

“The man who can right himself by a vote will seldom resort to a musket”- James Fenimore Cooper

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Volume 5 • Issue 11 • November, 2013

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Financing Finalized For Shoppes At Parma

by Jeannie Roberts

Parma Mayor Tim DeGeeter could not be happier that the Shoppes at Parma redevelopment is rolling along, financing and all. “We are nothing but pleased with how all parties involved – Phillips Edison, the City of Parma, the Parma School District, Cuyahoga County and the Port Authority – have worked together to create and implement a plan that could mean significant growth and opportunity for our city,” DeGeeter said. “Our City motto is Progress through Partnerships, and that is definitely applicable here.”

Last month, Parma City Council approved a Tax Increment Financing (TIF) package for Phillips Edison & Co., allowing the developer to utilize the increased property taxes to be created by the project to help finance a portion of the development. Under the development agreement contained in the legislation, the City of Parma receives a completion guarantee of the project, a major priority for the City’s administration. Phillips Edison is obligated to spend at least \$56 million on the rede-



The Shoppes at Parma redevelopment project will take about three years.

velopment. “Phillips Edison has a strong national reputation, and we expect nothing less than a highly successful redevelopment here,” Mayor DeGeeter said. “However, we have an obligation to our residents to ensure Phillips Edison’s vision for the project becomes reality.”

That vision - contained in the development agreement - includes demolition of the former Macy’s building and other existing parts of the property, as well as construction of new entrances and new store spaces. Phillips Edison’s plan also calls for significant renovations to the interior mall, the Marc’s Strip Center, and the neighboring four-story medical office building.

Phillips Edison also agreed to the following terms under the development agreement:

- Create at least 15 new jobs in the medical office building.
- Provide \$150,000 to the City for the Fire Safety House

program.

- Pay \$50,000 to relocate the City’s Parks and Recreation Department, currently located in the mall.
- Relocate the Fire Training Center to another location in the site.
- Pay the City’s legal fees.

As part of the deal, the city agreed to allow Phillips Edison to use the TIF package to pay debt service on bonds that will be used to help finance a portion of the costs of the redevelopment. On Wednesday, the Cleveland-Cuyahoga County Port Authority is expected to vote on the issuance of the bonds.

In the on-going negotiations with Phillips Edison, another top priority for the City was for the developer to reach an agreement with the Parma City School District. That agreement was finalized in August, and the schools will receive an upfront payment of \$2.35 million to help offset and recognize future taxes foregone as a result of the TIF package.

Peggy Shields Was Honored As The Citizen Of The Year



Peggy Shields was honored as the Citizen of the Year by the Friends of the Parma Libraries at a recent meeting of the Parma City Council. Here, Peggy displays her award along with Mayor DeGeeter, Harriett Synk, President of the Friends of the Parma Libraries Board, last year’s recipient Dianna Kall, and Sean Brennan, President of the Parma City Council.

Parma's Newest Library Is Now Open



Above: CCPL Board of Trustees President Bob Varley, Congresswoman Marcy Kaptur, Congressman Jim Renacci, and Parma Mayor Tim DeGeeter cut the ribbon to officially open the new Cuyahoga County Library in Parma on October 26.



Residents flood into the new facility!

Seven Hills Assistance For The Holidays

by Kathy Holland

Seven Hills Canned Food Drive to Benefit Yuletide Hunger The City of Seven Hills is collecting all canned food, non perishables, paper products and personal hygiene items to be donated to local families in need as part of the Yuletide Hunger Program for the Holidays. To date, collection is extremely low compared to previous years. Approximately 150 families were assisted in the 2012 program. Please consider donating at the Seven Hills Community Recreation Center or City Hall at 7325

Summitview Drive in Seven Hills. Questions can be directed to Chris Matthews @ 216-525-6230. Receipts are available upon request for your donations.

Seven Hills Salvation Army Bell Ringers Needed The City of Seven Hills has committed to assisting the Salvation Army with the Annual Red Kettle Campaign. Two area locations have once again lent their space for the 2013 collection; K-Mart and Walgreens in Seven Hills. The money that is collected at these locations will stay in the immediate area to help

your friends and neighbors in need. If these hours are not filled by volunteers, it is likely that paid workers will be placed here and the money will leave our community. There are many hours still available to volunteer for. The Salvation Army Red Kettle Campaign is a perfect community service project for students, civic groups, churches and businesses. To commit to take a full day of bell ringing for your group or to fill in hourly slots, please contact Chris Matthews @ 216-525-6230.

Community News

The President’s Corner

by Sean Brennan,
Parma City Council President

Recently, on a Saturday evening my wife and I were having dinner at the new Cancun Mexican Restaurant on Ridge Road near Pleasant Valley. Needless to say, the food, drinks and help were muy bueno. What concerned me was that the place was not packed. In a city of nearly 90,000 residents, surely we can support a great local business like the Cancun.

Further, on a recent drive to Indianapolis for a professional conference, one of my colleagues and fellow Parma resident, Dan Reynolds, asked me what I thought are the best restaurants are in Parma. What I found in our conversation is that, like my wife and I, Dan and his wife, Allison, prefer to patronize our Parma restaurants.

Both of the events above prompted this month’s President’s Corner. To make it short, it is important for us to patronize our local Parma restaurants. Below is a run down of some of the great eateries that my family and I frequent. I apologize in advance for any great places left out. I only have so much space. In fact, if you have a favorite, I invite you to write and submit a review to the Parma Observer for publication in a future edition. That is one of the many beauties of the Observer!

Let’s begin with breakfast. When I



Sean Brennan, Parma City Council President

moved to Parma back in the early 1990s, my in-laws introduced me to Victoria’s Deli on Ames Road (near the Fox and Hound and Fitworks). Over the years Victoria’s has become a Brennan family staple. Great prices, a kind staff and tasty food make for a great breakfast before work or after Church. I recommend their potato pancakes with sour cream. However, no matter what you select, you will not be disappointed.

For lunch there is always Sittoo’s on Ridge Road across from St. Charles Church. Their business special gives you a great sampling of their unique

Lebanese fare, including shish kabob, kafta kabob, chicken shawarma and falafel served with rice, salad and pita.

Close to Sittoo’s is the Little Polish Diner. Like the others establishments mentioned, it is locally owned and operated. Who does not love pierogis, cabbage and noodles, stuffed cabbage, beef stroganoff, beef goulash, schnitzel and smoked kielbasa. Thanks to the Jon and Zofia Holt, owners of the Diner, you do not have to wait for St. Vladimir’s or St. Josaphat’s annual summer festivals for these hearty dishes.

Finally, for dinner there are numerous great choices in Parma. One of my favorites, like many of you and Drew Carey (who flies their pizzas all the way to Hollywood!), is Antonio’s located in the soon-to-be renovated Shoppes at Parma (formerly Paratown Plaza). Our favorite: Antonio’s pepperoni pizza and their signature salad and dressing.

A list of other local favorites includes Vivo on Ridge Road, Verso on Broadview Road (Councilman Brian Day and his wife, Colleen’s, favorite place), Outback Steakhouse (they have an excellent \$10 dinner takeout which is perfect for busy families), the Fox and Hound on Day Drive, Corleon’s on Broadview, Anthony’s on Pleasant Valley, Olive Garden and Red Lobster on Day Drive, P Jay’s Pizza on Ridge, the Tradesman’s Tavern on State, China Express on Ridge, Stancato’s on State, Parma Tavern on

Broadview, Das Schnitzel Haus on Pearl, the Hot Dog Diner on Pearl, Chiptole at the Shoppes and Steak ‘n Shake on Day (our teenage son’s favorite hangout).

I hope that you find my column helpful and informative, especially if you are like Deena and I when faced with the difficult question, “Where do you want to eat?” If you have any questions or suggestions, feel free to contact me at (440) 885-8091 or councilmanbrennan@sbc-global.net. Thank you for doing your part to support our local economy and have a great Thanksgiving!



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Open Swim At Valley Forge High School

by Mike Byrne

Starting in November, Parma Heights residents will be able to swim for free at Valley Forge High School on selected Tuesdays evenings. “This is the second year we’ve had the program,” said Recreation Director Tom Moran, “No registration is required but you must be able to prove your Parma Heights residency with a driv-

er’s license or utility bill.”

This is another great cooperative agreement that really benefits our residents, similar to the recreation partnership agreements the city has with the communities of Brook Park and Brooklyn.”

Open swim at the high school’s pool, located at 9999 Independence Boulevard, will be available on Tues-

days starting November 12, 2013, through April 29, 2014, between the hours of 7:00 p.m. and 9:00 p.m. The program will not be available on December 24th and 31st or April 22nd.

Residents with questions are asked to contact the Parma Heights Recreation Office at 440.884.9600 ext. 37 or via email at recreation@parmaheightsoh.gov. “Please do not call the high school,” added Moran.

PCSD Elementary School Named A "School of Promise"

by Erin Gadd

Parma City School District’s Dentzler Elementary has been named a “School of Promise” by the Ohio Department of Education for sustaining high academic achievement among their students, including many from economically disadvantaged homes. Dentzler Elementary is one of only 141 Schools of Promise across the state of Ohio.

The Schools of Promise award program recognizes schools attaining solid student achievement in reading and mathematics while serving a significant number of economically disadvantaged students. As an incentive to help close achievement gaps in Ohio, the Ohio Department of Education developed the Schools of Promise program to identify, recognize and highlight schools that are making substantial progress in ensuring high achievement for all students.

“Schools of Promise and the prestigious High Performing Schools of Honor are examples of what can happen when principals, teachers, parents

and community members all believe that children can learn,” said Dr. Richard A. Ross, superintendent of public instruction. “These schools overcome challenges, sometimes significant challenges, to provide a high-quality education to Ohio children. What they have done is working and I am urging them to help other Ohio schools learn how they can overcome their challenges as well.”

Schools of Promise must have a 75 percent or better average proficiency rate on the Ohio Achievement Assessments and the Ohio Graduation Tests for the 2012-13 school year. They must also have: a 75 percent proficiency rate in two subgroups; an A or B grade for their annual measurable objective (AMO) for narrowing performance gaps between groups of students on the local school report card; an A, B, or C progress grade on the local school report card; and a graduation rate of A or B. The schools must also serve 40 percent of more economically disadvantaged students.

Yoga And Pilates Class At Cassidy Theatre

by Mike Byrne

Registrations are now being accepted for an Adult Yoga w/Pilates Class to be held at the Cassidy Theatre in the Greenbrier Commons. The six-week, one-hour class will run from November 11 through December 16, 2013, at 6:45 p.m. to 7:45 p.m.

“The fee for the class is \$40. The registration deadline is Thursday, November 7th but there are limited openings so early registration is recommended,” explained Director of Recreation Tom Moran. Persons interested in the class should come to the Recreation Office at Parma Heights City Hall, 6281 Pearl Road on Monday through Thursday between the hours of 8:30 a.m. – 1:30 p.m. and 3:30 p.m. – 4:30 p.m.

Residents with questions are asked to contact the Parma Heights Recreation Office at 440.884.9600 ext. 37 or via email at recreation@parmaheightsoh.gov.

Parma Community General Hospital

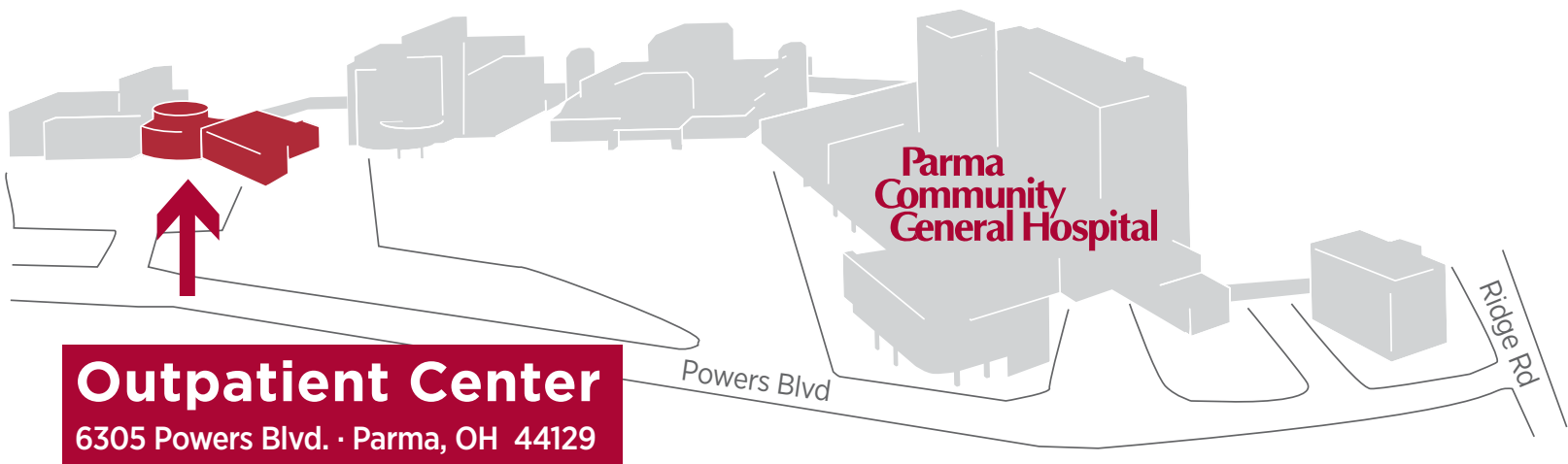
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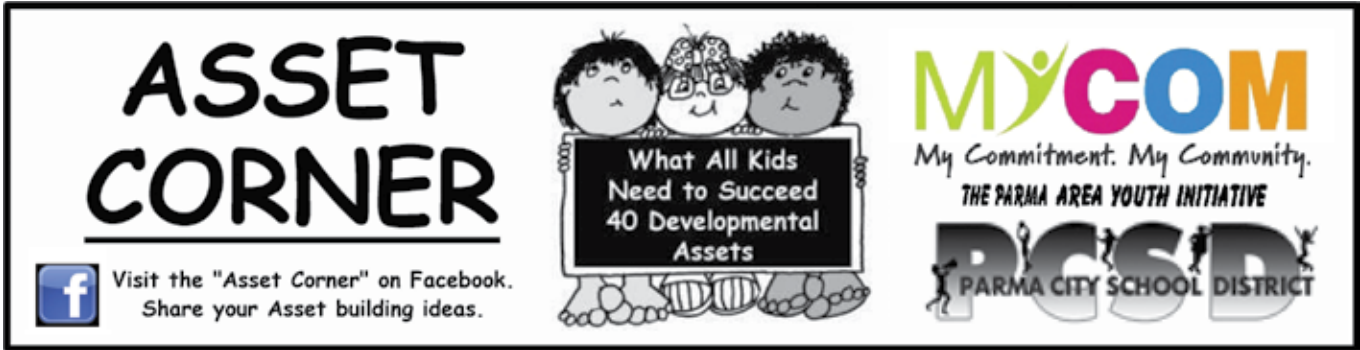
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Parma Schools



Asset Corner #47

by Gene Lovasy

November’s Asset Category: Empowerment Give young people a chance to show youwhat they can do Feeling valued and appreciated is important to all of us. For young people, this means feeling safe and believing they’re liked and respected. These feelings can go a long way toward empowering children and youth. Providing opportunities and recognizing accomplishments helps young people build self-esteem. This in turn, gives them the confidence to share their ideas, knowledge, and creativity by volunteering and working in paid jobs. By paying attention to young people, you show that you value them.

- Empowerment Assets Include:**
- #7 Community Values Youth** – Young person perceives that adults in the community value youth. (22%*)
 - #8 Youth as Resources** – Young people are given useful roles in the community. (26%*)

- #9 Service to Others** – Young person serves in the community one hour or more a week. (48%*)
 - #10 Safety** – Young person feels safe at home, school and in the neighborhood. (51%*)
- (* The percent of youth who experience or have this asset in their lives. Data based on an aggregate Search Institute sample of 148,189 students surveyed in 2003. The sample included students in 202 cities in 27 states.)
- This column’s focus will be on.....**
- Asset 8: Youth as Resources**
- Give young people meaningful roles**
- “Having a voice” means more than making a sound when you sing or shout. The ways people express ideas, energy, and insights make each person unique. Helping young people find their voices is one of the best ways to help them be a positive force in their families, schools, clubs, teams, or neighborhoods. This is good for them—and for your community.

Young people have a lot more to contribute when their opinions are respected and their talents are tapped. Listen closely to the opinions of young people around you, and you’ll all benefit.

Here are the facts

Research shows when young people have useful roles in their community they feel good about themselves and their future, do better in school, and get into less trouble. Everyone deserves to have their voice heard and appreciated. Only 26 percent of young people, ages 11–18, report that they’ve been given useful roles in their community, according to Search Institute surveys. Allow all young people to have a voice in issues and decisions at home, school, and in the community.

Tips for building this asset

Building this asset means valuing young people’s talents, skills, interests, and opinions. It means setting aside the belief that adults know more than the younger generation. When you see children and youth as valuable resources, they feel more empowered to contribute to the community, and

at school, and home in meaningful, thoughtful ways.

Also try this

In your home and family: Invite your child to help you plan a party or other event. Ask for her or his opinions about the theme, menu, and guests.

In your neighborhood and community: Choose a community issue important to you and gather the opinions of both young people and adults. When the time for action arrives, enlist the help of those who share your passion.

In your school or youth program: Ask students and participants to find newspaper stories or images that grab their attention. In groups, talk about the topics they identified. Brainstorm ways for them to get involved and use their voices in positive ways, such as writing or e-mailing a letter to the editor, calling a legislator, attending a meeting, or forming a group.

ASSET RELATED NEWS

So, have you checked your closet yet for any gently used winter coats? As reported last month, the Collaborative has started their annual coat drive & will be accepting coats up until the middle of November. They’re looking to serve upwards of 1,000 kids this year. You can drop off your donations at the Collab, 11212 Snow Rd (was Hanna Elementary, just east of Chevrolet Blvd.). You might even consider organizing your own coat drive where

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Inspiration

I Believe

by Daniel Taddeo

A person with good character is accountable, caring, fair, honest, kind, sincere, trustworthy and more. Biblical principles never change; they are the same “yesterday, today and forever.” Chances are children are going to worship the god of their parents, whoever or whatever it is. Children, especially boys, should be older than the average rather than younger when they start school. Children must be taught to accept responsibility for their actions rather than make excuses and blame others. Children tend to adopt their parents’ attitudes very early in life. Children who become good at making excuses seldom become good at anything else.

Contentment is one of the most precious gifts we can choose to experience and to wish for others. Effective listening is an important part of communicating. For spiritual birth, we admit we are sin-

ners, believe Jesus died for our sins, and commit our lives to Him. (ABC) Good character is what we look for in others, and this is what others look for in us.

Improper conduct is the number one reason employees are fired and not promoted. In matters of principle, stand like a rock; in matters of taste, swim with the current. In most households, this is the first time in history that parents are no longer the main influence in child rearing. “It is impossible to rightly govern the world without God and the Bible.” (George Washington)

Most of us tend to be better talkers than listeners. Most people know what is right and what is wrong but choose to do otherwise. Parents are the first and most influential teachers their children will ever have. Parents are ultimately responsible for how their children turn out. Parents should avoid comparing their children with other children, especially their brothers and sisters.

Reach out to everyone, even those who annoy you. Right moral choices

produce positive results; wrong moral choices produce negative results. Take the time to build a relationship with God. The Bible teaches of physical birth over which we have no control and spiritual birth over which we have control. The Lord requires the following from us: do justly, love mercy and walk humbly with God.

The test for a right decision is to ask this question: Does it adhere to Biblical principles? We are captives of sin (vice), and the only way to free ourselves is by faith and trust in

God. When desire and envy are not kept in check, they become our gods and supersede the God of the Bible. Words of our mouths, thoughts of our hearts, and everything that we do must be filled with faith, hope, and love. Because yesterday is a cancelled check and tomorrow is a promissory note, we must spend today’s “cash” wisely. 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?

In November, Winds Blow Colder; In December, Snowflakes Begin To Fall!

by Ruth Revecky

Sunday, November 3rd, ends Daylight Saving Time,
And on Tuesday, November 5th, we have Election
Day, which is a privilege.

On November 11th, we celebrate Veterans’ Day—
A day to remember their courage and sacrifice.
Thursday, November 28, Americans celebrate
Thanksgiving--a family day when we come
Together to enjoy our harvest—a day when tables
Are spread with roast turkey, mashed potatoes
With gravy, squash and golden corn.
Dessert is, of course, delicious pumpkin pie,
Topped with peaks of whipped cream.
What an ending for the month of November!

Snow-covered slopes entice beginning snow
Bunnies, teenagers and more mature skiers
To test their skills with this winter sport!
Ice skaters begin to sharpen their skate blades—
Winter sports also include throwing snowballs,
Snow boarding and creating leaning snowmen
And snow angels!

On December 7th, we remember Pearl Harbor,
A day of infamy.

December 21st is officially the First Day of
Winter.

Christmas is celebrated on the 25th of
December; this is the day when Christians
Throughout the world celebrate the birth of
Jesus Christ!

Families gather together for prayer, feasting,
The exchange of gifts and lots of fun.

On December 26th, Kwanzaa begins.
To wind up December, the world celebrates
New Year’s Eve on December 31st, which is
The last day of the year.

Everyone will be anticipating a prosperous,
Healthy and happy new year--2014, to be exact!

Parma Seniors To Receive Extra Benefits

by Jeannie Roberts

The City of Parma has approved a new three-year contract with ConnectAmerica.com LLC for the provision of telephone-based medical emergency response modules as part of its “Senior Safe at Home Program.” Parma City Council recently approved the contract. The program offers these emergency systems at no cost to income-eligible senior citizens who live alone. This new three-year contract features an upgrade in technology that will allow the participant to be protected from medical emergency anywhere inside and outside of their home.

“The GPS technology in the new device will give our seniors that much needed added peace of mind knowing that they have immediate access to a live voice and emergency services anywhere they go,” said Mayor Tim DeGeeter. “And while the initial goal of this program was to keep seniors safe at home while living independently, this new technology could actually allow us to rename the program ‘Safe at Home and on the Go.’”

The program currently has a budget for 86 participants but with lower monthly rates received during the bidding process, the program will be able to add on up to 14 additional participants through 2016. Participants can choose the stationary monitor system for \$23/mo. or the mobile device for \$28/mo. The city’s Community Development Block Grant pays 100% of the monthly monitoring fees for the participant.

Those who may not be over age 65, may not meet the Federal income

guidelines or who may be living with a spouse, ConnectAmerica.com has offered the same fee structure to all Parma residents. Interested residents are encouraged to contact the city Community Development Department at (216) 661-7372.

Parma’s seniors also got a couple of new vehicles to serve them as well. The Smallwood Activities Center recently learned that it will receive two new vehicles, both obtained without cost to the Center.

Through a grant from Ohio’s Specialized Transportation Program, the Center will receive a light transit narrow body vehicle. The grant for this vehicle was arranged by the Northeast Ohio Areawide Coordinating Agency (NOACA) and pays for 80% of the cost of the vehicle. The remaining 20% will be paid by the Parma Commission on Aging.

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Parma's Seniors

Senior Trick-Or-Treaters Celebrate Halloween!

by Judy Martins

A merry crowd of smiling area seniors, in a festive array of colorful costumes, gathered together at the Donna Smallwood Activities Center in October to welcome the spirits of Halloween! The Center was ablaze with colorful leaves, cornstalks, scarecrows, grinning pumpkins, witches and autumn decorations, as the senior trick-or-treaters sang and danced in their costumes, laughing and sharing stories of their elaborate attire at the Center's Annual Halloween Party.

After a lively costume parade and contest, they enjoyed a delicious lunch, and toasted and shared their memories of Halloweens past. (In Parma in the 40s and 50s we did our trick-or-treating on two nights, including the night before Halloween—Beggar's



delicious lunch, prizes and surprises and singing and dancing to the music by Al Battistelli). Advance tickets are required for the Christmas parties, and may be purchased at the Center.

If you are over 55 years of age, come to the Donna Smallwood Activities Center any weekday between 8:00 and 4:00. It's located at 7001 West Ridgewood Drive (behind Parma City Hall, up the hill at the first light east of Ridge). All seniors are welcome any weekday! JoAnn Mason, Director of the Center, or one of the friendly, capable staff will be happy to show you around. Join them for lunch at noon, and take part in any of the many fun and informative activities on the schedule every day!

Especially popular is the Center's support group, "Healing Hearts." This warm, welcoming group meets every Monday at 1:00. With over 50 members, they're growing all the time--in numbers, in emotional strength and in their hearts. If you have stress, grief, loneliness, illness or anything troubling you in your life--join them! Reach out! Healing Hearts is there to take your hand. "Coming together is a beginning; keeping together is progress and healing together is success."

There are special days for free blood pressure and health screenings and interesting and informative presentations by many senior-related providers. They also offer home delivered meals and bus transportation programs. (Call 440.885.8143 for bus details.) Also, be sure to visit their colorful, musical website at www.smallwoodcenter.com for a calendar and details of monthly Center activities, parties and trip listings, lots of photographs and links to other helpful and informative senior websites. '

Come to the Center! You'll be so welcome—and you'll be so glad you did!

Have a little spare time? The Smallwood Activities Center always needs volunteers, especially to help decorate for their parties! If you'd like to be part of this helpful, friendly group, please call 440.885.8800 for more information.



Night, and chanted "Please Help the Poor" at the doors. Remember?) With Billy Kaye's music filling the hall, they whirled to waltzes and polkas, jitterbug and swing, tango and Latin dances so popular now, as lively line dancers circled the floor. The seniors love the music and especially love to dance! Those who weren't dancing were tapping their toes, singing and enjoying the festive atmosphere and the beautiful melodies. After a delicious dessert and bowls of punch, many happy partygoers were awarded prizes—lovely centerpieces and special raffle gifts. A truly fun and exciting reason to dress up, fill their day with music, meet old friends and make new ones!

The Smallwood Center hosts a party and dance on the second or third Wednesday of every month, from 11:00 am to 3:00 pm. Everyone is looking forward to their November Mixer (dance from 1:00 to 3:00 with music by Bob Lubecky. Refreshments, raffles and dancing from 1-3. Advance Tickets \$4—Tickets at the Door \$5), a Jingle Bells Christmas Party at the Center on December 11th from 11:00 to 2:00 (entertainment, lunch and party), and their gala Deck the Halls Party and Dance on December 18th (at St. Vladimir's Hall from 11:00 to 3:00, with a

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Perspective

The Real Reason For The Irrational Opposition To The ACA

by Lee Kamps

Earlier This month, the United States experienced a partial government shut down over a budgetary stand off centered on the funding of the Affordable Care Act or Obamacare. Facilities were closed and federal employees were furloughed with many

people inconvenienced before an agreement was reached. This shut down was mostly because die hard Republican opponents wanted to prevent the implementation of Obamacare. Ever since the draft of the ACA was introduced in congress in early 2009, it seems that the Republican party has

been united in its opposition. The act passed congress with no Republican votes despite the president offering to meet and placate Republicans over the act. Since the act was signed into law on March 23 2010, the Republican party has been fighting a campaign against the act that has included accusations of “death panels” and a “government take over of health care”. Both those arguments have been labeled “pants on fire” by Politifact.

But the real reason for the opposition by Republicans of the ACA is not that the act will fail and prove unworkable. It is that they fear most that the act will succeed and that Americans will see it as another important social safety net program like Medicare and Social Security that was brought forth by the Democratic party. Texas senator Ted Cruz, who filibustered for 21 hours last month against the ACA said it best when he said “because on January 1, the exchanges kick in, the subsidies kick intheir plan is to get Americans addicted to the sugar, addicted to the subsidies and after that it can never be repealed”

The truth is that the original idea that eventually became Obamacare was first proposed by the conservative Heritage Foundation back in 1989 as an opposition to the single payer system advocated by the Democrats in congress. It was a partnership between the government and private health insurance companies to provide universal health insurance while utilizing the private health insurance infrastructure.

The working model for Obamacare was passed in Massachusetts in 2006 and signed into law by their governor, 2012 Republican presidential candidate Mitt Romney. He called this act “a model for the nation” when

he signed it into law in 2006. Since that act was signed the program has worked fine. Currently Massachusetts has the lowest percentage of their residents without health insurance with only 4.5% uninsured. Compare that to Ohio with 14.7% of their residents uninsured. The state with the highest percentage uninsured is Texas with 28.8% of their residents without health insurance. The source of this information is the Gallup-Healthways Well being index and is in the October 2013 AARP bulletin.

This summer I took a vacation to Cape Cod. While I was there I had the opportunity to talk with many local residents and ask them what they felt about the Massachusetts health care reform plan. Everyone I spoke with said that they liked the plan. Their only complaint was that they felt health insurance premiums were too high, but they said they would be high without the plan. No one I met had anything bad to say about the plan. I also have read that more than 66% of Massachusetts voters approve of their health care reform plan that is similar to the ACA.

So the real reason for such rabid and irrational opposition to the ACA is not that it will be a “train wreck”; but that it will actually work and people will embrace it. Beginning on January 1, the entire nation will get an idea of how the act will really work. My guess is that in those states that are embracing the ACA by setting up their own exchanges (the computer glitches are only with the federal exchanges and not in those states that have established their own exchanges), actively encouraging their residents to enroll and have accepted the Medicaid expansion that is part of the act; the ACA will work fine by insuring more than 95% of their residents within three years. By 2016, it will become very clear that the ACA is working and like Sen. Cruz feared, it will be impossible to repeal.

Parma After All Of These Years

by Jody Finitzer

I'm writing to everyone who loves Parma, Parma Hts., the Metroparks system and all of the surrounding Emerald Necklace communities. The atmosphere of Parma and the West Side suburbs has not changed since I left in 1977. I mean that in a good way. It's still a friendly place; I live in Tampa, Florida and as far as I'm concerned the only thing better in Florida is the weather! The friends I still have in Parma after 40 and even close to 50 years mean an awful lot to me.

We used to get teased a lot back then by the likes of Ghoulardi and his successors. Things like: AMRAP!, which is Parma spelled backwards. Not to mention the white socks, chrome balls, and of course the pink flamingos- always the brunt of jokes. I grew up on Kings Highway, one block over from a street named Amrap!

That's all in the past now. From what I see today, Parma has a bunch of great little pubs, with good live music, great recreation programs which help everyone to stay healthy in body, mind and spirit. The library system, part of the Cuyahoga County Library is just great, and as I understand is about to get even better. The old places that I remember are getting new life, like what is happening to Parmatown Mall. These things show me that people here still take great pride in Parma, as they should! The city

has weathered changes of time common everywhere and remains a great place to live and grow up, just as well for all of the fine cities and communities surrounding Parma.

A lot of the old timers and immigrants that built Parma are sadly dying off now, and their Baby Boomer children have really good memories of this place. When I visit I get together with my best friends, 5 of them, and we spend our time reminiscing about our youth in Parma. Some of these memories are so hilarious that they belong in a script for a hit comedy movie or show! The years fade away and it seems just like yesterday that we were living these things that we remember so well still.

I think that anyone who has time and memories like ours should write them in Danny McCarthy's paper the Parma Observer. And those that advertise in this very real newspaper need to be supported and deserve your business. Buying local does the most good for the local economy, adds to local employment, and generates a positive outlook about life and living in Parma, Ohio and the surrounding communities. From my personal experience after growing up here and then living in a lot of other places, there is no place like home! I will be writing more about my visits back to Ohio in upcoming articles. Support Parma in any small way - it only helps build pride.

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Perspective

True Colors

by *Brigitte Gerard*

Racism is considered a great moral and social evil and proof that our nation doesn't live up to its ideals. No one wants to be thought of as a racist. It's seen as an unforgivable sin. Racism is being used to turn people against each other, stirring up some groups to envy and anger, and cowing other groups into a weird and sickening silence and false guilt. It's an easy out for people who don't confront their own laziness, indifference and ignorance. It's also used as a weapon against people to intimidate them into conformity.

Accusations of racism are used to silence the president's critics, which is itself a moral evil. Telling the truth makes us bigots. Not many people seem to notice or be bothered by that fact. I find that contemptible and alarming. The problem is, it isn't the problem.

Yes, OF COURSE racism is wrong. I hate it. My own family tried—to poison my mind with it when I was a very young child. I heard bad things about white and black people, which is idiotic since my family is both. So what's the problem?

The real problem is that, then as now, racism and the accusation of racism are used to keep people in line with an imposed way of thinking and manipulate them to act on that thinking. Racism is used to keep people from telling the truth.

When I was growing up and even as an adult, two women in my family were toxically jealous of each other, and each connived and lied to gain my allegiance to their attitudes. Y'all failed. Thank God. Neither one of them knew how to make me feel like I belonged to a family. I rejected their racism. I also didn't quite feel like I fit in. Anywhere.

That's good and bad: Bad because we all need to belong somewhere and

to someone. Good because I got to hear people's most candid comments about race. Black people about white people. White people about black people. Black people about other black people. Oh, you think that never happens? Are you kidding? "Her skin is too dark and her nose is too broad." "She acts like she thinks she's white." Hispanics about white people. White people about Hispanics. Hispanics about other Hispanics. Si, esa es la verdad (yes, that's the truth). "She's so dark, she's got a lot of Indian blood." "He was blond and spoke perfect Spanish." White people talk about other white people all the time. Big deal. Nobody cares about that. That's the point. That's the truth.

Race (code for white people) is being used to pillory white people. Being white has been called "privilege," as though babies in the womb place orders for white families. It's used to control the way white people respond and behave, not just in the media, but also in day to day relationships. White people are bullied for being white. They're made to feel like they have to bend over backwards not to make people with a different skin color uncomfortable. What a double standard. That means equality is arbitrary, after all. Any self-respecting person is comfortable in his own skin, regardless of its color. That's the mark of individuality. That's the genuine exercise of freedom. People working the race card are targeting those who don't want to stand out as individuals and are afraid of being disliked, ridiculed, punished, and seen as traitors. That kills initiative, guts and values, and robs people of their humanity. Racism needs allegiance, not honesty, to survive. Race doesn't impart virtue or vice. The content of our character does. Let's be true to that.



Boycott Animal Act Circuses

by *Michelle E. Rice*

Activists are out again protesting the animal abuse that is inherent in animal circuses. Attending animal, act circuses gives them the funds to continue to mistreat animals. There is an abundance of documented cruelty via video of the abuse itself, continuing violations of the animal welfare act, as well as the accounts of former circus workers. Despite all the evidence, these circuses are allowed to carry on. I know that people that are pro animal rights often receive a negative reaction. I find that odd. We teach and preach love and kindness to children and to each other, but why is it not extended to all animals? And why are people who want to make the world better with love, compassion, respect, and empathy for all creatures deemed radical? When I researched animal act circuses, I was shocked that they still exist, especially in the United States. Many countries around the world have banned animal act circuses. We should

follow their lead and retire these animals to sanctuaries where they would be treated with kindness and respect, and space to roam. Animal act circuses are lives of misery for the animals. There simply is no humane way to get them to do the unnatural tricks they do without fear of pain. Additionally, how would you like to have your children taken away from you, be transported all the time in trucks and boxcars (the equivalent to us being in a closet), chained or with severe restrictions of movement, in the dark, in your feces and urine? Support human act circuses. Their performances are much more amazing and they have a choice to be in the circus, animals don't. To further educate yourself and get involved I recommend checking out and/or joining, the Cleveland Animal Rights Meet-Up Group: <http://www.meetup.com/animalrights-190/> and the Cleveland Animal Rights Alliance: <http://www.clevelandanimalrights.org/>

One Heartbeat R.O.C.K.S. / School Daze Part Two

by *Wayne Mesker*

If you read my column in last month's Observer, you'll understand our sense of urgency regarding this subject. Sadly it didn't take long for another senseless act of School violence. This time it was a Middle School student in Nevada, what's next? Maybe an Elementary School student in OUR town. Who will join us in the Public Outcry to help us develop & implement a plan / program of ACTION to eliminate the ROOT causes of tragedies such as this? One Heartbeat has been waiting for someone to do more than talk ever since the Chardon tragedy & isn't willing to wait until the NEXT TIME! We are grateful to inform you that Susan Rowe (aide to Marcy Kaptur) called us & agreed to schedule a meeting with the Congresswoman soon after the Nov. 5th election. Worldstock Entertainment has continued to connect with like-minded individuals & organizations that will be useful in creating our plan of ACTION including Ray Laughtenschlager from Ohio Family Rights, the Bully Project, Not In Our Town among others, and I'm also calling on All of Worldstock Entertainment's Activist friends. Stay tuned for further updates. <https://www.facebook.com/groups/HeartbeatRocks/> http://m.cbsnews.com/storysynopsis.rbml?&pageType=cbsthismorning&catid=57608607&feed_id=30&nb_splitPage=0 My column from last month: School Daze? One Heartbeat R.O.C.K.S. Still! <http://parmaobserver.com/read/2013/10/01/school-daze-one-heartbeat-rocks-still>

Asset Corner #47

continued from page 5

you work. Whatever you can do to help would be appreciated. Let's all help keep our kids warm this winter.

- With the holidays fast approaching the Collaborative is beginning to prepare for their annual Holiday Assistance program. Last year the program served 100+ families & over 330 children. They expect an increase in the number of families in need of assistance to make the holidays special. If you or your agency/organization/business is able to help in any way, (adopting just one child, or adopting 15 children, or donating gift cards, or simply donating one gift) they would GREATLY appreciate it! *Send your donation/s to the Parma Area Family Collaborative, 11212 Snow Rd., Parma OH 44130. If you have any questions or need additional detail, call Megan Drozda at 440.842.7026.*
- Once again, Community Ambassadors is offering Homework

Club on Wednesday evenings at their location in Parmatown Mall next to Payless Shoes. The program will be provided in cooperation with Parma Heights Baptist Church and will be open to all children grades 1-7. This is a fun and engaging learning environment that you won't want to miss. If you have any questions, please contact Jeff Van Putten at 440.886.6100 or jeff@phbaptist.org.

Share your asset building ideas and/or thoughts about the developmental asset concept by visiting the "asset corner" facebook page. I'm looking forward to hearing from you.

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

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Parma Observer

City's Second Outdoor Exercise Path Is At James Day Park

by Jeannie Roberts

The second outdoor physical fitness exercise path in the City of Parma has been installed at James Day Park. The project is the result of a partnership between the City and Parma Community General Hospital. The ribbon was cut at the new path on Tuesday, Oct. 8. James Day Park is on Pleasant Valley Road.

The specially made outdoor exercise equipment was manufactured by Greenfields Outdoor Fitness and was purchased through Snider & Associates

in North Royalton. Parma Hospital funded the purchase of the equipment by the City at a cost of approximately \$25,000; the equipment was subsequently installed by City workers on a newly paved path at Day Park.

“Our administration has placed a high priority on quality of life issues since Day One,” Mayor Tim DeGeeter said. “We have an outstanding Recreation Department, and adding this exercise path just makes it that much better. We hope the path will get good use by Parma and area residents.”

“Providing high quality health care for our community extends well beyond Parma Hospital’s doors or a doctor’s office,” said Terrence G. Deis, President and CEO of Parma Community General Hospital. “We want members of our community to live healthy, active lifestyles so we are very proud to partner with the City on this wellness project that allows for easy participation,” he adds.

Mickey Vittardi, Director of the Parma Recreation Department, said plans for this exercise path have been in the works for more than a year. “We’re very excited to have this new addition to our recreation offerings to area residents,” he said. “This is will enable parents to get some workout time in while their kids are enjoying the nearby playground and pool.”

Hospital officials are hoping to



Specially made outdoor exercise equipment has been installed at James Day Park.

introduce a walking program in the spring, and are also hopeful that the additional outdoor fitness path will spur interest among community walking groups. Since the path has been opened, interest and usage has been moderately heavy. Residents are pleased to have this

second path available.

"This is great that there is a path over on this side of town," one resident said. "I like the path at State Road Park but I live over here. I don't even have to get in my car to get to this one."

Parma Seniors To Receive Extra Benefits

continued from page 6

“We take advantage of grants wherever we can, and this vehicle will be a great addition to the Smallwood Center,” said Mayor DeGeeter.

A light transit narrow body vehicle enables a driver to navigate narrow streets and corners more easily. The bus will hold 11 passengers. After specifications, such as non-skid strips, are arranged through the Smallwood Center, the bus will be constructed and delivered to the Center. It is estimated that the Center would take delivery of the van by next spring.

Sooner than that, within the next month, the Center will receive a 2008

GMC Envoy, which is being donated by local businessman Barry Axelrod, owner of Axelrod Buick GMC. That vehicle is being prepared for delivery.

“We’re thrilled and so grateful for the assistance we’ll get from both of these vehicles,” said Jo Ann Mason, Director of the Smallwood Activities Center. “And now that budgets are tighter than ever, we’re extremely grateful to get these without cost.”

Added Mayor DeGeeter: “It’s always satisfying to work with and recognize the great contributions that our local businessmen make to the community. We’re grateful to Barry Axelrod for helping us make this happen.”



Ward Seven Councilman Brian Brochetti, Mayor Tim DeGeeter and Parma Hospital President Terry Deis.

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Reflections

Adult Bullying: Part 1

by *lucy mckernan*

Adult bullying is everywhere. And everyone has his or her part in it. It is seen on the roadways, at work, in families, homes, neighborhoods, institutions, and on large-scale cultural and governmental levels. This writer cannot think of one arena where bullying has not taken place. The first in this series involves bullying on the job. Regardless of where bullying takes place, keep in mind the three “Bs” of bullying: bully, bullied, bystander(s). Bystanders, not bullies, have the most power.

Caregiver's Kitchen: Take Time

by *Patty Knox*

When I am in need of a fresh perspective, nothing clears my head like good music. Caregivers, schedule some respite care and take yourselves out to one of the many free local concerts. I did. Just what the doctor ordered.

"Hey Mavis," an amazing string band that originates witty Appalachian Americana songs, were performing live locally. Notably, this band forged its sound in our own Cuyahoga Valley National Park a few years ago. If you like the music on Garrison Keillor's "Prairie Home Companion" on National Public Radio, 89.7 FM & 90.3 FM Saturday nights 6 to 8 p.m., this is right up the same folk alley. The genius who pens the clever lyrics and most of the tunes, Laurie Caner, also makes playing the banjo sound enviable. Her plaintive voice captured hearts on "Song for Suitors." With her Carly Simonesque sound, she seductively sang "Honey Man." This girl can sing with the best of them. Her husband, Ed Caner, a CWRU physics teacher by day & electric violinist/violist by night, expertly improvised with bluesy riffs and uniquely-crafted fiddle sound effects. His sunny violin passage-work literally made listeners smile. The musician in me woke up and did a little dance for joy. Guitarist/vocalist Brent Kirby contributed the sleeper hit, "Let the Water Do the Work," so simple, so perfect. And bass fiddle player Bryan Thomas was all over the fingerboard in an amazing display of virtuosity while also performing the Chank-O-Matic 6000, a manual folk rhythm machine. Catchy native-sounding "Red Wine Will Get Me Through" refreshed my soul. And they play in tune! Highly polished ear candy. Hey Mavis has two CDs out already! What a work ethic.

Caregiver burnout is a serious issue; it's important to stay vigilant. If you find yourself getting short-fused, then it's time to take a break. Time away refreshes the caregiver and gives the cared-for a chance to spend time with someone else. "Patients" need a break sometimes, too. A change of pace, however much they may dislike change, is actually good for them in many ways: it breaks up the boredom, gives them practice in adapting to new

A sampling of the adult employment bullying: a woman is forced off the job by female saboteur at a huge corporation that prides itself on covering the earth with its product. Bully had a lawsuit against the company against male manager, who could/would not fire her. Bully made others' lives hell. Three co-workers walked off the job mid-day because of bully.

A tiny, married couple law firm specializing in high-end domestic relations hires two women one week apart. The second employee "earns" the same salary, but does nothing except type

people and new situations, and works their memory muscles. Cognitive functions atrophy when everything is always predictable. Give your cared-for a new experience and someone new to relate to. You will both be much happier to see each other again.

Grilling isn't usually my favorite cooking application, but lately I've been experimenting with how grilling or dry-frying—peaches, pineapple, bananas, strawberries and other fruits—caramelizes their juices and makes them taste sweeter. The heat also breaks down their fiber a little, making them easier to chew, beneficial for the elderly. A good, warm, comforting meal for your cared-for can start with pancake batter to make "Uncommonly Good Pancakes." Heat and very lightly brush a skillet or griddle with butter (if not non-stick). Pour several palm-sized circles of batter on surface. Place sliced fruit on top. Let set on the bottom, then flip. Top will not fully brown; that's okay. Plate up or roll into little pancake flutes and enjoy together with your cared-for. To gild the lily, sour cream sweetened with a little brown sugar is a suave and luscious topping; use whipped cream if you prefer. Mix several favorite fruits together if you like. Try fresh sour cherries or strawberries and chocolate chips. Indulge yourself for a change! Splashing rum and brown sugar on peaches works, too. Triple sec or Grand Marnier pair well with strawberries or cherries. But the pancakes are fine with just fruit and maple syrup. Panini press, Foreman grill, or an outdoor grill could grill the fruit separately to make a grilled fruit salad. Or make vanilla ice cream and fold in the grilled fruit according to the ice cream machine manufacturer's directions. Try daring combinations—grill some tomato slices to go with the strawberries, throw some pomegranate seeds on top, and you have a healthy, delicious, memorable dessert.

Thank you for reading Caregiver's Kitchen and the Parma Observer. Comments, questions, thoughts are all welcome at editorparmaobserver@yahoo.com and will be answered personally. Enjoy October and the dazzling colors of the season.

sermons for her church all day. Male employer refuses to fire the bully, but fires the one being bullied, the one doing ALL the work.

Huge park system hires female seasonal employee. Things go great, until woman who hired her leaves for a better job. Second female boss, a passive-aggressive bully, brings in friend to replace her. New bully boss fires her right after a car accident that caused her to be late, and hires her friend to replace her.

A huge Midwest ad agency hires experienced female writer to handle client roster. Returning female employee is so threatened by new writer's skills, she has the writer fired, but not before making her watch others get fired.

One woman lands high paying position in the communications industry, only to be constantly harassed and intimidated by boss' daughter. Male manager gets permission from the bully's father to fire her, but, inexplicably, does not. Everything deteriorates, and innocent, bullied woman loses her job after finally taking a stand. The same day, she is hired by another company, and that lasts only one-and-a-half months, because the other woman hired on the same day for identical work is friends with the boss, who within one week promotes her to a senior position.

Woman working in the education industry is confronted with loud, intrusive, bullying behavior by female

co-worker bordering on the absurd. Male boss does nothing, but fires the bullied woman for being late twice. Was it a coincidence that two days before getting canned, the bullied woman finally said something about the bully?

Every instance above involved a female bully on the job. Bullying on the job is rampant, almost entirely because bosses, especially male bosses, and co-workers do nothing.

If you have worked, you've had some role in bullying. Whatever side you are on, know that the bystander has the most power to break the cycle.

Don't stand by, bystander! Wouldn't you want someone to do the same for you? Document and report your concerns.

If you are a bully, admit it. You were probably bullied previously and now, you'd rather be the hammer than the nail. What you are doing causes untold suffering, pain, humiliation, anxiety and loss, not the least of which is economic harm, to others. Get over your insecurity and get an education or some social skills.

Are you being bullied on the job? Talk to your boss over coffee. Talk to a lawyer. Talk to others you know who've found the solution. Check out online forums, or these great websites: <http://www.pbs.org/thisemotionallife/topic/bullying/adult-bullying> or <http://hubpages.com/hub/When-You-Are-Bullied-At-Work>.



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