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City Council Passes 2012 General Fund Budget

by Jeannie Roberts

After two-plus months of planning, numerous meetings and careful scrutiny, Mayor Tim DeGeeter presented his first general fund budget to Parma City Council last month, which was passed by a 9-0 vote.

DeGeeter told the Council that it was a daunting process and that tough decisions were made. The \$47.2 million bud-

get had to factor in rising fuel costs, health care cost increases and more than \$100,000 in election expenses.

Still, DeGeeter reiterated that he thinks the city's fiscally responsible attitude will reap rewards. "I am optimistic that several priorities of our administration could reflect additional cost savings by the end of the year," he said.

Some of those priorities are the merging of administrative functions for the Civil Service Commission and the Department of Purchasing and Personnel; partnering with Cuyahoga County for IT services to save money and bolster City Hall's technological capabilities; and looking for more partnerships with adjoining communities, such

as the recently announced summer band concert series with Parma Heights.

The Mayor also announced that, to ensure and maintain fiscal responsibility, he'd like to review the budget

with Council on a quarterly basis to see how the city is doing at regular points in time. "This administration adheres to fiscal responsibility, and this

continued on page 5

Parma Safety Forces Begin Walkabouts This Month



Safety Director Greg Baeppler and Councilman Brian Day speak to a Parma resident on a previous Walkabout Wednesday

by Jeannie Roberts

Soon, you may see a Parma police vehicle on your street or a Parma police official at your door. Don't be alarmed; be informed. It's Walkabout time again.

Safety Walkabouts will begin on Wednesday, April 18 and eventually will be conducted in all nine Parma wards. The program will begin this year in Ward Four, where Mayor Tim DeGeeter is a resident. At about 5:30 p.m. on April 18th, city officials will start knocking on doors and chatting with residents.

Among those participating will be Mayor DeGeeter, Safety Director Greg Baeppler, Police Chief Robert Miller and members of his command staff, Parma auxiliary police and Parma City Council members. The Ward Four City Councilman is Brian Day.

The second week of Walkabouts will take place in Ward Two, where Debbie Lime is the Councilwoman.

If the officials catch you at home, they will leave you with literature about how to burglar-proof your home or how to make your home and property more child-friendly. They will ask about your

neighborhood concerns and make sure that you know that safe streets and neighborhoods are a priority for everyone and that everyone can contribute to that goal.

"The beauty of this program is that it is pro-active," said Safety Director Greg Baeppler. "By raising awareness among the residents, we are giving people tools to help contribute to the safety of their own neighborhoods."

This will be the sixth year for the Walkabout program.

The ward's councilperson will determine which streets are included in each Walkabout Wednesday, and in the case of inclement or severe weather, that ward will be scheduled for the next date. Announcements about the Walkabouts will be posted to the City of Parma Facebook page and tweeted from the @ParmaMayor Twitter account.

By all accounts, the program has been successful in the past, and residents have been receptive and responsive, especially when they consider that city officials have taken their own time to walk door-to-door and visit with residents.

continued on page 11

Tri-C Police Officer Awarded For Life-Saving Effort

by Kathryn Yates

Sabrina Fisher did not know she was experiencing cardiac distress when she doubled over with chest pains on the morning of Feb. 27th, 2012 while attending her classes at Tri-C. She thought she was merely having a bout of indigestion. If it were not for the insight and intervention of Officer Okey Wise-Roman, she may not have lived to see her next report card. It was his determination that prompted him to call 9-1-1, and for that Fisher is very grateful.

Officer Wise-Roman has been a paramedic for 9 years, as well as a police officer for 14, and knew the signs of serious illness Fisher had mistaken. Without health care, many students like Sabrina rely on self-diagnosis that often downplays serious health



Sabrina Fisher stands with Tri-C Police Officer Okey Wise-Roman

issues for lack of ability to take care of them. She is very fortunate to have had someone with the experience of Officer Wise-Roman readily at hand.

At Parma Hospital, doctors diagnosed Fisher with "extreme stress that could have led to a loss of consciousness or even a heart

attack." She has since recovered and has returned to her classes.

In a letter Fisher sent to the Campus Police and Security Services Dept. at Tri-C, she thanked Officer Wise-Roman saying, "If it wasn't for him, I could have been somewhere passed out, dying. Officer Okey Wise-Roman saved my life." Had Officer Wise-Roman listened to the initial protests of Sabrina Fisher and not acted on his own wisdom, Fisher might well have gone home where she could have lost consciousness, alone, while a heart attack ensued. The humble officer maintains he was just doing his job, but administrators and safety officials at the campus know that without his expertise, things could have went a lot differently for the student.

Lieutenant Al Moreland of Campus Police and Security Services presented Officer Wise-Roman with a certificate before attendees that included Randi Hansen, the Public Relations Director for Tri-C, long-time anchorman Jack P. Marshall, now Project Manager for Tri-C, Parma Observer staff, and a host of others.

A Family Connection At Parma Hospital



Dr. Robert A. George, a member of Parma Hospital's Medical Staff, was recovering from a spinal fusion surgery when his new great-grandson was born downstairs in the Small Wonders Maternity Center on March 14. Baby Seth is being held by his grandmother, Dr. George's daughter Peggy, and looking on proudly is his grandfather, Shamus, who helped to build the tower addition to the hospital in the early 1980s. Seth's parents, Madeline and Bryan Gomolka, were delighted to welcome their first child at Parma Hospital. Says Dr. George's wife, Chris, a longtime member of the Parma Hospital Health Care Foundation Board: "Bob was one of the original Board-certified internists – and 50 years later he's in the hospital when his great-grandson is born. Four generations were represented at Parma Hospital, which is our hospital."

Parma Business

The President’s Corner

by Sean Brennan,
Parma City Council President

As President of Parma City Council, one of my priorities has been to inform the community about the 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 government. This column will focus on an area near and dear to my family and I – environmental stewardship and recycling. In particular, I will focus on several events that will take place in the coming months in our fine community.

Once again this year, the City of Parma, in conjunction with the Cuyahoga County Solid Waste District, is sponsoring several special “round-up events.” Each will take place at Parma Service Garage (5680 Chevrolet Blvd.) between 7:30 am and 2:30 pm. Please note that latex paint will not be collected at the Hazardous Waste Round-Ups. Simply open those cans and allow the paint to harden. The inert paint may then be placed in your regular trash.

*Saturday, April 14 – Computer Round-Up

*Saturday, May 12 – Household Hazardous Waste Round-Up

*Saturday, August 18 – Computer Round-Up

*Saturday, September 15 – House-



Parma City Council President Sean P. Brennan

hold and Hazardous Waste Round-Up
*Saturday, October 6 – Scrap Tire Round-Up

As you have probably noticed, several schools, churches and other organizations in town have yellow and green paper recycling bins on their grounds. These bins represent an easy fundraiser for these fine organizations. Simply deposit your newspapers, phone books, catalogs, magazines, junk mail, and miscellaneous paper scraps in the bins. Some bins also accept corrugated cardboard. See the directions on the bins for specifics.

Like me, you have probably completed your 2011 taxes or will soon. So, also like me, you no doubt have several

documents you would like to discard in a safe and secure manner. Have no fear, as your Parma City officials and Cuyahoga County Solid Waste Management have coordinated a document shredding event and food drive for Saturday, April 28, from 11:00 am to 2:00 pm. This event will take place in the Parma Hospital Medical Arts Building 4 parking lot. Parma residents are asked to simply donate non-perishable goods for the Parma Hunger Center for the service. Proof of residency can be a driver’s license or gas or electric bill.

As you may have read in recent months, it is no longer recommended to flush unused drugs down the drain or place them in the trash. Therefore, to assist residents, the City of Parma is sponsoring a prescription drug collection on Saturday, April 28 from 10:00 am to 2:00 pm at the Donna Smallwood Adult Activity Center (formerly the Parma Senior Center) located at 7001 West Ridgewood Drive. Please remove labels from prescription bottles before arriving.

Last, but not least, I am co-sponsoring a rain barrel workshop on Thursday, August 23 from 6:30 pm to 7:30 pm at the Donna Smallwood Center. The cost of the workshop is \$60. Come to learn how to harvest rainwater for all your gardening needs and to combat storm water pollution. Each participant will construct a rain barrel to take home. A barrel, downspout diverter and all materials are included. I installed a rain

barrel a few years ago and love it about as much as my plants and flowers do! To register, call Amy Roskilly at 216-524-6580, extension 22.

I hope that you find my column helpful and informative. I am always looking for ideas regarding what you would like to know more about concerning your local government. Thank you to the many folks who have contacted me with ideas. If you have any suggestions, feel free to contact me at (440) 885-8091 or councilmanbrennan@sbcglobal.net. See you in May!



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Parma Firefighter Of The Year

by Doug Turner

The Parma Elks Club Honored David Higginbotham Wednesday March 21 with a Firefighter of the Year award. Dave has been with the department for 17 years and is a Fire and EMS instructor for the Parma Fire as well as Tri-C. He is also one of two grant writers that have brought in just over 2 million dollars in grant money since 2003. He is Chairman of Local 639 Charity Committee raising 80,000 for local charities over the last 14 years including coordinating the Annual Charity Golf Outing. He volunteers his time teaching fire safety to Parma City Schools Kindergarten, Parma’s First Step Program special needs children and CPR and first aid to Parma Hockey Associa-

tion coaches. At a house fire in December 2011, he and other firefighters reached a

male in a bedroom and removed him through a window to safety.



Parma Tot T-Ball

by Jeannie Roberts

For the first time in Parma, three- and four-year-olds can participate in Tot T-ball on Saturday mornings at Ries Park this year. The fun and instructional league is a lead-up to more competitive T-ball, which begins with five-year-olds. There’s still time to sign up, but the final opportunity to get into the new program is April 4, from 6:30 to 8 p.m. at the Recreation Department at Parmatown Mall. The co-ed program is \$25 and for Parma residents only. Mayor Tim DeGeeter is excited that the program “allows even more residents to enjoy programs that the Rec Department offers.” Pictured above, Ben Thomas is looking forward to the new season.

What are patients saying?

"My grateful thanks to everyone."

"I wanted to come back because of the excellent treatment before."

"Staff seemed to be more responsive to every request by patients."

"Nurses, you rock."

"I'm bragging about you with everybody - insurance representatives, neighbors, friends, church, pharmacy, work associates, and anybody else I talk too."

"I was taken care of immediately because of chest pain and a hard time taking a deep breath."

"I would like to recognize Kim and Luda for their exceptional care. They made my stay very pleasant. I also, liked that they were my nurses the entire stay. I didn't feel like I had to explain anything to another person. I felt right at home."

"My care was really exceptional!"

"The staff were all incredible and seemed to truly enjoy what they do. I was more than a patient; that seemed to matter to them."

"From the minute I was picked up by ambulance to the time of my discharge everyone was wonderful and I felt very comforted and cared for."

"Best hospital food I ever had; even better than the meals elsewhere. Every meal was delicious."

"Heart Center was great. Very responsive and caring. Even spent time just talking and assuring me."

"Everyone was wonderful in the ER."

"I think Parma Community General Hospital is an excellent hospital, the best place to get well again, and should get the highest rating."

"It's awfully scary having trouble breathing and they knew how to care for me and calm me."

"I cannot say enough good things."

"2nd stay on cardio floor and am very impressed and pleased with nurses and all staff."

"Things happened so fast I thought I had reservations."

"I feel P.C.G.H. ranks with the best."

"Thanks to the nurses and doctors in the Heart Center for keeping my father alive! They are the best."

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Parma Observer

Robot-Assisted Hysterectomies Provide Quicker, Easier Recoveries For Patients

by CJ Sheppard

The fourth time was a charm for Lisa Holbert. The Parma woman had tried three other gynecologists, all of whom took a wait-and-see approach to a growing problem. She spent months receiving iron infusions to boost her blood count following excessively heavy menstrual periods that left her drained. The past four years were a blur of nausea, cramping, vomiting and exhaustion. “There’s no living. You just want to sleep,” said Holbert, 39 and a mother a teenage daughter and a son in college. “The exhaustion and fatigue were so bad. I couldn’t do the things I wanted to do as a mom. The other doctors were kind of dismissive, like: ‘You’re a young woman, this is part of life.’”

Then she found Dr. Paul Hudock, an OB-Gyn based at Parma Hospital who ran tests and quickly determined a course of action. Best of all, he lis-



Paul Hudock, MD

tened and found Holbert was an ideal candidate for a minimally invasive hysterectomy performed with the da Vinci robot. One in three U.S. women will have a hysterectomy before the

age of 60. Finding an easier and faster way through the recovery than the traditional six week sounds appealing to women who can’t be out of commission for that long.

“Traditionally anytime you can do something minimally invasive, you’re going to have less pain, less risk of infection, less blood loss, a shorter hospital stay and a quicker return to normal activity,” says Paul Hudock, MD. “If you’re facing a hysterectomy, you may want to explore whether you’re a candidate.”

Da Vinci surgery provides precise treatment for gynecologic conditions in a minimally invasive fashion – through tiny incisions instead of a long open incision. The benefits for patients of a da Vinci approach include:

- Better clinical outcomes, in many cases
- Shorter hospital stay & faster recovery

- Significantly less pain
- Tiny incisions for minimal scarring

Hysterectomies, the second most common operation for U.S. women, are often recommended to treat conditions such as: fibroid tumors, severe endometriosis, heavy uterine bleeding and certain gynecologic cancers.

Holbert has a restful and comfortably overnight stay at Parma Hospital and returned home within 24 hours of her surgery. She expected more post-surgical discomfort. She had minimal tenderness and did not require any prescription pain medicine. Within days, she was able to do housework and get on with her life. “Dr. Hudock opened up a whole new world for me,” Holbert said. “When you start to feel healthy and a little better every day after surgery, it’s an amazing feeling. You don’t remember feeling this good.” “He was just amazing. I felt he took me very seriously. He was not dismissive whatsoever. He took the time to figure out the issues and problems I was having.”

In some cases like fibroids, surgery – especially the minimally invasive form – is the best option, says Dr. Hudock. “These patients are suffering,” said Dr. Hudock. “With da Vinci we can get them back to their routine much quicker.”

Robotic surgery with the da Vinci Si may be your best option if the following apply to you:

fnI would like to avoid a large incision and scar.

fnIt is important that I am able to return to my normal activities (e.g., driving) as soon as possible after surgery.

fnI would like to limit my hospital stay to just one night, if possible.

fnI would like to minimize my blood loss and need for blood transfusion(s) during surgery.

fnI would like to limit the amount/duration of pain medications I take after surgery.

fnI would like to minimize my risk of infection after the surgery.

Parma Area Morning Kiwanis Welcomes New Members

by Joe Germana

Parma Area Morning Kiwanis welcomes new members Tom Krysiak and Diane Barna. Tom is Graduate of St. Joseph High School, Graduate of Bowling Green State University. Married 37 Years to Regina. Has 3 grown children all married and employed, Grandfather of 2 boys. Has 30 Years in the Retail Package Goods business with companies; Teledyne Water Pik, Bausch & Lomb, Regina, and Vidal Sassoon. In Sales Management for 25 of those years. Sold to retailers nationwide such as Wal Mart, Target, Sears, J.C. Penney, Kmart etc.

Last 7 years a consultant working in the Debt Collection Industry, Amer-Assist, and Energy Procurement, H.P. Technologies.

Diane is a Legal Secretary with Gallagher Sharp, a resident of Parma and proud Grandmother of grandson Jack and granddog Max. She believes in the part of the Key Club Pledge to "Build my home, school and Community" and is looking forward to attending her first Kiwanis International Convention as a delegate.

The Parma Area Morning Kiwanis is a local chapter of Kiwanis International that is a global organization of volunteers dedicated to changing the world one child and one community at a time. Their primary focus is giving an opportunity for children to learn leadership skills while providing service to their home, school and community.



President Joe Germana (right) welcomes new members Tom Krysiak and Diane Barna

For school age children we sponsor the Kiwanis K-Kids at Pleasant Valley and Green Valley Elementary Schools, the Greenbriar Builders Club and the Normandy High School Key Club. They also sponsor a “Terrific Kids” Sundae Bar at Ridge-Brook Elementary, for kids who “Bring Up Grades” and exhibit good citizenship. Their “Young Children Priority One” initiative for pre-school children includes car seat safety and providing adult interaction in arts & craft projects with kids with disabilities in the district’s First Step program.

The Parma AM Kiwanis meets Wednesday mornings for breakfast at 7:15am at the Greenbrier Retirement

Center located at 6457 Pearl Road in Parma Heights, and has service and fund raising projects throughout the year. For more information contact President Joe Germana 440-882-2012 or e-mail joe@fourstarinsurance.com

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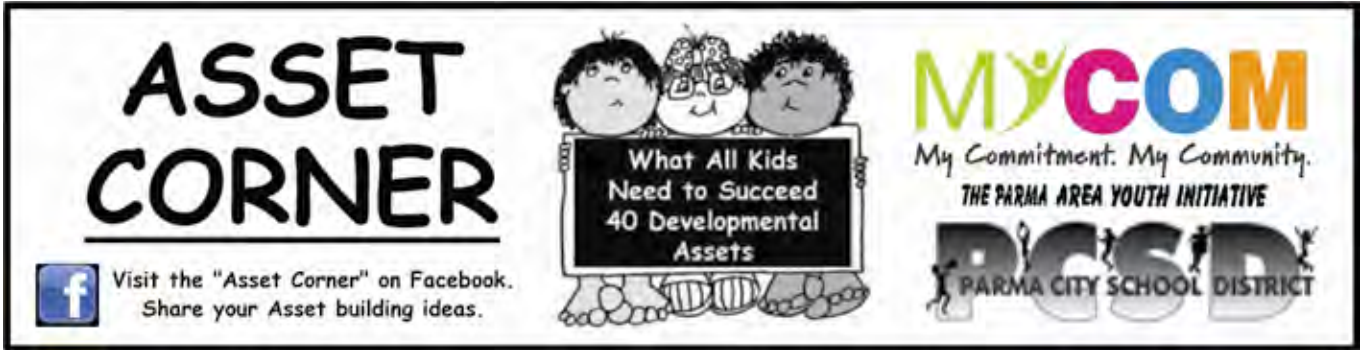
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Parma Schools



Asset Corner #28

by Gene Lovasy
March’s Asset Category:
Social Competencies

April’s Asset Category: Empowerment

Young people are empowered when they feel valued, valuable and safe. They need to believe that adults like and respect them. Finally, they need plenty of opportunities to contribute to their communities through volunteering, working in paid jobs and sharing their ideas, knowledge and creativity. One of these days, the young people in your home, school, neighborhood and workplace will be in charge – in charge of their own lives and in charge of the world. You can help young people get ready for their future role by empowering them now.

- Empowerment Assets Include:**
- #7 Community Values Youth** – Young person perceives that adults in the community value youth. (22%*)
 - #8 Youth as Resources** – Young people are given useful roles in the community. (26%*)
 - #9 Service to Others** – Young person serves in the community one hour or more a week. (48%*)
 - #10 Safety** – Young person feels safe at home, school and in the neighborhood. (51%*)
- (* The percent of youth who experience or have this asset in their lives. Data based on an aggregate Search Institute sample of 148,189 students surveyed in 2003. The sample included students in 202 cities in 27 states.)
- This column’s focus will be on.....

Asset 7: Community Values Youth

Listening to diverse opinions can help everyone move ahead

As young people grow older, they quickly sense where they are wanted and where they aren’t. Do the young people around you have opportunities to participate, serve, lead, and make decisions within the community? Do these same young people feel the community supports children and youth? If the answer to these questions is “not always” or “not enough,” it may be time to make some changes. After all, remember how you felt when you were young and the adults around you didn’t listen or give you credit for your opinions? Everyone deserves a voice!

Here are the facts:

Research shows that young people who perceive that adults in the community value young people are more likely to grow up healthy, exhibit leadership, value diversity, and succeed in school. Only 22 percent of young people, ages 11–18, perceive that adults in the community value their opinions and input, according to Search Institute surveys. Set a goal to create an environment in which you and other adults take time to listen to young people, spend time with them, and give credit to their opinions.

Tips for building this asset:

Young people’s perceptions can tell you a lot about your community and what needs to happen so they feel the community values them. Ask young people what they think. Acknowledge their opinions, even if you don’t agree. Work together to turn your commu-

nity into a place that values its young people.

Also try this

In your home and family: Ask your child’s opinion about something in the news. Listen carefully, without interrupting. Discuss the topic (agreeing to disagree, if necessary).

In your neighborhood and community: Serve on a community committee and seek out young people’s feedback about specific issues. Let them know you greatly appreciate their presence and participation. Encourage civic groups to include young people in critical conversations.

In your school or youth program: Engage the young people in your school or program as leaders and decision makers. Get their input on school board or program directors’ decisions. Invite them to discuss their experiences with the school board or program directors.

ASSET RELATED NEWS

Are you a business or individual looking for hands-on opportunities to work with our students? If so, go here <http://survey.constantcontact.com/survey/a07e5m9tduggyrr27eb/> start to complete the CBS Partnership Activities & Opportunities Survey. The information you supply will be included in a data base used to facili-

tate connecting a teacher with a needed professional resource.

Mark your calendars now to attend the Parma Area Safety Fair scheduled for Saturday, April 28 from 11:00 am to 2:00 pm at the Parma Justice Center. Tours, demos by various units of our safety forces, see representatives of the Metropark Mounted Police, get fingerprint ID cards for your children, child safety seat inspections & much more.

If you have a child attending Shiloh M.S. make sure he attends the bi-annual Career Fair on May 4th put on by Parma Hospital. At last count 16 departments, including representatives from Tri-C ‘s Health Career Dept will be demonstrating their skills for students at this all day, signature Business/School partnership event.

Don’t forget about the ongoing CBS sponsored Backpack For Kids program. This cooperative effort on the part of KIKS Office & the Parma Area Family Collaborative would like to supply backpacks & basic supplies to as many of our young students as possible. To help please send your check to CBS Office – Backpack Drive, 5311 Longwood Ave., Parma OH 44134. Make sure to include your business name and other pertinent contact information.

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 or www.search-institute.org/assets for more information about the 40 Developmental Assets and ideas for helping young people build them.

City Council Passes 2012 General Fund Budget

continued from page 1

budget shows that we have attempted to maintain the line on spending,” he said. “We will continue to do that.”

The budget also includes \$400,000 of patrolmen expenses absorbed from the police levy, and higher costs for safety forces – for police, a 1% raise that was retroactive for 2011 and applies to 2012, and for fire forces, a 1% raise beginning on July 1, 2012.

“Our administration remains committed to continuing to look for cost-cutting measures,” DeGeeter said. “We are committed to regional collaboration where we can participate in it, because it makes sense for all concerned.”

Before the Council voted on the budget, Council President Sean Bren-

nan praised the city’s budget process. “Literally, every dime in this budget has been presented to the Council and gone before the public,” he said. “This is a very transparent budget process, and I really applaud that.”

During the past couple of months, City Council has listened to budget presentations by city directors. Questions were asked and answered, and, in some cases, budgets revised.

“We spent over two months on this budget process, and it wasn’t easy. Council was very involved and asked tough questions along the way. I appreciate the efforts of the Council and of the department heads. The end result of everybody’s efforts is a solid budget in challenging times.”

April 1st Is No Joke - The Month Of April Has Finally Arrived!

by Ruth Revecky

April not only brings spring flowers,
But it also brings forth colorful
Umbrellas as well!

And most of all, the warming sunshine
Rids us of dirty snow and slippery ice.
Gratefully, those warm showers make
Our world become much greener!

Children run outdoors to play with
Baseballs and bats and scoot around on
Drying sidewalks on one-bladed roller
Skates.

And don’t forget those zooming skate-
Boards that children so enjoy.

Dad, of course, grudgingly drags out
The leaf rake and trash bags to clean up
The front and backyard.

Mom, on the other hand, has been
Thinking about Easter and wearing a
New Easter bonnet.

Easter in Parma is celebrated twice--
On April 8th and by some on April 15th.
Now don’t forget the children’s Easter-
Egg hunt that is so much fun for them.

Springtime gives us new hope and a surge
Of energy, just like the bursting forth of
Little flowers from our warming earth.

Enjoy the month of April—it’s full of
Many surprises!

HAPPY EASTER! HAPPY SPRING!

Inspiration

What's Right? What's Wrong?

by Daniel Taddeo
Since Easter Sunday is on April 8, I thought that it would be appropriate for this month's column to offer for your consideration some quotations from the Book of Proverbs, which focus on contrasting values. I'd like to take this opportunity to extend to each and everyone my wishes for a Happy Easter.

A cheerful heart is good medicine, but a crushed spirit dries up the bones.
A fool gives full vent to his anger, but a wise man keeps himself under control.

The Difference Between Religion And Spirituality

by Bryan N Griffin Jr,
I have a group of friends that I get into logical arguments with every subject you can think of. The one thing we always get so passionate about is the difference between religion and spirituality. Why? One friend cannot stand it when he hears the statement, "I am spiritual, not religious." Every person has a friend that is like that.
Allow me to explain this expression. This is my own subjective definition. It is not an absolute truth. My explanation comes close to it. Here we go.

Religion is a group mentality. The word itself comes from the Latin word, meaning 'to bring together.' Also, consider the fact that religion involves large numbers of people coming

together to hear the alleged wise words of one person, who stands high above a figurative pedestal and looking down to their congregation in front of a lecture stand. The keyword for religion is "group."

Religion may also be considered an "outside in" mentality. Christianity is an example of such a mentality. Because it deals with a monotheistic supreme being, it is about letting a deity from the outside into your body and soul.

Spirituality is an individual mentality. It is considered by some to a singular journey to find either peace of mind or soulful enlightenment. This is either achieved through dialogue with someone of higher spiritual authority, or it can be done alone through deep meditation. They look deep from within themselves to find their answers to certain questions. They do that to find out where their heart truly belongs. The keyword for spirituality is "individual."

Spirituality can be considered an "inside out" mentality. Traditional Indian Buddhism is an excellent example. It is atheistic, and it only deals with the science of the human soul. Buddhism focuses with perfecting one's ATMAN, or soul through karma and reincarnation of several lifetimes, learning lessons through those journeys. So, your soul travels from body to body through life, death, and rebirth without the presence or guidance of a god, or goddess.

So, I always ask my friend, after I explain it for the umpteen thousandth time, "Are you religious, where you like to share your beliefs with like minded people; or are you spiritual, where you contemplate by yourself, or with a spiritual guide?"

My beliefs are complicated. I have such a wide variety of interests, from ancient Egypt to Zen Buddhism. I really do not have a favorite that is set in stone, because I am so culturally diverse, and I am interested in everything under the sun. Also, I consider myself more of a scholar than a believer of just one thing.

With all that being said, ask yourself a couple questions. What path do you follow? Do you like sharing your beliefs with a group of people, or do you like to meditate your beliefs by yourself.

A generous man will prosper; he who refreshes others will himself be refreshed.
A gentle answer turns away wrath, but a harsh word stirs up anger.
All man's ways seem innocent to him, but the Lord weighs motives.
All hard work brings a profit, but mere talk leads to poverty.
An anxious heart weighs a man down, but a kind word cheers him up.
Better a little with righteousness than much gain with injustice.
Better a poor man whose walk is blameless than a rich man whose ways are preverse.
Better to live on a corner of the roof than share a house with a quarrelsome wife (or husband).
He who conceals his sin does not prosper, but whoever confesses and renounces them finds mercy.
He who brings trouble on his family will inherit only winds, and the fool will be servant to the wise.
He who seeks good finds goodwill, but evil comes to him who searches for it.
He who spares the rod hates his son, but he who loves him is careful to discipline him.
It is to a man's honor to avoid strife, but every fool is quick to quarrel.
Lazy hands make a man poor, but diligent hands bring wealth.
Misfortune pursues the sinner, but prosperity is the reward of the righteous.
One man gives freely, yet gains even more; another withholds unduly, but comes to poverty.
Pride only breeds quarrels, but wisdom is found in those who take advice.
Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.
The glory of young men is their strength, gray hair the splendor of the old.
The plans of the righteous are just, but the advice of the wicked is deceitful.
The rich rule over the poor and the borrower is slave to the lender.
The rod of correction imparts wisdom, but a child left to himself disgraces his mother.
The way of a fool seems right to him, but a wise man listens to advice.
Truthful lips endure forever, but a lying tongue last only a moment.
Rebuke a fool and he will hate you; rebuke a wise man and he will love you.
Reckless words pierce like a sword, but the tongue of the wise brings healing.
When words are many, sin is not absent, but he who holds his tongue is wise where there is no revelation, the people cast off restraint; but blessed is he who keeps the law.
Who can say "I have kept my heart pure; I am clean and without sin?"
Whoever loves discipline loves knowledge, but he who hates correction is stupid.
Whoever trusts in his riches will fail, but the righteous will thrive like a green leaf.



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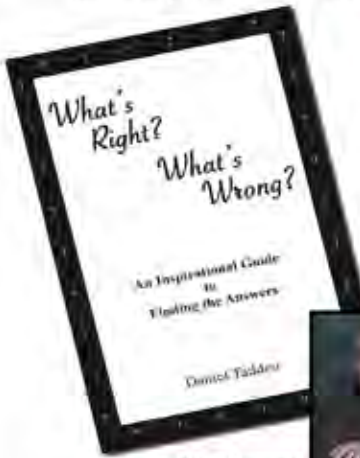
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Political Perspectives

Baldwin-Wallace College Selects Two Holy Name Graduates For 2012 Summers Scholars Program

by Jenna Burnett

Matthew Gesicki and Charles Hayes of Parma are two of just fifteen Baldwin-Wallace College students selected for the 2012 Summer Scholars Program. The program, now in its ninth year, enables students to pursue a research or creative project of their design under the supervision of a faculty mentor. Scholars will live together on Campus from May 21-July 13, regularly sharing their varied research within and outside the Summer Scholars community. The program is enriched by seminars and field trips.

Gesicki's research topic will be "In the Church of the Earth: A Poetic Dialogue with Pablo Neruda." His project will focus on unraveling the text of each sonnet in Pablo Neruda's "One Hundred Love Sonnets" to rebuild Neruda's themes, but in a different form, using his own metaphors and emphases. The writing of the lyrical essays will be informed by reading major works by Neruda to gain insight into his life and work. Gesicki will collaborate with Sharon Kubasak of the English department.

Gesicki, the son of Eric and Christine Gesicki, is a member of the selection committee for B-W's annual literary magazine, "The Mill," and a contributing writer for another B-W publication, "Maelstrom." He is also a member of SCOPE, the religious focus group, and a member of Alpha Lambda Delta Honor Society. The 2010 graduate of Holy Name High School is currently a sophomore at B-W, majoring in English.

Hayes, a fellow Holy Name graduate, will be collaborating with Jack Winget of the Theatre and Dance Department on his research project,

"Improving Humanism in Medicine: A Theatrical Approach." This project will focus on developing a beneficial theatre education program to be utilized by medical professionals to improve the personal relationship doctors have with their patients. This project is also intended to showcase the city of Cleveland. University Hospital Case Medical Center and the Cleveland Clinic have agreed to incorporate the created theatre educational pilot program.

Hayes is the president of Undergraduate Research and Creative Studies Ambassadors, a volunteer for

by Penny Schultz

On Thursday March 15, Yorktown Lanes in Parma Hts. invited the public to come by their facility and have a look at the progress so far in their rebuilding effort since a devastating fire struck the business on August 16, 2011. The damage from the fire and the efforts to extinguish it were much more extensive than initially believed; even though the Parma Hts. Fire Department, along with the assistance of other fire departments from nearby cities, were able to put out the blaze quickly, in the end, approximately 3 million dollars was spent on the rebuilding project. The Cottrell family has owned the bowling alley since 1959, and in an ironic twist, the fire occurred on the owner's birthday.

They say in every cloud there is a silver lining, and the one in this cloud, from all appearances, is that Yorktown Lanes will be looking better than ever when it re-opens for business in the coming months. People who came by for the advance showing walked into a

B-W's Habitat for Humanity and Office of Community Outreach, a member of the College Democrats, and was recently inducted into Delta Phi Alpha (German Honorary Society). He also serves as the House Manager for the Kleist Center for Art & Drama and is involved in various shows on campus, including last month's "Mr. Marmalade." Hayes will be studying abroad in Geneva, Switzerland in the fall. Hayes is a sophomore at B-W, majoring in International Studies. Hayes says he is very excited to be working with the Cleveland Clinic for his research project because he had previously worked with the Clinic for two years prior to college, where he assisted with many research projects.

Baldwin-Wallace College, founded in 1845, was one of the first colleges to admit students without regard to race or gender. An independent, coeducational college of 4,500 students, B-W offers coursework in the liberal arts tradition in more than 50 academic areas. Located in Berea, 12 miles from downtown Cleveland, B-W offers students the cultural, educational and business advantages of a major metropolitan area.

building that is still essentially a construction site. Safety goggles were issued, along with hard-hats, and small groups took turns being led around by very capable guides who showed the work in progress, explained the procedures that had been performed, and provided a vision of what the place would look like when it is finished. I can't wait to come here and bowl again, and I'm sure the 5,000 bowlers who have been without their favorite lanes will be quick to agree with me. We're all very happy that this venerable landmark in the Cleveland

area was spared the worst, and congratulations to the workers who did such a fantastic job of re-building, the many volunteers who helped, and the Cottrell family, who believed in Yorktown Lanes and made sure that this community will be able to enjoy this local treasure for many, many years to come.



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Political Perspective

The Patriot Corner

by Wayne Mahowald

“Where there is no vision, the people perish.” Societies and organizations whose leaders have no vision cannot grow and prosper because they are reduced to maintaining the status quo and are guided by the saying “If it aint broke, don’t fix it.” True leaders are guided by a different belief more reflective of the competitive world in which we live. With the realization that there is always room for improvement, they believe “If it ain’t broke, you’re not looking hard enough”.

Some people will say a vision is nothing more than a dream. But to a true leader, a dream is not a vision. A vision is a reality that has simply not yet come into existence. They believe so strongly in the vision that they are

willing to devote hours of work and years of their lives to make it a reality. In this way, a vision is the driving force that compels a leader to action. It gives purpose to the leader and then the power of the leader’s devotion to the vision in turn inspires others.

Many leaders will say that they have vision but I would say that true vision is something rare. Kennedy’s vision of putting a man on the moon is one example of someone with true vision. That vision inspired a nation to accomplish something truly unprecedented in human history and resulted in amazing advances in technology along the way. Throughout history, there have been other examples of men who were not afraid to challenge themselves and others to move mankind forward, yet today



Parma City School District Superintendent Dr. Jeffery Graham and School Board President Sean P. Nicklos attended a meeting of the Parma Patriots on March 25, answering questions and addressing concerns of the people there.

we seem to be bereft of such leaders. My question to you is where are the leaders of today with vision? Where are the

leaders who can see a better future for all of us and can unite us in that vision?

Although we need leaders with vision in many areas, I think one area where we desperately need a leader with vision is in the field of energy. I think we can all agree that modern civilization is dependent on a steady supply of reasonably priced energy. Yet for decades we have used a limited amount of sources for that energy. Oil, natural gas, coal and other fossil fuels are by nature finite. We can argue their availability and impact of their use on the environment but like it or not, they are the mainstay of our way of life. They also will eventually run out. Alternative sources such as solar and wind are many years away from being viable alternatives. Meanwhile, our leaders in Washington argue about drilling, pipelines and subsidies for companies while offering no real ideas to move us forward.

What I believe we need today is a leader who truly understands that we must be able to generate our own energy both now and in the future. We must have a leader who sets a realistic goal for this nation of true energy independence and demands that it happen in a reasonable time frame, within a decade would seem to be a reasonable time period. That leader must also be willing to devote all the resources at his disposal to realizing the vision, regardless of any personal or political cost. Where do we find such a person? Where do we find our George Washington?

States, communities, and health care providers \$750 million to prevent disease keep people healthy.

\$350 Million to Fight Fraud. The Affordable Care Act included \$350 million in new resources to fight fraud and, in FY 2010 alone, 931 individuals were charged with health care fraud.

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To learn how the ACA will affect you and some of its provisions, go to www.healthcare.gov

Two Years Ago The ACA Was Signed Into Law

by Lee Kamps

Where Would We Be Without It Today ?On March 23 2010 President Obama signed the Affordable Care Act into law. Now it has been two years since that event. While the most important provisions of the act will not take effect until January 1 2014, here is what has happened in those two years:

2.5 Million More Uninsured Young Adults are now insured. Those young adults have been able to remain on their parent’s health insurance until age 26. Last year for the first time in memory the number of uninsured young adults

dropped, thanks to this new law.

2.65 Million Seniors have saved \$1.5 Billion on their Prescription Drugs. The Affordable Care Act provides a 50 percent discount on covered brand name prescription drugs for seniors and people with disabilities who hit the donut hole.

24.2 Million Seniors Now get Preventive Care at no cost. The Affordable Care Act makes preventive care like mammograms and colonoscopies free for everyone with Medicare. Through November 2011, 24.2 million seniors have received free preventive services.

45,000 Americans With Pre-Existing Conditions are now insured. As of November 2011, the Affordable Care Act’s Pre-Existing Condition Insurance Plan has provided insurance to 45,000 Americans who have been locked out of the insurance marketplace because of a pre-existing condition.

Insurance Companies can no longer cap care. Under the Affordable Care Act, insurance companies cannot drop your care when you get sick, or place a lifetime limit on your care. Today, the 102 million Americans whose health plan included lifetime dollar limits have seen their coverage expanded.

Insurance Companies cannot drop coverage when you are sick. The Affordable Care Act finally put an end to one of the most abusive practices of the insurance industry: retroactively canceling coverage for a sick patient based on an unintentional mistake in their paperwork. Before the health care law was signed, most of the 15 million people purchasing coverage in the individual market were vulnerable to this policy. Rescission often leaves people suddenly responsible for past expenses and with no coverage to pay for needed care.

41 Million Americans can now get Preventive Care. Approximately 41 million Americans are now enrolled in health insurance plans that must provide preventive services without cost sharing thanks to health reform.

More than 6,000 Businesses have saved \$5 Billion More to Cover Early Retirees. The Affordable Care Act has provided \$5 billion to a reinsurance program for businesses and other health insurance plan sponsors to help cover the cost of caring for retirees who aren’t old enough to join Medicare.

More Transparency of Insurance Company Rate Increases on 34.8 Million Americans. In every State and for the first time ever, insurance companies are now required to publicly justify their actions if they want to raise rates by 10 percent or more and publicly post this information.

\$750 Million to Prevent Disease: The Affordable Care Act’s Prevention and Public Health Fund provided

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Parma Observer

The Literacy Cooperative Provides Parents With Tips On Reading With Their Children

by Katherine Bulava

On February 23, 2012, The Literacy Cooperative hosted a Parent Learning Session for parents of first grade students at Marion-Sterling School in Cleveland. The Parent Learning Session was a supplement to the STEP tutoring program that The Literacy Cooperative is piloting at Marion-Sterling School. STEP pairs first grade students with a tutor for one-on-one tutoring sessions that follow a research-based curriculum designed to improve the child's literacy skills.

The February 23rd Parent Learning Session focused on providing parents with tips on reading with their children. During the session, parents were encouraged to read with their children for at least 20 minutes every day.

Parents were led through a series of strategies to be used before, during and after reading a book to their child. Some important tips for reading with a child include:

1) Before reading a book together:



Talk about what is on the cover and what the book may be about.

Point out and explain the role of the author and illustrator.

Talk about the setting and the characters.

2) While reading together:

Periodically stop and ask what will happen next

Recall details.

3) After reading a book together:

Ask what the child thought of the story.

Summarize the story.

Ask imaginative questions.

Parents learned that an effective reader is able to engage the child, maintain the child's attention, and make the story relevant.

In addition to reading books together, parents can help to improve their child's reading skills by engaging in literacy-based activities. These include:

1) Help your child hear and say the beginning, middle and ending sound in words.

2) Help your child hear rhymes.

3) Help your child recognize and write his/her own first and last name.

4) Talk with your child about the letters in the alphabet and point them out on signs and in books.

5) Talk to your child about stories and make connections to things that happen in his/her life.

6) Ask who, what, when, where and how questions.

7) Help your child write stories and make books.

8) Help your child write upper and lower case letters.

9) Help your child guess what will

happen in a story.

10) Help your child retell a story.

11) Help your child be excited about learning new words to develop a strong vocabulary.

Read with Your Child booklet used for this workshop: <http://www.literacycooperative.com/documents/ReadwithyourChild.pdf>



Stearns Homestead Welcomes The New 2012 Season

by Debbie Sillett

The Parma Area Historical Society will begin its 2012 season on the Stearns Homestead with a celebration of Earth Day on Sunday, April 22. Our official Opening Day is May 20th. A plant sale is also scheduled for this weekend. We have been busy over the last few months getting ready to invite the public for a season of family fun! We have started our new Youth Group this year and its off to a resounding start with many new families participating in Club events. There will be new calves, lambs, turkeys and piglets here soon to see. We already hear a loud chorus of frogs in the pond singing and the fields and vistas are coming into bloom. In June, the ceremony to honor the Flag will be held on 16th and we will also enjoy the sunset that evening.

The Farmers Market will begin its new season, starting Saturday June 23rd from 9am-1pm until Oct 6. Displays in our historic houses welcome you to explore. Treasures await you to find at the Antiques & Collectibles sales in July, and the Rummage sale in August.

Toward the fall, the Youth Group will be presenting their Animal projects. This is an event that is very interesting, as it showcases the accomplishments of the families learning about farm life and animal husbandry

in a way found nowhere else in the surrounding area. Farm City days is also an event to enjoy hayrides and fresh apples and the smells of crisp leaves under your feet and a good hot dog, and also to understand why farming is so essential to everyone's everyday lives in so many ways. We are beginning a project to raise crops that the public has forgotten about and over time, we will see how much we will succeed, with the weather and the wildlife out here right in the middle of a city close by.

We are looking for volunteers to help with developing museum projects and programs to demonstrate to the public. Also folks who love to garden and would like to be involved in developing historic kitchen gardens and an Ohio Heritage garden project. Also looking for donations of a large outdoor cooking kettle, tall fencing, farming stories, old seed books or stories telling of the kinds of crops that were grown in the area, by name if possible. If you can demonstrate a pioneer skill and rebuilding old farm equipment. We sure could use the help. Students or people who are just interested, we need help setting up tents and tables for the farmers' market and other events. Stearns Homestead offers you the peacefulness of untouched vistas and have a special place to experience the past as well as to explore the future.

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Parma Observer

Blooming Bradfords And Magnolias Announce Early Spring

by Kathryn Yates

A thousand apologies to professional poets, (and those allergic to sap) as well as my neighbors who may well have grumbled about the sprouting grass last month. Like many I imagine, I made the mistake the first spring I moved to Parma and the magnolia on my front lawn did its business. As a greenhorn, I tried to mulch it up with the mower. After my arm got sore de-clogging the underside and re-pulling the starter rope, I began to bag the squishy petals. Three bags later, realizing this wasn't the green solution, I called my Dad – a.k.a. Farmer McGregor - who snickered and told me to leave them alone and let nature take care of it. He was right as usual, and I ended up emptying the petals into a pile by the back garden which shriveled and shrunk in a few days. Pretty as the blooming magnolia is – they are short-lived displays, and if the trees could talk to passing gawkers they would tell you themselves to “Take a picture – it lasts longer!”

In January's article I asked readers to venture into neighboring city limits and witness the blossoming Bradfords this spring. Nature couldn't have been kinder this year to greater Cleveland, and the display was put on several weeks ahead of schedule. If you were able to catch it, you would have seen the fruit of effective cityscape planning



Pears show-off Grant Blvd. in Middleburg Hts.

in its glory. If not, there is a photo gallery on-line included with this article that can be accessed at: www.parmaobserver.com. Feel free to compare the streetscape you live on to the ones in the photos and ask yourself if it's time to plant one of these non fruit-bearing pears that average around thirty dollars apiece (depending on size and time of season of purchase) at your local Home Depot or Wal-Mart garden center. City Hall has the free permit with tree types that are suitable, if you desire another. The appropriate distance between trees (if you are planting more than one) is

forty feet.

F.Y.I. If you are seeking aroma therapy from the white flowers it produces in the spring, you will be sorely disappointed. Their scent presents something of a conundrum for their attractive appearance. For sweetness, nothing matches that of the un-producing grapevine in the spring when it attempts to bloom. Even greater than the honeysuckle, its' aroma will waft for around three weeks. A Cyclone fence acting as a barrier between properties will offer exceptional privacy with a grapevine gone wild in the sun. Do not cut it back

to reap the rewards of the sweetest smell known to urban man – the trade-off is that you will not get grapes for your homemade wines and jellies.

Neighboring Parma Heights planted locust trees in the early seventies as part of their initiative to beautify their town, and today the trees are shading the streets with a canopy effect. Locust trees are notoriously slow-growing, and expecting shade is an exercise in patience and time. The leaves, which are tiny and almost impossible to rake, make for an easy autumn, though– a good choice for those who despise yard work. Red maples and flowering crabs are also on the list of City Hall-approved varieties. Evergreens and pines are not, nor is the rapid-growing behemoth, silver maple. Oaks are not mentioned, but common sense prevails. Contact the service department at 440-885-8184 for a complete list. Plant them in your back yard, if you can tolerate the “helicopters” and acorns of the latter two they produce at seed time, but mind the roots.

For the vast majority, the flowering Bradford remains the preferred type, and consistency across the general topography is recommended for the best overall effect in aesthetics. It is easy to plant, and grows fairly fast with some Miracle Grow in its first and second year. Critics of the tree site falling branches and split trunks with early snowfalls due to leaves that hang on tenaciously through November. They are also vulnerable to late snows such as our area experienced on April 24th, 2005. The next day the air was abuzz with the sound of chainsaws in one Brunswick development that suffered heavy Bradford tree damage.

John M. Bina was the first to plant two flowering Bradfords on his tree lawn in Middleburg Hts. “some thirty years ago”, he maintains. The city hall there chastised him for not letting them do it and came out to plant Bradfords on his neighbors' tree lawns. Today, his street and an adjacent one are two of nature's brag drags in the spring. His trees have not caused the sidewalk to buckle, and their height is naturally maintained by genetics. While Parma residents must purchase and plant the trees themselves, we must consider that we are a much larger municipality with different budgetary concerns.

“Poems are made by fools like me, but only God can make a tree”, wrote Joyce Kilmer. It takes you, caring resident, to plant one on your tree lawn in Parma. If you do, I promise this fool will not torture you with a poem again. Until then...”O flowering Bradford, with nest of chirping Blackbird...”

Joe The Coach; My View Of Sports

by Joseph L. Finding

Wow! What weather to begin a new High School season of Spring sports. This is so very unreal. You really don't think it will snow again, do you? I can just see the students putting on their softball and baseball shoes, and the track teams finally saying "we can participate in summer weather". and tennis courts being dry and payable. I hope I didn't just put a hex on the weather! The area basketball teams, both girls and boys, really moved forward. The Valley Forge High School Boys team really improved from last season. This year they were over .500 at 11-10, after a very dismal season last year. They reached the sectional finals before losing to Midpark, 50-47. They were led by Nick Ho, a first selection on All NOC Lake Division. Valley Forge's girls 8-13, 5-5 in their division. Normandy's Boys Wrestling had just a couple of wins, but look out next year. The lady Invaders had a good season, finishing 12-9 overall, but

a perfect season,10-0, in the NOC Lake Division. They lost to Brecksville in the Sectional Tournament. Good going girls! Parma Boys made a great jump to 7 wins in the past season. The Parma Baseball Team is ready and set to go.

In Cavs Basketball, I enjoy watching them play; they play as a team and have fun. Too bad their big guy got hurt- they really are scrappy. Irving, their new guard is the best I've seen- makes you forget about LeBron. LeBron now indicates that he would like to come back; I say baloney, let him play for the Siberian Huskeys. Who needs him? We didn't pick up any worthwhile free agents except for Sessions, but by letting him go we pick up draft choices. I am sure that they know what they are doing. We have a couple of young big guys and they will get better- look out when they do.

I am really upset with pro Football and their bounty hunters. They caught the Saints, but I am sure there is a lot more going on. Being a DIV 1 ball player

myself, I wanted to hit people hard, but I didn't hit to hurt someone; but if they did get hurt, I felt bad, but that is the nature of the game. We all know that getting hurt can happen, my mom used to tell me all the time, but I wanted to play. Of course, I feel the injuries, and now I have to use a walker to get around, but I would do it all over again. I see that we didn't sign any free agents yet, except a defensive end. It must be felt that our QB's are good enough and will get even better. We need an offensive right tackle, and I don't see one out there yet. I think that we should be offense-heavy through the draft. We might still see a few free agents emerge. The bounty penalties that were handed out I think were well deserved by those involved, and there may be more to come. What about LB Fujita? We could have paid 96 million for a 5 year contract for Payton Maaning. No one coming off an injury is worth that, even a healthy guy. I am glad Tebow went elsewhere. We shall see what the Browns do, during the Draft. I can't wait to see.

If you have any comments I would like to hear from you. COACHJOE61@COX.NET

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Parma Observer

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Mourning And Grief And Bubble & Squeak

by Patty Knox

Last weekend, I attended a workshop hosted by Hospice of North Central Ohio. They extend into the community in order to reach bereaved individuals beyond their work with those who are near death in hospice. Until I went through all this with my parents, it was a subject I didn't want to know about. The farther you kept death away from me, the happier I was. Funerals and wakes were hard. I would slip in near the end of visiting hours so that I could leave quickly, avoiding all that was uncomfortable. Or find real reasons why I could not be there at all. That was before I lost someone close to me.

Now things are different. I understand the need for closure, the laughter at sweet reminiscences, the paying of respects to someone you may not have known but you know the immediate family member still living. Funerals are more to lend support to those surviving than they are about the one who has died. That person's troubles are blessedly over.

Surviving. Such an odd term, I thought at first. As though those still alive went through everything the one who died went through. Actually, sometimes they have, at least as a caregiver. Now I know that it feels harder to watch someone suffer than it might actually be to do the suffering. If I could have spared my loved one the suffering, I would have traded places. But that's not possible. And so, we who survive, like it or not, find ourselves on a journey of grief and healing. Where one ends and the other begins is impossible to explain.

But what I found at this hospice seminar was a small room full of women who had lost a parent and

needed to be in the company of other women who likewise found it hard to get over the loss. It was a feeling of being understood. Our common thread was a need for consensus and consonance. It was a priceless gift. As I left at the end of the day, I finally felt free. I felt the blessing of my parents. I felt able to let go and move on.

After the loss of a loved one, do what you need to when you are ready. Don't let anyone rush you. But don't give up your life because another life has died. Mourning is normal. Don't expect to get over a significant loss in less than a year. But trust yourself to know when you need the company of others who understand the journey you're on, who've been there themselves. They can help guide you to release and relief from an oppression that won't lift and has lasted way too long. In the Bible, in the book of Ecclesiastes, chapter 4 verses 9 and 10 say, "Two are better than one, because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up!" That is what I have learned about grief.

St. Patrick's Day, that unofficial end of winter with its parade of green through the streets of Cleveland, is rolling around again. And for that, a special treat. Bubble & Squeak.

Leave it to the British Isles to come up with an imaginative name for a cobbled-together meal. It starts with a small roast in the oven, at least as much space occupied by veggies as meat. Day One: Make pot roast with a small two-pound hunk of beef or lamb, browned briefly on all sides in a skillet, two inches of water in the bottom of the pot, four or five potatoes, and as many other root vegetables as you can squeeze in. Lots of cabbage, and throw in some turnips or rutabagas, carrots, onions, a smashed clove of garlic, celery, leeks, even bok choy. Fill the pot up. It will all cook down. Sprinkle with salt & pepper, maybe some tarragon, oregano, or parsley, or Jane's Krazy Mixed Up Salt, add a few dashes of Maggi or soy sauce or tamari to the water, tightly lid it & let it cook in a 325 degree oven for four or five (or Crock Pot all day) 'til the meat tears easily with a fork, and you're ready for dinner. Save as much of the root vegetables as you can. Day Two: Mash the root vegetables with a fork or a potato masher. (Some people, like me, boil more potatoes and cabbage to be sure to have plenty. That's the bubble.) Get a pan nice and hot over medium-high heat with a little canola or sunflower oil in the bottom; but don't set off the smoke detector!

Smash veggies in the pan, mashing down & cooking 'til crisp, or at least browned nicely, whichever you prefer. Keep mashing. As this amazing stuff cooks, what you will hear it do is squeak. Yes, squeak. There's something about cabbage and potatoes being friendly that contributes to the sound effects. Same thing with corned beef. It just does.

Now flip them over and take the back of a spoon and make a few egg-sized wells. Crack an egg into each well, and add some of the leftover cooked meat into the pan to reheat. Put a lid on it to cook the eggs. When checking on the eggs, turn the meat to warm the other side. If the eggs still aren't cooked on top, either put the pan under the broiler for a couple minutes, or put the lid on top. Don't let your Bubble & Squeak burn! If it's getting too brown

on the bottom, place servings on plates & finish the eggs off in the microwave. That way, the bottom won't brown any further, but the eggs will get done on top. Since everyone's stove & oven has its own temperamental qualities, I am allowing for that. We all have our own demons to fight. Having a meal turn out perfect sometimes happens by accident, sometimes is the lost chord. As long as you don't burn it, it will taste delicious, that much I can promise you.

Happy St. Paddy's Day to you, and may Bubble & Squeak warm you through and through.

Thank you for reading Caregiver's Kitchen and the Parma Observer. Write to Patty Noonan Knox at 6501 Wilber Ave., Parma OH 44129 or editorparmaobserver@yahoo.com. I welcome your letters and emails.

Parma Symphony Orchestra To Present Ohio Premier May 6th 2012

by Joe Germana

The Parma Symphony Orchestra will present a concert on Sunday, May 6th 2012 at 3:00 PM at Valley Forge High School Auditorium located at 9999 Independence Boulevard in Parma Heights.

Music Director Dr. Randolph P. Laycock will conduct the concert that will include Johann Strauss Sr's "Radetzky March", Igor Stravinsky's "Firebird Suite" and an Ohio Premier of a civil war commemorative piece "No Sound of Trumpet nor Roll of the Drum". The piece was written by former Parma Area native Kermit Poling in commemoration of the 150th anniversary of the Civil War and will feature narration by vocal artists Jared Plasterer and Susan Laycock.

Kermit Poling is a Padua Franciscan High School Graduate - class of '78. His teachers during those early years included violinists Terry Hilyard and David Cerone (both at CIM) and pianist Marilyn Montie. Also, Wayne Miller, who headed the music program

at Padua and also led the Cleveland Diocesan High School Orchestra (or what he called the All-Catholic High School Orchestra.) was a major influence. Mr. Miller also gave him opportunities to have the Padua band and orchestra read through some of my very early compositions. He also spent countless hours playing for rehearsals and conducting at the Greenbriar Theater formerly known as the Cassidy Theater. He did that for many years during his teens.

"As a musician, Parma was a great place to grow up" says Kermit.

Today named by Forum Magazine as one of the top ten faces to watch, Centaur recording artist Kermit Poling is Music Director of both the South Arkansas Symphony and the Shreveport Metropolitan Ballet. He has been the Associate/Resident Conductor and Concertmaster of the Shreveport Symphony Orchestra for over 26 years. He performs extensively throughout the United States and around the world both as a violinist and conductor.

Parma Safety Forces Begin Walkabouts This Month

continued from page 1

"Helping people to understand how they can make their own homes and streets safe contributes to a safer community overall," Mayor DeGeeter said. "This is a participatory program for a more secure Parma, and it's also a great opportunity for residents to meet

city officials and tell us about their concerns."

Councilman Day is excited to begin the program again. "I always look forward to participating in the Walkabout Program," he said. "It is a valuable tool to both the safety forces and our residents."

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LIMIT 1 COUPON PER FAMILY THRU APRIL 31ST 2011 CANNOT BE COMBINED WITH OTHER PROMOTIONS THIS COUPON MUST BE PRESENT

Parma Observer

APRIL 2012 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div><div>*INTER WALK 8:30-9AM</div><div>*ZUMBA GOLD 9AM</div><div>*BEG WALK 11-11:30AM</div><div>Surprise Crafting Event with Linda 1PM</div><div>*WII BOWLING 3:30PM</div></div>	<div>3</div> <div><div>*CHAIR DANCING 9AM</div><div>*FIT & BALANCED 10AM</div><div>SCRABBLE 1:30PM</div><div>POPCORN & MOVIE "Annie Leibovitz-Through the Lens" 3PM</div></div>	<div>4</div> <div><div>*INTER WALK 8:30-9AM</div><div>*BEG WALK 11-11:30AM</div><div>*LINE DANCING 2PM</div><div>*Wii BOWLING 3:30PM</div></div>	<div>5</div> <div><div>*CHAIR DANCING 9AM</div><div>*TAI CHI 10AM</div><div>*SWEATIN TO THE OLDIES 11:00AM</div><div>"WELCOME SPRING" PARTY 2PM</div></div>	<div>6</div> <div><div>LET'S TALK WEIGHT LOSS 10AM</div><div>*ZUMBA GOLD 11:30AM</div><div>POPCORN & MOVIE "Easter Parade" 12:30PM</div><div>OFFICE CLOSING @ 3PM</div></div>
<div>9</div> <div><div>*INTER WALK 8:30-9AM</div><div>*ZUMBA GOLD 9AM</div><div>*BEG WALK 11-11:30AM</div><div>*WII BOWLING 3:30PM</div></div>	<div>10</div> <div><div>*FIT & BALANCED 1PM</div><div>*CHAIR DANCING 2PM</div><div>SCRABBLE 1:30PM</div><div>POPCORN & MOVIE "American Experience: Grand Central" 3PM</div></div>	<div>11</div> <div><div>*INTER WALK 8:30-9AM</div><div>*BEG WALK 11-11:30AM</div><div>*BEGINNING JEWELRY 1PM</div><div>ADVANCED JEWELRY 2:30PM</div></div>	<div>12</div> <div><div>*CHAIR DANCING 9AM</div><div>*TAI CHI 10AM</div><div>*SWEATIN TO THE OLDIES 11AM</div><div>*HEAR USA – HEARING SCREENINGS 12PM-1PM</div><div>BINGO BASH 2PM</div><div>KNITTING 3:30PM</div></div>	<div>13</div> <div><div>LET'S TALK WEIGHT LOSS 10AM</div><div>*ZUMBA GOLD 11:30AM</div><div>POPCORN & MOVIE "50 First Dates" 12:30PM</div><div>WATERCOLOR PAINTING with ADOLF 3PM</div></div>
<div>16</div> <div><div>*INTER WALK 8:30-9AM</div><div>*ZUMBA GOLD 9AM</div><div>*BEG WALK 11-11:30AM</div><div>CERAMICS WITH LINDA 2PM</div><div>*WII BOWLING 3:30PM</div></div>	<div>17</div> <div><div>*FIT & BALANCED 1PM</div><div>*CHAIR DANCING 2PM</div><div>SCRABBLE 1:30PM</div><div>POPCORN & MOVIE "American Experience: Buffalo Bill" 3PM</div></div>	<div>18</div> <div><div>*INTER WALK 8:30-9AM</div><div>*BEG WALK 11-11:30AM</div><div>*LINE DANCING 2PM</div><div>*Wii BOWLING 3:30PM</div></div>	<div>19</div> <div><div>*CHAIR DANCING 9AM</div><div>*TAI CHI 10AM</div><div>*SWEATIN TO THE OLDIES 11AM</div><div>*BLOOD PRESSURE & BLOOD GLUCOSE TEST 12PM</div><div>BINGO BASH 2PM</div><div>KNITTING 3:30PM</div></div>	<div>20</div> <div><div>LET'S TALK WEIGHT LOSS 10AM</div><div>*ZUMBA GOLD 11:30AM</div><div>POPCORN & MOVIE "Billy Elliott" 12:30PM</div><div>*WII BOWLING 3PM</div></div>
<div>23</div> <div><div>*INTER WALK 8:30-9AM</div><div>*ZUMBA GOLD 9AM</div><div>*BEG WALK 11-11:30AM</div><div>Speaker: "HEART HEALTHY DIETS" 2PM</div><div>*WII BOWLING 3:30PM</div></div>	<div>24</div> <div><div>*FIT & BALANCED 1PM</div><div>*CHAIR DANCING 2PM</div><div>SCRABBLE 1:30PM</div><div>POPCORN & MOVIE "American Experience: Annie Oakley" 3PM</div></div>	<div>25</div> <div><div>*INTER WALK 8:30-9AM</div><div>*BEG WALK 11-11:30AM</div><div>CRAFTING WITH LINDA 2PM</div><div>*Wii BOWLING 3:30PM</div></div>	<div>26</div> <div><div>*CHAIR DANCING 9AM</div><div>*TAI CHI 10AM</div><div>*SWEATIN TO THE OLDIES 11AM</div><div>BINGO BASH 2PM</div><div>KNITTING 3:30PM</div></div>	<div>27</div> <div><div>LET'S TALK WEIGHT LOSS 10AM</div><div>*ZUMBA GOLD 11:30AM</div><div>POPCORN & MOVIE "A Beautiful Mind" 12:30PM</div><div>WATERCOLOR PAINTING with ADOLF 3PM</div></div>
<div>30</div> <div><div>*INTER WALK 8:30-9AM</div><div>*ZUMBA GOLD 9AM</div><div>*BEG WALK 11-11:30AM</div><div>CERAMICS WITH LINDA 2PM</div><div>*WII BOWLING 3:30PM</div></div>	<div><div>Special Events</div><div>PLEASE NOTE: SOME EVENT TIMES HAVE CHANGED</div><div>* VIP-HUMANA Bucks Eligible Activity</div><div>RSVP FOR:</div><div>- SURPRISE EVENT WITH LINDA–April 2nd</div><div>- "WELCOME SPRING" PARTY–April 5th</div><div>- JEWELRY WITH LINDA–April 11th</div><div>- CERAMICS WITH LINDA–April 16th & 30th</div><div>- CRAFTING–April 25th</div></div>			

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We hope to see you soon!
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