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# PARMA Observer

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## Come Visit The Parma Safety Fair

by Mary Galinas

Mark your calendars - the 12th Annual Parma Safety Fair is right around the corner! This is a fabulous interactive family event that you won't

want to miss! The Parma Safety Fair provides loads of information and presentations and is scheduled for April 27th at the Parma Justice Center at 5555 Powers Blvd. from 11:00 am

until 2:00 pm. Attending this popular city event is a wonderful way to get more informed on safety related issues and a good opportunity to meet our dedicated Safety teams.

I am proud to report that twelve years ago, two of my City Council colleagues and I spearheaded the very 1st Parma Safety Fair. It took off and now this wonderful event has been a tradition ever since and has grown bigger and bigger to be an outstanding success every year!

Residents will gather at Parma's Justice Center (inside and outside) to watch the Metro Life flight make it's arrival, inspect the many safety vehicles, and visit with representatives from: Parma Police & Fire Departments, Parma C.E.R.T. Team, Metro Park Mounted Unit, Cleveland Metro Parks, Southwest SWAT team, SEB Bomb Squad, Parma's Law Post, Parma's Canine Unit. We are pleased

## Seven Hills Mayor To Address The State Of The City On May 2

by Pat Krizansky

Residents will gather at Seven Hills Community Recreation Center on Thursday, May 2, at 7:00 p.m., as Seven Hills Mayor Richard Dell'Aquila presents the annual State of the City Address.

The mayor will discuss

the city's financial state, the city charter review, upcoming events, challenges faced by the City of Seven Hills, and more.

Attendees will have the opportunity to ask questions following the mayor's presentation.

For more information, call Pat Krizansky at 216-525-6227.

## Citizen Police Grads!



*Parma Police Dept. honored its 9th class of the Citizen's Police Academy recently. The graduates are Mathew Chandler, Meredith Chmura, Michelle Dougherty, Mike Favetti, Denise Geschwender, James Geschwender, Brian Gutkowski, Lynne Komar, Paul Parobek, Jennifer Tagalicod, Darla Traska, Kellie Weenink. Joining them are the program's administrator, Capt. Wayne Schmigel and Mayor Tim DeGeeter.*

## New Purchases Improve Firefighter Safety

by Doug Turner

The Parma Fire Department recently received and placed into service, new equipment that will help firefighters operate more efficiently and safer.

### Stryker Stretchers

The new stretchers, manufactured by the Stryker Corporation are designed to reduce the physical stress to paramedics by eliminating the need to physically lift the stretcher in and out of the medic units. A battery powered hydraulic system, raises and lowers the stretcher at the touch of a button. Back and knee injuries are common throughout the fire service and these units have been shown to reduce the number and severity of these types of injuries as well as workers compensation claims. The department purchased six of these stretchers at a cost of \$78,000. They have been in service for approximately three weeks and have received good reviews from the



*New Cot and Jacket*

paramedic crews.

### High Visibility Jackets

107 new high visibility EMS jackets have also been purchased for the entire fire department. A federal law which took effect in 2008 requires high visibility apparel for anyone, including emergency personnel, working on or near a roadway. The jackets, manufactured by Blauer, meet or exceed the ANSI standards for being high visibility

and retro-reflective. In addition, they meet the National Fire Protection Association (NFPA) standard for EMS operations. The department will continue to use the ANSI approved vests for road operations in warmer weather. The jackets were purchased with a federal grant, written by Parma firefighters. The grant covers 80% of the \$37,324 cost of the jackets.

## Don't Tear Down The Parma Theater

by Summer Dailey

The Parma Theater was a place everyone enjoyed. To tear it down would be ruining all the good memories it has brought to everyone. The Parma Theater was always a nice place to go to because it wasn't very expensive and they showed movies you enjoyed. It was always cheaper there then to go to for example, Ridge Park Square. Even though this theater may be old and fire damaged it still holds good memories and a lot of sentimental value. I strongly disagree with anyone who wants to tear the Parma Theater down. This Theater has been here for quite so time. It was here during World War II! This property isn't just some theater to me, it isn't just some place we liked going to just because we enjoyed it. No, but it does have a special

meaning because it's not just any building. It's a landmark and it would be a crime to just tear something this meaningful down to the ground. You would be tearing up all the good sentimental values and memories it has. The fact that the Theater was set on fire was tragic enough. So if anyone really cares, you won't tear down the Parma Theater and build another stupid restaurant we don't need. If anyone really cares - rebuild the place that means a whole lot to not just me, but everyone!

**Friends Of Parma Theater  
ask you to**





Parma Business

# The President's Corner

by Sean Brennan,  
Parma City Council President

One of the decisions I am most proud of as a Councilman in the City of Parma was our decision in 2008 to contract with the Cuyahoga County Department of Public Works Sanitary Sewer Service. Like cities nationwide, Parma's infrastructure is aging and is in need of constant maintenance and improvement. The goal of the program is to help solve current and prevent future sewer-related challenges for Parma residents.

Recently, I was provided with the Department's 2012 annual report for Parma. Needless to say, I continue to be impressed with all of the fine sewer work being completed by the Department of Public Works in our community.

Through our collaboration, the Sanitary Sewer Department provides the Parma community with a multitude of important services, including the cleaning and inspection of sanitary sewer system mainlines, sewer construction, inflow and infiltration identification and solutions, emergency maintenance and a 24-hour on call team for house visits, etc. For instance, in 2012 the Department



Parma City Council President Sean P. Brennan

completed the high pressure jetting of the sewers on 222 streets, for a total of 355,671 feet of lines. Further, the Department completed the televising of lines for identification of possible failures or deficiencies on 216 streets, for a total of 335,563 feet of sewers.

The program allows Parma and its residents to save money by having Cuyahoga County crews complete regular maintenance and upgrades without adding additional manpower to the city's workforce. This shores up time and resources for City of Parma sewer crews to perform maintenance on the storm sewer system and better

maintain catch basins.

The program costs the average homeowner with 40 feet of front footage about \$86.00 a year or \$2.15 a foot. The \$2.15 is comprised of \$1.75 a foot for sanitary sewer, \$.25 a foot for storm sewer, and \$.15 a foot for water line improvements. All monies collected through the program may only be utilized in Parma and for the areas the program was created to address.

Keep in mind that your quarterly sewer bill from the Northeast Ohio Regional Sewer District (NEORS) pays for the maintenance of their wastewater treatment facilities, where our wastewater is cleaned. The NEORS fee has nothing to do with maintenance of the local sanitary sewer lines in Parma and does not assist us with upkeep or improvements to our local sanitary infrastructure.

Incidentally, if you need service, please contact 216-443-8201 during normal business hours between 8:00 a.m. and 4:00 p.m. Monday through Friday. After hours call the emergency number is 1-800-683-2689 and a supervisor will contact you. Further, if you are experiencing a problem with the storm sewers, including catch basins, please continue to contact the Parma Service Department at (440) 885-8195. Contact the Service Garage after 3:00

p.m. weekdays and on weekends at (440) 885-8980.

To read the details of the Department of Public Works Sanitary Sewer Service's Parma annual report visit <http://www.cityofparma-oh.gov/documents/PARMA2012AR.PDF>. I hope that you find my column helpful and informative. As always, if you have suggestions for future columns, please feel free to contact me at (440) 885-8091 or [councilmanbrennan@sbcglobal.net](mailto:councilmanbrennan@sbcglobal.net). Have a blessed spring.

## New Hire, Course Incentives Bring New Buzz To Ridgewood Golf Course

by Jeannie Roberts,  
Spring is here, baseball season is upon us, and that means Ridgewood Golf Course will soon be humming as well. There are many developments afoot to create buzz at and about the course, chief among them the hiring of a new Greens Superintendent, Tyler Good.

Good was hired in March from Fox Meadow Country Club in Medina, where he managed a 500-acre private country club course. He is ready to bring some new ideas to Ridgewood,

and Parma Parks & Recreation Director Mickey Vittardi is thrilled to hear it.

"We are very proud to have been able to hire Tyler Good, and we look forward to having him as our new Greens Superintendent," Vittardi said. "He has a wealth of experience, and we are confident that bringing his expertise aboard will help us move Ridgewood Golf Course forward."

Good is a turf specialist whose resume boasts 18 years in the turf industry and 12 years of managerial experience.



Tyler Good, new greenskeeper at Ridgewood Golf Course.

"Ridgewood is a beautiful course, there's a lot of history here and it has a great reputation throughout the city," Good said. "I am looking forward to the new challenge. I'm excited to meet the residents, and especially the golfers of Parma. I also look forward to sharing my ideas for the course and hopefully, to bring a spark."

Ridgewood management has already embarked on some incentives to increase course play.

A punch card system has been implemented so that every time someone plays during open play, a punch is earned on a bonus card. When 10 punches fill a card, the 11th round is played for free. Also, the course will soon be accepting tee time reservations, in addition to accepting walk-up play as well.

"Certainly, we are hoping for a glorious spring and summer," said Mayor Tim DeGeeter, "and we hope that area residents will take advantage of the new incentives to enjoy this beautiful course right here in the city."

## All Kids Playground

by Sandra Premura

All Kid's Playground is a non-profit organization dedicated to creating a playground at James Day Park (formally Nike park) in Parma, Ohio. The project backed by the city of Parma will be constructed in three stages with total estimated costs at \$300,000. The playground will have multiple amenities to accommodate a place of play for children with and without disabilities. Our mission is to create an environment where a child's physical health, emotional well-being, and development of life skills are met as they learn and grow through play

Our vision is simple: We plan to provide a playground that enhances inclusion and addresses the needs of children with all abilities. The playground will be an inviting place that

accommodates mobility devices, play structures, activity areas, and a family friendly gathering pavilion.

The project started in January of 2012 and will take approximately 3-5 years to complete. The non-profit organization's executive board includes professionals, parents, and teens from our community.

I would like to invite you to a reverse raffle for the All Kids Playground in Parma on Friday, April 19th at 6:30 pm. You can win \$2000 and have a night out at the American Legion Hall Post 703 on York Road. Please check out the website to learn more about the playground. To purchase tickets, please call 440 845-2201 or 440 731-8474.



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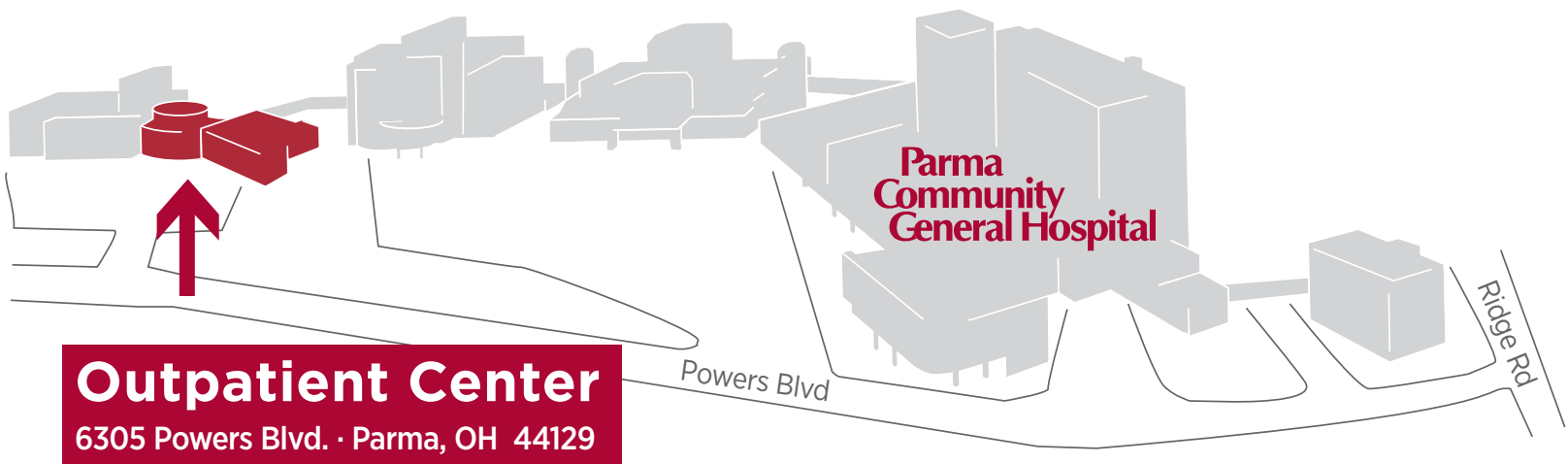
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# Parma Health

## Vendor Fair Fundraiser! At Valley Forge High School

by Cheryl Hoover

You're invited! Don't miss your chance to check out what our local businesses and the arts & craft community are showcasing at the: VENDOR FAIR FUNDRAISER! being held at Valley Forge High School, 9999 Independence Dr. Parma Hts. on Friday, April 19th. The event runs from 5pm – 8pm and admission into the event is FREE!

Not only will there be an opportunity to learn about products found within our community, these items or services will be available for purchase. Here is a snapshot of some of the vendors that will be on display: Antiques and Collectibles, Art of Life Photography, Boo Boo Kids, Clever Container, Cuppikakes Bakery, Howard Hanna Realtor, Isagenix, Knowledge Points

Tutoring, Miche, Premier Design, Scentsy, Tupperware and even The Pierogi Lady! Additional vendors have contacted the committee with interest to participate in this event. These vendors are currently in the process of being signed up and registered as this article rolls to press!

Some of the above vendors have graciously donated product baskets

or gift certificates for the Vendor Fair Fundraiser! Raffle. There will be over a dozen baskets being raffled with some fantastic prizes!

The event has the good fortune to have interested vendors, who, although are unable to participate in the Vendor Fair Fundraiser!, have generously donated a basket! Special thanks for these donations goes out to Family Video for the gift cards and popcorn buckets, Gamer Haven for their \$25 gift certificate, Luna's Deli and Restaurant for the \$20 gift certificate – just to mention a few!

Throughout the event, drawings for these prizes will take place. Raffle tickets costs are 50 cents per ticket. If you are the lucky one to win one of these awesome prize baskets, you do not need to be present to win. Just put your name and phone number on your ticket and you will be notified that you are a winner! Of course, if you are there when your ticket is picked, you can take your prize basket with you when you depart. Please note that tickets will only be sold at the Vendor Fair Fundraiser!

You will probably work up an appetite while deciding which raffle basket you want to drop your tickets into.....as well as walking around to check out all the vendors' products and services! There's no need to worry because you will also be able to satisfy your sweet-tooth with the delectable bakery offered at the Bake Sale tables.

This event is a fundraiser. It is open to the public. The Vendor Fair Fundraiser! is being organized by a committee of parents of fourth grade students that attend Parma Park Elementary School. All proceeds will fund the Parma Park Elementary 4th grade end of year picnic and activities. Their picnic and activities will be the last hurrah as this group of Eagles soar into the future and land at Greenbriar Middle School.

If you have any Vendor Fair Fundraiser! questions, please contact Alison Giraldo at [alisongiraldo@yahoo.com](mailto:alisongiraldo@yahoo.com) or Cheryl Hoover at [cherylhoover@sbcglobal.net](mailto:cherylhoover@sbcglobal.net).

## Eggs-hilarating Event Attended By Hundreds

by Kathryn Yates

Parma's 2nd Annual Easter Egg Hunt took place at James Day Park on Saturday, March 23. The egg hunt was sponsored by First Federal of Lakewood and drew several hundred parents with their basket-carrying youngsters outdoors on an unseasonably chilly afternoon.

Bank president, Brian Winslow, Mayor Tim DeGeeter, and City Council President, Shaun Brennan officiated.

Because egg hunts throughout history have had a tendency to reward in a Darwinian fashion, participants were grouped by age with each grouping having its own egg-strewn area and separate starting time. The 0 – 3 yr. olds were first to scramble as the clock struck three. Poised to pounce next, the faster and more agile 4 – 7 yr-olds, scooped up the eggs in under 90 seconds. They were followed by the 8–10 yr-old group who swept the green like an EF2 twister,



City Council President, Sean Brennan explains protocol for the egg hunt.

leaving nary a half-shell in their wake.

The entire Easter Egg Hunt was over in about as much time as it takes to hard-boil one for breakfast, but was enjoyed by the vast majority. Light refreshments were served in the pavilion afterwards, and participants were

requested to recycle the empty eggs into a container for next year's hunt.

Special thanks go out to First Federal of Lakewood and City Hall officials who worked hard to make this a free, fun, family event for Parma residents.

Not every tyke walked away happy this year-understandable, considering the turnout. A number of tearful tots with empty baskets were heard weeping on the long walk back to the parking lot. Hmmmm...suggestion for next year's egg hunt: Why not a second, consolation round for those that did not get eggs in the first? Egg hunt "winners" (from the older age groups) can be directed to the pavilion where their talents will be called upon to stuff the recycled eggs for the second round participants.

If it's any consolation kids, back in my time, ours was the only lawn in Parma Heights that failed to get two plastic eggs on Easter morning (compliments of the local Jaycees). An older brother with a paper route made sure of that. He's a vegan now, and I feel avenged.



Toddlers scramble to get eggs in the 0 - 3 yr age group.

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# Parma Schools

## ASSET CORNER

Visit the "Asset Corner" on Facebook. Share your Asset building ideas.



What All Kids Need to Succeed 40 Developmental Assets



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## Asset Corner #40

by Gene Lovasy  
*Show kids you care: suggest better behaviors when they act out.*

**April's Asset Category:**  
**EMPOWERMENT:** Young people need to be valued by their community and have opportunities to contribute to others. For this to occur they must be safe and feel secure. The more a child is valued and feels valuable, the more likely it is that she or he will grow up healthy.

**EMPOWERMENT Assets Include:**  
**# 7 Community Values Youth** - Kids perceive 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** – Kids feel safe at home, school & in the neighborhood situations. (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.)

Today, we're going to be focusing attention on Asset # 9, Service to Others. By helping others, young people learn to help themselves....

To many young people, the world is small. It's made up of their school, home, and neighborhood. They may assume all schools are like their school. And, when they're very young, they may think the world revolves around them. But when young people start to reach out and help others, their world grows and so does their confidence. In fact, many young people report that when they give of their time and energy, they receive much in return. Serving others can help kids feel good about themselves and that they can make a difference in the world.

**Here are the facts**  
Research shows that young people who serve others in the community for one or more hours a week are more apt to be respectful of others, helpful and kind, and patient. They also tend to value diversity. About 48 percent of young people, ages 11–18, serve in the community one hour or more a week, according to Search Institute surveys. Encourage all young people to recognize the value of helping others.

**Tips for building this asset**  
The best way to teach young people the value of helping others is to be a role model. Activities such as providing a meal to a new parent, driving a



LegoBuild Night at Community Ambassadors, future Lego engineers and their dads.

neighbor to an appointment, or baby-sitting can make a huge difference in someone's life. Look for service opportunities to do with a young person. Join organizations that involve—and provide leadership roles for—both young people and adults.

**Also try this....**  
**In your home and family:** Together, think of 10 ways your family can serve others. Choose one idea. Pick a date to do the activity. Afterward, talk about your experience.

**In your neighborhood and community:** Join or support an organization that teaches (and provides opportunities for) serving others. Some possibilities to consider: Boy Scouts, Girl Scouts, Habitat for Humanity, United Way, YMCA/YWCA, and Youth Service America.

**In your school or youth program:** Seek learning opportunities for students and group members to engage in community service projects. Also bring community resources into the classroom or program setting.

**ASSET RELATED NEWS**  
• Wow! Over 200 Dads & kids participated in the Lego Build night, Community Ambassadors' HEROES activity for the month of March. The next HEROES event is scheduled for Friday May 10th beginning at 7:00 pm. I hear it has something to do with Race Cars. Visit their web site at [www.comamb.org](http://www.comamb.org) for more details. Through the HEROES program, Community Ambassadors is working to inspire a spirit of "responsible" fatherhood throughout the community. These FREE events give opportunity for dads (or grandpas) and kids to engage in ridiculously-fun, super-creative activities that promote bonding and build relationship. What an outstanding Asset-rich program!  
• Don't forget about the after school "TEEN TIME" program at the

some special speakers, all sorts of good things going on. The next one is scheduled for Thursday, April 18, from 3:00 pm to 6:00 pm. Pass the word on to your kids.

• Did you hear....?? During the week of June 23rd, North Coast Mission Connection will be rehabbing upwards of 80 area homes w/youth-based work groups. If you or your organization would like to help or if you just want more information call 216.296.1911 or check out their web site at [www.north-coastmissionconnection.org](http://www.north-coastmissionconnection.org).

• Partnering w/the Parma Hunger Center, the Parma Area Family Collaborative will have gently used clothing available on the same day as the Cleveland Foodbank Mobile Food Pantry. The second Thursday of the month from 3:00pm to 5:00pm, beginning April 11.

**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](http://www2.parmacityschools.org/assets) or [www.search-institute.org/assets](http://www.search-institute.org/assets) for more information about the 40 Developmental Assets and ideas for helping young people build them. Or go here <http://www.parentfurther.com/> for great asset-based parenting tips, tricks, activities and ideas.

## Benefits From Recycling

by Debbie Sillett  
Every time we put our recyclables on the curb we are doing so much more than throwing things away. We are giving to our country the chance for our neighbors, our children and maybe ourselves to have employment. . We are giving our country the opportunity to be more stable with jobs in renewable sciences that are developed here. Because of our community joining the recycling supply mainstream we now have enough material available to help our country move forward to build new housing and communities in a way not possible before. Recycled materials are being used in almost every part of new building construction. You are already seeing some of the hundreds of results from these technologies. There are recycled materials in your ketchup, pop and beverage containers, your bathroom tissue, your dishes and cups, carpeting and flooring and your car has recycled materials made from the things you put on

the curb each week. Even your tires may soon made from dandelions! So, when we have the opportunity to recycle as a community, remember what you are reaping the benefits of, and what you are giving to the rest of the country. Yard waste goes to a compost facility and gives all of us improved soil for more flowers and vegetables to have a healthier life to benefit from. New ways are being discovered on how we can benefit from recycled items. There are new factories being built in communities that had lost all their means of employment before and this will help to bring new hope and renew cities and towns and the people who live in them.. I will give a hearty handshake to all the members of our community that finally figured out how to make it so all I have to do is put the materials into one real nice container that was free, Now I can see if I can up-cycle my old trash cans into rain barrels or a big pot to grow plants in!

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Inspiration

# Parma Area Family Collaborative Events

by Kristen Tober

March was a very busy month for the Parma Area Family Collaborative. We held our first Nutrition Classes with the Ohio State Extension at our site, held Job Prep Boot Camp for teens, hosted Ridge-Brook's Title I Family Night, hosted Kindergarten Registration, had our first Community Resource Fair and started a FAST (Families and Schools Together) site for the community. April is looking to be just as busy!

The Collaborative is holding a Family Storytime on Monday April 8 and Wednesday April 17 from 7:00 until 7:30 PM. Children ages 2 through 5 and their caregivers are invited to join

librarians from the Cuyahoga County Public Library for a program of stories, songs and activities. Older siblings are welcome to attend and participate.

Our first Mobile Food Pantry date will be on Thursday April 11 from 3:00 until 5:00 PM. It will be held monthly on the second Thursday of every month. The Clothing Center will also be open during this time. Families in need are encouraged to stop by to get the items they require. It will be held rain or shine. Please bring a bag for the groceries and be aware it is first come, first served.

The next Cluster Group meeting will be Thursday April 11 from 5:30 until 7:30 PM. This group is for foster

and adoptive families to meet and support one another and to learn about resources available. Refreshments and child care are provided.

Teen Time will be on Thursday April 18 from 3:00 until 6:00 PM. This is an open gym for all Parma area teens between the ages of 13 and 18. We have speakers on topics of interest, service learning, food and more! Bring your friends for our monthly night of learning and fun!

Adoption Network is having a free event Saturday April 20 from 1:00 until 3:00 PM. Adoptive families are invited to attend a "Family Fun Day" with games and activities for children and parents. Snacks will also be served.

Registration is required one week prior to event. RSVP to Ayanna at (216) 482-2331 or Gib at (216) 482-2332.

The Collaborative has a monthly Collaborative Meeting for agencies, churches, businesses and individuals interested in learning more about what we are doing and how to help. Our next meeting is on April 25 from 8:15 until 9:30 AM. This month's meeting will be hosted by Community Ambassadors located at Parmatown Mall, enter through the mall entrance beside Chase Bank and near the children's play area. We hope to see you there!

A Community Garden is in the works. There was a meeting on March 27 to get input from other agencies and to discuss what the garden should look like. If you are interested in helping with the garden, please let us know!

The Collaborative is an Ohio Benefit Bank (OBB) site. We have trained OBB counselors to help you apply for benefits such as Food Assistance (formerly known as food stamps), Home Energy Assistance Program (HEAP), Federal Student Aid (FAFSA), Health Coverage, Cash Assistance, Child Care Subsidies, USDA Child Nutrition Programs (free and reduced lunch), Women Infants and Children (WIC), and many others. Through the OBB, our trained counselors can let you know if you are likely to qualify, what paperwork you would need and help you fill out the application.

The Wraparound Program is a voluntary program to assist families with assessing their strengths, building a team of natural supports and making a plan to use strategies and goals to stabilize the family and make them successful by their own definition of success.

Donations are tax-deductible and are always greatly appreciated. We accept new toys, food, personal hygiene items, school supply items, new and gently used clothing and many other items. If you have any questions about the donations we accept, please call us at (440) 842-7058. Diaper drive, paper product drive, gift card drive, offering storage for donated furniture, and donating cash or checks are great ways to support our efforts.

The Collaborative also has several rooms available for community meetings. We have a family style living room that can hold up to 10 people, a classroom style meeting room (with tables and chairs) that can hold up to 25 people and a gym that can hold up to 100 people. We are also available for community events.

The Parma Area Family Collaborative is located in the PCSD - Hanna Building located on Snow Road near the intersection of Chevrolet Blvd and Stumph Rd. Our address is 11212 Snow Rd, Parma, OH 44130. If you have any questions or would like more information, please call us at (440) 887-4873 or email Kristen Tober at toberk@parmacityschools.org.

## I Believe

by Daniel Taddeo

A cloudy day is no match for a sunny disposition.

An attitude of gratitude benefits everyone.

Anyone in need is our neighbor.

Blessed are the husband and wife who are as polite and courteous to one another as they are to their friends.

Children need and require parental guidelines; expect them to grumble.

Common sense is not so common.

Don't judge each day by the harvest you reap but by the seeds you plant.

Every person is guilty of all the good he or she did not do.

Fall seven times, stand up eight.

God opposes the proud (arrogant) but gives grace to the humble (knowing and correcting one's weaknesses and faults).

House guests are like fish; they begin to smell after three days.

If you don't know where you are going, any road will get you there.

Justification (right with God) is by grace through faith in Christ.

Lesser minds have a talent of talking much and saying little.

Most young people tend to listen more to their peers than their seniors.

Routine lies at the heart of discipline.

Sticks and stones can break my bones and names can also hurt me.

Success is having to worry about everything in the world, except money.

There is only one kind of love, but there are a thousand imitations.

Those who choose wickedness crave the darkness to hide their deeds.

True contentment is to enjoy the present without anxious dependence upon the future.

United we stand, divided we fall.

Unless life is lived for others as well, it is not worthwhile.

Victory has a thousand fathers, but defeat is an orphan.

We are experiencing an immoral epidemic in America today.

We could teach each other to respect our diversity!

We express our love for God by how we treat other people.

We have to work together for the common good.

We need to discover and express each other's positive aspects.

We should not compromise our moral principles; let us be in the world but not of it.

We suffer more from imagination than from reality.

Self-reflection is always a good exercise. What I believe is a work in progress, not limited to these statements and subject to change. What do YOU believe?

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Parma's City Beat

Worldstock's City Beat

by Wayne Mesker

Hope you all had a marvelous March. Some interesting developments in Parma over the past 30 or so days. I attended the initial City Council meeting on March 4 where the various city departments were discussing their game plans and budgets for the next year. Must give a pat on the back to the Service department for coming in with a budget that asks for less and a plan that accomplishes more. Also it's important to note that they are looking to hire additional personnel. Call them to see where job postings can be found.

The city unfortunately is facing a loss of some \$2 million-plus from the State of Ohio and seriously needs to think of ways to offset that deficit. Many members of city council are also making effective use of Parma's Nuisance Abatement Ordinance to deal with problem properties in their respective wards. Lastly, Ward 2 councilwoman Debbie Lime ultimately created a controversy by introducing a resolution to have the Historical Preservation Committee and the Design Review Board declare the Parma Theater a Historical Preservation site. This prompted a letter from the attorney representing the owners of the property and an appearance before the council, when they met on March 11 adamantly opposing this course of action, claiming that it would make the property virtually unmarketable to any retail buyer that might be interested. For several months now, a group called Friends Of Parma Theater have been and continue to make an effort to work with the owners to find a way to acquire the property, with plans to renovate it and turn

White And Blue

by Ruth Revecky

As I sat in a chair in my fenced-in patio, I  
Watched the clouds slowly meander by. They  
Were so low they looked like wash hanging  
On a long clothesline waiting to dry.

I sat and watched the puffed-up clouds  
Change in their sky-blue mirror; and then as  
I looked up again, they had become playful,  
Jumping porpoises in a placid sea.

As I quickly looked up to the sky again, the  
Clouds had suddenly disappeared from my  
View. Whoever took the wash off the  
Heavenly clothesline left the sky lonely  
And desolate and very blue.



Here we are in front of the Parma theater on March 18 presenting the Sons of Cream with an honorary certificate proclaiming them "Friends of Parma Theater". Left to right, Bill Subjoc from Friends of Parma Theater, Malcom Bruce, Godfrey Townsend, Mark Weber, myself, and our pal Rubin, a Russian filmmaker who came to live in the US decades ago. They all loved Parma and want to come back, hopefully for a show this summer-stay tuned.

it into a multi-use, multi-purpose venue for use in promoting creative arts programming of all varieties, offering educational opportunities in the arts to people of all ages and for community use as a place for special events. The "Friends" are comprised of local citizens and business leaders with expertise/connections in the music, entertainment, film, theatre, media and other creative arts disciplines. I was, through my own connections in the industry, able to enlist the support of Sons Of Cream (see more about them in the Blues/Rock column in this issue). We pre-

sented them with certificates making them Honorary "Special" Friends Of Parma Theater and are intending to bring them back for a fundraising concert this summer.

I also attended the monthly Proud Of Parma meeting at the Donna Smallwood Senior Center where I learned about ongoing efforts of other area groups. The Garden Club is working on an exciting plan to establish the city's first Community Garden. The Chamber Of Commerce is busy planning this year's version of Rib & Rock. The Parma Area Family Collaborative continues its worthy efforts on behalf

of our families and children with a Community Resource Fair at Hanna School. Report on that event will have to go online as we won't make this month's deadline. Last but not least, the Y.M.C.A. is launching a Diabetes Prevention Program. For more information contact Linda McVey: [lmcvay@clevelandymca.org](mailto:lmcvay@clevelandymca.org) or Estelle Lekas:[elekas@clevelandymca.org](mailto:elekas@clevelandymca.org) or you can call Linda at 216-509-3480 or Estelle at 216-263-6818. Also in April, they will be hosting a fun Healthy Kids Day at Quicken Loans Arena on Sunday, April 7.

In some business news, I am saddened to report that a serious fire of yet unknown origin has caused the temporary closing of the PM Gas and Mini-Mart on the corner of Wesley and Pearl, next door to the Twin Lakes office bldg. The fire occurred on the evening of March 25 and the cause and estimate of damage have yet to be determined. Business owner/manager Michael Eadeh was understandably distraught when I spoke to him this morning. We wish them luck in rebuilding and continuing to serve their customers.

Links:Garden Club <http://www.ridgewoodgcofparma.org/>, Family Collaborative [http://www.parmacityschools.org/pages/Parma\\_City\\_School\\_District](http://www.parmacityschools.org/pages/Parma_City_School_District), Y.M.C.A.<http://www.clevelandymca.org/news/2013/healthykidsday.html>, <http://www.clevelandymca.org/community/diabetes.html>

Time To Find The Bard In You

by Bryan N Griffin Jr,

April is National Poetry month in America. I always find this time of the year inspirational. One of the biggest reasons I got into writing is because I love this particular genre of literature. Poetry really makes you think, because it forces your mind to think rhythmically. The ability to rhyme is a special skill that involves your sense of hearing. When one looks at a poem, that person instinctively knows it was meant to be listened to ... not just read.

Let me give you a sample of a couple of my favorite poems of all time. Both are from Elizabeth Barrett Browning's Sonnets of the Portuguese. I have a copy of her sonnets, and I read it every year around this time. I first read it when I was in high school English class, and I fell in love with the use of her words ever since. It fully illustrates the beautiful dancing of sound and pace. Read it out loud and notice how easily it flows as you go through each word as it rolls off your tongue. That is the beauty of poetry. Happy Poetry Month!

How do I love thee? Let me count the ways.

I love thee to the depth and breadth and height

My soul can reach, when feeling out of sight

For the ends of being and ideal grace.

I love thee to the level of every day's Most quiet need, by sun and candle-light.

I love thee freely, as men strive for right.

I love thee purely, as they turn from praise.

I love thee with the passion put to use

In my old griefs, and with my childhood's faith.

I love thee with a love I seemed to lose

With my lost saints. I love thee with the breath,

Smiles, tears, of all my life; and, if God choose,

I shall but love thee better after death. (Sonnet 43)

If thou must love me, let it be for nought

Except for love's sake only. Do not say,

"I love her for her smile—her look—her way

Of speaking gently,—for a trick of thought

That falls in well with mine, and certes brought

A sense of pleasant ease on such a day"—

For these things in themselves,

Belovèd, may

Be changed, or change for thee—and love, so wrought,

May be unwrought so. Neither love me for

Thine own dear pity's wiping my cheeks dry:

A creature might forget to weep, who bore

Thy comfort long, and lose thy love thereby!

But love me for love's sake, that evermore

Thou mayst love on, through love's eternity. (Sonnet 14)

Friends Of Parma Theater ask you to

Have A Heart For The Arts



# Perspective

# We Created This Monster And We Can Not Control It

*by Lee Kamps*

In Mary Shelley's classic horror tale, *Frankenstein*, a scientist takes body parts from the dead to create a living being that comes to life when hooked up to electrodes. He believed that he was creating new life from the dead, but the reality was that he created a monster that he couldn't control.

The system of health care in the United States resembles the monster created by Dr. Frankenstein. It is made up of pieces and parts, then stitched together; but it impossible to control. Recently Time magazine featured an excellent article in its March 4 2013 issue revealing how and why health care costs in the United States are out of control. The article documented where

hospitals charge \$24 for a tablet that sells on the retail market for a nickel. It also showed where a patient was billed \$6,538 for three CT scans while Medicare would have paid \$825 for the same CT scans. In another example, a patient was charged \$18 each for diabetic test strips that can be bought on Amazon.com in boxes of 50 for \$27 or about 55 cents each.

Closer to home, a statement from my primary care physician shows a charge of \$225 for a simple office visit. Yet there is another column showing an “insurance adjustment” of \$114.54 because the physician is part of the insurance company’s provider network which is more than half the original charge. A lab test for a urinalysis shows a charge of \$21.00 and

an “insurance adjustment” of \$16.12 taken off that charge.

In a recent television program investigating health care costs and pricing, it was likened to going shopping in a supermarket where no one pays the same price for the same product. The price one actually pays for the products in that supermarket is dependent on which credit card the shopper uses to pay the bill. Those who pay in cash pay the highest amount. Obviously this makes no sense at all. No sane person would ever shop in any store where they do not know the cost of what they are buying until the purchases are rung up and the credit card was pulled out to pay the bill. Yet this is how we pay

for health care in the United States.

Deciphering the tax code is much easier than deciphering a medical bill, especially one from a hospital stay. Very few consumers can understand their explanation of benefits whether it is from a private health insurance company or Medicare. As a result even fewer people read or audit any medical bill. Errors and overcharges abound in medical bills. One has to be an expert in health care billing and procedures to understand a bill from a hospital stay.

But since most Americans are covered through their employer paid health insurance or Medicare; most Americans really don't care unless their deductibles and co-payments are increased. For most Americans someone else is paying the bill, so why should they complain?

But the reality is that someone is paying the bill and that is usually the health insurance company or Medicare. Whether it is the health insurance company or Medicare paying the bill, their costs are ultimately coming from the consumers in the forms of higher premiums and increased taxpayer subsidies. For those who are uninsured, the higher charges without any “insurance adjustment” are billed. Of course with most people who are uninsured, there is no chance that those bills would ever get paid. Most often those charges are written off as losses. But those losses written off are reflected in what paying patients are billed.

The United States spends more than double per capita on health care than any other developed nation on earth. That amounts to an additional \$750 billion dollars (out of an estimated \$2.8 trillion dollars) spent on health care in the United States compared to other developed nations. To put that figure in perspective, that is slightly less than the United States spent on the war in Iraq. If we cannot bring this monster under control, then it threatens the very future of the United States.

## The Patriot Corner

*by Wayne Mahowald*

Most of us are likely to agree that Northeast Ohio and the cities in Cuyahoga County have their share of issues. Declining populations, aging housing stock, deteriorating infrastructure and all of the other issues we face on a daily basis can be solved, but only if we personally commit to take action. Standing back and waiting for others to find solutions is not a solu-

tion to the problems facing our area. Change will only come through your personal active participation in our system.

The representative republic form of government in the United States is participatory in nature. Because of the limited number of positions available, very few people will ever become a candidate for office on a national or even a state level. However, there are many

more opportunities to serve at the local levels of government such as City Councils and School Boards yet for some reason the number of candidates for these critical positions in our government is usually limited.

If you think there is room for improvement in your local government or if you think the citizens of your community deserve more than one choice of who should represent them, I would challenge you to consider running for elected office. The window of opportunity to get involved is open but it is closing fast and you must act soon.

In Parma Hts, the position of Mayor and the 4 Council positions that represent Wards 1-4 are on the ballot this year. These races are contested in a non partisan election. Because of that, if you live in Parma His, you will have until August 7th to submit petitions.

If you are interested in running for the Parma School Board and are **continued on page 12**

**continued on page 12**

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**Sunday-** Open Mic Night-Patio

A cup of coffee and a hookah. The coffee cup is on the left, and the hookah is on the right.



Perspective

# Eliminate “Invasive Species” . . . From The Vernacular!

by Lucy Mckernan

A retired, national award-winning anthropologist friend once quipped, “How can anything be considered ‘invasive’ when Earth once consisted of one giant land mass?”

Commonly referred to as any life form that threatens native or indigenous species, the highly discriminatory, politically opportunistic term “invasive species” now threatens the lives millions of animals every year in America.

Consider America’s most maligned natural predator, the coyote. The federal agency Wildlife Services (aka Wildlife “Dis”Services) kills between 80,000 and 100,000 coyotes annually. The total from all sources combined is roughly half a million coyote shot, poisoned and killed slowly and often torture by shooting them through the hip area and watching them suffer by Wildlife DisServices, ranchers and others.

For its incomparable role in our ecology, the coyote is rewarded by local media as “dangerous pests” out to get your pet. “All Animals,” published by the Humane Society of the U.S., included “Coyotes Under Fire,” illustrating how this highly social species comprised of alpha families, when disturbed, results in larger litter sizes. “Shoot or poison coyotes and you will have just as many again within a year or two . . . Kill one or both members of the alpha pair . . . and other pairs will form and reproduce.” Ironically, killing coyotes leads adult members to prey on sheep to feed larger litters.

Coyotes aren’t even invasive, so where does that leave the latter, like

the “crop pest” European Starling, or the ubiquitous, intrusive House Sparrow? Not only does this federal agency authorize the killing of millions of these birds (i.e., black birds dropping from the sky a few years ago?) but State of Ohio Division of Wildlife officials have encouraged decision makers here to idly allow the House Sparrows to die each year in the death trap that remains at the Seven Hills Recreation Center entrance overhang, claiming “invasive species” require no protections.

In a previous Parma Observer article, I mentioned Emerald Reckless Chief of Natural Resources John Mack stated if the City of Parma engages in a hunting program, deer will be captive bolted in the West Creek Rez. Also in that article, I erroneously grouped Parma Councilman Napoli in with those proposing lethal deer options; that was a misunderstanding. In fact, Mr. Napoli, a more humane-minded council member, previously worked with Parma native and animal activist Brandon Yanek to change language in Parma’s vernacular from pet “owner” to pet “guardian.” I laud Mr. Napoli for his efforts. Now, all council and leaders everywhere should shift terminology towards the compassionate for all animals, and take it a step further by boycotting the Metroparks – and its affiliates (you know who you are, West Creek Preservation Committee) – for trapping and radio collaring with intent to kill sentient beings in the West Creek Reservation. Two unfortunate human deaths in that area over the past few years should be taken as an ominous warning.

The Emerald “Reckless” has

killed many thousands of deer. Its Chagrin reservations now see radio collaring. The process involves netting does, wrestling them to the ground, injecting them with anesthesia and outfitting them with the collars to track movements and birth rates, resulting in stress-induced mortality; ironic, considering the purpose is to monitor birth rates.

After 17 years, we know how this park’s populations monitoring ends for deer, and West Creek will be no exception. Drive down W. Ridgewood Road between Broadview and State and you will see the once large tract of relatively undisturbed forest – deer oasis – almost entirely developed. Deer – whose numbers have not increased but are now squeezed into one area -- have moved west on Ridgewood, virtually cordoned off by a high, quarter-mile fence on the south side of the street, where the separated herd frantically runs back and forth searching for an opening. If one jumps, it almost lands in the street, eliminating drivers’ reaction margin.

For perspective, consider the prophetic 1999 article “Stuck in the Mud” concerning the fight over Parma wetlands, which appeared in the now defunct Cleveland Free Times. It ends with Cleveland Museum of Natural History curator of botany and Ohio wetlands authority Jim Bissell stating, “. . . when even the most recalcitrant opponents to conservation start to wonder where all the thriving, lush natural areas have gone and find themselves driving along an endless, concrete flatland, lined with glass towers and concrete buildings . . . [t]heir kids will ask them about species they grew up with. For Parma, though, it may be too late.” Drive down W. Ridgewood between Broadview and State, and see the concrete jungle.

Invasive species’ rights figure prominently in the Committee to Abolish Sport Hunting (C.A.S.H.)

latest newsletter. In it, Marc Bekoff, Ph.D., Professor Emeritus of Ecology and Evolutionary Biology at the University of Colorado, Boulder states: “Compassionate conservation is a growing global movement. . . to focus on the importance and value of individual nonhuman animals. . . . Those motivated by concerns about animal welfare argue against killing individuals, whereas conservationists accept that killing individuals might be permissible . . . for some misguided premise of saving the environment or for protecting threatened or endangered species.”

News stories about three garbage bags filled with dead geese mysteriously appearing in the Strongsville Wal-Mart dumpster right after Black Friday, a dozen geese and ducks found dead with twisted necks along the Chagrin River in Bentleyville should be a thing of the distant past, like slavery.

Canada geese complaints can easily be resolved with humane methods. “Geesebusters” designed by a Long Island, New York man – no doubt sick of NYC Mayor Bloomberg’s persecution of them – invented the three-dimensional, life-size eagle kite, able to “soar” to any height up to a quarter of a mile. Contact him at geesebusters@gmail.com.

Animal rights is the radical notion that all species have the right to exist for their own sake.

Perhaps there is hope on a national scale. Sally Jewell, just appointed Secretary of the Interior by President Obama –the first Secretary who is not a hunter and who heads the consumer co-op Recreational Equipment Inc. (REI) – was quoted as saying REI doesn’t carry hunting equipment because she “didn’t know that much about it” and REI requires they be experts about everything they sell. Fingers crossed that Ms. Secretary Jewell does not cave into hunting lobbyists.



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## After School Arts Program

by Kathryn Mabin

Parma Area Fine Arts Council, Inc (PAFAC) is currently enrolling students in their Arts Exploration Program. This class offers students the opportunity to explore a variety of arts, crafts and mediums with a certified instructor. The instructor, Sean Mabin received his BA in Interior Design from the Cleveland Institute of Art. He received his Licensure to teach Art Education K – 12 from Cleveland State University. Sean believes in a discipline based art education, incorporating art history and current events as they relate to the class project. Sean also encourages his students to participate in various art competitions

within the area. As a result his students have won awards at The Maltz Museum, Rocky River Nature Center, and Parma Area Fine Arts Council Member/Student Shows. Class size is limited in order to provide individual attention to the student. PAFAC is located at the Donna Smallwood Activities Center, 7001 W Ridgewood Dr, directly behind Parma City Hall. Class is offered on Wednesdays, 4:30pm to 6:30pm for ages 7 through 17. Cost is \$8.00 for a two hour session.

Contact us for additional information, or to enroll, at PAFAC Office (440)888-4514, or visit our web site [www.parmafinearts.org](http://www.parmafinearts.org) or follow us on Facebook.



# Parma Observer

## Senior Dancers Sparkle In St. Patrick's Shows in March

by Judy Martins

The 22 dancing seniors in the Raisin' Canes, vaudeville dance troupe from the Donna Smallwood Activities Center, sparkled in March with their rousing 90-minute St. Patrick's show! Wearing lots of green sparkles, spangles and shamrocks they hit the boards dancing to "Mack Namera's Band," "Good Night Irene," "Riverdance," and audience interactive versions of "Old MacDonald" and "The Unicorn," just to name a few.

Ranging in age from 67 to 95, the



Kicking up their heels!



Their version of "Riverdance!"

tapping seniors in the award-winning Raisin' Canes have been performing throughout the area since 1999, leaving happy, clapping audiences wherever they go. With over 1,000 gigs already under their belts, they're still going strong! They tirelessly rehearse every Friday for 2+ hours at the Smallwood Activities Center. All volunteers, these feisty, talented seniors manage 1-3 gigs a week (double that over the Christmas Holi-

days), donating all proceeds from their shows to the Center. They thoroughly enjoy entertaining, and are booked at other senior centers, nursing homes and assisted living facilities, home days, parades, concerts in the park, malls, class reunions, group luncheons, dinners and parties, and wherever happy people gather. They're no strangers to television, having recently appeared on Channel 5 and Channel 8, and thoroughly love to strut their stuff.

Their vaudeville shows include



Welcoming baseball season with their "Take Me Out to the Ball Game" routine



The Raisin' Canes performing their St. Patrick's vaudeville show

lots of old songs, tapping, soft shoe and cane twirling, sing-alongs, audience participation, jokes and novelty solo numbers--and the entertaining music and dancing just keeps on comin'. The rousing vaudeville shows change themes throughout the year, with the St. Patrick's show in March, Patriotic show in the summer months, a Luau in August, Otoberfest in September and October, and their dazzling Christmas show in November and December. Always working on new routines and dance steps, they also do celebrity imitations and novelty solo numbers--exciting, entertaining numbers with creative and colorful costumes.

If you haven't already, make it a point to catch their act. You're guaranteed to have fun--and so will they! For more information about these amazing senior entertainers, visit their website at [www.raisincanes.org](http://www.raisincanes.org) or call the Smallwood Center at (440) 885-8800.

## Get A Taste Of Seven Hills On April 26

by Pat Krizansky

The City of Seven Hills will host its 3rd Annual "Taste of Seven Hills" from 6 p.m. until 9 p.m. Friday, April 26, 2013, at the Seven Hills Community Recreation Center, 7777 Summitview Drive in Seven Hills.

Tickets are \$25 per person, which includes tasting samples from local restaurants and caterers, plus beer, wine,

other beverages, and entertainment.

To date, the following restaurants/caterers are participating: Cakes by Nadine, Capone's Pizzeria, Catering by Wal-Tam's, Corleone's Ristorante, Corned Beef Cafe, Danny Boy's, Demetrio's Family Restaurant, DiBella's Old Fashioned Subs, Eddie's Pizzeria Cerino, George's Deli, Marge Walter Caterers, Qdoba Mexican Grill, S & R

Market, Stancato's Italian Restaurant, Sue's Homemade Pierogis, Swensons Drive-In, Tarboosh Eatery, and Zoup!, with more to come.

For tickets or more information, call Pat Krizansky at 216-525-6227.

## Seven Hills Is A Tribe Town

by Pat Krizansky

Join neighbors and fellow baseball fans at the annual Seven Hills Community Day at Progressive Field on Sunday, June 2, 2013. First pitch is at 1:05 p.m., when the Indians take on the Tampa Bay Rays.

Because this is one of the Kids Fun Days on the Cleveland Indians' schedule, young family members can

participate in many activities before game time and will have the chance to run the bases after the game.

A limited number of tickets are available now at special reduced prices for Seven Hills. Lower reserve seats in Section 113 are just \$21 each, and mezzanine seats in Section 311 are \$17.

Call Pat Krizansky at 216-525-6227 for tickets.

## Cleveland Foodbank Benefits Outreach

by Lauren Thomas

Need Food Assistance? The Cleveland Foodbank Can Help! The Cleveland Foodbank understands that times are tough and money is tight. In order to help Northeast Ohio families the Cleveland Foodbank has a full time staff of Benefit Counselors, as well as a new Help Center created to make the application process quick and easy for over 20 programs including SNAP (food stamps), prescription benefits, child care vouchers, WIC, medical coverage, and other assistance programs. The Cleveland Foodbank understands that you need a helping hand during hard times. You can turn to us! We serve clients from Cuyahoga, Lake, Geauga, Ashtabula, Richland, and Ashland Counties and we can connect you to pantries, hot meals, and mobile pantries in your area.

Eligibility for Food Assistance (Food Stamps) is determined by household size and income. The eligibility for is as follows.

Number in Household  
Monthly Income  
BEFORE taxes  
1 = \$1,210, 2 = \$1,640  
3 = \$2,070, 4 = \$2,500

5 = \$2,925

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About Cleveland Foodbank

The Cleveland Foodbank provides nutritious food to local nonprofit organizations which serve hungry individuals across northeast Ohio, 33 percent of them being children. This year, the Foodbank provided for 33 million meals to more than 700 local food pantries, soup kitchens, shelters and other agencies such as child-care centers and homes for the elderly in its six county services area. For more information, visit [www.clevelandfoodbank.org](http://www.clevelandfoodbank.org)

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## Caregiver's Kitchen

### Movie Buffs

by Patty Knox

When you think about your parents, or the elderly person you are caring for, what is the clearest in their memory? What do they get most animated talking about? What seems to live vividly in their minds, despite all these many years in-between?

For my parents, it was their high school years and their 20s, before they got caught up in the demands of life and family. My Mom would gush over the actors of that era, and she would let me stay up late to watch classic films starring legendary actors who had become household names.

That is a handy key to keeping their memory keen. Go back to the year they graduated from high school — ask them questions, they'll remember. Then go back at least two years, to when they were 16 and likely saving up for that weekly trip to the movie theater. Use the library and the internet to find film stars from those years, rent out those classics from the library or find them online, see if you can find some old LOOK or Life magazines that did retrospectives on the Golden Era of Hollywood. This is where the world wide web becomes your friend, and can cross cultures if your loved one is originally from another country. There are clips on Youtube, free films on hulu.com as well as old TV shows. PBS occasionally has some special program on a famous celebrity, and Lawrence Welk is still alive on WVIZ.

If you can get photos via library books and old magazines, make a Movie Buff game by photocopying or clipping out the actors they remember fondly and use them like flash cards; keep a list of movies they were in that your cared-for still remembers, watch them together. Talk about the stars' lives. That's where the birth of People Magazine was, in the era where the public was so enamored of the luminous cinema personalities cavorting on the silver screen. People wanted to know every detail of the life of an actor or actress. Let your loved one reminisce about their era, about the ill-fated Hollywood romances, about the shocking (for their time) scandals, little facts about big stars, for instance that Marilyn Monroe had mostly dime store knickknacks and kept the original prices on her kitschy salt and pepper shakers just to remind herself where she came from, so that she would never take her fame for granted.

This Movie Buffs game is good for the memory, it's good to get the senior folks talking about their salad days, and it's a good mood elevator. Think about it, what are your fondest memories? Many are from high school and early adulthood.

Other good memory joggers or memory games include Bingo, which is often in the toy section at the drug store, K Mart or Walmart. Concentration, one of Mom's favorites, involves taking a deck of cards and using two suits so that there are two of every number and two of every face card, including aces, making 26 cards. Shuf-

fle the deck, place them face down on the table in several rows and take turns turning over two cards, trying for a match. The one who gets a match gets a second turn. Count up the cards once all are matched, and the one with the most cards wins.

Now for a good recipe. Due to the celebration of Mardi Gras, the day before Ash Wednesday begins Lent, I was playing around with étouffée recipes (pronounced AY-too-FAY), which in Cajun cuisine means "smothered." It's a delicious sauce especially with shellfish, and works well on chicken or pan-fried fish as well. You will be cooking the sauce and the meat/fish at the same time. Read carefully!

Begin by heating two tablespoons of mild oil (canola or sunflower are good choices; avoid olive oil) in a large pot or Dutch oven over medium heat until warm and shimmering, not smoking, and sprinkle two tablespoons of oil flour over the oil while whisking

to combine. Keep stirring to prevent burning and to cook out the flour taste for about ten minutes to develop a blond roux and nutty fragrance, about the color of a walnut, and then add one small onion, diced. Cook until translucent\* (the onion takes time—start the other part!). Add one green pepper, diced, and three stalks of celery, diced. In Louisiana Cajun and Creole cuisine, onion, green pepper and celery are known as the Holy Trinity, and are their aromatics for most of their savory dishes. Cook until vegetables are softened. Add two tablespoons of butter and half a teaspoon of Creole spice mix, such as Tony Chachere's. Once butter is done foaming, turn down the heat to medium low and add your meats or fish with enough liquid to make a sauce but not too soupy. Let it bubble and marry together for ten minutes or so, until everything looks happy together.

\*At this point, begin cooking the

meats and/or fish on the side. Fish may be steamed in a metal steamer basket with an inch of water underneath it in the pot. The liquid to make a sauce depending on your choice of meats and/or fish. If shrimp or crawfish, you will use ½ cup of the water you steamed the shellfish in (If using fish, throw half a teaspoon of Old Bay seasoning into the steam water - it works magic on seafood). If chicken and spicy sausage (andouille), pan-fry in a nonstick or cast iron skillet. A little sprinkle of garlic salt on the chicken wouldn't hurt. Deglaze the pan with ¾ of a cup of hot water (some will evaporate) and add the resulting liquid to the roux. Or add all three, chicken, sausage and seafood for a trinity of flavors!

Add hot sauce/Tabasco to taste. Ladle over cooked rice, toast, biscuits, or waffles. Sprinkle on a little fresh parsley or cilantro, if you like. Enjoy a taste of N'awlins.

## Driver Assessments Help Older Adults Stay Behind Wheel Or Retire With Confidence

by CJ Sheppard

Anyone concerned about the safety of an aging loved one or friend behind the wheel can attend a free program on May 15 about Parma Hospital's Beyond Driving with Dignity driver self-assessments.

The Hospital's ElderCenter adult day services now provide this option for evaluating driver safety skills. Beyond Driving with Dignity is a program of Keeping Us Safe, a national organization founded by a retired Ohio State Highway Patrolman to keep older drivers safe on the roads. A nurse highly experienced in working with older adults who experience cognitive challenges supervises a self-assessment of the individual's driving ability.

"The driver makes the decision at the end of our session based on how they do with all the tools and exercises," says Lisa Profio, LPN coordinator of the driving program, as well as The Club program for those with mild memory loss issues. "The outcome is either that they drive, perhaps with restrictions such as no nighttime driving, or they retire from driving. In



Lisa Profio LPN coordinate the Beyond Driving with Dignity driver self-assessments.

the end, it's their choice."

Parma Hospital is offering a free informational session about this driver's program on Wednesday, May 15 from 1 to 2 p.m. and again from 6:30 to 7:30 p.m. Call 440-743-4900 to register or go to [www.parmahospital.org/classes](http://www.parmahospital.org/classes). The Beyond Driving with Dignity program costs \$250 for the assessment, which includes a workbook and resources to keep. For more information or to register, call 440-743-2777.

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Profio is one of the many ElderCenter staff members with decades of experience assisting older adults in finding constructive and rewarding connections and utilizing their skills. At ElderCenter's Club program, she leads her participants with early stage dementia or Alzheimer's disease in memory enhancement, civic projects, exercise and socialization. The ElderCenter provides programs for various levels of cognitive and physical ability, all of which give older adults an opportunity to "age in place" and remain independent in their homes.

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# Parma Observer

## Polic Chief Presents Citizen's Commendation



Steven Anderson was presented with a Citizen's Commendation by Parma Police Chief Bob Miller for actions that led directly to the arrest of a suspect. On Feb. 15, Steven observed a suspicious person with a handgun and called police with a detailed description. His quick actions allowed PPD to make an arrest. Steven came to City Council with his wife Kristen and sons Brendan and Liam. Here is the family with Ward One Councilwoman Mary Galinas and Mayor Tim DeGeeter.

## Parma's 2nd Annual Easter Egg Hunt



Hundreds of people showed up for Parma's 2nd Annual Easter Egg Hunt. This was the largest group, 4 - 7 yr-olds, dive for eggs. See story on page 4.

## The Patriot Corner

continued from page 8

a resident of Parma, Parma Hits or Seven Hills, there are 3 positions on this year's ballot. The filing deadline for those positions is also August 7.

In the city of Parma, all 9 Council positions, President of Council, and Treasurer will be on the ballot in November. There will be a Primary Election in May to select the Ward 9 Democrat Party candidate for Council. That is the only contested primary race in Parma. One Republican has filed to run in that same Ward in November.

All other positions currently only have the incumbent running unopposed.

Since the deadline for partisan filing has passed, those that are registered as Republican, Democrat or any other party have missed their opportunity in Parma. Any interested non party affiliated candidates must submit petitions to the Board of Elections by May 6th to be on the ballot this fall. Information on this process can be obtained from the Board of Elections or please contact me though the publisher of this paper <http://boe.cuyahogacounty.us/>

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