetti dinner from 5 to 7 p.m. Friday, Jan. 27, at the church.

The menu consists of spaghetti with homemade meatballs, salad, rolls, dessert and beverage.

Tickets purchased in advance are \$8 for adults and \$4.50 for children 10 and younger. Prices are \$1 more at the door.

Takeout dinners will be available, as well as cooked meatballs by the dozen.

Reservations may be made up to 4 p.m. the day of the dinner by calling the church office at 440-885-2652.

Parma-South Presbyterian Church is at 6155 Pearl Road, Parma Heights.



Parma City Council President Sean P. Brennan

**American Cancer Society Parma Area Relay for Life – 884-0489**  
[http://main.acsevents.org/site/TR?fr\\_id=37022&pg=entry](http://main.acsevents.org/site/TR?fr_id=37022&pg=entry)

**City of Parma Recreation Department - Parmatown Mall (885-8144)**  
<http://www.cityofparma-oh.gov/cityhall/recreation.aspx>

**Donna Smallwood Activities Center and Office of Aging- 7001 W. Ridgewood Drive (885-8800)**  
<http://www.cityofparma-oh.gov/seniorcenter/index.aspx>

**Friends of Big Creek – 216-661-7706**  
<http://www.friendsofbigcreek.org/>

**Parma Animal Shelter – 6260 State Road (885-8014)**

<http://parmashelter.org/home/>

**Parma Community Emergency Response Team (CERT) – 885-1217**

**Parma Community General Hospital – 7007 Powers Boulevard (743-3000)**  
<http://www.parmahospital.org/>

**Parma Police Auxiliary – 5555 Powers Boulevard (887-7300, Extension 7228)**  
<http://www.cityofparmaauxpolice.com/>

**Stearns Homestead and Farm – 6975 Ridge Road (845-9770)**  
<http://www.stearnshomestead.com/>

**West Creek Preservation Committee– 1440 Rockside Road, Ste. 329 (216-749-3720)**  
<http://www.westcreek.org/>

The list above is far from comprehensive, for it does not list specific schools, churches, libraries, fraternal organizations, etc. However, it will hopefully provide you with what you need to start thinking about how you can get more involved in Parma. Please forgive me in if I left your organization out of the list. My hope is to put together a Volunteer in Parma brochure sometime in the New Year. So, if you have any suggestions, please share them with me. I hope that you find my column

## HUD, Cuyahoga Land Bank Renew Ground Breaking Agreement

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nie Mae.

The new agreement calls for transferring HUD-owned properties in Cuyahoga County valued at under \$30,000. Once acquired, the Cuyahoga Land Bank evaluates all properties, demolishes those that are beyond repair and preserves those homes capable of being rehabilitated. Any experienced rehabbers are welcome to acquire properties from the Cuyahoga Land Bank, provided they



agree to an enforceable and detailed rehabilitation program.

"This collaboration with the Cuyahoga Land Bank will help stem home price declines as we work to

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helpful and informative. I am always looking for ideas regarding what you would like to know more about regarding your local government and community. Thank you to the many folks who have contacted me with suggestions. If you have any suggestions, feel free to contact me at (440) 885-8091 or [councilmanbrennan@sbcglobal.net](mailto:councilmanbrennan@sbcglobal.net). Best wishes for a healthy, love-filled 2012.



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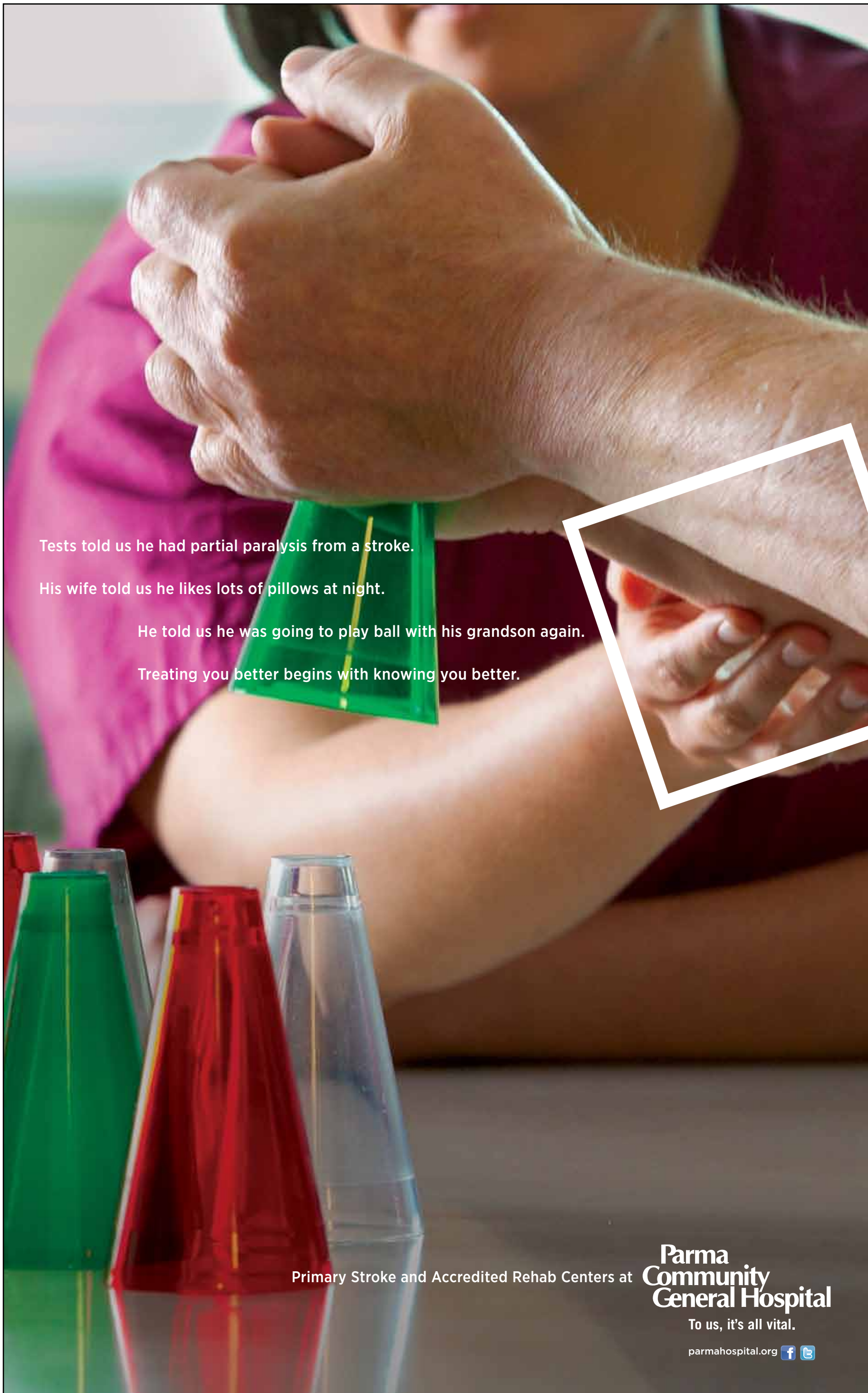
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# Parma Observer

## Find A Doc At The Door In Parma Hospital's Emergency Department

by CJ Sheppard

If you need emergency medical care this winter, remember the doctor is waiting at Parma Hospital's Emergency Department door.

Parma Hospital's Emergency Department was the first in the Cleveland area to provide a Doc at the Door, which features a physician assessment of patients within 30 minutes of arrival. The physician can make a preliminary diagnosis and order testing before the patient is brought back into a patient room. The physician-led team includes a nurse, a paramedic and a technician who assist by drawing blood, starting IVs and performing EKGs.

Doc at the Door has dramatically reduced wait times. Some patients can even be discharged directly home with-

out being transferred to a bed.

"We have a dedicated triage team of nurses, paramedics and technicians who work together with the physician," says Gregory Oswald, MD, medical director of the Emergency Department.

"You get to see the physician right away if you really do have a serious emergency going on."

Since the inception of Doc at the Door, hospitals from as far away as Connecticut, Oklahoma, North Carolina and Hawaii have traveled here to study and learn from the success of Parma Hospital's program, which puts physicians on the front line of care.

Patients will find a Doc at the Door in the ED from noon to 10 p.m. daily, including weekends.

## Date Changed For Olivia Benefit

by John Allender

Because her treatment is so aggressive, Olivia will not feel well enough to attend the benefit that was scheduled at Flyers in Parma Hts. on Saturday January 14, 2012, so the event has been changed to a later date, that is: February 25, 2012. The location of the benefit will still be at Flyers, from 5-7 p.m., there will still be all-you-can-eat pasta, salad, wings, plus beer and wine. The price for the event in order to help Olivia with her staggering medical bills is still only \$25, and now it is more important than ever. We would like to thank all of those generous people and businesses that have already stepped up with an incredible outpouring of support. Please keep your calendars open for that day, and let's show how much Parma Observer readers care about their community, and especially the people in it.

## HUD, Cuyahoga Land Bank Renew Ground Breaking Agreement

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make these houses homes again," said HUD's Cheryl Walker, REO Division Director for HUD's Philadelphia office. "This partnership is about stabilizing neighborhoods hard-hit by foreclosure and preventing these homes from becoming blight on the community."

Because these homes are dealt with in a responsible manner and neighborhood blight is being addressed by the Cuyahoga Land Bank, Walker said that extending the contract for another year would promote community development in many of Cuyahoga County's neighborhoods. "HUD encourages arrangements where blight can be eliminated, responsible dispositions occur and neighborhood stabilization is promoted," said Walker.

"We very much appreciate our relationship with HUD and the highly efficient manner in which HUD and the Cuyahoga Land Bank are able to address some of the worst properties resulting from the real estate collapse," said Gus Frangos, President and General Counsel of the Cuyahoga Land Bank. "As a result of this agreement, we have been able to work with



housing and economic development departments throughout the County to provide stabilization services."

To date, the Cuyahoga Land Bank has acquired approximately 1,300 properties overall and has demolished 562 properties, with 184 additional properties pending or under contract. Additionally, approximately 184 properties have been rehabilitated through qualified rehabbers or are currently undergoing rehabilitation. Approximately 370 abandoned vacant lots have been acquired and transferred to city land banks for neighborhood side yard expansions.

Chris Warren, Development Director for the City of Cleveland, praised the Cuyahoga Land Bank efforts and its close partnership with the City of Cleveland. "The City of Cleveland initially paved the way for this agreement. The Cuyahoga Land Bank has taken it county-wide and we work very closely with the Cuyahoga Land Bank in stabilizing Cleveland's neighborhoods."

### Editor's Observation:

## Taking Stock

by Patty Knox

Perhaps the effects of the winter solstice creating shorter days and more darkness than the rest of the year has a pensive effect on us all. We make New Year's resolutions, we reminisce over auld lang syne, literally old-long-since in Scottish, we slow down and stay in when it's cold – if we can. And we think. We take stock of the good and the bad, the positive and the negative, the honey and the marmite (yin and yang, y'all).

STOCKADE: While thinking can be a healthy thing, if it's not healthy it can lead to trouble. Goals keep thoughts flowing in a proactive direction, instead of getting mired in shoulda-woulda-coulda. Most of us do all too good of a job kicking ourselves around the block and dwelling on regrets. That only leads to depression, and depression is an emotional quicksand from which nothing good can come. If you feel yourself spiraling downward, run for your life, or get help from a trained professional if you're stuck. There are 24-hour hotlines to call. Church pastors counsel many people for free, because of their compassion for those in need of a responsive human being. Many teachers, nurses, doctors, social workers and personal friends would take the time if you told them you need to talk. Don't feel like you need to go it alone. Help is just a phone call away.

The end of one year and the beginning of the next is a time of introspection, of personal inventory and changing tack. A checkpoint to evaluate what's not working, or what one is sick and tired of and ready to change.

STOCKPOT: Former Old Brooklyn neighbor Drew Carey dropped 60 pounds and became fit as a fiddle, stating that he was tired of being fat. Just like that. But that takes discipline and follow-through.

So take a new tack. Make a new plan. 2012 is brand-spanking-new, waiting for you to change it up. Time to get a fresh start.

Of course, you know that I'm saying these things to you because I'm the one who needs to hear them the most. I've been taking stock of goals I've had for way too long, and have decided it's time to make them happen. Drop the weight. Get healthier. Get organized. Find a hobby (or allot time to enjoy a neglected hobby).

STOCKPILE: It's amazing what people choose to keep, feel the need to save, can't let go of. Time to purge all the stuff I keep holding onto that I don't need. Stop saving stuff in storage that other people could put to good use right now. Really live my faith and be other-centered, instead of having a knot in my stomach whenever I want to share Jesus with someone and fear stops me. Let fear go. Except in extreme situations, fear is unnecessary baggage.

STOCK INVESTING: Time to take action, move through the fear and not let it stop me. Ahhh! Doesn't that feel better? On the other side, success awaits, where I envision accomplishing my hopes and dreams, being the person I am in that little tiny place inside called "the chamber of intentions." But as a wise man once said, "Good intentions never got anybody to heaven." We have to act on our intentions, with faith in our heart, hope in our mind and love in our actions, with an attitude of gratitude for the gift of each day. What a gift. Don't waste it.



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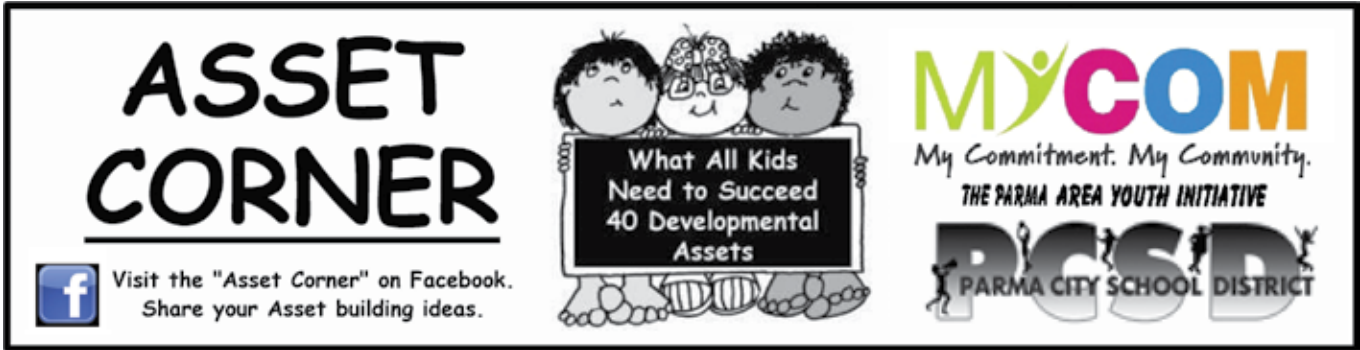
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# Parma Schools



## Asset Corner #25

by Gene Lovasy

**January’s Asset Category: Positive Identity. Help young people bring out their best.** The way people feel about themselves can fluctuate with circumstances. Depending on what’s happening, you may feel confident or unsure, optimistic or pessimistic, in control or not in control. What’s important is what a person’s identity is like most of the time. People who have a strong, positive sense of self maintain these qualities even when difficulties arise. They continue to be hopeful and optimistic, and believe they can make a difference.

- Positive Identity Assets Include:**
- #37 Personal Power** – Young person feels he/she has control over “things that happen to me.” (42%\*)
  - #38 Self-esteem** – Young person reports having high self-esteem. (48%\*)
  - #39 Sense of Purpose** – Young person reports that “my life has purpose.” (57%\*)
  - #40 Positive View of Personal Future** – Young person is optimistic about his/her personal future. (72%\*)

(\* 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 37: Personal Power**

Feel control over your own destiny  
Having personal power means understanding and accepting the things we can and can’t control. You can find a new job, work out a conflict, or move to a new location if you choose. When young people feel empowered, they feel more confident to make their own choices—to get good grades, participate in activities they enjoy, and take action to find solutions to problems.

**Here are the facts**  
Research shows that young people are more likely to grow up healthy if they feel a sense of control over the things that happen to them. A sense of personal power gives young people the confidence to embrace positive attitudes and behaviors, and walk away from risky situations and behaviors. About 42 percent of young people, ages

11–18, feel that they have control over things that happen to them, according to Search Institute surveys. Caring adults provide opportunities for young people to make their own decisions.

**Tips for building this asset**  
Young people who have a strong sense of their own power believe that when good things happen to them, they had some control over the outcome. If things go wrong, help young people focus on the positive steps they can take to remedy the situation. Help them see how they can make a difference in their lives and the lives of others.

**Also try this**  
In your home and family: Teach your child practical skills, such as how to change a tire, cook a meal, and sew on a button. Well-prepared young people are more likely to feel a sense of personal power.

In your school or youth program: Challenge the young people in your class or program to come up with a creative way to raise money for an underprivileged family or a charity in your area. Then put the plan into action. Serving others helps young people realize they can make a difference in the world, which gives them an enormous sense of personal power.

In your neighborhood and community: Support young people’s efforts to be industrious. For example, buy lemonade from their lemonade stand, read their homemade newspaper, and attend a play they put on in their garage.

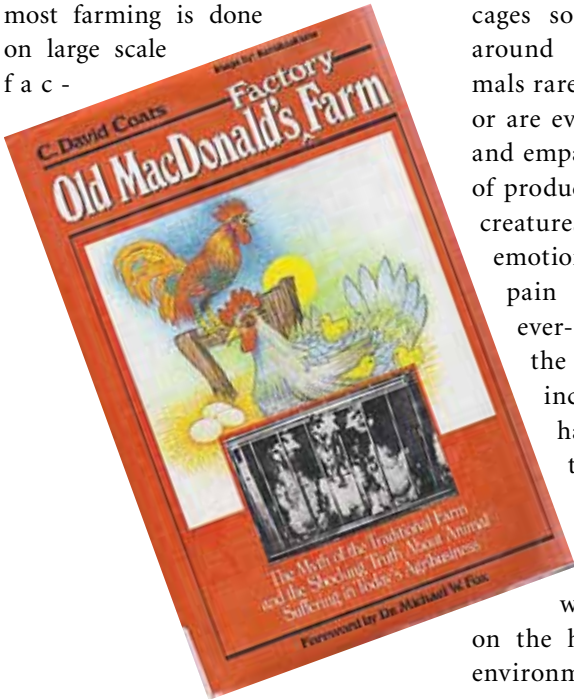
**ASSET RELATED NEWS**  
Is your child a middle school or Valley Forge student? If so, ask how they felt about the recent “Teen Truth” assembly they should have attended in their school sometime during the last couple of months. With funding support from GM, PTA , the newly formed Parma Educational Foundation and others, the district was able to bring in TEEN TRUTH LIVE (<http://teentruth-live.com>) co-founder and speaker J.C. Pohl. JC’s spell-binding, anti-bullying presentation and video is just one of a series of excellent, well-coordinated social skills programs focused on preventing the development of problem behaviors and maximizing academic success. As a parent, what can you do to help your child address a bullying issue? Visit <http://www.parentfurther.com/blog/parents/preventing/bullying> for some great tips.

**SHARE YOUR ASSET-BUILDING IDEAS AND/OR THOUGHTS ABOUT THE DEVELOPMENTAL ASSET CONCEPT BY VISITING THE “ASSET CORNER” FACEBOOK PAGE. I’M LOOKING FORWARD TO HEARING FROM 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.**

## Book Review - Old McDonald’s Farm

by Michelle E. Rice  
This book, Old Macdonalds Factory Farm by C. David Coats, exposes the myth of the traditional farm, a s most farming is done on large scale f a c -



tory farms. Chickens, pigs, cows, turkeys, ducks, and sheep, amongst others, are crammed into overcrowded indoor spaces, some in cages so small that even turning around is impossible. These animals rarely, if ever, even go outdoors or are ever treated with compassion and empathy. They are seen as units of production rather than the living creatures they are, that think, have emotions, desires, and experience pain and pleasure. Due to the ever-growing human population, the demand for meat is ever increasing. Factory farming has been replacing the traditional farm and the way the animals are treated is horrific. Their suffering and death becomes ours as well. The detrimental effect on the health of humans and the environment is very serious and is

also revealed in this book.  
(Preface to 'Old MacDonalDs Factory Farm' by: C. David Coats  
Isn't man an amazing animal? He kills wildlife - birds, kangaroos, deer, all kinds of cats, coyotes, beavers, groundhogs, mice, foxes, and dingoes - by the millions in order to protect his domestic animals and their feed. Then he kills domestic animals by the billions and eats them. This in turn kills man by the millions, because eating all those animals leads to degenerative - and fatal - health conditions like heart dis-

ease, kidney disease, and cancer. So then man tortures and kills millions more animals to look for cures for these diseases. Elsewhere, millions of other human beings are being killed by hunger and malnutrition because food they could eat is being used to fatten domestic animals. Meanwhile, some people are dying of sad laughter at the absurdity of man, who kills so easily and so violently, and once a year sends out a card praying for 'Peace on Earth.'

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Political Perspectives

Health Care Freedoms Gained Under The ACA

by Lee Kamps

When Ohio voters passed the “health care freedom” amendment on November 8, many believed that they were voting for more freedom in health care and against the health care reform act (ACA). However the reality is the opposite. Instead the ACA gives health care consumers greater freedom than ever before. Here are some new “freedoms” gained under the act:

1. The freedom to change plans if you are no longer satisfied.

Under the ACA, health insurance companies would no longer be allowed to reject anyone because of pre-existing conditions and must cover all pre-existing conditions. Therefore under the ACA, if your health insurance company raises their premiums too high or takes too long to pay a claim; you can change to another plan without worrying whether you will be covered. This gives Americans the freedom to change health insurance if they are no longer satisfied with their existing plan.

2. The freedom to opt out of your employer’s plan if it does not meet your needs.

Since employers are paying the lion’s share of the premiums, they also make the choice of which plans to offer to their employees. Most often that decision is made based on the employer’s cost or what the business owner likes, not the needs and desires of the employees. If your employer’s plan does not include your doctor, has too high a deductible or contribution for your liking; under the ACA you have the choice of opting out of the employer’s plan and seeking a plan more to your satisfaction through the state exchanges.

3. Peace of mind that no matter how many claims you file or how large your medical costs may be, you cannot lose your health insurance for those reasons.

Under the ACA, health insurance companies are forbidden to impose lifetime caps on coverage or to have sub limits on certain medical procedures. In addition, policy rescission, the cancellation of health insurance because claims have been filed, is forbidden (except in the case of fraud). This part of the ACA is already in effect.

4. Peace of mind in knowing what is in your policy.

Because of a requirement that

health insurance policies being sold through the state exchanges must be “qualified,” that is they must cover certain medical procedures and treatments, the consumer would know that any policy offered through an exchange would cover most commonly used medical services and not have any hidden exclusions or limitations.

5. The freedom to be able to afford a health insurance policy through the exchanges.

The major road block to many people becoming insured is that they simply cannot afford health insurance. Under the ACA, if one’s income is less than 135% of the federal poverty level, they would be eligible for Medicaid.

The Patriot Corner

by Wayne Mahowald

In December, Parma City Council was presented with petitions that contained in excess of 3,600 signatures asking that the following question be put on the ballot.

"SHALL A COMMISSION BE CHOSEN TO FRAME A CHARTER?"

A rather simple question, yet one that has certainly caused much outcry from our elected officials at City Hall. This issue was immediately vilified as being "too expensive" and that it would require a special election. Another objection that was raised is that Parma government works, so why fix it? Other objections have also been raised but they are so ridiculous in nature that I won't even dignify them by discussing them here.

I don't understand how this can possibly be "too expensive." If City Council would stop arguing and simply pass the ordinance authorizing the language, this would be on the March Primary ballot. This does not require a special election, nor should it.

Stating that Parma government works is a matter of opinion, not fact. In my opinion, a more appropriate way of looking at this would be to question if there are things that can be improved. Just because the glass in your windows isn't broken, does that mean the windows are effective and shouldn't be changed?

So what is a charter? A charter is nothing more than a set of rules to

If one’s income is between 135% and 400% of the FPL they would be eligible for a premium subsidy based on their income. The details of how this subsidy would be applied are being worked out.

6. The freedom to start your own business without losing your health insurance

Many people would like to start their own business or work for a smaller company, but they are held back because by doing so, they would lose their health insurance and either would have to pay much more or would not be able to get health insurance on their own. The same applies to people who lose their jobs or would like to work for a smaller company that does

not offer as good of a health insurance plan. If one leaves the large company, whether to strike out on his/her own or because of a lay-off, they would be able to get affordable health insurance through the exchanges.

The passage of the Affordable Care Act has given Americans many new “freedoms” about how they can get their health insurance. The only “freedom” that is lost is the freedom to be irresponsible and refuse to get covered somewhere. However, part of living in a free society is that we all have to shoulder some responsibility. Since the exchanges are not effective until January 1, 2014, most of these freedoms are two years away.

operate under. Implementation of a charter does not raise taxes, change the organization of government or cause the sky to fall. What a charter does do is allow us to establish home rule rather than be subject to Ohio Revised Code. If you don't already know, ORC was designed for small municipalities to have a consistent structure of government. ORC sets specific rules regarding how a government must be established, departments that must exist and what is and is not allowable for a city to do. Changes to the ORC must be done at the state level and require the support and involvement of the Ohio legislature. Clearly, that is an unwieldy method of change and relegates cities that do not have a charter to a form of government that can not be easily modified to fit a changing world.

A properly written charter can also do many other things. For example, it can be stated in a charter that taxes

or fees may not be changed or implemented without a vote of the people. Among other benefits, a charter could define an ethics policy, establish minimum criteria for professional positions and potentially combine currently mandated positions and departments that essentially duplicate functions, thus costing extra money and wasting our tax dollars. If we as citizens don't like something in the charter, we can change it without having to convince people across the state to make changes to benefit Parma.

Over the last few years, a perfect example of the benefits of a charter form of government has unfolded before our eyes. That example would be Cuyahoga County. Not only are we still here, we have begun to see some positive changes as a result of the new government structure. Just think, Parma can be next!!

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# Parma Observer

## “The End Is Near...er Than It Was In 2011”

by Kathryn Yates

How’s that for a safe prediction? Last year saw the cancellation of the end of the world on May 21st, and its rescheduled October 21st date came and went without a deluge of firestones or Godzilla bursting out of the earth’s crust. It was just plain... old...wet – compliments of La Niña. So what can we look forward to in 2012? Brace yourself for more of the same, says the Farmer’s Almanac – at least through the winter – and that means snow, lots of it. Enjoy every flake, as the end date of all end dates approaches - this one sure to relieve you of next year’s Christmas shopping madness! The Mayan calendar ends its cycle on December 21st, and we all know what that means...

Essentially, nothing, say the experts (save for a smattering of early Festivus celebrations). In fact, many of our holiday decorating practices date back to Yuletide traditions centered around December 21st “...when the dark half of the year relinquishes to the light half...” says Akasha on her website: “The Winter Solstice – Yule Lore.” The Yule log, typically from an elm tree, “...was doused in cider or ale, dusted with flour” then lit and let burn through the night. The log was then left smoldering for twelve days (the twelve days of Christmas?). Holly, ivy, and evergreens were used to adorn the woodwork, just as we do today. Many cultures celebrated the solstice night and marked time by beginning their new year with the next cycle of the sun as it rose the next morning.

That harmless elements of a pagan practice assimilated into our largely Judeo-Christian culture (yet still evolving), is not surprising when it boils down to little more than household



decor and log-burning. But what if it were to divert the populace away from the solemnity of the birth of Christ or distract from Hanukkah observance, as an end-time scare may be apt to do? As if the over-commercialization of Christmas weren’t bad enough! Though it’s not pagan to consider that the world might end -- most Christian faiths Biblically refer to it quite often -- indeed, the Advent season is about this time coming to an end and the birth of another season beginning with Christ. And now for my second prediction: prepare to hear this phrase uttered frequently in the upcoming months (if you haven’t already) “No one knows the day or the hour.”

As for the Mayans - it would have been logical to end their year on December 21st – albeit in our time. They may have reasoned that it was far enough into the future that whoever was still alive by then would either continue the calendar they had begun, or would have devised a better one.

And we have - it’s called the Gregorian calendar. Our civilization has been using it since 1582, and it has worked quite well with one minor glitch – every four years we have to add a day. And so, on with the future, for that is precisely the reason calendars were invented in the first place – to plan.

Yes, this is also a leap year, and the town of Anthony, Texas will NOT be hosting its four-day Leap Year festival – something it was famous for around the globe since 1988. (Apparently, folks born on February 29th are willing to whoop it up big!) It’s up for grabs for any municipality to get on the map, and Parma has ample hotel accommodations within a stone’s throw. Just something we might want to consider for 2016.

But what about this year? If a window into politics appears like an ever-changing ‘collide-o-scope’ of partisan pooey, don’t let it keep you from voting in the primary this March 6th. In the words of the late, great drama critic, George Jean Nathan: “Bad offi-

cial are elected by good citizens who do not vote.” The deadline for registration for the primary is February 6th. Also, the day of a primary election is the ONLY time that you can change political parties, if you are considering doing so. Simply fill out the form at your polling location BEFORE you vote. You will have to call the Board of Elections (216) 443-3200 for the form, to be sent with your mail application if voting by mail.

Later on in the spring, for those tired of Parma looking like a flood-ravaged prairie town stream-lined with telephone poles, consider planting a tree on your “devil’s strip.” City Hall has the free permits and a list of tree types that are acceptable. Check out our neighboring cities’ pear trees when they blossom this May. We might well be the last hold-out in the Forest City!

But why plant a tree, you say, when hail the size of basketballs is imminent? Doomsday prophecies are a procrastinator’s playground and this is not the first Dec. 21st end-of-the-world prediction. Another one in 1955 had a small following and was studied by psychologists advancing the field with their research in cognitive dissonance. In short, those that invested most in the doomsday belief fell the hardest when the prophecy failed. The psychologists, needless to say, made a lot of money off of the book (Lean Festinger, “When Prophecy Fails, 1956).

And now for my third and final prediction: Considering the build-up, even more psychologists will be making money off of this end-of-the-world projection!

### January, February And March

by Ruth Revecky, (ruthrevecky@live.com)

January brings winter snows and gusts  
Of cold, swirling winds.

Homeowners get busy with their snow-  
Blowers to clean sidewalks and driveways.

Children wear boots, mittens, warm  
Hats and jackets on their way to school.

The city’s salt trucks and snowplows  
Are busy cleaning snow-covered streets.

That’s what January is all about!

February is also nasty, snowy, and cold.  
Children, however, enjoy playing in  
New-fallen snow, making snowmen

And throwing snowballs.

February celebrates Presidents’ Day  
In remembrance of Abraham Lincoln

And George Washington.

February 14th is Valentine’s Day--a  
Day when we send cards, flowers,

And eat lots of candy.

Yes, February is a busy month, too!

March is winter’s final blast and is  
Probably angry since April makes  
March completely disappear.

We’ve already forgotten those freezing  
Temperatures of January and February.

However, March can be quite a monster,  
Holding on until the 31st, the last day of

The month!

Soon warming sunshine will help  
Crocuses poke their stemmed leaves

And lavender and yellow blossoms  
Above the ground; so let’s look ahead

To milder days when we can just wear

A lightweight jacket!

Did you know that March 4th is the most  
commanding day of the year?

## The True Values Of Friendship

by Bryan N, Griffin Jr

Since I have gotten older, I have been organizing what is really important to me. Material things are okay. They are fun, but it does not define who I really am. Those goods will last you for so long, and then they leave you.

I truly believe in karma. I hold this to be true through my personal experiences in life. I hold strong that what you say and what you do does come back at you many times. When you do good for people, you are rewarded with good luck and vice verse.

What truly defines my soul in particular are the friendships I have made. I take my relationships very seriously. I always have, and I always will. I need good friends. In a way, they keep me sane in this messed-up world. They are my second family. They are like my siblings. Life is worthless without them. But there is more to friendship than just shared interests. The things two people have in common are just what brings them together. There is a morality to friendship. There is a code of honor that must not be broken, no matter what. These virtues that I am about to share I have learned through the course of my forty-one plus years of existence.

There must be loyalty -- no ifs, ands,

or buts about it. Without loyalty, there is no bond between two persons. A promise kept is the best example. It is a real virtue that has been overlooked and lost in this day and age. This virtue needs to be taught again to each successive generation. You won’t learn this on Facebook or MySpace. It has to be experienced face-to-face in the real world. Without loyalty, there is no trust. Trust is needed to strengthen the bond. Actions to keep promises prove that you can depend on that person through thick and thin, earning trust. Trust is the notary stamp on the friendship. It is just as important, just as much as loyalty. They go hand-in-hand. One cannot exist without the other, like the yin and yang symbol of the Taoists.

There are other virtues that go with friendship, but I hold these two the closest to my heart. They have shaped my friendships the most. I know all too well about fake friends that lack trust and loyalty. They break your heart the most and scar you forever. I have had too many relationships like that, and I never forget them. I look at them as part of the learning experience. They help me separate the good from the bad.

These two virtues are universal. They transcend religious beliefs and



Without friends, life is worthless.

psychological theories. It is neither Buddhist nor Freudian. It comes straight from the core of your heart and soul. They dig so deep into you that it cannot be measured. When those virtues are broken, the pain is excruciating. They never heal; they scar. They stay on you like a tattoo on your skin. You can try to have it removed or covered with a new one. Nonetheless, the old marks will remain from where it used to be.

Bear my words in mind the next time you meet someone new. Hold those virtues close to you at all times. They help you sort out the angels from the demons. Loyalty and trust will always protect you from a broken heart. I guarantee it. I know. I have been through it many times over a long, long time.



Parma Observer

The Blues-Rock Scene In Parma Lately

by John Allender,


The column for this issue will include a “Blues Primer” in order to trace the history of Blues Music, with the emphasis on Blues Guitar, from some time in the past until the present day.

1928-29- Lonnie Johnson records “Blue Guitars 1&2” with King Oliver and Louis Armstrong.

1936- Robert Johnson records “King of the Delta Blues Singers”. He learned from Willie Brown, Charley Patton, and son House. He died as the result of poisoning in 1938.

1940’s- Charlie Christian electrified the guitar and recorded famous sides with the Benny Goodman Orchestra. At the same time, T-Bone Walker took the lessons of T-Bone Walker and the electrified guitar and applied them to a more sophisticated syle of Blues and incorporated horns. The guitar became a more fluid solo voice.

1950’s- Little Richard and James Brown go to see Howlin Wolf, a disci-



Owner Theresa puts the “T” in Lucky T’s Pub



*The John Allender Band rocking in the New Year at Lucky T’s- we did not forget to BOOGIE!*

ple of Robert Johnson and Son House, at a club on the Eastside of Cleveland. Performers such as Little Richard, Chuck Berry, and Jerry Lee Lewis up the tempo of the Blues and before long this style of music becomes more well known as “Rock’n Roll”.

1965- Crossing the Atlantic, John Mayall records the first Blues Breakers album, featuring an 18 year old named Eric Clapton on lead guitar. Clapton’s first attempt at Blues vocals was Robert Johnson’s “Ramblin’ on my mind”.

1969- Jimi Hendrix records his masterpiece “Electric Ladyland” and the guitar becomes an orchestra itself that makes sound paintings.

1970’s- Muddy Waters teams up with Johnny Winter, the Albino Texas Blues singer.

1983- Stevie Ray Vaughn plays at the Variety Theater on Lorain Ave. near W. 117th. St. in Cleveland. 1990’s- We see the rise of blues guitar prodigies, like Eric Gales, Kenny Wayne Shep-

pard, Johnny Lange, Joe Bannmassa, and many others. In Cleveland, Michael Bay and the Bad Boys of Blues take their sound into the Parkview Tavern on W. 58th. St. near Detroit Ave. in 1996 and are still appearing there every Wednesday night.

2000- Eric Clapton returns to the Blues after spending 30 years as a very successful pop artist. 2006- In April local Blues guitar hero Brian O’Donnell brings legendary Blues musician and Musical Director for Howlin Wolf Eddy Shaw, with his band Eddy Shaw and the Wolfgang, for a single performance at Flyers in Parma Hts.

2007-The Allman Brothers Band play in Live Oak, Florida, where they purchased the campgrounds on the Swanee River. Derek Trucks and Warren Haynes round out the new Allman Brothers sound on guitar(s).

2011- On December 11 the John Allender Band plays at Lucky T’s in Parma, joined by Tim Lane from the Sultans of Bing, and they absolutely smoke the joint.

2011- On December 15 John Allender plays at Smedley’s in Cleveland along with the Freebyrds, where they proceed to burn the house down.

2011- On December 17 John Allender plays with Steve Candow of the Golden Mean at the Riverside Pub, leaving the crowd absolutely breathless.

2011- On December 31 the John Allender Band , with Tommy Varga on



*Rocking in the New Year at Lucky T’s- yes, I am standing on the bar; it works for me.*

drums and John McComb from the Akron Symphony Orchestra on bass play at Lucky T’s in Parma, ringing in the New Year with style.

2012- who knows what the new year will bring, but I have a feeling that it’s going to be great! The John Allender Band wishes all of you the very happiest of New Years, and we want to let you know that we’ll be playing at Lucky T’s in Parma on January 21st. Hope to see you there and - DON’T FORGET TO BOOGIE!

Joe The Coach; My View Of Sports

by Joseph Finding

Here we are in another year. They seem to go by so fast that I almost lose track of them. Let’s hope our area schools are in for a good year now because the taxpayers have passed the levy. Now let’s see how we can make up for lost time. I am sorry to say to those who have graduated that they have missed out, but it was not their fault. Maybe they could have afforded to play this year. I hope that people will remember it will take time to rebuild teams, but I would like to say to those who could not play or participate, that you will always be #1 in my heart and thoughts. I would like to tell you that Mr. Pat Semary will celebrate his 50th year of high school coaching tonight at Parma Field House against his last coaching assignment, Valley Forge. Pat went to Kent with me and we wrestled together for a couple of years, because I was on a football scholarship I had to put in football time and Pat was on a wrestling scholarship so he had to put in wrestling time. He was quite a wrestler and gentleman and still is. My two sons wrestled for him at Forge and both went on to college, the oldest to Mount Union, football and wrestling. The younger, Tony, went to Slippery Rock State of Pennsylvania and was two time captain. Both are now coaches: Joe at Medina, Buckeye area, and Tony in the Westchester area, a suburb of Philly. I believe Pat’s time rubbed off on them. I hope your coaches play a positive influ-

ence in your lives.

Now let’s move on to the college coaching ranks, and I am sorry to say what a mess, with exception of Akron University hiring Bowden Jr. For their program, I believe we will see results very quickly. He’s a top coach. Now on to the big ones. Ohio State, I see that a lot of blame is being pushed the ad way and maybe it should be. Eugene Smith didn’t seem too very active with players to settle the problems and maybe he should have been. Many seem surprised at the sanctions the NCAA came down with. D don’t know why they should be shocked. Why would an inclusive governing organization accept what the university did? That would indicate the NCAA has little or no power to govern. The loss of the ability to go to a couple of bowl games and the loss of scholarships from 3 up to 9 will be a real punishment. Who I feel sorry for is the new coach and his recruiting. I really feel sorry for those on team now that will be denied a big ten championship game and possibly another bowl game, and I am sure there are many who are innocent of any wrongdoing. Just take a look at USC, and the coach moved on to the pros and is making thousands. What about those young men left behind?

Now we can move on to Penn State and the young lives that have been potentially ruined by a sex nut. I feel for

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# Parma Observer

## Parma Heights Resident Madeline Ashwill, Completes Impressive “Thru-Hike” Of 2167-Mile Appalachian Trail

by Jake Sinatra

The goal was Katahdin. As the highest mountain in Maine, standing 5,268 feet, the peak was a distant finish line for Madeline Ashwill, a Baldwin-Wallace College senior from Parma Heights, Ohio, who took a leave of absence from her studies in order to hike the entire Appalachian Trail.

Inspiring Accounts of Thru-Hiking Don’t Compare to Actual Thrill

Memoirs of “thru-hikers” who had successfully hiked the entire Appalachian Trail inspired Ashwill to attempt the trek. She said “the books do not compare to the fun and adventure you have when thru-hiking.” Despite the obvious mental and physical challenges of hiking every day for several hours, Ashwill was confident she could overcome the challenge.

Full of nervous excitement, Ashwill departed from Springer Mountain in Georgia, the southern terminus of

the trail, on March 20, 2011. Traveling through fourteen states over 159 days, she reached her destination, Mount Katahdin. Ashwill began her endeavor “one day at a time,” looking no further in her guidebook than the next place where she would replenish her supplies.

On the Trail to Inner Peace, Outward Appreciation

While peers and professors might consider time away from studies a detriment to a student’s future, Ashwill’s thru-hike allowed her to encounter a tranquility that isn’t easily discovered. Her journey led her to “find an inner peace and freedom from hiking all day for five months and five days that the hustle and bustle of everyday life can make it difficult to experience.”

Majoring in sustainability at B-W—the first college in Ohio to offer a bachelor’s degree in sustainability—Ashwill had a strong environmental background to support her endeavor. After spending five months practically



A view of Ashwill observing a scenic mountaintop vista.

## The Coventry Gardens

by Irene Toth

To own a bit of ground, to scratch it with a hoe, to plant seeds and watch the renewal of life, -- this is the commonest delight of the race, the most satisfactory thing a man can do.

From *My Summer in a Garden* by Charles Dudley Warner

There are many kinds of gardens. There are gardens planted to delight the senses with their perfume and colorful flowers and leaves. There are gardens that provide food. Some attract birds and insects, and bees reward us with their honey. Some attract butterflies and hummingbirds. And there are gardens designed to help protect the environment. These are called “Rain Gardens.”

West Creek Preservation Committee planted two Rain Gardens on their property on Coventry Drive in early October. A rain garden is a landscaped area planted with native perennial plants that grow in soil that retains some water. It is designed to capture and filter storm water runoff from impervious surfaces such as rooftops and driveways. The base of the garden is depressed to capture the rain water. This helps keep waterways cleaner by filtering storm water runoff before it reaches them. It helps alleviate some problems with flooding and drainage and the ground water is recharged by the action of the water “percolating” down through the soil.

The construction of the gardens



Normandy students completeing the planting

on Coventry Drive used a method that connected the downspouts of each house alongside an adjacent lot directly through underground pipes to the center of each garden. The garden area was dug out not only to create a depression, but also to replace some of the soil and apply mulch. The gardens were planted with various native plants and shrubs. The homes bordering the gardens will qualify for a credit against their storm water fee.

A grant from General Motors in the amount of \$5,000.00 and additional funds from the Northeast Ohio Regional Sewer District made this project possible. The City of Parma provided help with the removal of the driveway from this lot. Four volunteers from General Motors did the heavy work of moving soil and mulch. Students from Mr. Chris Mohnacky’s classes walked from Normandy High School and helped with the planting. Derek Schafer, the Conservation Project Manager of WCPC, directed the project.

living in the woods, she became even more concerned with protecting the natural beauty of the earth.

Ashwill said her thru-hike offered breathtaking mountaintop and valley vistas over changing seasons, and views of leaves blossoming and growing among an unbelievable range of wildlife. Along her hike, she encountered vibrantly-colored butterflies, black bears and their cubs, deer, wild ponies in Virginia and moose in Maine. “I want future generations to be able to enjoy the Appalachian Trail as I have enjoyed it,” she said.

An Exceptional Feat, Available to Everyone

Ashwill’s hiking experience began in her youth as day hikes with her parents and brother. A nature enthusiast, she believes long distance hiking is “an amazing experience from which everyone can benefit.” To emphasize the accessibility of hiking, she took only

three weekend backpack trips before she left for her thru-hike of the world’s longest continuous marked and maintained hiking trail.

“Some training is helpful, but the Appalachian Trail whips you into shape after two weeks,” she admitted. If one’s not up for the challenge of a long distance hike, Ashwill suggested checking out local trails like the Cleveland Metroparks or Cuyahoga Valley National Park. She also suggested reading a few memoirs of hikers, which can give potential explorers a realistic preview of the experience.

Ashwill is the daughter of Ellen Ashwill and Jim Ashwill and a 2008 graduate of Walsh Jesuit High School.



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# Parma Observer

### Caregiver's Kitchen:

# Taking Care To Take Care

*by Patty Knox*

It's a new year, and it's time to take care of the caregiver. You've been taking care of your loved one, perhaps by yourself or with very little help. You may have barely gotten through the holidays between exhaustion and depression and overwork. Your loved one may be cranky due to the cold weather and gray days with little sun, or fighting to stay healthy and make it through the winter. Your loved one is counting on you, and there never was a truer saying than "You can't take care of anyone else unless you take care of yourself first." I know a woman who died from pneumonia because she was busy taking care of everyone else but herself. So give yourself permission to slow down and take it easy. That may seem impossible with what is expected of you, but you need to gain some much-needed perspective.

Perspective. *It's that stuff we're supposed to have in order to see things objectively.*

I'm going to give you a list of possible New Year's resolutions. Try a couple out, or maybe it will inspire you to create your own.

1 Allow yourself one new hobby this year. For me as a caregiver, one year it was Sudoku. The puzzles helped sharpen my mind and became a daily treat.

2 Try growing something cheery – a plant, a garden, some herbs, even Bonsai. Something alive and green adds to the life around you. Paperwhites or other bulbs can be “forced” to bloom indoors with some pebbles in a glass, a little water, maybe some help from toothpicks, and a sunny window. There are shade-loving plants, too; and cactus is a good and affordable gift if you are forgetful with the watering can.

**3** Make one new friend. Whether it's through a club, a church, a shared interest or a volunteer organization, make it your goal to relate to more people than the cloistered life you may be living as a caregiver. Card parties, bingo, the library, needlework groups, the local animal shelter are all places where you can meet someone congenial who may enjoy phone conversations and maybe a cup of coffee when you need human contact outside of caregiving. Oprah's off the air and The View only does so much to engage you. Get a real friend.

4 Take an afternoon off every week. Schedule respite care, no matter how much the other relatives complain they don't have time or live too far away. Bring in a paid nurse aide and invoice them for the cost – that'll get their attention. You're human; you need a day off, too.

5 Let your loved one know that these changes don't mean you love him or her any less. You'll be more well-balanced, in a better mood, and happier all the way around if you allow yourself time away and separate interests. Re-establishing your own autonomy will keep you from becoming enmeshed,

a psychological condition which is unhealthy and is embarrassingly easy to do as a helping person. All who work in the helping professions, paid or unpaid, are extremely vulnerable to enmeshment precisely because they do care. From that point, it's all too easy to care too much. So reassure the one you care for that you're just tending to healthy boundaries for the benefit of both of you.

Now, to make the self-care complete, you must have something a little indulgent to eat. Just a small amount. Something that doesn't take a lot of time to make. Something that's not a lot of work and doesn't dirty a lot of pans. For that, my friend, you need chocolate. And cheese. And fruit. And bread or crackers. Maybe even a favorite food that I didn't mention. Here's a luxurious but simple three-course meal.

### Petite Wheel of Brie with Peach

# Twenty Years Of Doing It Right

*by Daniel P. McCarthy*

Most people would tend to agree, especially in the light of today's economy, that when a business can survive for even more than just a few years, they must be doing something right. When a business has been around for more than 20 years, and only seems to keep getting better, well, then those people running that business simply must be doing things very, very right. This is why I feel that Jordan's Family Restaurant at 11575 Brookpark Rd. in Parma is a place that you must visit soon, that is, if you haven't already been there many, many times over the years, as I have.

Back in 1991, owner Mike Dolan started Jordan's in an existing space, featuring traditional American home made food, such as chicken paprikash, meatloaf, pasta dishes, beef dishes, city chicken, and all of the other favorite delicacies that we Americans hold so dearly to our hearts at mealtime. Like many things that prove to be winners, the menu selection here hasn't changed all that much over these past 20 years, as I can attest to, having frequented this place since just about the first week that the restaurant opened for business; back when I turned 30 and had jet-black hair!

Something that I've noticed throughout all of those years is a real sense of rock-solid consistency: the food is always fresh, superbly prepared, with a high quality taste, the surroundings (newly remodeled), are friendly and inviting, the employees ever cheerful, their loyalty all-too apparent, since many of them have been working here for as long as I can remember. These qualities, when found at a restaurant, are what make that place seem "just right", and become the reason that you find yourself returning again and again. I am aware that several groups, clubs, and people of similar interests choose Jordan's Family Restaurant as their

### Glaze and Slivered Almonds

Sounds fancy, but it's a cinch. Get a small wheel of Brie, a soft cheese with an edible white rind, about 5 inches across, and spoon two tablespoons of peach jam or apricot preserves (or even orange marmalade) on top, then either warm in a 300 degree oven for 10 minutes or microwave for 2 or 3 minutes til brie is soft and warm and slightly runny when you cut into it. Sprinkle with slivered almonds and serve with crackers or good bread. Pears, either D'anjou or Bosc, go well with this, as do seedless grapes. Decadent and insanely easy.

## Charcuterie

Slice up some kielbasa on the diagonal, or Italian sausage, or toss a pack of little smokies into a microwaveable dish and zap til they start to sizzle. Put some good old Cleveland Stadium mustard on the side (mix with honey or brown sugar if you like sweet &

sour) and get serious.

## Now for dessert: Chocolate-Drizzled Popcorn

You can rationalize this as a vegetable. I know I do. It is corn, after all! Pop up some fresh popcorn, melt some semi-sweet, milk, or white chocolate morsels – or all three – in separate microwaveable cups on low or defrost, pausing every 30 seconds to stir (the chocolate hides the hot spots that will otherwise burn and ruin your dessert). When the chocolate is runny enough to drizzle with a fork, place an inch or so of popcorn in a nice clear glass bowl & drizzle with each chocolate to get a lacy effect. Add another inch of popcorn and repeat. Lather, rinse, repeat – you know the routine now. Keep doing until you're all out of popcorn or room in the bowl. Enjoy.

Add your favorite beverage, whether white blush zinfandel or beer or a cuppa tea, like my littlest sister, fire up a favorite movie or some Mozart, relax and enjoy your little feast. You've earned it.

Happy New Year, Caregivers! Keep writing [alzheimerannie@yahoo.com](mailto:alzheimerannie@yahoo.com), I love hearing from you.



*Parma Observer's own Dan Taddeo sits with some of his friends during their regular Monday morning ritual at Jordan's Family Restaurant at 11575 Brookpark Rd. in Parma.*

the past decade at least.

Don't just take my word for it—come and see for yourself. This wonderful eatery is open for breakfast, lunch, and dinner every day of the week. You will find daily specials, all-you-can-eat fresh soup and salad bar, with lots of super friendly service and hospitality. Catering is available, off site, and a hall is available as well. At this point, I feel that I must promote what is probably my most favorite thing about Jordan's

Family Restaurant, which is the all-you-can-eat fish fry; I am a frequent customer on Friday nights. My craving starts some time during the day on Friday, and builds to a great intensity by the time that I arrive during dinner. The fish is prepared perfectly, the clam chowder is out of this world, the staff is way attentive: What else should I expect from folks who have been doing it right for more than twenty years? See you there soon!

**Hopko**  
Funeral Home  
John C. Hopko Cheryll A. Hopko  
6020 Broadview Road - Parma, Ohio  
216-631-4888



# Parma Observer

## January 2012 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>HOLIDAY OBSERVED GUIDANCE CENTER CLOSED</b>	3  * T'ai Chi 9:00 a.m. * Fit and Balance 10:00 a.m. SCRABBLE 2:00 p.m. Popcorn and Movie "Horses: The Story of Equus" 2:30 p.m.	4  INTER WALK 9:00-9:30 a.m. WALKING UPLOAD 9:30-10:00 a.m. BEG WALK 11:00-11:30 a.m. WALKING UPLOAD 11:30-12:00 p.m. * Wii Bowling 3:00 p.m.	5  * Sweatin' to the Oldies 10:00 a.m. * HearUSA-Hear Screenings 11:00 a.m.-12:30 p.m. BINGO Bash 2:00 p.m.	6  * Wii Bowling 10:00 a.m. * Zumba Gold 11:30 a.m. Popcorn and Movie "Morning Glory" 1:30 p.m.
9  INTER WALK 8:30-9:00 a.m. * Zumba Gold 9:00 a.m. WALKING UPLOAD 9:00-10:00 a.m. BEG WALK 11:00-11:30 a.m. Jewelry Making 12:30 p.m.	10  * T'ai Chi 9:00 a.m. * Fit and Balance 10:00 a.m. SCRABBLE 2:00 p.m. Popcorn and Movie "Memphis Belle" 2:30 p.m.	11  INTER WALK 9:00-9:30 a.m. WALKING UPLOAD 9:30-10:00 a.m. BEG WALK 11:00-11:30 a.m. WALKING UPLOAD 11:30-12:00 p.m. * Wii Bowling 3:00 p.m.	12  * Sweatin' to the Oldies 10:00 a.m. Blood Pressure/Blood Glucose Test 12:00 p.m. BINGO Bash 2:00 p.m.	13  * Wii Bowling 10:00 a.m. * Zumba Gold 11:30 a.m. Popcorn and Movie "The Music Man" 1:30 p.m.
16  INTER WALK 8:30-9:00 a.m. * Zumba Gold 9:00 a.m. WALKING UPLOAD 9:00-10:00 a.m. BEG WALK 11:00-11:30 a.m. DEPRESSION & ANXIETY SEMINAR 2:00 p.m.	17  * T'ai Chi 9:00 a.m. * Fit and Balance 10:00 a.m. SCRABBLE 2:00 p.m. Popcorn and Movie American Experience "Walt Whitman" 2:30 p.m.	18  INTER WALK 9:00-9:30 a.m. WALKING UPLOAD 9:30-10:00 a.m. BEG WALK 11:00-11:30 a.m. WALKING UPLOAD 11:30-12:00 p.m. * Wii Bowling 3:00 p.m.	19  * Sweatin' to the Oldies 10:00 a.m. Polka Dancing 11:00 a.m. BINGO Bash 2:00 p.m.	20  * Wii Bowling 10:00 a.m. * Zumba Gold 11:30 a.m. Popcorn and Movie "You Again" 1:30 p.m.
23  INTER WALK 8:30-9:00 a.m. * Zumba Gold 9:00 a.m. WALKING UPLOAD 9:00-10:00 a.m. BEG WALK 11:00-11:30 a.m. Jewelry Making 12:30 p.m.	24  * T'ai Chi 9:00 a.m. * Fit and Balance 10:00 a.m. SCRABBLE 2:00 p.m. Popcorn and Movie American Experience "New Orleans" 2:30 p.m.	25  INTER WALK 9:00-9:30 a.m. WALKING UPLOAD 9:30-10:00 a.m. BEG WALK 11:00-11:30 a.m. WALKING UPLOAD 11:30-12:00 p.m. * Wii Bowling 3:00 p.m.	26  * Sweatin' to the Oldies 10:00 a.m. BINGO Bash 2:00 p.m. Knitting for Charity 3:30 p.m.	27  * Wii Bowling 10:00 a.m. * Zumba Gold 11:30 a.m. Popcorn and Movie "Beastly" 1:30 p.m.
30  INTER WALK 8:30-9:00 a.m. * Zumba Gold 9:00 a.m. WALKING UPLOAD 9:00-10:00 a.m. BEG WALK 11:00-11:30 a.m. SAFETY BEGINS AT HOME SEMINAR 2:00 p.m.	31  * T'ai Chi 9:00 a.m. * Fit and Balance 10:00 a.m. SCRABBLE 2:00 p.m. Popcorn and Movie American Experience "Eugene O'Neill, Ken Burns America: Brooklyn Bridge" 2:30 p.m.	<b>Special Events</b> * VIP – HUMANA BUCKS ELIGIBLE ACTIVITY RSVP FOR: JEWELRY MAKING CLASSES January 9th & January 23rd		

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.

