

“Change is certain. Progress is not” E.H. Carr

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Friends Of The Parma Theater

Group Moving Forward With Plans For Redevelopment

by Kathryn Yates

The “Friends of the Parma Theater” group began formation shortly after the closing of the Parma Theater in September and is persevering despite the recent fire in the theater’s lobby on November 16th. The group’s ambitious mission statement: “Cultivating a creative arts district and multi-use facility to enrich and educate Parma and the Northeast Ohio region in cinema, theater, music, and the performing arts while also showcasing an economic redevelopment catalyst in a mature suburban location that will generate interest in our multi-cultural community.”...reflects the hopes and visions of committee members to revitalize our city, beginning with the theater itself. Ward 2 Councilwoman, Debbie Lime is chairing the effort and is tireless in her devotion. If her lime green tennis shoes could only



Arson signs displayed on plywood door front of the theater.

speaking they would grumble of the long nights in meetings - an unenviable topping to the long days “cakewalk” of what has to be the busiest turf in Parma for a councilperson. Yet Debbie, herself, remains undauntingly cheerful and optimistic that the theater will become the epicenter of artistic enrichment in a foreseeable future despite the

apparent set-back of the fire and damage estimates rivaling its’ recent sales price.



22 firemen worked to contain the blaze to the lobby area on Friday, November 16th.

Other core committee members behind her include filmmaker Rich Lasky, Parma

Observer Publisher Daniel P. McCarthy, Bill Subjoc, John

Seven Hills Sanitary Sewer Assessment

by Richard Dell'Aquila

One must have a “thick skin” to be both an attorney and to also serve as a mayor. I have been a practicing attorney for 34 years and am honored to have been involved in Seven Hills government since 2003. I take pride in the progress we are making to turn our city around in these difficult financial times.

We recently had an election in which our residents narrowly passed a trash levy. But it is clear from the many comments I heard at the polls that a clever political handout and an opinion piece in the Parma Observer had a negative impact on our residents’ understanding of that levy and overall city finances.

The writer of that Observer article apparently purchased a residence in Seven Hills a few years ago and angrily complained in the paper about assessments for EPA mandated sanitary sewers. With some exceptions, Ohio Revised Code Section 5302.30 requires that every person who is selling any residential real property in Ohio must complete a disclosure form and deliver it to prospective buyers. One of the required items to be disclosed is whether the property is subject to any pending

assessments.

The writer of the Observer article claimed that the City of Seven Hills had somehow improperly balanced its budget with these sanitary sewer assessments. The truth is that this would be first, illegal, and secondly, impossible, since among other things city financial records are audited annually for compliance with the state auditor’s office. Sanitary sewer assessments are used to install sanitary sewers as the law requires. There were other inaccuracies in the article as well, but the damage has already been done.

We recently had a friendly meeting with Daniel McCarthy, the Publisher of the Parma Observer, to express our concerns over the failure to contact the city for comment before publishing that article. I was extremely pleased with Mr. McCarthy’s response over these issues and his clear interest in promoting journalistic accuracy and integrity in the Parma Observer. The City of Seven Hills looks forward to working with the paper in the future to prevent another dissemination of inaccurate information.

Stumph Road Reopens



Parma Mayor Tim DeGeeter, Cuyahoga County Executive Ed FitzGerald and Parma Hts. Mayor Mike Byrne participated in a ribbon cutting event to officially re-open Stumph Road after a \$6.5 million improvement project that included sidewalk and curb repair and sewer replacement.

Thank You, Parma, For Passing Issue 78

An open letter to Parma residents:

I am proud of the title of Mayor, but my favorite title is "Dad." As a parent of two small children, I am most grateful that Parma residents voted to pass the police levy renewal last month. The passage of Issue 78 was crucial to keeping adequate staffing in our police department and in acquiring equipment and training necessary to keep our community safe. Quality of life - raising a family in a safe community - is important to us all. I extend sincere thanks to Dan Hoffman, who volunteered to chair the Issue 78 campaign, Police Chief Bob Miller and Safety Director Greg Baeppler for their efforts on behalf of the levy, and most of all, thank you Parma voters for doing your part to Keep Parma Safe.

Sincerely,

*Timothy J. DeGeeter
Mayor of Parma*

Parma Business

The President's Corner

by Sean Brennan,
Parma City Council President

Like many of you I have it ingrained in my brain to replace the batteries in our home smoke alarms when we fall back and spring forward each year. Probably also like many of you, I sometimes procrastinate with this bi-yearly chore. However, the recent fire at the former Parma Theater prompted my wife and I not only to get to a local Parma establish to purchase batteries, but to inquire how often we should replace the alarms themselves. Having been in our home for nearly twenty years, we felt it was obviously time to do so.

So, we went online and found the website of the National Fire Protection Association at <http://www.nfpa.org>. The NFPA recommends to, "Replace all smoke alarms, including alarms that use 10-year batteries and hard-

Ring My Bell! The Salvation Army Needs You

by Chris Matthews
Each year around the holidays The Salvation Army comes out in force to your local businesses with their patented RED BUCKETS and BELLS. The money that is collected over the holiday season goes to fund many valuable programs throughout the year. As peoples lives become more involved and busy, the Salvation Army receives less and less volunteers and has been forced to resort to paying help to ring the bell for donations. As you can expect, a greater percentage of your donation will go to help those people in need if there are volunteer bell ringers!

Collectively, representatives from, Seven Hills, Broadview Heights, Brecksville and Independence have agreed to do their part in seeking out and scheduling volunteers for those businesses that allow collecting during the holiday season. A much higher percentage of the donations will stay in the immediate community and friends and families in need will be afforded the help they deserve.

Please call Chris Matthews @ 216-525-6230 to volunteer your time this Holiday Season for The Salvation Army. Bell ringing schedules have been put together in 1 hour increments from Thanksgiving to Christmas at K-Mart at 7701 Broadview Road in Seven Hills. Volunteers must be 18 years of age or accompanied by a parent or guardian.

A signup genius has also been set up for you to sign up on-line if you choose. The link to do so is <http://www.signupgenius.com/go/5080F45ADA72DA75-salvation>



Parma City Council President Sean P. Brennan

wired alarms, when they are 10 year old or sooner..." I guess Deena and I should consider ourselves lucky, as we got nearly twice the life out of ours. In fact, they still seem to be working fine, as I do check them periodically, not to mention they rarely fail to beep when I make toast (I like my toast extra crispy, by the way).

Here are some other tips from the NFPA that will help keep your you and/or your family safe:

Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement. Interconnect all smoke alarms throughout the home. When one sounds, they all sound.

- An ionization smoke alarm is generally more responsive to flaming fires, and a photoelectric smoke alarm is generally more responsive to smol-

dering fires. For the best protection, both types of alarms or a combination alarm (photoelectric and ionization) should be installed in homes.

- Test alarms at least monthly by pushing the test button.

- Smoke rises; install smoke alarms following manufacturer's instructions high on a wall or on a ceiling. Save manufacturer's instructions for testing and maintenance.

- Replace batteries in all smoke alarms at least once a year. If an alarm "chirps", warning the battery is low, replace the battery right away.

- Be sure the smoke alarm has the label of a recognized testing laboratory.

- Alarms that are hard-wired (and include battery backup) must be installed by a qualified electrician.

- If cooking fumes or steam sets off nuisance alarms, replace the alarm with an alarm that has a "hush" button. A "hush" button will reduce the alarm's sensitivity for a short period of time.

- An ionization alarm with a hush button or a photoelectric alarm should be used if the alarm is within 20 feet of a cooking appliance.

- Smoke alarms that include a recordable voice announcement in addition to the usual alarm sound, may be helpful in waking children through the use of a familiar voice.

- Smoke alarms are available for people who are deaf or hard of hearing. These devices use strobe lights. Vibration devices can be added to these alarms

- Smoke alarms are an important

part of a home fire escape plan.
The NFPA reports that nearly two-thirds of fire-related household deaths occur due to the lack of properly working or lack of smoke alarms. Let's work together to keep Parma out of those statistics! As always, if you have suggestions for future columns, please feel free to contact me at (440) 885-8091 or councilmanbrennan@sbcglobal.net. I would also like to express my wishes to you for a safe and blessed Holiday Season!



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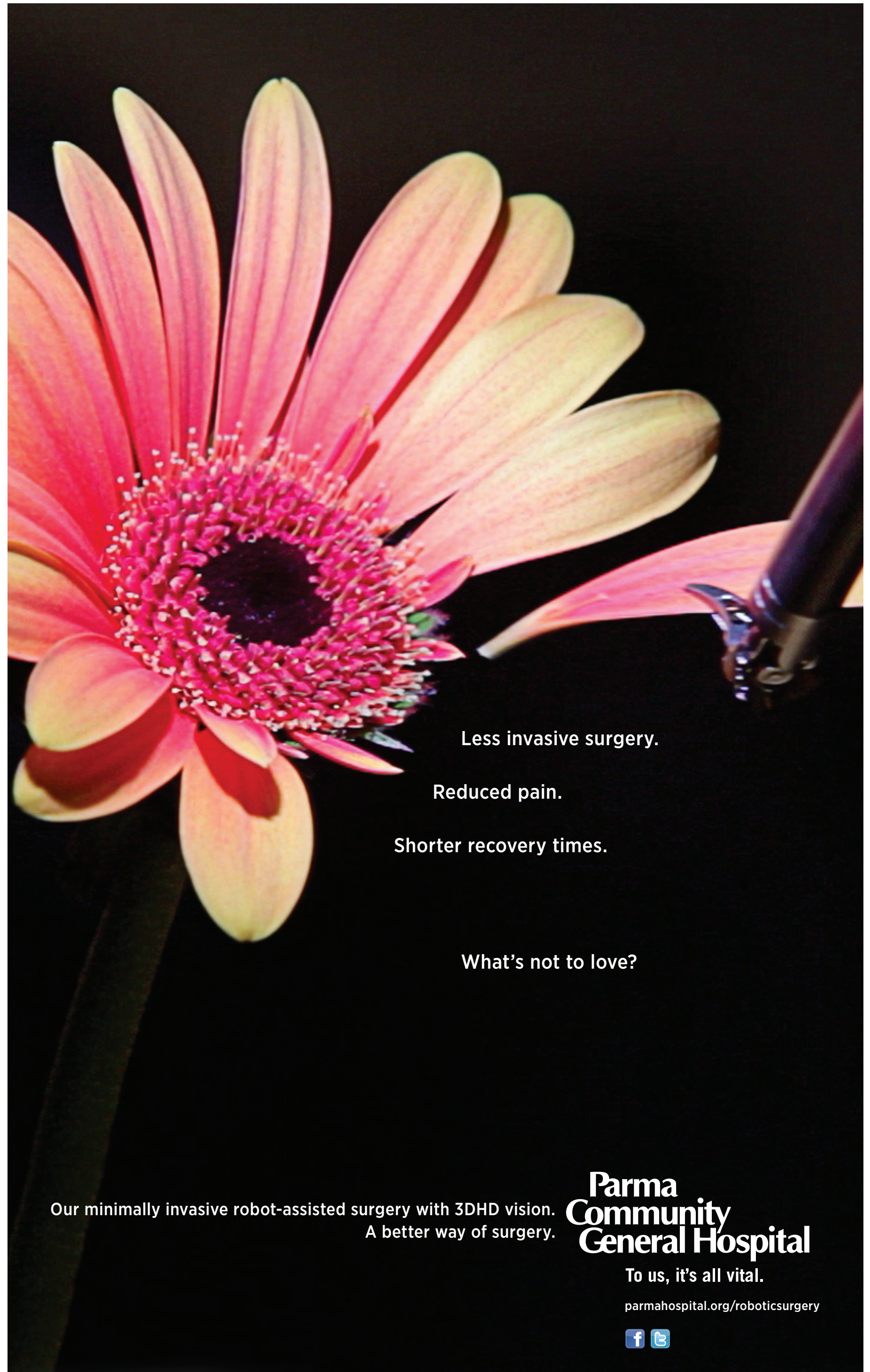
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Parma Observer

Three New Members Join Parma Hospital's Board

by CJ Sheppard

Parma Heights, Brooklyn Heights and Seven Hills all have new representatives on Parma Community General Hospital's 18-member Board of Directors. The Board has representatives from each of its six founding communities – Parma, Parma Heights, Seven Hills, North Royalton, Brooklyn and Brooklyn Heights – and two physicians representing the Medical Staff. New members recommended for appointment by their respective mayors and approved by the Board are:

C. Anthony Stavole, served as law director for the City of Parma Heights for 37 years, having retired as of December 2011. He is currently engaged in the practice of law. He has been a trustee of the Cleveland Bar Association and served as chairman of its Judicial Selection Committee. He is admitted to practice law in State and Federal courts and before the U.S. Supreme Court. An Army veteran, he is a graduate of Cleveland-Marshall Law School, John Carroll University and St. Ignatius High School.

Douglas J. Keller, a global product implementation manager with Harley-Davidson Dealer Systems, represents Brooklyn Heights. He



C. Anthony Stavole

has several years of experience in strategic planning, leadership and management, both at Harley-Davidson and KeyBank. Keller has both bachelor's and master's degrees in business education and has designed courses in project and change management at Tri-C Corporate College. He also belongs to the Brooklyn Heights Men's Service Club and St. Ignatius Fathers' Club.

Nino J. Seritti, a 25-year resident of Seven Hills, has more than 30 years of experience in information technology, consulting with many large Cleveland companies. Fluent



Douglas J. Keller

in three languages, he worked with the United Nations in the 1970s as an immigration consultant resettling Vietnamese refugees. A former Coun-



Nino J. Seritti

cilman in Seven Hills, he is a Certified Information Systems Auditor and a graduate of Cleveland State University and Padua Franciscan High School.

The Board also elected the following officers for the 2012-13 term:

- Chairman – David Nedrich (North Royalton)
- First Vice Chairman – Thomas P. O'Donnell (North Royalton)
- Second Vice Chairman – Joseph Tal (Parma Heights)
- Treasurer – Jack C. Krise Jr. (Parma)
- First Assistant Treasurer – Alex I. Koler (Parma)
- Second Assistant Treasurer – Nancy E. Hatgas (Brooklyn Heights)
- Secretary – JoAnn Mason (Parma)
- Assistant Secretary – Sharon M. Martin (Parma)
- Members-at-large – Eric Moore (Seven Hills) and Jacqueline M. Patton (Brooklyn).

Other members of the Board are: John H. Bundy (Brooklyn); Matthew Frantz, DO & Samuel W. Pagano, MD (Physician Directors); Louis D. Ripepi Jr. (Parma); and Donna Thomas (Parma). Directors emeritus are: Charles Harle, Michael McGinty and John A. Nelson. Former Board Chairman Kent A. Geist is an Honorary Director.

Unlimited Fitness Classes, Anyone? Parma Hospital's Offerings Expand

by CJ Sheppard

Try something new this January with a one-month unlimited fitness package from Parma Hospital's Health Education Center. For just \$50, individuals can take all the exercise classes they want, from Cardio Dance, Bootcamp and Fitness Fusion to Yoga, Tai Chi, Zumba and more. Choose from early morning classes or evening offerings, Monday through Friday.

Take a look also at the Center's wonderful youth classes, including preschool classes focusing on colors, numbers, art and music, as well as Kindergarten Readiness classes.

Personal Wellness programs range from a four-week Food For Life cooking class focusing on Diabetes Prevention and Treatment, and The Power of Positive: Skills for Building a Happier and Healthier Life to Women's Self Defense class and education on the Vitamin/Supplement Puzzle.

To view the just-released winter class schedule, with classes beginning in January and February, go to www.parmahospital.org/classes or call 440-743-4900 to receive an Informed magazine and class schedule in the mail.

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Parma Schools



Asset Corner #35

by Gene Lovasy

SHOW KIDS YOU CARE: PLAY OUTSIDE TOGETHER. Developmental Assets – 40 individual assets in 8 Categories....December’s Asset Category: Constructive Use of Time. All work and no play can be boring and stressful. The pace of everyday life varies depending on the activities young people participate in. These fluctuations are normal, even healthy. As long as young people don’t consistently have too much to do or not enough to do, they’re right on track. Problems arise when the balance begins to tip too far to one side or the other. Too much involvement can lead to stress or anxiety. Too little involvement can be a sign of depression or isolation. Ensure that young people constructively use their time for both fun and learning.

Here are the facts: Research shows that young people are more likely to grow up healthy when they have opportunities to learn new skills and interests through both structured and unstructured activities. Search Institute has identified four assets in the Constructive Use of Time category that are crucial for helping young people grow up healthy. They are:

#17 Creative Activities – Young person spends 3 or more hours/week in lessons or practice in music, theater or other arts. (21%*)

#18 Youth Programs – Young person spends 3 or more hours/week in sports, clubs or organizations at school and/or in the community. (57%)

#19 Religious Community – Young person spends 1 or more hours/week in activities in a religious institution. (58%*)

#20 Time at Home – Young person is out w/friends ”with nothing to do” 2 or fewer nights/week. (51%*)

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

Tips for building these assets: Playing and spending time alone is important for everyone. But so is structured activity with other people. Help young people find the right mix by offering them a variety of choices: music, art, youth programs, and spiritual organizations that help them tap into their creative energy,

provide new experiences, and teach new skills.

Also try this: In your home and family: Periodically, take an “activity inventory.” Check in with your children to find out: how happy they are with their different activities; if the activities they are involved in are stimulating and challenging; if they’re making friends with caring, thoughtful adults and peers; and if they’re learning new skills, and more about themselves.

In your neighborhood and community group: Help create a safe, inviting place where young people can meet for clubs or other structured activities, or just hang out. For example, a park, playground, or community center.

In your school or youth program: Provide constructive before- and after-school programs for young people who would otherwise spend the time unsupervised.

ASSET RELATED NEWS: Members of the Parma Area Kiwanis served sundaes and recognized the first quarter academic and social skill achievements of 280 students at Ridge-Brook Elementary. Secondary to the sundaes was the recognition and obvious pride the kids had in their accomplishments. It was a great event.

Were you able to attend the Empowerment Rally that took place at Hanna Elementary on Saturday Nov 17th? The event, designed to empower the community to stand up against bullying & drugs was a resounding success thanks to the support and participation of over 20 local businesses and organizations. Special thanks to Forest City and Midtown Towers’ Activities Director, Jennifer Smolinski for making it all happen. For information about the special presentation go to www.robbyvoice.com.

Don’t forget about Community Ambassadors (www.ComAmb.org) & Parma Hts. Baptist Church collaborating to provide free homework help now for kids in grades K - 12. Assistance is being provided every Wednesday evening, from 7:15 to 8:15 pm starting September 5 through December 19, 2012, at the CA location in Parmatown Mall next to Payless Shoes. For additional information contact, Jeff Van Putten at 440.886.6100 or jeff@phbaptist.org.

If you or your organization is interested in helping support families during the up-coming holidays

consider partnering with Parma Area Family Collaborative. Donating cash, a gift card, a single gift, a filled stocking, adopting a child, adopting an entire family, or even hosting an angel tree are just some ways you can help. Call Whitney Liptrap at 440.887.4873 (liptrapw@parmacityschools.org) if you’re interested.

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 www2.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. Or go here <http://www.parentfurther.com/> for great asset-based parenting tips, tricks, activities and ideas.



Kiwanians serving students at Ridge-Brook’s Sundae Bar.

Train For An EMS Career

by CJ Sheppard

Start the new year training for an exciting career in EMS. Parma Hospital’s EMS program, which has educated over 2,000 of the region’s paramedics and EMTs over nearly three decades, offered daytime and evening classes for men and women seeking a health care career in emergency medical services. Instructors have over 400 combined years of experience and work in area fire departments. Students learn hands-on skills working alongside local EMS crews.

The 15-week EMT-Basic education course is offered on Monday, Wednesday and Friday. The daytime class begins Friday, January 4 and runs from 9 a.m. to 1 p.m. The evening class, which runs from 5:30 to 9:30 p.m., starts on Monday, January 14. Applicants must have: a high school diploma or GED; a valid Ohio driver’s license; and a valid American Heart Association CPR Healthcare Provider certification. Applications are available by calling 440-743-4970.

A 12-month education course for EMTs looking to expand their EMS role as a paramedic begins Friday, January 4. Classes meet on Mondays and Thursdays from 9 a.m. to 1 p.m. In addition to the requirements for EMTs, paramedic candidates must have a valid EMT-Basic certification with the state of Ohio.

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Inspiration

What's Right? What's Wrong?

by Daniel Taddeo

For the December issue, here are several quotes from which we can all draw some inspiration from:
All virtue is loving right, all sin is loving wrong. - Hubert Van Zeller

A man falls in love through his eyes, a woman through her ears. - Woodrow Wyatt
A thankful heart is not only the greatest virtue, but the parent of all other virtues. - Cicero

Courage is going from failure to failure without losing enthusiasm. - Winston Churchill
It is easy to dodge our responsibilities but we cannot dodge the consequences.... - Josiah Charles Stamp

Do not bite the bait of pleasure till you know there is no hook beneath it. - Thomas Jefferson
Hating people is like burning your own house down to get rid of a rat. - Harry Emerson Fosdick
He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. - Epictetus
If a thing is worth doing, it's worth doing well. - Lord Chesterfield
If you really want insight about yourself, ask someone you know, trust and respect. - Daniel Taddeo
If you want to lift yourself up, lift up someone else. - Booker T. Washington
Is prayer your steering wheel or your spare tire? - Carrie Ten Boom

Local Business Helping To Make Happier Holidays For Children

by John Allender

Most people have heard of Toys for Tots and are familiar with what they do, but in case you're not, here's a little bit of history: In Los Angeles during the fall of 1947, a woman named Diane Hendricks crafted a handmade doll and asked her husband Bill to deliver it to an organization that would give it to a needy child at Christmas. Before long, Bill came to the conclusion that no such organization existed. Diane suggested that he start one, so

he did. Major Hendricks and a group of Marine reservists collected and distributed more than 5,000 toys to needy children. The effort was so successful that in 1948 the US Marine Corps adopted Toys for Tots and eventually expanded it into a nationwide campaign, and so many people have joined in to help since then that this program is always front and center during this time of year.
One local business in Parma, 2 Men and a Wrench, located at 3201

Brookpark Rd., is taking part in the Toys for Tots program for the first time this year, and they hope to make a difference in the lives of many children who deserve happiness. The toy drive is lasting from November 26th. through December 18th.- just drop by and donate an unopened toy; the Toys for Tots program has stated that if enough toys are donated at this site, a contingent of Marines will personally pick up the toys at the end of the drive. Owner Joe Osborne, who was inspired to take part in the program from his own happy holiday memories, will offer a 10% discount on labor charges as an incentive for those who donate an unopened toy to the Toys for Tots campaign during the time that the toy drive is on. As we enjoy time with our families, and take stock of what we have and the people and things that we appreciate, let's not forget about those children that need to experience the same joy.

A Christmas Memory

by Irene Toth

The last few Christmas seasons have been hit by the poor economy, but I remember a Christmas a lot worse. It was in the mid 1930's during the Great Depression. It didn't matter that money was very tight, my mother still wanted a Christmas tree. The only ones available were live and sold cut or balled in vacant lots that filled with the trees just before the holidays. My mother kept urging my father to get a tree. It was already Christmas Eve and we still had no tree. His plan was to wait until the last minute to get the best price on the tree.
My father was gone for a long time. And when he got home, he had no tree. The stock of trees was limited that year because the sellers knew that few people could afford to buy one. My mother was very unhappy, even a bit angry, scolding my father for not going earlier to buy a tree.

older sister, and I went to Midnight Mass. The Christmas decorations in the church and the Christmas music put us in a better mood. As we walked home after church services and got close to our house, we saw Christmas lights in our windows. It looked like a Christmas tree.
My father had used those branches he bought with a broomstick to make a tree. He drilled holes in the broomstick and taped the branches in perfect symmetry. It was a beautiful tree, although not as large as other years. But everyone in our family remembers that tree as the best Christmas tree of all our Christmas trees. My father had given us a very special Christmas tree.
And when I got my first artificial Christmas tree, and placed the branches in the pole that supported them, I knew that my father had invented it.

My father had bought three bundles of branches. I think he paid a quarter for all three. My mother thought it was a waste of money, but my father said wait and see, we will have a tree. It would not be a good Christmas without a tree.
My mother, an



The Wind

by Ruth Revecky

The wind can softly whisper a Love sonnet in our ear; and the Wind can brush an affectionate Kiss across our arched brow.

The wind can sound like a Howling wolf that lifts its voice To a glowing full moon; and the Wind can roar like an injured Lion trying to make its terrible Pain disappear.

The wind can blow gently, Cooling our flushed cheek, almost Like the soft caress of an ardent Lover; the wind can gather rain-Drops and smack them against Our windowpane; the wind can Become hushed as though it were Saying its morning prayer.

The wind can shove reluctant Clouds across a vast icy-blue Sky and coax trees, shrubs, and Blades of grass to bend and sway Like graceful ballerinas.

The wind can whip up flying Snowflakes, piling them in high Drifts of swirling icy snow; and The ever-changing wind speaks To us in many tongues that can Be interpreted in our own unique Way.

The gem cannot be polished without friction, nor man perfected without trials. - Confucius
The larger the island of knowledge, the longer the shoreline of wonder. - Ralph W. Sockman
The way to get things done is not to mind who gets the credit. - Benjamin Jowett
The weak can never forgive. Forgiveness is an attribute of the strong. - Mahatma Gandhi
Things turn out best for the people who make the best of the way things turn out. - John Wooden
This is the day the Lord has made; let us rejoice and be glad in it. - Psalm 118:24
We always weaken whatever we exaggerate. - Jean-Francois de La Harpe
We are masters of the unsaid words, but slaves of those we let slip out. - Winston Churchill
We do not see things as they are. We see things as we are. - The Talmud
We have all failed to practice ourselves the kind of behavior we expect from other people. - C. S. Lewis
Worry is like a rocking chair: it gives you something to do but never gets you anywhere. - Erma Bombeck
You can give without loving, but you cannot love without giving. - Amy Carmichael
You can observe a lot just by watching. - Yogi Berra
You can't hold a man down without staying down with him. - Booker T. Washington
You catch more flies with honey than with vinegar. - Henry IV of France

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Parma History

Holiday Concert December 9, By PSO At Valley Forge HS Auditorium



Parma Symphony Orchestra on stage at annual Holiday Concert

by Joe Germana

The Parma Symphony Orchestra will present a Holiday concert on Sunday, December 9, 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 feature Soloist John Brndiar performing Trumpet Concerto by Joseph Hayden, Symphony #2 by Tchaikovsky, and various Holiday favorites including Selections from Nutcracker Suite by Tchaikovsky. The orchestra, in it's 45th season consists of 70 members of all walks of life from all over the entire Greater Cleveland area. They meet weekly for rehearsals and present at least four concerts annually. General admission is \$10 for adults and \$5 for students and senior citizens. Family passes of \$20 are available for families of up to 2 adults and their children. All tickets are available at the door beginning at 2:30 PM. The Parma Symphony Orchestra is a self-supporting community orchestra in cooperation with the Parma City Schools. For more information can be found on Facebook, web-site www.parmasympphony.org or calling Business Manager Joe Germana 440-882-2012.

JOHN BRNDIAR is Lecturer in Trumpet and Director of the Brass



Trumpet Soloist John Brndiar

Choir at Baldwin-Wallace College, where he also coaches chamber ensembles, has taught conducting classes and directed rehearsals of the Symphonic Wind Ensemble. He has performed, recorded and toured with The Cleveland Orchestra for 34 seasons as an extra and substitute trumpeter. He is Principal Trumpet of the Cleveland Chamber Symphony, a Grammy Award-winning ensemble, and is featured on many of their recordings, including the Shostakovich Concerto for piano, trumpet and strings. John is a member of the Par-

agon Brass Quintet, the Kent Brass Quintet, the Blossom Festival Orchestra and Band, and the Festival Mozaic Orchestra in California.

As a free lance musician, John has performed with the Metropolitan Opera, the Cleveland Symphonic Winds, the Ohio Chamber Orchestra, the Cleveland Opera and Cleveland Ballet Orchestras, Red {an orchestra}, the Blue Water Chamber Orchestra, the Erie Philharmonic, and the Akron, Canton and Ashland Symphonies. With the Paragon Brass Quintet he has performed at the International Trumpet Guild Conference and toured to Europe and China presenting concerts and master classes, and he was a founding member of Metropolitan Brass Quintet. John has appeared as soloist in the Concerto for Trumpet by Haydn with the Wooster Symphony; other solo performances have included recitals at Baldwin-Wallace, concerts with the Freedom Brass Band, the Strongsville Band, the Civic Concert Band of Lorain, the Euclid Orchestra, the Parma Symphony, and as soloist and conductor of the Lakewood Hometown Band.

John has recorded several solo CDs for the Ludwig Master Series for young students, and has also been a featured soloist in the orchestra and band recordings produced by Ludwig. He has played in Broadway tour-

ing company productions, and has recorded numerous radio and TV commercials, and pop music hits. In the jazz field, he has performed with the Cleveland Jazz Orchestra, the Jazz Unit, and the Hot Jazz Seven. An article on trumpet playing that he wrote appears in the No. 52 issue of Wind-player magazine.

A graduate of the Baldwin-Wallace Conservatory and the Cleveland Institute of Music, John was a trumpet student of Bernard Adelstein, Charles Schlueter, James Darling, and Mary Squire. He studied conducting with Loris Chobanian and Dwight Oltman; and he has taught trumpet at CIM, Case Western Reserve University, Cleveland State University, the University of Akron, The College of Wooster, Ashland University, and has presented master classes at the Oberlin Conservatory.





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Political Perspective

Proud To Be A Liberal Or Progressive

by Lee Kamps

It seems that many people like to condemn "liberals" or "progressives" and sincerely believe that this country was better before us liberals screwed things up. Well I beg to disagree with that baloney. For example: Do you get social security? If so thank a liberal. It was FDR who proposed social secu-

rity in 1935. The Republicans called it socialism. Are you on Medicare? Well, thank LBJ and the progressives who passed the legislation creating Medicare in 1965. The conservatives called it "socialized medicine".

Are you a woman who enjoys the right to vote or hold elective office? If so then thank the "radical feminists"

of 100 years ago who marched in the streets to give you that right. They were "progressives" and "liberals" in their day. Conservatives believed that a woman's place was not in a voting booth.

Do you like the weekend, or an eight hour work day, or the right to get paid overtime? If so, then thank

the labor unions for making that the standard in the workplace and influencing congress to establish a wage and hour division of the Department of Labor. Conservatives were against the establishment of a Department of Labor in 1913.

Are you thankful that individual rights like freedom of speech, freedom of the press, the right to confront your accuser in court, trial by a jury of your peers, protection from cruel and unusual punishment, freedom from unlawful searches and seizures and freedom to practice your religious beliefs or no religion at all are guaranteed in our constitution? Then thank the "liberal" Thomas Jefferson who insisted that the Bill of Rights be added to the constitution.

Are you thankful that courageous people stood up and declared themselves independent of England, pledging their lives, liberty and "sacred honor" and that government is derived from the people, not from a king? Then thank the "progressives of 1776 that took the radical ideas of Voltaire and put them forth in a government and a new nation.

Did you take advantage of a Pell Grant to help put your children through college, or use that yourself? If so then thank such liberals as former Sen. Clairborne Pell, a liberal Democrat from Rhode Island, for making those government grants available.

Or did you attend or graduate from a state funded college or university? If so, thank such a progressive as Abraham Lincoln who pushed for the passage of the land grant colleges and "progressives" like Thomas Jefferson who believed that the United States should make a college education within the reach of every citizen.

It was also "progressives" and "liberals" who believed that no man should own another man like cattle. They believed that violating the law to help escaped slaves reach freedom was a higher calling than obeying an unjust law passed by congress (the fugitive slave law).

It was also "progressives" or "liberals" who 100 years later believed that violating laws requiring blacks to sit at the back of the bus, attend separate schools, or forbade them from sitting at lunch counters or using the same bathrooms as whites was also an unjust law. It was "progressives" and "liberals" that assured passage of the civil rights and voting rights bills in the 1960s.

So when some conservative calls me a "liberal" or a "leftist" or better yet a "loony liberal"; I thank them and consider that a compliment not an insult. For it was "liberals" and "progressives" who fought for and gave us many of the rights and benefits we now seem to take for granted.

No doubt that in 2062 or 2112, citizens of the United States (if it still is in existence) will be thanking us "loony liberals" for guaranteeing that every American is covered for health care, can still drive a car and breathe clean air, can still be able to swim in Lake Erie and along the Gulf coast.

The Patriot Corner

by Wayne Mahowald

Does your family have Christmas traditions? Have you ever thought about where those originated? These excerpts from an essay by Ivor Noël Hume may provide some insight.

"Sleigh bells ringing, children singing, Yule logs aglow, toy-filled stockings hanging by the hearth, Currier and Ives, Tiny Tim, and a beer baron's Clydesdales tromping through the snow.

...One immediately wonders what level of laxity had been perceived in previous years. It was, however, far more likely that antisocial behavior blossomed in the day after Christmas, that being the occasion for masters to reward servants and apprentices with ceramic money boxes containing their annual bonuses, which quickly went down their throats in the nearest taverns. 'Twas ever thus. As early as 1387 Geoffrey Chaucer wrote about the apprentice, his box, and his reputation for wild and riotous behavior. Although it is doubtful that any happy apprentice gave a thought to the origins of Boxing Day, the church was all too aware that the day of giving and receiving gifts could be traced to the pagan Roman Saturnalia, an event unfit for pious eyes or ears.

They saw it that way in Puritan Massachusetts. A law enacted in 1659 read: "Whosoever shall be found observing any such day as Christmas, or the like, either by forebearing of labor, feasting in any other way, shall be fined 5 shillings, and forbade the Festival of Christmas and kindred ones, superstitiously kept." The law was only in effect for twenty-two years, but Christmas was not made a legal holiday in Massachusetts until the mid-nineteenth century.

Although there is evidence that the stroke of a Puritanical pen outlawed many an old English custom thought to have had pagan origins, in the tradition-shrouded recesses of the countryside such edicts were contemptuously ignored. Albeit in distorted forms, therefore, some traditions survived to be absorbed into the Christmas we still enjoy. Take, for example, the Yule log. In the medieval centuries, when candles were expensive and hearths wide, the notion that the birth of the Christ child became the light of the world was reflected in the Christmas Eve burning of a large, knotted, and slow-burning log or wooden block. Thus, in 1677, Poor Robin's Almanack included the December lines, "Now blocks to cleave this time requires, /

'Gainst Christmas for to make good fires." Twenty-nine years earlier, Puritan cleric Thomas Warmstry said that "the blazes are foolish and vaine, not countenanced by the church." More to the point, oversized blazing logs were liable to catch cottage chimneys on fire.

In truth, most of the panoply of Christmas is the product of pagan tradition, of Victorian sentimentality, and of modern marketing that keeps millions of the world's elves in the manufacturing business. Even the mandatory Christmas cards to and from people you scarcely remember and probably wouldn't like if you saw them now have roots as shallow as the sentiments expressed. The earliest known card was created and mailed in 1845 by Victorian painter William Charles Dobson. A year later, another painter, John Calcott Horsley, was asked to provide a lithographed card to be sent out by the too-busy Sir Henry Cole, keeper of the records at the British Treasury Office, and thanks to him we have ever since been wishing one and all a Merry Christmas and a Happy New Year!"

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Political Perspective

Ohio Adoption Laws Need To Be Changed

by Bryan N. Griffin Jr

For a long time, I have researched how our government has treated their constituents in so many ways. One of the cruelest treatments I have seen in my life is how they have treated adopted children - past, present, and future. I especially have seen how they are treated here in the state of Ohio. There are so many aspects to the adoption laws that need to be altered for the betterment of the child needing a loving and nurturing home. Having access to the birthparent's health history should be the #1 concern when adopting.

Section 3107 of the Ohio Revised Code controls all child adoptions in this state. According to the law, non-identifying information is any

kind of data that does not disclose the birthparents' name, address, phone number, and anything that is considered to invade that individual's privacy. It is something that is common knowledge, like someone's heritage, occupation, education (highest grade achieved, for example), or anything that is considered vague enough to hide the private data. This situation especially applies to a closed adoption, in which access to a child's record is particularly the most difficult.

A person's health history should be considered as non-identifying information and crucially important to the parents who want to adopt a child. This is one of many aspects of adoption that should be changed, no

matter what the scenario involves. Aside from having access to your original birth certificate, which is a whole other mess within itself, that child's well-being and future should be top priority. That child has a right to live a full and wholesome life; no if's, and's or but's about it.

This is quoted from the Ohio Revised Code, word for word:

"Identifying information" means any of the following with regard to a person: first name, last name, maiden name, alias, social security number, address, telephone number, place of employment, number used to identify the person for the purpose of the statewide education management information system established pursuant to section 3301.0714 of the Revised Code, and any other number federal or state law requires or permits to be used to identify the person.

Uhh, I have a question to the legislators. Would a child's family history of Batten's Disease be consid-

ered identifying information? Bladder Cancer? Down Syndrome? Tay Sach's Disease? Are the politicians that may be reading this article getting my message yet? Hiding something that is life threatening to prospective adoptive parents is wrong – dead wrong, forgive the pun.

This "I don't care, unless there is money involved" attitude in Ohio Congress really needs to be stopped. As a citizen journalist and a public servant, I have petitioned online, convincing our state's government to change Ohio's adoption laws. I have had this up for a very good while, and I am always updating it. Please take the time to read all of the information that I have provided and sign it. Your voice does matter, whether you believe it or not. Help me in getting the legislators to do the right thing. I really do appreciate your attention and your humanity.

http://www.ipetitions.com/petition/ohio_hb_7/

Book Review: The Sociopath Next Door

by Michelle E. Rice

Conscience is a sense of social obligation. It is based on emotional attachment to an individual person, animal, a grouping of both or the planet itself. It is denoted by "love." One in twenty-five individuals, 4% of the human population, is sociopathic, meaning; they do not have a conscience. While you may think these are the serial killers - that is actually the rarity - not the majority. Most sociopaths are functioning in society amongst us wrecking havoc in lives whether it is our finances, accomplishments, self-esteem and our very peace of mind. Everyone, even experts are vulnerable to their manipulations and cons, left bewildered. Although the DSM (Diagnostic Statistical Manual) of mental disorders has recognized "antisocial personality disorder," sociopaths, as a disease, there is no treatment. What Martha Stout Ph.D. has done by writing this book is to educate others by revealing behaviors and signs of sociopaths so

others can protect their lives against them. Of her 25 years as a practicing psychiatrist, she discloses true and fascinating stories of basic types of sociopaths. You will be able to relate to these stories because everybody at one time in their life has met one of these types of people. Besides documenting behaviors, the scientific evidence is astounding. Sociopaths, when given word associations do not display any electronic differentiations between commonplace words or emotional words. For example: The words "lamp" and "love" register no emotional fluctuation. There is no emotional response to either, whereas other people exhibit a heightened emotional response when given an emotional word versus an object. There is a desire to dominate and there is a will to love, ultimately that is the difference. There is a conscience and then there are the remorseless. This book will help you identify the difference. It is a worthy read heading into the new year.

Observer Holiday Light Contest



Send in photos of your favorite Christmas lights in Parma, Parma Heights or Seven Hills. If we pick them in the next paper, you could win \$25.00!



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Parma Observer

Write About Me

by Lucy Mckernan

“Write about me.” That’s been the mantra that won’t leave me alone since August 24th of this year. On August 24th, a driver “accidentally” killed “Baby,” a large, alpha fawn near our home. The driver allegedly left the scene and went to the police department to report it. Meanwhile, other drivers continued to run over the deer because it was hard to see in the dark just after dusk.

When Baby was killed, her twin stood nearby, terrified and bewildered before running off. A couple days later, that same twin crossed the street behind its family, and stopped for a long time to sniff the exact spot its deceased sibling was killed. Since the posted limit is 25 mph on my street, drivers should go 20 mph during dawn, dusk, at night and during inclement weather.

In addition to slowing down, here’s more simple suggestions for avoiding deer-vehicle accidents (DVAs): visually scan back and forth; alert other drivers in oncoming traffic by flashing lights while

slowing or stopping to warn them; and when one deer crosses, there are always more, so slow or stop and look for them. The alpha female killed August 24th was preceded by her brother, so the driver probably had the opportunity to slow upon seeing the first deer.

In considering how to “manage” our deer populations, instead of engaging the Ohio Division of Wildlife and/or neighboring mayors into the discussion, Seven Hills Mayor Dell A’ Quilla should adopt the 21st century model of installing the highly affordable “Deer Deter.” From (Electronic deer deterrent could prevent over 1 million accidents each year November 27, 2012 Fox News), “Deer Deter is an automated electronic system designed to keep wild deer and other large animals from running into oncoming traffic in the dark of night. Using a combination of light and sound, it literally stops the animals in their tracks as cars pass by.” On the same site, “According to the company’s U.S. representative, Edward A Mulka . . . Over 11,000 of the units have been

deployed in Europe near known deer feeding points... the installations have reduced collisions by up to 90 percent.”

If Mayor Dell A’ Quilla is serious about working with other mayors, he should know that North Royalton officials made repeated claims at a heavily attended council meeting early this year that they will “never” allow hunting in their community. Also, Broadview Heights (broadviewdeer.com) voted down bow hunting. And in Mentor, a hotspot for deer-human conflicts in Northeast Ohio, officials have laid out 2013 plans to implement and experiment with more humane methods, including Deer Deter. According to William J. McShea, Chad M. Stewart, Laura J. Kearns, Stefano Liccioli, David Kocka, expert authors on deer-vehicle collisions (DVCs), “The locations of DVCs during the rut were not markedly different from collisions outside the rut.” Contrary to what most believe, mating season does not increase DVCs. They add, “Management efforts should include changing motorist behavior or

road attributes.” (2008) Human–Wildlife Interactions. Vol. 1, No. 1.

A superb article written by Plain Dealer reporter Donna Miller reads, “Despite a 34 percent increase in the Rochester Hills [Michigan] deer population since 2009, the city experienced a 25 percent reduction in deer vehicle crashes” through its driver education and highly visible signs erected in “hot spots” (http://blog.cleveland.com/metro/2011/11/_animals_in_the_news_70.html).

Any lethal method to “control” or “manage” deer populations is a myth perpetuated by the profit-driven Ohio Division of Wildlife, hunters, lobbyists and well-meaning but uninformed citizens, whereas the DOW’s mantra is: “maximum sustainable yield,” the intentional maintenance of a live number of high targets to keep tens of millions of dollars coming in each year. Readers should be warned that, because hunting is slightly down in Ohio, the DOW is ramping up efforts by sending its agents of death in the form of wildlife bio-stitutes (wildlife biologists who prostitute their expertise for DOW profit) to sell bow hunting or sharpshooting. That is what Dell A’ Quilla suggested in one of his recent mailings.

Suffering deer sometimes take weeks or longer to die after being hit by arrows. An open public records request in nearby Independence revealed that, in spite of a list of bow hunting requirements, numerous violations such as a large number of hunters on one acre; 11-year-olds trespassing to track deer that have been left to die slowly; not using elevated platforms; hunters from other counties and states using residents’ properties to hunt; and much more.

We’ve paved over their habitat, hunted, persecuted and abused them. Essentially, we’ve bullied them. This is going to stop. Officials here will be held accountable for bringing a 21st century, affordable, humane model for co-existing with native wildlife.

Tune out any rhetoric involving lethal methods to control deer in Seven Hills and hold officials to a sane, affordable, humane and safe standard!

Setting Yourself Up To Fail With Diets: Part 2

by Pam Hoffman

In my last article, I told you all the things that are wrong with the typical approaches to dieting. So what is left? What is the right approach for long-term success? It is simpler than you may think: SMALLER meals, MULTIPLE meals.

When I tell people this, they think I am crazy. “You want me to eat more?” Yes, for many reasons. First, every time you eat, you rev up your metabolism. We expend energy when digesting foods. Second, the body becomes very efficient at burning food when it comes

at regular intervals. The body begins to trust that it will be nourished regularly.

The flip side of this, not eating throughout the day, makes your body hoard the food when you do eat. This is not the reaction we want. Instead of breaking down lean mass to survive, your body can now focus on maintaining or even increasing your lean composition, which means kicking up the metabolism in a natural fashion. The result: you feel better and have more energy.

Studies have shown that if two people eat the same calories and food

and one consumes this in 3 meals per day and the other in 6 meals, body composition-wise, the person eating the 6 meals a day fairs much better. What should your meals be composed of? Some protein at every meal helps to tame insulin spikes and maintain lean mass. So, protein should be ingested 6 times a day in proportion to the total amount you need. Complex carbohydrates and healthy fats make up the rest. The amounts will vary depending on activity, current body composition, and overall goals.

In summary, eating well includes healthy choices of protein, carbohydrates, and healthy fats, eaten in smaller portions throughout the day. Don’t back yourself into a losing cycle of starving your body. Sometimes more actually is better...food for thought!


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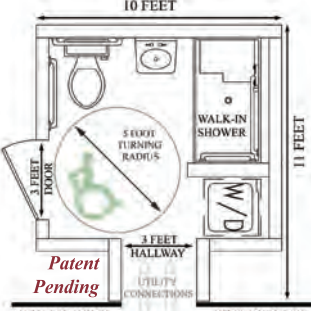
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NEWSFLASH:
Caffeine Deprivation Dulls Life

by Patty Knox

If not for coffee, I would have no energy at all. This is my 5th day trying to break the spell that coffee has on me, and I'm hurting. Life without coffee is so dull. All my energy and excitement are gone. Who knew that a little brown bean contributed so much quality of life to humanity?

Between insomnia, pounding/racing heart symptoms, and general feelings of unwellness, not to mention thirty years of adult acne, I decided to experiment with eliminating the one constant in my life that someone proposed just might bespeak an allergy. Horrors. What a damning indictment. But, as in Bach's Coffee Cantata, I am firmly of the opinion that life without coffee is not life. Could I be a java junkie? Thinking back, I realized the only time in my adult life that I didn't have acne was either when I was pregnant with each of my two children, or whenever I've had an upper respiratory infection (which reduced me to the BRAT diet: bananas, rice, apple-sauce and toast/tea). Or all bland white foods, including chicken noodle soup which is mostly white, at least the way I boil the chicken. Horrors again. They might be right. Could it be that the very stuff I love and can't live without is the very stuff I must learn to live without?

DAY 1: Bad, nagging headache all day. Nuked it with 4 ibuprofen (my migraine medication contains caffeine, duh; go figure. So I'm substituting, okay?). Headache still there an hour later, added 2 more. Still there the following hour, another deuce. Ahhh. Finally gone. Slogged through my day, crashed on the mattress, died.

DAY 2: Woke up with the Energizer Bunny playing the bass drum between my ears. Freakish marching band rabbit. Scrambled for the ibuprofen – ugh, only 1 left. Waited agonizingly long for drug store to open, meanwhile soothing myself with some decaffeinated mint tea. What ring of hell am I in? Got the drugs, swallowed, counted the minutes til relief: 31. Went to work, cranked it out, exhaustion set in. Had to renuke myself in late afternoon when Mr. Energizer Bunny came back, and was he ever mad.

DAY 3: Alarm clock rang, I hampered the snooze button into oblivion. Pulled the covers over my head, darn birds tweeting away right outside the window. No hope, can't doze back off. Snooze reasserted itself. I give up. Crawled out of bed, reset the alarm,

threw myself in the shower. What's this? No headache. Thank you, Lord!

DAY 4: Less than no energy, if that's possible. Thankfully, headache has not returned. Pushed myself through the day, yawned through the evening, managed to stay awake through a usually hilarious library rental DVD of Galaxy Quest. Less enjoyment without java. Yawn.

DAY 5: Complexion seems to have cleared up a little. Craving a Mountain Dew, I settle for a fruit smoothie. It doesn't give me the kick I need. Only

scheduled to work half a day today, so I catnap. Much more refreshed when Hubby comes home. Happily cook dinner, we go for a bike ride after supper. No surging heartbeats, praise the Lord. Feeling more human. But I wouldn't call this energy.

What is it about that dark potion that gives us the edge? Sadly, I can't even enjoy the smell of coffee – it's torture. I'm something like an ex-smoker who becomes allergic to the smell of cigarette smoke. Psychologically, whether it is more allergy or more the

fear of becoming re-addicted, I don't know. But now I have to avoid coffee shops, one of my favorite places to write, because the aroma starts breaking down my resolve like Chinese water torture. But in an effort to prove to myself that I have at least a modicum of self-discipline, I will persevere until I have either exonerated or convicted my sublime Sumatra elixir. In the meantime, let's toast with a bottle of Smartwater. Cheers.

Friends Of The Parma Theater Group Moving Forward With Plans For Redevelopment

Galinek, and Wayne (Woody) Mesker. Together, with other concerned residents, the group has been striving to develop its strategy and plans to move forward with fund-raising efforts and a non-profit designation.

While details of the committee's plans remain behind closed doors, meetings are open to citizens serious in their commitment to volunteer their energies in this "official" effort to preserve the theater building and contribute to its' transformation. There are other individuals that have stated their intentions to save the Parma Theater from an undesired fate, as is their right to do so, but the "Friends of the Parma Theater" group wants the Public to know that they feel it would be best to have a concentrated effort by all of the people in the community who are concerned with rescuing and transforming this important, historic asset,

instead of multiple groups engaging in non-productive, duplicitous activities. The official site features a striking profile now changed to a fiery phoenix rising defiantly under the groups' title. The official website for the group <http://friendsofparmatheater.com> is

still under development, but hopes to be completed in upcoming weeks. For anyone wanting to contribute their time and talents to the group, please contact the "Friends of the Parma Theater" site for meeting times.



A peek at the "Friends of the Parma Theater" meeting at Parma City Hall.



Ward 2 Councilwoman Debbie Lime informing members attending a meeting of Proud of Parma about Friends of the Parma Theater, held on November 28 at the Donna Smallwood Activities Center.

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Parma Observer

Bank Of America Donates 50th Property To The Cuyahoga Land Bank

by Katherine Bulava

The Cuyahoga County Land Reutilization Corporation, commonly known as the Cuyahoga Land Bank, has reached the mid-way point of a ground-breaking agreement with Bank of America (BoA) for responsible disposition of distressed properties.

On June 14, 2011, BoA agreed to donate up to 100 low-value distressed vacant and abandoned properties in Cuyahoga County, Ohio, to the Cuyahoga Land Bank for reuse, redevelopment and neighborhood revitalization. These are properties that have been foreclosed, have, in many cases, been abandoned by prior owners and might otherwise sit vacant, creating a negative impact on the surrounding neighborhood.

The Cuyahoga Land Bank and BoA have reached the half-way-point in implementation of their agreement with 50 property donations completed throughout Cuyahoga County.

Many of the vacant properties have become uninhabitable and require demolition and BoA is making cash contributions toward each demolition. Recently, BoA agreed to increase its contribution to help cover additional costs associated

with asbestos and environmental regulation.

"This type of agreement is a responsible way in which banks can interact with community stakeholders to address some of the fall-out from the real estate foreclosure crisis of the past several years," said Cuyahoga Land Bank President and General Counsel Gus Frangos.

"The City of Cleveland Heights, like cities all across the country, has faced the plight of vacant and foreclosed properties. The Bank of America property donations and contributions toward demolition costs in the Desota-Altamont neighborhood have been important in helping our City move forward," said Mayor Edward J. Kelley. "Our goal to revitalize the development of this neighborhood has come closer to being a reality due to the support of Bank of America."

"The donation of vacant or abandoned properties supports the bank's commitment to help stabilize and revitalize neighborhoods and communities that have been hit hard in the economic downturn," said BoA Ohio Market President Jeneen Marziani. "When we work in communities with established land banks

or other dedicated, professional enterprises, such as the Cuyahoga Land Bank, we are able to address these situations efficiently and reach our mutual goals faster."

Several of the homes donated to the Cuyahoga Land Bank by BoA under the agreement have been suitable for rehabilitation. Through the Cuyahoga Land Bank's Deed-In-Escrow Program and Owner Occupant Buyer Advantage Program,

the homes have found new life. To both the Cuyahoga Land Bank and BoA, rehabilitation of these properties has been the best possible result of the agreement - promoting home ownership and placing these previously distressed homes back onto the tax duplicate.

"The renovated homes become a community asset along with the other homes on the street, promoting community stabilization," said Frangos.

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