

**“Isn’t it a pity? Isn’t it a shame? The way we break each others hearts and cause each other pain.”- George Harrison**

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**Volume 5 • Issue 5 • May, 2013**

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## Old World Parma Poised For Growth

*by William Subjoc*

Are you looking to make a positive contribution in the community you live in? Would you like to make some new friends? Or perhaps you are interested in polishing your resume while developing some new skills? If this sounds like you, then look no further! Volunteering with the Old World Parma non-profit organization may be the rewarding opportunity you’ve been looking for!

Founded in 2011, the Old World Parma non-profit organization has been actively involved in various capacities throughout Parma’s newly designated Polish Village commercial district along Ridge Road. Our mission statement is:

“To facilitate the ongoing development and revitalization of the Polish Village community and empowering residents, institutions, businesses, and governments with plans and initiatives focused on enhancing the area’s busi-

ness climate and long term economic viability.”

Located in the heart of Parma’s historic downtown neighborhood, the Polish Village area is recognized as one of the most walkable communities in northeast Ohio and is ranked in Parma’s top 1 percent in terms of “walkability” ([www.walkscore.com](http://www.walkscore.com)). Best of all, Parma’s Polish Village contains a wonderful assortment of award-winning family-owned businesses that includes Colozza’s Bakery, Little Polish Diner, and P. Jay’s Pizza. No wonder that Parma, in addition to Lakewood and Downtown Cleveland, has recently been shown to be one of the top three communities young adults are increasingly choosing when deciding where to live.

Are you also aware that 28 of the 157 addresses in Polish Village, that is 18% of all businesses, are related to the medical field? For the most part, the independent medical businesses are hidden in plain sight and over-



looked by most people driving along Ridge Road.

In less than two years, our organization has done everything from seasonal event planning, small business promotion, awareness campaigns, fostering partnerships with other local organizations, and more! Now, we are looking for additional dedicated volunteers to help us achieve our short-term and long-term

goals while ensuring that Parma’s Polish Village remains one of the most desirable neighborhoods in the Greater Cleveland area.

Old World Parma is meant to promote more than just a nationality. The goal is to improve all facets of the

neighborhood. We are seeking great volunteers to improve conditions for the area’s retail businesses, the medical related businesses, develop an arts theme throughout the district, address residential concerns, and create green space and pocket parks. Many different skills are needed, and opportunities exist for people interested in assisting one day events as well as career oriented people interested in leading committees in long term planning.

Interested? We thought so! We ask that you please visit us at the Get Involved Volunteer Fair at the Cuyahoga County Public Library to learn about the incredible volunteer opportunities that are waiting for you and learn about all the

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## Stearns Homestead Partners In New Farming Project

*by Jeannie Roberts*

Stearns Homestead is partnering with Cleveland Crops to create an urban farm on the 48-acre historic site in the heart of Parma – a move to further enhance the attraction as a destination. Created by the Cuyahoga County Board of Developmental Disabilities (Board of DD), Cleveland Crops operates eight sites across the county and will grow fruits and vegetables on 17 acres at the homestead. The locally grown produce will be sold to restaurants and to farmers' markets, including Stearns'.

Cleveland Crops, part of the Board of DD's Solutions at Work program, will begin working at Stearns Homestead in May. The project will require approval of the Parma Planning Commission for, among other things, a small pole barn and a small parking lot on the 17 acres at the homestead. "This is an exciting time for Stearns Homestead," Parma Mayor Tim



DeGeeter said. "This will further enhance the unique experience Stearns offers people and perhaps make it even more of a destination for families. It is another step in remaking a vital corridor in Parma that includes the redevelopment of the mall and the construction of the new library."

In collaboration with The Ohio State University Extension office, Cleveland Crops was designed to help provide agricultural training to adults with

developmental disabilities, improve urban environments, and increase access to healthy, locally grown food. The Board of DD's Superintendent and CEO Kelly Petty said the organization is pleased to establish this partnership with Parma. The board already has a footprint in the city with the Parma Activities Center and the Just-A-Buck Store. "This

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## Parma Area Collaborative Launches Community Garden

*by Daniel P. McCarthy*

The Collaborative Community Garden, located at 11212 Snow Rd. is now accepting applications for the 2013 growing season. Applications are available for anyone interested in planting and growing fruits, vegetables and/or herbs, or to sponsor a garden plot. For more information or to request an application, contact Kristi Trunzo at the Parma Area Family Collaborative, 440-842-7040.

This is the first of what many believe will be a multitude of projects concerning what has been called "community supported agriculture" that

are gathering a huge amount of interest all over the country. People from several different sections of a given community have the opportunity to get involved with group efforts such as this, from those interested in joining their friends and neighbors in producing healthy, nutritious food, to those civic organizations and local businesses that want to promote neighborhood togetherness by sponsoring an individual garden, to those who just want to get involved as a way to give back by investing their time and labor in their community. It's all good.



*Site at the rear of James E. Hanna School where the Parma Area Family collaborative will locate the community garden.*



# Parma Business

## The President's Corner

by Sean Brennan,  
Parma City Council President

Anyone who knows me knows that I have a passion for running. Following the deaths of my father, uncle and grandparents at relatively young ages, I made a New Year's Resolution in 2008 to begin eating right and exercising. So, I joined Bally's Total Fitness (now Red Fitness) on Broadview Road and worked with a personal trainer who started me on the road to good nutrition and a healthy exercise regimen. In the first three months I lost 20 pounds and by months six I had shed another 20. I am happy to say that five years later I have maintained my weight loss and feel healthier and stronger than ever.

It was at the gym where I discovered running. I fell in love with it in a very short time. I recall running my first mile on the treadmill. What an accomplishment! With some encouragement from some veterans of the sport, I then started adding more miles and was soon running my first 5K (3.1 miles) race—Mayor Dean DePiero's first



Parma City Council President Sean P. Brennan

annual 5K. Soon, I ran a few others and watched as my endurance increased and times begin to drop. In 2009, I ran my first 10K, then by summer's end my first half-marathon (13.1 miles). When my running friend, Todd Wasil, a fel-

low Parma resident, told me he felt I was a ready for a marathon, I thought he was crazy. However, he talked me into running the Towpath Marathon (26.2 miles). Although it was somewhat of a disaster because I made a lot of first-time marathon mistakes, I finished! Who knew that I would be at the point I am now, having run ten full marathons in the past year alone!

I felt inspired to write about running in this month's column in light of the tragedy in Boston. Much of what has kept me going over the past five years are the incredible friendships I have made thanks to being a part of the "running world." Runners are truly a family - always encouraging one another, giving one another selfless advice, challenging one another to reach new goals, etc. How many races have I run where someone I do not even know shouts "good job," "thanks for pacing me," or "stick with me." Mark my words, runners will not be deterred by the events last month.

I write this month in hopes of inspiring someone out there to give running a try. Now I do not expect you to go out and run a 5K or marathon

right away. Like anything, running requires a lot of training, hard work, and research. Oh, and I do not want to hear, I cannot do it – I am too old, too out of shape, etc. Folks, if I can do it, anyone can. Further, I have been passed up by people twice my age and bigger than me.

You might be asking, where do I start? My advice is to start training today. Go out for a walk. Start at fifteen to thirty minutes, then start adding from there. Next, add a slow,

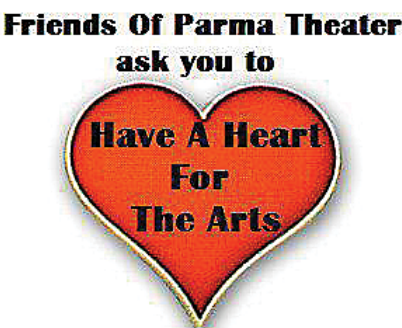
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## Editor's Observation: Does The Parma Theater Have A Future?

by Patty Knox

One thing is certain, the Parma Theater has a past. Ahhh, so many memories. The important decision of which candy from the display case was the best expenditure of precious "allowance" funds. Stolen kisses in the last row when I was a young teen not allowed to date yet. Watching Butch Cassidy and the Sundance Kid jump off a cliff into the river far below several dozen times during the multi-year marathon single-theater showing through most of my high school years. Getting Father Weist's permission to see "Airport" to satisfy my mother, since it was rated Morally Objectionable by the Universe Bulletin. Meeting my friends there and feeling so grown up going somewhere without our little brothers and sisters. Feeling good about the bargain prices. Good times with friends and family enjoying affordable entertainment. Good times, good times.

Now it's 2013. The Parma Theater is still standing after a devastating fire, but its future is anybody's guess. Owners disinterested in the integrity of the arts institution it was created to be are looking to maximize the sale price of the property. Community residents excited about the possibilities of it being a cultural resource once again—only on the creative end of things, teaching others to make art, make music, make theater, make dance—rather than only observe. A place to go where youths and adults can both experience the miracle of self-expression and self-actualization through interacting with the artistic disciplines. A showcase for Parma talent, and yes, we've got talent. And politicians who are trying to decide how best to represent their constituencies.



Even though Parma has a fine symphony orchestra of talented paraprofessionals, often accompanying stellar professional soloists; even though Parma has a college; even though Parma has a hospital; even though it is the largest Cleveland suburb and perhaps one of the oldest Cleveland suburbs, it has never had a school of the arts. Parma was first a township in 1826. But many Westside suburbs, notably and most recently the much younger suburb of Brecksville, have developed successful schools of the arts to enrich their community with the resounding support of their citizenry. Is Parma missing the key ingredient, the resounding support of our citizenry? Don't you think it's about time Parma had its own School of the Visual and Performing Arts?

The Greater Cleveland area is home to many comprehensive non-profit fine arts schools, borne of a twin desire to nurture natural talent and an appreciation for that which is aesthetically pleasing. The Cleveland Music School Settlement originally was established to help immigrants to the United States adjust to their new homeland with the help of music and music instruction; Lakewood's Beck Center for the Arts has the oldest continuous children's theater program in the

U.S.A., and encompasses instruction in dance, music, and visual arts including photography, as well as serving the community as a thrilling gallery space and gathering place. Karamu House is the multi-arts pride of Hough and a theatrical jewel; and one of the most impoverished neighborhoods in the whole metropolitan area, Slavic Village, has the Broadway School of Music and the Arts, originally started by the Hruby family in 1917 as a music conservatory, still teaching students of all ages to delight in music, art, dance, poetry and theater by learning, doing and experiencing the effervescent joy of live performances.

Given the snail's pace with which Parma has embraced the arts in the past, here is what I hope doesn't happen. Now that there is a surge to pursue creating an arts school and multi-use performance space in the heart of Parma at the crossroad of Ridge and Snow by saving and revitalizing a historically significant Parma landmark, I hope the crusaders don't give up fighting for it. I hope it doesn't get killed by lack of interest from the "wait and see" people who only support something once it is up and running and already a proven success. I hope youth are given a vibrant gathering place with choices of something constructive to do that will help them find their natural talents and abilities via an art form, rather than aimlessly "mall" or getting into trouble during those statistically dangerous after-school, parents-still-at-work hours of 3 to 6 p.m. I hope parents and grandparents want this educational enrichment right in their own community for their kids and grandkids enough to find time and

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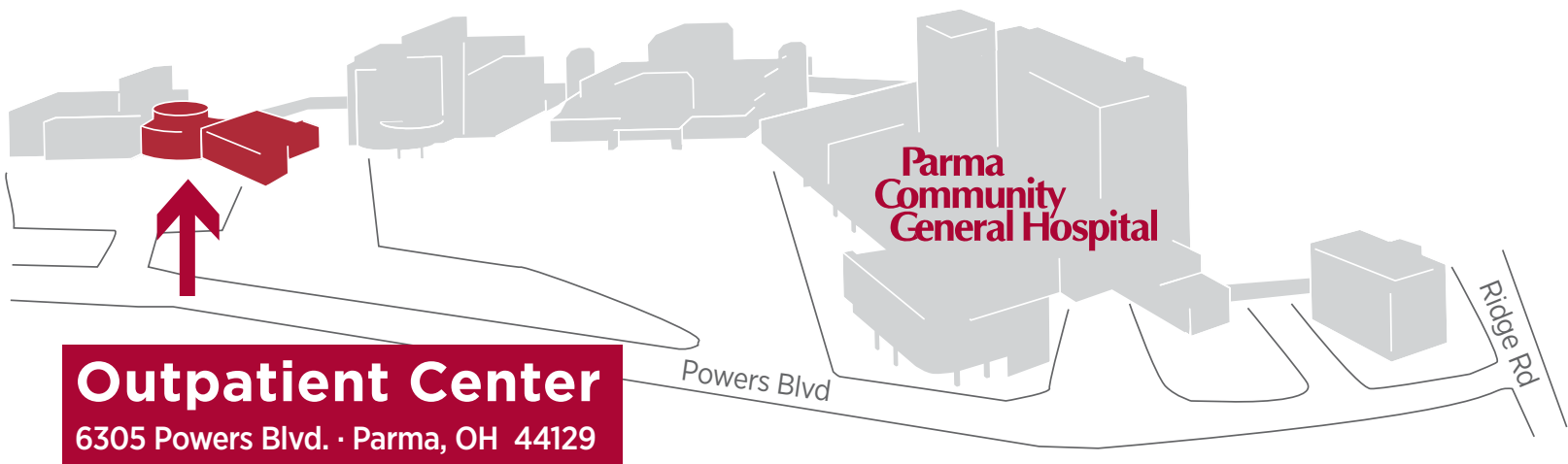
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# Parma Health



The internships Nick Yambor and Tom Baric did at Parma Community General Hospital led to job placement with Oatey, a plumbing supply manufacturer.

## Hospital Interns Land Jobs After SEARCH Success

by CJ Sheppard

Two students with disabilities have landed full-time jobs after completing internships at Parma Community General Hospital. Tom Baric and Nick Yambor accepted full-time positions with Oatey, a manufacturer for the plumbing industry, after working in several hospital departments since the beginning of the school year. They were among five students at Parma Hospital with Project SEARCH, a national program hosted by Parma Hospital, the Parma City School District and United Cerebral Palsy of Greater Cleveland for transition-age youth with disabilities.

The program's goal is competitive employment in the community. Each student participates in three 10-week internships, rotating through different department with daily support from an instructor and job coach. Currently there are five students participating in the program.

"Parma Hospital is proud to partner with the Parma City School District to foster and facilitate the acquisition of competitive employment for people with disabilities, and we have benefited from the contributions made by these young adults," said Andrea Sack,

director of Volunteer Services at Parma Hospital. "Our leadership team has welcomed the interns in a variety of areas, teaching them marketable skills, such as data entry, filing, stocking storerooms, providing clerical support and cleaning services."

Both the Pharmacy and Storeroom benefited from Baric's hardworking demeanor. He stocked medicines, took inventory and assisted with other tasks. In the Storeroom, he learned how to fill orders and deliver them throughout the hospital.

"My work in the Pharmacy and Storeroom will help me with my new job," Baric said. "Project SEARCH has been very helpful!"

In addition to working in the Storeroom, Yambor brewed and sold coffee from a mobile cart managed by the Healing Grounds coffee shop. He was responsible for restocking the cart and managing and totaling the money. His gregarious personality helped him make over \$1,000 for the coffee shop during his 10-week internship.

"I learned a lot and I think that this program helped me," Yambor said. "The instructor and the job coach really supported me."

## Heart Association Award Demonstration Parma Hospital's Commitment To Quality Stroke Care

by CJ Sheppard

Parma Community General Hospital has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award. The award recognizes Parma Hospital's commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

To receive the Get With The Guidelines-Stroke Silver Plus Quality Achievement Award, Parma Hospital achieved at least 12 consecutive months of 85 percent or higher adherence to all Get With The Guidelines-Stroke Quality Achievement indicators and achieved at least 75 percent or higher compliance with six of 10 Get With The Guidelines-Stroke Quality Measures during that same period of time, which are reporting initiatives to measure quality of care.

These measures include aggressive use of medications, such as antithrombotics, anticoagulation therapy, DVT prophylaxis, cholesterol reducing drugs and smoking cessation, all aimed at reducing death and disability and improving the lives of stroke patients.

In addition to the Get With The Guideline-Stroke award, Parma Hospital has also been recognized as a recipient of the association's Target: Stroke Honor Roll, for improving stroke care. Over the past quarter, at least 50 percent of the hospital's eligible ischemic stroke patients have received tissue plasminogen activator, or tPA, within 60 minutes of arriving at the hospital (known as 'door-to-needle' time). A thrombolytic, or clot-busting agent, tPA is the only drug approved by the U.S. Food and Drug Administration for the urgent treatment of ischemic stroke. If given intravenously in the first three hours after the start of stroke symptoms, tPA has been shown to significantly reverse the effects of stroke and reduce permanent disability.

"With a stroke, time lost is brain lost, and the Get With The Guidelines-

Stroke Silver Plus Quality Achievement Award demonstrates that our staff is committed to providing care that has been shown in the scientific literature to quickly and efficiently treat stroke patients with evidence-based protocols," said Parma Hospital's Stroke Program Director, Gregory Oswald, DO.

"Parma Hospital is to be commended for its commitment to implementing standards of care and protocols for treating stroke patients," said Lee H. Schwamm, MD, chair of the Get With The Guidelines National Steering Committee and director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital in Boston. "The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients."

Get With The Guidelines-Stroke uses the "teachable moment," the time soon after a patient has had a stroke, when they are most likely to listen to and follow their healthcare professionals' guidance. Studies demonstrate that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second heart attack or stroke. Through Get With The Guidelines-Stroke, customized patient education materials are made available at the point of discharge, based on patients' individual risk profiles. The take-away materials are written in an easy-to-understand format and are available in English and Spanish. In addition, the Get With The Guidelines Patient Management Tool provides access to up-to-date cardiovascular and stroke science at the point of care.

"The time is right for Parma Hospital to be focused on improving the quality of stroke care by implementing Get With The Guidelines-Stroke. The number of acute ischemic stroke patients eligible for treatment is expected to grow over the next decade due to increasing stroke incidence and a large aging population," said Noreen Chase, RN, Parma Hospital's stroke

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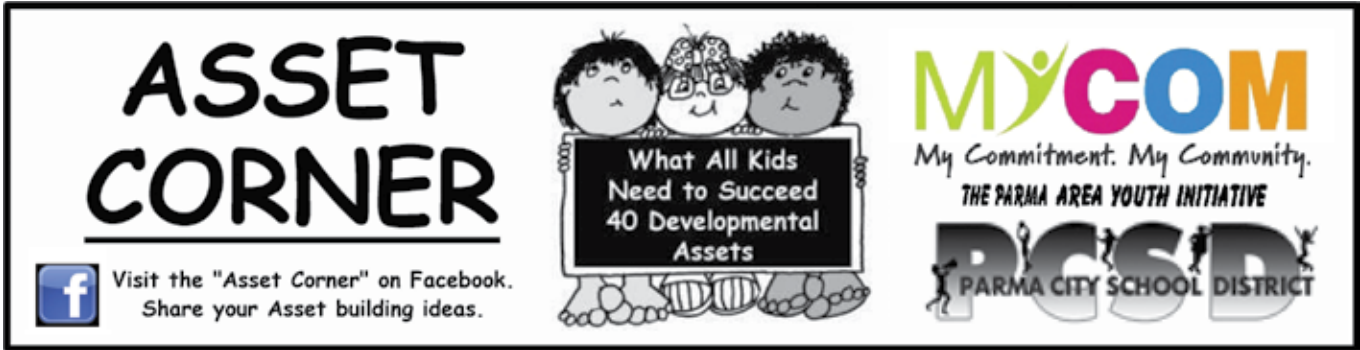
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# Parma Schools



## Asset Corner #41

by Gene Lovasy

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

**COMMITMENT TO LEARNING Assets Include:**

- #21 Achievement Motivation** – Young person is motivated to do well in school. (65%\*)
- #22 School Engagement** – Young person is actively engaged in learning. (55\*)
- #23 Homework** – Young person reports doing at least 1 hour of homework every school day. (47%\*)
- #24 Bonding To School** – Young person cares about his or her school. (52%\*)
- #25 Reading For Pleasure** – Young person reads for pleasure 3 or more hours per week. (22%\*)

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

Today, we’re going to be focusing attention on Asset # 25, Reading For Pleasure.

**Reading should be done for fun**  
Have you ever been so engrossed in a book you skipped watching a favorite TV show, didn’t hear the phone ring, or stayed up too late at night? Now that’s a good book, and as anyone who loves to read will tell you, that’s the best part of reading! Books are the way most teachers instruct their classes. But there’s also a reason for young people to read for fun. The Commission on Reading contends that reading for fun teaches young people how to become strategic, skilled readers. They learn the difference between reading for a test and reading for pleasure. They learn when to read carefully or skim, ask questions or consult a dictionary.

**Here are the facts**  
Research shows that young people who read for pleasure at least three

hours a week (that’s only 26 minutes a day) exhibit more positive than negative values. Only 22 percent of young people, ages 11–18, read for pleasure three or more hours a week, according to Search Institute surveys. But reading—whether it’s for a grade or not—can open up a new world, transport you to faraway lands, bygone eras, or lives only dreamt of. Reading is important. It uses facts, figures, and emotions to both teach and inspire. Inspire young people to read for pleasure, and they will have a far richer life.

**Tips for building this asset**  
Make it easy for your child—and other young people you know—to read for pleasure at your house. Provide a variety of reading materials such as novels, magazines, newspapers, and comic books. Also, set an example with your own behavior. Don’t just read in bed when everyone else is asleep. Let the young people around you see you reading. Discuss issues with them that come up or other ideas you’ve learned from books. Finally, limit TV and computer time.

**Also try this**  
In your home and family: Set aside a family reading time once a week. With younger children, read aloud together. With older children, read different books while hanging out together, or read the same book and then discuss it.  
In your neighborhood and community: Volunteer to read books aloud to children in your community center, school, faith community, child-care center, or library.

In your school or youth program: Set up a book club to read popular fiction, nonfiction, or classics. Get together outside of class or during the regular program time to informally discuss the books you read.

**As a related side note:**  
While doing some research I came across this observation on a page of the Brigham Young University, David O. McKay School of Education. I thought it well worth sharing....

“Over the past forty years we’ve witnessed a marked increase in girls’ academic achievement. Unfortunately, there’s also been a documented decrease in boys’ academic achievement.  
There are several theories about why this is happening, but perhaps the most compelling is the assertion that school, and reading especially, is being seen increasingly by young boys as a “feminine” activity.

Even though it’s likely our fathers did not read to us (Jim Trelease, author of The Read-Aloud Handbook, cites a study where only 10 percent of partici-

pants reported having fathers who read to them—see xxiv), fathers reading to children is one of the very best ways to reverse the academic ambivalence we’re seeing in young boys.”

[http://education.byu.edu/youcandothis/dads\\_reading\\_to\\_children.html](http://education.byu.edu/youcandothis/dads_reading_to_children.html)  
**ASSET RELATED NEWS**

- I Partnering w/the Parma Hunger Center, the Parma Area Family Collaborative held its first ever, very successful Food Pantry/Clothing Center offering on Thursday April 11th. The Pantry & Clothing Center will be open again from 3:00pm to 5:00pm, on May 9th & will continue to be held every second Thursday of the month.
- The next Community Ambassadors’ HEROES event is scheduled for Friday May 10th beginning at 7:00 pm. I hear it has something to do with

## 4th Annual “Honor Your Mother” Card Sale Supports Maggie’s Place

by Tricia Kuivinen

As Mother’s Day approaches, Maggie’s Place Ohio will once again make six designs of Mother’s Day cards available for a donation of \$5 per card. Card sales will support the continued operation of The Zechariah House, a non-profit hospitality home for pregnant women in Parma.

Maggie’s Place is a community of hospitality homes in two states (OH & AZ) for expectant women who may have no place to live during their pregnancy. Maggie’s Place provides safe housing, nourishing food, clothing, counseling, parenting preparation, employment readiness and educational opportunities for pregnant women who may be alone, on the streets or facing other difficult life circumstances. Women must be at least 18 years of age, non-drug using and pregnant to be admitted, and may stay up to a year after their child’s birth.

Over \$2500 was raised from the Honor Your Mother card event in Cleveland last year. Each mother in residence at Maggie’s Place has the opportunity to engage in personal goal setting and the completion of life skills sessions such as budgeting, parenting, job searching and personal growth and discovery. Mothers can also increase their educational level

Race Cars. Visit their web site at [www.comamb.org](http://www.comamb.org) for more details.

- Don’t forget about the after school “TEEN TIME” program at the Parma Area Family Collaborative’s facility (Hanna Elementary, 11212 Snow Rd (close to the corner of Snow & Chevrolet Blvd)). There’s an open gym, service learning projects, food, some special speakers, all sorts of good things going on. The next one is scheduled for Thursday, May 16, from 6:00 pm to 8:00 pm. Pass the word on to your kids.

- Look for information coming soon about the Collaborative’s Community Garden and how you and/or your organization can have your very own plot.

**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.

while living at The Zechariah House, by completing their GED, job training or attending college classes, positioning them for better job opportunities. At a time when Ohio’s jobless rate persists at nearly 8% and the child poverty level in Cleveland stands at 21.6%, Maggie’s Place OH is playing an important role in the lives of expectant and new parents.

To learn more about Maggie’s Place Ohio, visit [www.maggiesplace.org](http://www.maggiesplace.org), follow us on Facebook and Twitter, or call 440.866.2620 to arrange for a tour. Cards can be purchased at local churches after services, directly at The Zechariah House office, or order online at [www.maggiesplace.org/Ways-to-Give/HYMC\\_2/](http://www.maggiesplace.org/Ways-to-Give/HYMC_2/).

## Parma Hospital's Commitment To Quality Stroke Care

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coordinator.  
According to the American Heart Association/American Stroke Association, stroke is one of the leading causes of death and serious, long-term disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.

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Inspiration

# Same All Over

by Daniel P. McCarthy

One of my favorite bands ever, Canned Heat, had a song "Same all Over" which went something like "it's the same all over, good people everywhere you go". The meaning of those lyrics snapped into focus for me not long ago. Sometimes it takes a certain event or encounter to jolt your awareness of the little things in life that ultimately make up the big picture, so to speak. Allow me to tell of my recent experience.

This was a tedious winter for us here in Cleveland, and as usual, the roads suffered the worst of it, and unfortunately, our vehicles as well. While driving home from work down Granger Road one fine cold and rainy afternoon, I suddenly realized that my tire was going flat, on of all days! I managed to ride it until reaching the shopping plaza at Brookpark and Broadview Roads. I was outside beginning the process of jacking up the car and removing the rear wheel, only to discover that my "donut spare", which I had never even used, was just as flat as the offending tire still on the car.

All the while, I noticed a man in a car parked nearby, who seemd to be watching intently. I don't know about you, but the last thing that I need

while I'm dealing with a flat tire and no usable spare in the pouring rain is an audience! When he pulled up and rolled his window down partially, I must admit I wasn't exactly polite. Yes, I have a jack, and no, I don't seem to have a spare- and then I noticed that he had a car of similar make and year as mine. Furthermore, he generously offered me a tire, which he had with him in addition to his regular spare. When someone makes an offer like that while you are in such a situation, you don't think twice. What's more, this man refused to take any money from me whatsoever, simply saying "just do something for someone else when you have a chance". Soon I was on my way, courtesy of this friendly stranger.

While I was driving home, it was then that the words of the song came back to me, like some forgotten truth, and I remembered that in many places during times past I have encountered bad luck, and I was often helped by the kindness of strangers. We should remember that although it may seem that the world has grown to be a place with no room for decency, the fact is, the old Canned Heat song still holds true; "it's the same all over, good people everywhere you go."

# The Chapel At Pleasant Lake Villa: A Place For Spiritual Peace In Difficult Times

by Jennifer Keirn

Moving into a skilled nursing facility for a short stay or a longer term can be an emotional time in a person's life. Whether they're staying for two weeks, three months, or one year, they're often facing physical limitations —a new diagnosis, years of illness or a loss of independence. They may have endured the death of a spouse or separation from loved ones. Or they may need comfort as they fear their own end-of-life.

As a facility that earned the highest rankings of quality from the Centers for Medicare and Medicaid Services (CMS), Pleasant Lake Villa is known as a place where people come for physical care and healing. But with a full-time chaplain and a chapel that seats 60 people, it's also a place where residents can find spiritual peace, no matter what their faith tradition may be.

"Everyone struggles with death and grieving in different ways," says Chuck Tweddell, a Catholic deacon who serves as Pleasant Lake Villa's full-time chaplain. "I'm there to listen to them, to

comfort them, to pray with them, to walk their journey with them. It doesn't matter what faith they may be."

Pleasant Lake Villa is not affiliated with a church, and is home to residents who are Catholic, Lutheran, Jewish and other faiths. For Catholic residents, Deacon Chuck gives Communion every Monday, while Father William Brown from Holy Family Church conducts Mass once a month. Visiting pastors from Lutheran and non-denominational Christian churches conduct services in the chapel as well, and it's a place many residents visit alone for quiet prayer and reflection.

"When I'm in the chapel I remember what it was like being at home and being able to go to church whenever I wanted do," says Helen Kuklisin, a 92-year-old Catholic resident of Pleasant Lake Villa, who visits the chapel about four times a week. "It brings back memories of my children's First Holy Communion and my daughter's wedding. It hurts, but it feels good too."

Gerri Joecken's 92-year-old mother

# I Believe

by Daniel Taddeo

"And we know that all things work together for good to them that love God."

Anything founded on injustice never lasts.

Be aware of solicitors (telemarketers); they usually have a hidden agenda.

Confusion results when people resort to worldly rather than Godly wisdom to resolve spiritual matters.

Eternal peace and righteousness will become reality when Christ returns.

Getting a collective community to take care of each other is the smart and right thing to do.

God isn't interested in changing our circumstances; He wants to change our character.

God sees everything: "...the eyes of the Lord are in every place, beholding the evil and the good."

God's truth often comes in ways people choose not to accept.

Humility is the foundation of all other virtues.

If you wish to be loved, love!

In every age, men and women of faith were more often than not despised and persecuted by the world.

"In this world you will have trouble. But take heart. I [Jesus] have overcome this world."

It is important to accept people where they are rather than where we expect them to be.

Life is good, but its purpose isn't clear apart from God.

Long explanations tend to lead to disappointing endings.

Lord, help me to be pure, but not yet!

Make your point and then stop. Don't beat a dead horse.

Money is good; it is the love of

money that is bad.

Most of us tend to forget all God's benefits and fret over our troubles and burdens.

Most people are missed about as long as it takes water to settle after it splashes in a bucket. Not so with God.

One thing we can't recycle is time, so we shouldn't waste it.

Patience is the companion of wisdom.

Praise the Trinity: Father (God), Son (Jesus), and Holy Ghost (Spirit).

Quarrels are quickly settled when deserted by one party.

Sanctity is always choosing the will of God.

Sometimes you have to go really high to understand how small you really are.

Success is living every day according to Biblical principles.

"The fear [reverence] of God is the beginning of knowledge, but fools despise wisdom and discipline."

The little things people do add up to the big things.

"Unless the Lord builds the house [any undertaking], its builders labor in vain."

Whatever God wills endures forever; nothing can be added to it, nothing can be taken from it.

When the battle is going well, we must not boast; when the battle is going hard, we must not despair.

When you marry, you marry his or her family members as well.

When we speak, our words should center on building others up.

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?

Agnes Trope, also Catholic, has lived in Pleasant Lake Villa for three years and has advanced dementia. She's reached a stage in her disease where she can no longer leave the facility to attend Mass, so Gerri comes to Pleasant Lake Villa to attend Mass with her instead.

"My parents were very active in our church. That was our social life in addition to our religious life," says Gerri. "Being in this chapel brings all of that back. She's not always able to speak, but she'll recite the Lord's Prayer so I know it's getting through."

Pleasant Lake Villa's chapel is spacious enough to fit 60 chairs and wheelchairs for large services, and has an altar and organ. The walls are adorned by bronze plaques depicting the Stations of the Cross and faith-inspired artwork created by residents through Pleasant Lake Villa's art therapy program.

"People need religious comfort in the autumn of their life," says Gerri. She cites one of her favorite quotes, spoken by the French Jesuit priest Pierre Teilhard de Chardin: We are not human beings having a spiritual experience. We are spiritual beings having a human experience.

"It's just as important to nurture the spiritual part of an elderly person's experience as the human part," she says.

Having a chaplain walking the halls of Pleasant Lake Villa blends spiritual support with physical care. Deacon Chuck is often called to the rooms of residents who are feeling depressed, experiencing grief or are simply in need of a listening ear. He sees examples every day of how spiritual comfort can strengthen people physically.

"A rich spiritual part of your life gives you the ability to deal with whatever the world gives you," says Deacon Chuck. "With strong spiritual support, you're able to weather those storms. God promises He will give us the strength we need to do His will."

Even when interacting with residents with advanced memory impairments, Deacon Chuck finds they will always join in when he begins to recite familiar prayers.

"Our deacon is a very good man," says Helen. "He goes to people he knows are feeling down and he'll just put a hand on their shoulder and say a few words. They're always smiling when he walks away."

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Parma's City Beat

# Be Careful Of What You Wish For

by Lee Kamps

I am sure that everyone has heard that line from a parent or friend to be careful of what you wish for since it may just come true, but not as you expect. That applies to the Affordable Care Act (ACA or “Obamacare”) more than ever. The outline for what became the ACA was first proposed in a paper by the conservative Heritage Foundation back in 1989. It was a means to insure just about every American citizen through the private health insurance infrastructure and to present a viable alternative to the single payer proposals being championed by the Democrats in congress back then.

The working model for the ACA was enacted in Massachusetts in a great example of bi-partisanship with a largely Democratic state legislature picking up on the proposal from the Heritage Foundation and signed into

law by a Republican governor. When he signed the act into law in 2006, then Massachusetts governor Mitt Romney trumpeted it as a “model for health care reform for the entire nation”. He was the only Republican candidate in 2008 who had any kind of health care reform proposal. Then he spent the entire presidential campaign in 2012 trying to disavow that health care reform act he signed into law as governor back in 2006. Then a funny thing happened in 2009 when a Democratic president and Democratic congress took up the long dormant issue of comprehensive health care reform. They took the old 1989 Heritage Foundation proposal and the 2006 Massachusetts act and wrote it up for the entire nation, just as Romney had said in 2006 when he said that the Massachusetts act “should be a model for the nation”.

Even though the supreme court has upheld the ACA and despite President Obama’s re-election last November; that has not stopped Republicans from trying to sabotage the act. At the last count, at least 29 of the 50 states (including Ohio) are ceding to the federal government the operation of their exchanges. If the federal government is running the insurance exchanges for 60% of the states, then why not have the federal government take over the exchanges in all the states? In fact why not have the federal government regulate health insurance throughout the nation?

But the supreme court ruled that the states have the option of going along with another key component of the ACA, the Medicaid expansion that would cover many low income people not currently eligible for Medicaid. Already many Republican controlled states have refused to go along with the Medicaid expansion under the ACA, despite the federal government paying 100% of the cost through 2017. Many of those states refusing the Medicaid expansion are those that have the highest percentage of their residents uninsured and also where their residents have the poorest health in the nation.

Here in Ohio, despite Gov Kasich’s embrace of the Medicaid expansion, it is still in doubt as Republican officials

believe that expanding Medicaid will be seen as cooperating with President Obama’s law. But where would those people who would be covered under the Medicaid expansion get health insurance? By refusing to cooperate with the implementation of the ACA, those die hard opponents of the act believe that they will ensure that the act will fail. But what do they have as an alternative? Do they believe that if the ACA is repealed or fails that things with health care will return to the status quo that existed prior to March 23 2010? That cannot and will not happen.

Instead what will most likely happen is that if the ACA fails to achieve its objectives of insuring almost all of the nation’s uninsured and bringing the cost of health care under control; then the alternative will be a government administered system of single payer health insurance similar to what exists in Canada.

As my mother used to say to me; “be careful of what you wish for” since it might come true; but not in the manner you expect. The Republicans who are refusing to cooperate with the implementation of the ACA should also heed that advice. That is unless what they really are wishing for is a Canadian style single payer system of health insurance.

## May And June Welcome Colorful Blooming Trees And Flowers Plus Beautiful Brides And Handsome Grooms

by Ruth Revecky

The month of MAY has 31 days; JUNE, however, has Only 30.

Some folks in Parma, Parma Heights and Seven Hills Celebrate their Orthodox Easter on Sunday, the 5th of May.

And on the following Sunday, May 12th, we honor our Mothers on Mother’s Day!

For a change, Mom won’t have to cook the Sunday Dinner—we give her a bouquet of flowers, a red-Ribboned box of candy along with a hug and a kiss And a Mother’s Day card!

The grandchildren play tag outdoors while the rest Of the family either chats in the family room or Walks outside to check the garden or the budding Flowers.

The upcoming Saturday, the 18th of May, is Armed Forces Day!

Don’t forget to fly our stars and stripes to honor Them.

As we sail through May, let’s not forget May 22nd When we observe National Maritime Day.

Then on Monday, the 27th of May, we observe Memorial Day by watching parades and placing Flowers and flags on graves of our fallen heros.

The month of JUNE is not only “school’s out” for boys And girls, but it’s also known as the month of brides And grooms!

Love also seems to blossom in June— Mom sheds tears of joy at her daughter’s wedding while Dad grumbles about wedding expenses.

The weather is warm and sunny; the clouds are puffy And white--just perfect for a wedding day!

June 14th is Flag Day—honor those who have fought And died defending it.

Now comes Sunday, June 16th—that’s when we Celebrate Father’s Day; Dad hopes to sit in a recliner And read the Sunday newspaper—just relaxing all day...

On the 21st of June, we welcome the First Day of Summer; so HAVE FUN AND KEEP SAFE!

## Stearns Homestead Partners In New Farming Project

continued from page 1

latest partnership opportunity allows us to expand our urban farming venture into a part of Cuyahoga County that it has not yet reached, and we think it fits ideally with the city’s Stearns Homestead," Petty said. "We have 8 to15 men and women who have developmental disabilities who look forward to beginning to make this site flourish in May."

Stearns Homestead, owned by the city and operated by the Parma Area Historical Society, includes the farmers' market as well as a country store, two farmhouse museums and a historic barn. Stearns also features farm animals, a favorite for children and all visitors. "We are thrilled with this partnership," said Ruth Fay, president of the Parma Area Historical Society. "It'll complement and build upon what we already offer residents. Stearns Homestead is a real gem in the middle of Parma, and we hope this partnership makes it even more of an attraction."

West Creek Conservancy, which works with Cleveland Crops, helped to facilitate the conversation leading to the partnership. "Part of our role is to bring people together and partner on projects," said Derek Schafer, Conservation Project Manager and Watershed Coordinator with West Creek. "We've been happy to match Cleveland Crops' expertise and needs with various properties throughout the county, pro-

viding an amicable mix of farming and conservation practices. We are thrilled about their investment in Parma, and believe this will be a very successful collaboration."

Councilmen Al Divis and Scott Tuma said they think this partnership signals more good news for the city and their wards, each of which include a part of Stearns Homestead. "Not only is this positive for Stearns Homestead," Tuma said, "but it's exciting for the entire city." Said Divis: "This will help make Stearns even more of a draw for families. It'll also help promote an important part of our city."

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# Perspective

# Smallwood Center Honors Senior Volunteers

*by Judy Martins*

Dozens of senior volunteers gathered at the Donna Smallwood Activities Center on April 4th for their annual Volunteers' Luncheon. These treasured volunteers, who so graciously donate their time, energy and labors of love all year long, are the heart of the Center. They're busy with so many things--answering phones, helping in the office and the kitchen, greeting seniors at sign-in, decorating and setting up for parties,

dances and special events, and cleanup after the festivities—just to name a few.

Talented volunteer groups such as the Raisin' Canes Vaudeville Dancers and the Sunshine Singers entertain throughout the area and donate the proceeds from their shows to the Center. Creative crafters make beautiful quilts, afghans and lovely craft items for raffle or sale. Flower lovers beautify the grounds by removing stray weeds and planting beautiful plants, flowers and bulbs.

They lend a willing, helping hand whenever they are needed and wherever there is work to be done. Says Jo Ann Mason, Director of the Center, "It's just one way to thank and honor our Center's volunteers for the countless hours and hard work so generously donated to helping all of us! We cannot imagine what we would do without them! They are like family to us. Thank you just doesn't seem adequate to express our genuine and profound gratitude. They have our hearts—all year long!" It was such a beautiful day—and a beautiful way to say, "Thank You!"

If you are over 55 years of age, come to the Center any weekday between 8:00 and 4:00. Located at 7001 West Ridgewood Drive, it's behind City Hall, up the hill at the first light east of Ridge. All seniors are welcome! Join them for lunch



*Mayor DeGeeter and Center Director JoAnn Mason thank the volunteers for giving so generously of their time and talents*



*Mayor DeGeeter chats with Center Vaudeville Dancers, The Raisin' Canes*

at noon, and take part in any of the many fun and informative activities on the schedule every day! They offer line dancing, group singing, pinochle, bridge, chess, pool, computer classes, support groups, quilting, crafts, senior exercise, Wii leagues, Bingo, parties, trips and much more! They also offer home delivered meals and bus transportation programs. (Call 440.885.8143 for bus details)

Stop in and pick up a copy of their 28-page monthly newsletter/magazine, The Center Line, for a complete listing of lunch menus, calendar of daily activities, party, dance and trip listings, local events and activities and great articles for seniors! You'll meet old friends, make new ones, and be so welcome. You'll be so glad that you did!

**A t t e n t i o n**  
seniors! The Cen-  
ter's May party will  
be a "Kentucky  
Derby" Races, Party  
and Dance, held on  
Wednesday, May  
15th from 10:00 am

to 3:00 pm. All seniors are welcome to this rousing fund raiser. Wear your best Kentucky Derby hat for the Hat Contest, and bring your dancing' shoes and lucky charms! From 10:00 to Noon you can pick and cheer for your favorite ponies in five exciting real horse races on the big screen; from Noon to 1:00 enjoy a delicious lunch, and from 1:00 to 3:00 you can dance, sing or just enjoy the great music of Wayne Tomsic! Get your tickets early and come join in the fun!

Come to the Center any weekday between 8:00 and 4:00 and see for yourself all the many programs and activities available to our area seniors, visit their web site at [www.smallwoodcenter.com](http://www.smallwoodcenter.com), or call 440.885.8800 for more information.



Wednesday, May 15th from 10:00 am Chaplain and Mrs. Marion Wojnarowski head their table of volunteers

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**Saturday-** 50% Off Specialty Drinks Noon-6 PM  
**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



Ben Eberle Painting



Ben Eberle Photography

Fine Arts Scholarship & Show

by Kathryn Mabin

On Wednesday, March 27th senior art students from the five area high schools dropped off their entries for the 2013 Parma Area Fine Arts Council's \$1,000 Scholarship, given in memory of Ruth H. Benson, water-colorist and former PAFAC President. Each student submitted three entries. The judges this year were Christine Dillon Sorenson, artist and owner of Crafty Goodness Gallery in Lakewood, Vera Lutzo, Alumni of Normandy High School, Studio and an illustrator for American Greetings, and Anthony Martino, an artist who uses emotion and color to paint to music. They had a very difficult job to perform. Each an artist, found it difficult to choose just one student. I found the comments made while judging interesting. "Thought provoking", "Unique", "Dark Edgy Quality", "Interesting use of color and depth", "Love the energy", "I'd buy that piece" and my favorite, "This portrait is so life like it gives me the chills!" After each judge reviewed the entries, they gathered together to compare notes, and it took a considerable amount of time before they all agreed on Andriana Nativo from Padua Franciscan High School. Congratulations Andriana! PAFAC would like to thank all the students who entered, and commend their instructors for assisting

these talented individuals on their road to success.

Andriana Nativo will receive her scholarship check during a presentation ceremony on Saturday, May 18, 2013 during the Annual Medley of Arts Show & Sale to be held at the Donna Smallwood Activities Center, from 10am to 4pm, 7001 W Ridgewood Drive, directly behind Parma City Hall. The show is open to the public, admission is free, and family friendly.

Local artists wishing to participate still have time to enter. Deadline for applications and entry fees is Friday, May 10, 2013. This show is open to all professional and amateur artists who's work are the original creations of the entrant. Eligible works can include, painting, photography, collage, three dimensional work, such as, glass, jewelry, wood, textiles, enamels, pottery, assemblages, etc. A limit of three pieces and one portfolio per entry. Cash prizes and ribbons will be awarded by a panel of judges. The judge's decision is final.

For details, or to obtain an application, please visit the web site [www.parmafinearts.org](http://www.parmafinearts.org), or Facebook page. Call with questions at (440)888-4514. Should no one be available to take your call, please leave a message, and a PAFAC volunteer will return your call.

Cleveland Furniture Bank Thrift Store Now Open At Southland Shopping Center

by Misty Pennock

The Cleveland Furniture Bank (CFB) is excited to announce its new location in the Southland Shopping Center in Middleburg Heights. The new location, at 13360 Smith Road, will house both the charity operations and the retail Thrift Store. Tom Gaghan, the Executive Director of CFB, said that Middleburg Heights was chosen because of its robust shopping district, excellent location and superb city services that the residents enjoy.

"Our new home at Southland will

provide us with more opportunities to connect with all our constituents. We have more space and a more visible profile to serve our customers," said Gaghan. The Cleveland Furniture Bank Thrift Store is now open for business. Regular business hours for the thrift store will be Monday – Friday, 9 a.m. – 8 p.m. and Saturday, 9 a.m. – 7 p.m. The store is located in the Southland Shopping center in the Burlington Coat Factory building and is accessible from both the Smith Road and W. 130th entrances.



Editor's Observation:  
Does The Parma Theater Have A Future?

continued from page 2

give of their own limited resources to make it happen.

Because, folks, it's an uphill battle. There are those with not much imagination who would rather tear down The Old Parma Theater in favor of something newer and cheaper; easier to start with an empty lot and not strain the brain for creative solutions to a vintage piece of masonry. The structure has been "through the fire," so to speak. Renovations of a building of that size and age will take an inspired and resourceful master architect, and some deep pockets. Then there's the need of a burning desire for community development to move the cynics from inertia to action. Parma and the Westside in general have never had the cultural savvy of their Eastside counterparts, with the notable exception of preserving Old World culture originating from their overseas roots. And even though other communities throughout the country have wanted community

arts opportunities badly enough to restore old movie theaters and repurpose them to a new life of giving enlivening classes and programs to the residents of their fair city, it won't happen if people drag their feet. It takes doers to make it happen. There are teachers of the arts who would love to pass on their knowledge and skill to others. There are people of all ages who say, "Gee, I've always wanted to learn to \_\_\_\_\_ (fill in the blank with something in place of 'do that')." One is never too old to learn.

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# Parma Observer

## Worldstock's City Beat

by Wayne Mesker

We had the opportunity this past week to get up-close & personal with Roy Williams, Senior Vice President, Strategic Investment Funds at Phillips Edison & Company, who is the man chosen to head up the Shoppes At Parma project.

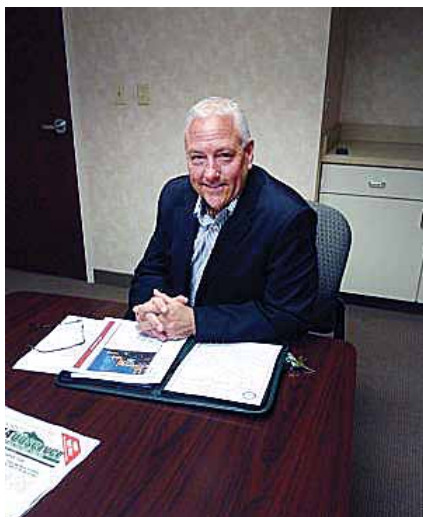
Mr. Williams was very personable & open in this interview & we thank him for his candid answers to our questions. He still maintains the small town, down-to-earth demeanor & we can tell success hasn't spoiled Roy Williams.

**Q. As Senior V.P. of Strategic Investment Funds for Phillips Edison, you have been thrown into the Spotlight so to speak as the Savior of Parmatown. How does that feel?**

I certainly don't feel qualified as a Savior, but can assure you both Phillips Edison & myself are very excited. We have strong feelings about our goal to re-invent Parmatown as The Shoppes at Parma. We began the acquisition process mid-summer of last year after determining that the property fit the product type & profile of other holdings in our SIF (Strategic Investment Fund). We basically focus on acquiring Retail / Mixed-Use/Open or Enclosed / Distressed properties & then plan a vision to redevelop them, to establish the property as an inviting, safe retail shopping experience for the community. In this case we are very pleased with the acceptance we have received from the City, the Community & the Marketplace. I'd have to say that it's a good feeling to have such positive & strong support from all around.

**Q. Describe your hometown Rootstown, Oh.**

Rootstown is a small town & was a wonderful place to grow up. My family moved back there when I was 4yrs. old. I attended kindergarten there, then



Roy Williams, Senior Vice President, Strategic Investment Funds at Phillips Edison & Company

we temporarily moved to Ravenna for the start of 1st Grade, but returned to Rootstown halfway through the year. I attended Rootstown schools until my High School graduation & was proud & honored that our Jr. High School was actually the place where my parents attended High School.

**Q. How did a young man from Rootstown, Oh. end up working for a Major Corporation headquartered in Utah?**

It took a lot of paths to lead me here. After High School, I went on a 2 yr. Mission to England for my church (The Church of Jesus Christ of Latter Day Saints). Upon my return I began college at Ricks College, a two-year accredited college owned and operated by The Church of Jesus Christ of Latter-Day Saints in Rexburg, Idaho (now Brigham Young University - Idaho, a 4 yr. university) to study to become a Chiropractor. The father of a childhood friend was a Chiropractor & that profession intrigued me.

**Q. What did you aspire to be when you were a boy?**

I'd have to say a chiropractor I suppose, but now I manipulate buildings & properties to improve the health of communities rather than spines so in a way that's similar & probably just as rewarding if not more so.

**Q. Any hobbies/extracurricular activities in Elementary, Jr. High, High School?**

Sports, especially football, I was the Captain of the football team. Yes, I'm a Browns fan. I also loved music. I played French Horn in the school band (currently I play piano) & I was also in Choir as I love to sing.

**Q. What course of study did you pursue in College / Where?**

As stated previously I started out at Ricks, got married to my beautiful wife Valerie 6 months after entering school (we'll be celebrating our 33rd anniversary in August), but after a year, I left to join the Army. I served for 4 yrs. (1983-1987), spent a year at Ft. Bragg where we had our 1st son & then was transferred to Augsburg, Germany. I was in the Artillery, but actually spent the majority of my military career in clerical/administrative positions. During my service time I completed courses & received my Associates Degree in Business from the University of Maryland European Division. By the time I left the Army we had 2 children.

**Q. How did you get interested in Investments/Property Acquisition**

I met a friend in Columbus, Oh. that managed a popular shopping center called The Continent & in 1988 he hired me for my first job in the industry as a Junior Leasing Agent. Then in 1991, my second job with a real-estate company in Cincinnati, Oh. owned by retailer Biggs (Hyper Shops Real Estate). I was actually hired by Mike Phillips who would later launch Phillips Edison with partner Jeff Edison. Phillips Edison currently has approximately 250 employees, 200 at the Cincinnati headquarters, 25 in Salt Lake City, Utah & the rest scattered in satellite offices around the country. In 2001 I was asked to relocate to Salt Lake to establish an office there.

**Q. What qualified you for your position with PE?**

Education, a career opportunity in the shopping center industry, and a passion for the business provided the me with the chance to work for Phillips Edison & Company, the best retail/real estate company in the country, I am truly fortunate.

With my prior experience with mall management/sales/leasing, I was exposed to the various elements of the business, acquisition, investment, redevelopment etc. I was given the chance by Phillips Edison to head up the redevelopment of a mall in Columbia, S.

Carolina. I feel blessed to have the opportunity to do the same here with Parmatown & I'm sure other locations in the future. Phillips Edison is a Privately held company, 22 yrs. old & is the largest private owner of grocery anchored retail properties in the country having approximately 230+ shopping centers in 35 states.

**Q. We realize that due to circumstances you are living sort of a Rockstar existence, traveling back & forth as needed. Is that going to last?**

I knew when this began that I had to make that type of commitment to this project for logistical reasons. I'm here at least 3 weeks per month to be available & accessible as needed for the project & the Community. We have weekly project meetings with our architect Richard L. Bowen & Associates & our General Contractor Rycon Construction from Pittsburgh. I have an apartment here in Parma & truly enjoy being in the community.

**Q. Now that you're back in Ohio, are you planning on staying, or is your presence just a temporary thing?**

I'm here as long as it takes to get the job done.

**Q. Tell us about the Williams family. Anyone following in your footsteps?**

As I said, I'm coming up on 33 years with my wonderful wife Valerie. We have 5 children / 2 boys & 3 girls ranging from ages 19-31 with 3 grandchildren & 2 more on the way (due in October). I have a son in "Sales" that lives in Phoenix with his wife & our grandchild & another son in Cincinnati that owns his own Aircraft Detailing business & 2 daughters that live in Utah. The oldest is a professional Hair Stylist, our middle daughter is a dental assistant & our youngest daughter attends B.Y.U. - Idaho.

**Q. Your excitement about this project is definitely evident.**

We've seen that PE prides itself on being a Good Neighbor & engaging with the Communities where they own property! What is Roy Williams passionate about as an individual?

First & foremost, I'm passionate about my family. I do a lot of volunteer work with the church, teaching & mentoring young people & find it very rewarding! I'm passionate about this business, about Phillips Edison company & the opportunities I have to redevelop & re-invent properties that have fallen on hard times & re-vitalize communities providing jobs, generating revenue, providing economic growth & development, attracting new businesses & people to the area in the process. It's a joy to be part of that. I wake up every morning excited & enthusiastic about the day ahead.

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Caregiver's Kitchen

# Caregiver's Kitchen: Sunshine Therapy

by Patty Knox

After a long, cold, gray Cleveland winter, a caregiver is just as likely to have cabin fever and crave sunshine as a cared-for elder. Time to ring in spring, even if these roller-coaster temperatures make spring's arrival seem rather questionable.

Now is the time to let the sun shine in! Get some indoor plants in spring hues, like daffodils, jonquil, hyacinth, pansies, pastel mini-rose bushes, anything with refreshing colors. For those loved ones who are sensitive to light due to medication or eye problems, pick at least one sunny window to make an indoor window garden. Get out the white vinegar and the old newspaper and shine up the glass. Open the window a crack for some fresh air, and try to put two chairs and reading material in front of it all for a pleasing, relaxing view while taking in some sun and fresh air.

Many elderly get to the point where they have no interest in venturing outside for that Vitamin D sunshine. Mom loved the backyard picnic table for an occasional meal and listening to bird song near the Rose of Sharon bushes. I got a big beach umbrella for the picnic table to give some shade. But Dad, a very private man, was not amused by going outside where others could "spy on him," and valued his privacy. He would only go out on the porch now and then for a meal, where we placed a stationary porch glider. He liked the glider and the soothing rocking motion more and more as he grew older, especially at night. It eased the restlessness of Sundowner's Syndrome for him. A card table made a stable surface for Dad to enjoy some lunch or a summer supper.

For incremental steps to getting your cared-for out to enjoy the good days, think of ways to lure them out to do things they used to enjoy. Dad used to love using the hedge trimmers in the front yard to shape the bushes, so we siblings brought those along with small spring-loaded clippers so he could be trimming along with us on smaller tasks like his rose bushes, but not doing movements that had become too diffi-

cult for him with the bigger tools.

Sunshine in a cup for a perky beverage is easy to do, whether or not you have a juicer or blender. You can whisk fruit juice together with yogurt to make a healthy smoothie, with a small dash of cinnamon for a heart-healthy zing. Dairy products balance out fruit's tendency toward causing diarrhea in some people. A grilled cheese sandwich as an accompaniment to a tropical cocktail of pineapple, orange and a shot of pomegranate juice would play well together. Juicing apples and carrots along with green vegetables makes them taste more sweet and appealing. Fresh pineapple or other favorite fruits with cottage cheese adds interest to an otherwise bland protein. Berries with seeds can be juiced to remove the seeds

and keep in all the fresh vitamins. With freshly juiced fruit, drinking it within 15 minutes maximizes the nutritional value. It's also a delicious way to disguise some medicines that are hard to get your cared-for to take.

Have your loved one help you make sun tea, and comment on the progress of its strength as the sun does its work to draw out the tannin in the tea. Juice some fresh lemons and add sugar or honey with some cold water for some Vitamin C-packed lemonade. Enjoy a glass of ½ iced tea and ½ lemonade like Arnold Palmer. I'll bet your loved one remembers Arnold Palmer's famous golf swing.

Your cared-for can be cheered up with a new shirt or blouse in a sunny spring color. Time to change

the drapes to bright cotton pastels that let the sunbeams through. Make an effort to change seasons in the rooms in which they spend the most time. Perk up each room with a bright moon cactus or other flowering indoor plant. You will find it perks you up, too.

Thank you for reading Caregiver's Kitchen and the Parma Observer. I always appreciate receiving letters from you at editorparmaobserver@yahoo.com or Patty Noonan Knox, 6501 Wilber Ave., Parma, Ohio 44129. I welcome your questions and comments concerning caregiving, loss of a loved one, Alzheimer's disease and dementia, or anything related to home care and dietary needs for your cared-for. Hope you and your loved one have a sun-filled month of May.

## The President's Corner

continued from page 2

short jog around the block. From there, you will want to build up. Check out runnersworld.com. They have training programs to help you get ready for that first 5K. I would also suggest Jeff Galloway's book The Run-Walk-Run Method. Jeff is a veteran marathon runner whose run-walk method has inspired millions over the years. A quick Google search or visit to the Cuyahoga County Public Library will take you to this and his other works.

Nutrition is also important to staying healthy, so pick up a book on sports nutrition. Do not count on the latest craze in dieting. Losing weight and getting in shape do not happen from taking a pill. They come from will power to overcome your cravings and to stick to an exercise routine.

Once you get going, you can start setting goals for yourself. May I suggest the Parma Community General Hospital Third Annual Parma Area Relay for Life 5K Run/Walk for Pierogies? This fun event will take place on the morning of Saturday, July 6 at Cuyahoga Community College's Western Campus right here in Parma. To find out more give me a call or an e-mail or

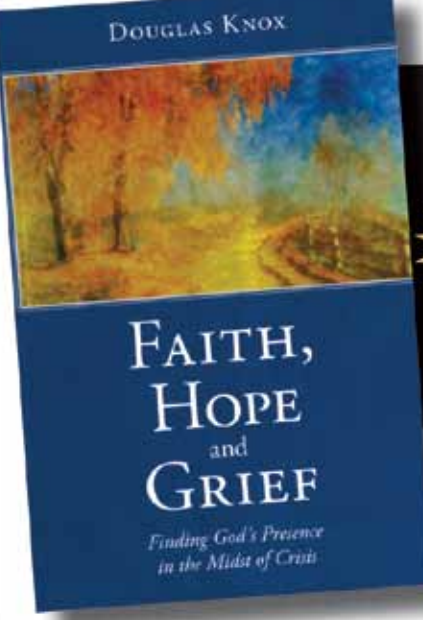
visit hermesccleveland.com. Of course, everything you read suggests consulting with your doctor before beginning any type of strenuous exercise. This is good advice.

I hope that you find this month's column inspiring. There is so much

more to be said about the topic of running and nutrition, but I only have so much space here. As always, if you have suggestions for future columns, please feel free to contact me at (440) 885-8091 or councilmanbrennan@sbcglobal.net. Hope to see you July 6!

Dedicated in loving memory to Marie Knox

DOUGLAS KNOX



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# Parma Observer

## Suessical Musical Colorfully Whimsical

by Kathryn Yates

One fish, two fish, Horton hears a Who fish? Why fish, me fish in McElligot’s pool, fish. Butter Battle rightside down, the Cat in the Hat hit our town the weekend of April 19-21st at Parma Senior High.

Rachael Pacak starred as the trickster feline who set out to flip Jojo’s world inside out. This musical

medley of the famed author’s tongue-twister books had every Who-thing in it but Thing One and Thing Two. The talented teen cast deserves “stars upon thars” for remembering lines that would max out a Lorax. Two tiny tots stole the applause at the end – Sheyenne Melnykowski (Baby Kangaroo) and Thing Three in the orange sack, but cudos for care-provider

Orange “Bird Girl” who had to sing and dance for two hours wearing a twenty-pound human pumpkin (she was adorable). Graduating seniors were given roses at the curtail call with farewell wishes for futures on Broadway at Sunday’s matinee performance (see on-line pics at [www.parmaobserver.com](http://www.parmaobserver.com)).

The ten-dollar admission was well worth it, and is a great way to support Parma’s fine arts as well as the schools. Not only do you get live actors/actresses but a live orchestra as well. Consider taking in a high school musical instead of a trip to the movie theater this time of year – they’re both about the same price. Another musical slated for next month in the Parma area, “Thoroughly Modern Millie”, will be performed by Padua High students the weekend of May 2nd – 5th.

“Not For the Life of Me”, would I miss that.



The Cat (played by Rachael Pacak) holds umbrella over Mayzie La Bird (played by Jamie Stewart) as she sings solo.



Curtain call for cast members of Suessical the Musical.

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## Old World Parma

continued from page 1

different services that are being offered in your community.

Members of the Old World Parma non-profit organization were at the Parma-Ridge branch on 4/23/2013 from 3 PM-7 PM and at the Parma

Heights branch on 4/25/2013 from 3 PM-7 PM.

A special follow-up meeting for those interested in volunteering will also be held on Tuesday, May 7th, at 6:30 PM at the Parma-Ridge branch. We hope to see you there!

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