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## Two Pools To Reopen In Parma, Splash Pad To Be Built

by Jeannie Roberts

Parma Mayor Timothy J. DeGeeter has announced that two city pools will open this summer, and that a proposal to build a new splash pad in Anthony Zielinski Park – a project spurred on through an anonymous \$225,000 donation – is expected to become a reality by spring 2017.

"We've been working on this project for a few months, and I'm excited we're finally able to announce what would be a great, family-friendly addition to the recreational opportunities we already have here in Parma," DeGeeter said. "I can't express enough the gratitude and appreciation I have for the incredibly generous and community-minded gesture on the part of the anonymous donor who has helped to make this proposed plan possible."

Said DeGeeter: "The timing of this donation couldn't have been better. This is the time of year when giving is such a critical part of what the holiday season is all about – and this donation certainly represents and is an example of that spirit."

Parma City Council is expected to vote to accept the anonymous donation.

The plan calls for the new splash pad to open in the spring of 2017. The water playground essentially would replace Ridgewood Pool – which could not be re-opened because of the major cost involved in significantly overhauling a facility that has become dilapidated with age.

Meanwhile, Parma's other two pools – at James Day and Walters Grove parks – will re-open for the 2016 summer season, DeGeeter said.

The concept for the new splash pad contemplates a zero-depth water playground with interactive and interchangeable water features that will provide great family experiences. The splash pad, surrounded by decorative fencing and

landscaping, would be fully handicap-accessible and free for the public.

Between now and the anticipated opening of the water playground, the city would design and prepare the site, turning the splash pad into a reality. The anonymous donation of \$225,000 is expected to cover the cost of designing and constructing the splash pad.

The family name of the anonymous donor – whose gift is in memory of the donor's mother and father – is expected to be released when



the proposed splash pad is dedicated.

Beyond the recreational opportunities it would provide

residents, the water playground fits into Parma's town center concept of the surrounding area – recently

named the Crossroads of Parma by the mayor's Town Center Task Force.

The area includes The Shoppes at Parma, UH Parma Medical Center, Ridgewood Golf Course, Anthony Zielinski Park, Stearns Homestead, and the Day Drive corridor.

"The plan for the new water playground is yet another way to build upon the foundational pieces already in place to make the Crossroads of Parma a destination and true town center," DeGeeter said.

### Trees Provide Many Benefits:

## Financial, Environmental, And More

by Stefan P. Stefaniuk

Whether we are looking to improve a city's commercial districts or residential streets, when it comes to neighborhood walkability, it is difficult to overstate the importance of a healthy and abundant tree canopy. In fact, it may be one the best investments a city can make. Just ask Jeff Speck, a city planner committed to smart growth and sustainable design. In his book Walkable City, he states, "Because they have such a powerful impact on walkability, street trees have been associated with significant improvements in both property values and retail viability. Since this enhancement translates directly into increased local tax revenue, it could be considered financially irresponsible for a community to not invest heavily in trees." Not surprisingly, he also observed that while rich and safe streets had good tree cover, poor and dangerous streets did not.

I believe that one way for a city to take some meaningful action in recognizing the importance and value of trees is to pursue, achieve, and maintain a Tree City status. At the very least, it represents a symbolic step in the right direction. According to the



A tree canopy, whether at the park, commercial district, or along residential streets, provides many benefits. Photo © 2015 Stefan P. Stefaniuk.

## Spring Session Of Tri-C's Women In Transition Program Now Open For Registration At Western Campus

by John Horton

The Women in Transition program at Cuyahoga Community College (Tri-C) will launch a new session at Western Campus in Parma on January 19.

The free program uses education and training to empower women at a life crossroads. Participants build confidence and self-esteem through classes on personal development, career exploration and financial and computer literacy.

The course is designed to assist women in transitional periods of their lives, such as



a career change or return to the workforce. The eight-week, non-credit program is free and open to the public.

Classes will be held at Tri-C's Western Campus from 10 a.m. to 2 p.m. Mondays, Tuesdays, and Wednesdays from January 19 to March 9. Western Campus is at 11000 Pleasant Valley Road.

Registration is required for the program. To learn more or to enroll, call 216-987-5091.

Women in Transition also runs eight-week sessions at Tri-C's Eastern Campus in Highland Hills, Metropolitan Campus in Cleveland and Corporate College West in Westlake. For more information, go to [www.tri-c.edu/women-in-transition](http://www.tri-c.edu/women-in-transition).

Tri-C's Women in Transition program began in 1978 and has contributed to thousands of personal success stories. It typically serves about 250 women a year.

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# Community News

## The President’s Corner

by Sean Brennan

As the elected leaders of the City of Parma begin a new term, following the November election, this month’s column is dedicated to educating residents about the makeup of their local executive and legislative branches of government.

The executive branch is headed up by the Mayor, the chief law enforcer and administrator for the city, as well as the Law Director, Auditor, and Treasurer, all of whom are separately elected. Winning reelection were Mayor Timothy DeGeeter and Law Director Timothy Dobeck. Brian Day will vacate his Ward 4 council seat to serve as our new Auditor, replacing the retiring Dennis Kish. Finally, Thomas Mastroianni, who was not up for re-election this cycle, remains Treasurer.

Parma City Council, which represents the legislative or law-making branch of your local government, is headed up by its President, yours truly. I serve the city at-large and preside over the meetings of City Council, among many other duties. However, I may not introduce legislation and only vote when City Council is tied, which has yet to happen during my tenure. I also appoint ward councilmembers to committees, which I will outline below. The nine ward members of Council represent their respective districts and have the power to introduce and vote on legislation. Each member serves on five or six committees, as you will see.

Ward 1 will continue to be represented by Vito Dipierro as he begins his second term. Councilman Dipierro has



Sean Brennan, Parma City Council President once again been appointed to Chair the Public Housing Committee, which is a tradition for the Ward 1 seat. He will also serve on the Finance, Public Service, Planning, and Governmental Operations committees.

Deborah Lime, who served on Council from 1991 to 2003, and returned to replace me in 2011 when I became President of Council, will continue serving the residents of Ward 2. Councilwoman Lime will head up the Safety Committee, while serving as Vice Chair of the Public Housing Committee. She will also serve on the Finance, Governmental Operations, and Environmental Standards committees.

Mark Casselberry was awarded a third term by the voters of Ward 3 and will lead the Public Service Committee. He will also serve as Council’s Majority Leader and has been appointed to the Finance, Public Safety, Planning, and Public Housing committees.

A new face was elected to the Ward 4 seat in Kristin Saban. Councilwoman Saban will serve as Vice Chair of the Environmental Standards Committee and has been placed on the Finance, Public Service, Governmental Operations, and Public Housing committees.

Ward 5 Councilman Allan Divis will begin his third term on City Council, serving as Chair of the Planning Committee. He has also been appointed to the Appointment Scanning committee, where he will serve as Vice Chair, as well as the Finance, Public Safety, Public Service, and Public Housing committees.

Ward 6 is served by veteran Councilman Larry Napoli. Mr. Napoli will once again head up the Environmental Standards Committee, act as Vice Chairman of the Public Service committee, and serve as a member of the Finance, Public Safety, Appointment Scanning, and Public Housing committees.

Ward 7 Councilman Brian Brochetti, also a veteran of Council, will continue as Chairman of the Governmental Operations Committee, but will serve in a new role as Vice Chair of the Finance Committee. He will also sit on the Public Safety, Appointment Scanning, and Public Housing committees.

Scott Tuma will continue to serve the residents of Ward 8 on Council. He will also continue to head up the Finance Committee and serve as Council’s Pro-Tempore, essentially Vice President. He will also sit on the following committees: Planning, Environmental Standards, Appointment Scanning, and Public Housing.

Finally, Ward 9 Councilman Jeffrey Crossman will begin his second term, serving as Chair of the Appointment

Scanning Committee and Vice Chair of the Governmental Operations Committee. He will also serve on the Finance, Planning, Environmental Standards, and Public Housing Committees.

To find out the ward in which you live, simply call the Council office at 440-885-8091 or visit <http://cityofparma-oh.gov/en-US/City-Council.aspx>

Besides a current map of all nine wards, the site also contains links to the minutes and agendas of Council meetings, meeting dates and times, the codified ordinances (laws) of the City of Parma, biographical information about the members of Council, and more.

Meetings of Parma City Council are

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## Trees Provide Many Benefits: Financial, Environmental, And More

Arbor Day Foundation, this is done by meeting four core standards of sound urban forestry management: maintaining a tree board or department, having a community tree ordinance (Parma seems to have one), spending at least \$2 per capita on urban forestry, and celebrating Arbor Day. A complete list of Tree Cities in Ohio at [ArborDay.org](http://ArborDay.org) reveals which cities have invested in trees and the length of time they have maintained their Tree City status.

There are numerous benefits of

trees to a community. In addition to enhancing aesthetics, trees provide shade, reduce temperatures in hot weather (15-35% less A/C required), absorb rainwater (25% additional tree cover reduces stormwater by 10%), absorb carbon emissions, provide UV protection, and can limit the effects of wind. Trees have also been shown to increase property values up to 10%; increase income streams to shops on tree-lined streets up to 12%; and provide traffic calming effects benefiting drivers, pedestrians, and cyclists. A

recent study of healthy street trees in Portland, OR, revealed a 12:1 payoff, adding significantly to property tax revenues. (See [www.portlandoregon.gov/transportation/article/363601](http://www.portlandoregon.gov/transportation/article/363601) for additional information)

Again, a healthy and abundant tree canopy may be one of the best investments a city can make. City leaders in Parma seemed to acknowledge this truth when they drafted a comprehensive Tree Plan in the 1960s. Civic-minded groups, such as the Parma Jaycees, also appreciated the value of trees and actively offered to plant trees for residents. Somewhere along the way, the enthusiastic tree planting initiatives faded away and the very real benefits that would have been derived from those initiatives have been lost.

Maybe it is time for us to renew these initiatives within our community. As they say, there’s no time like the present.

This opinion piece was originally published at [SuburbanColossus.com](http://SuburbanColossus.com), a blog focused on life in the garden city of Parma, Ohio. To follow this blog, go to [SuburbanColossus.com](http://SuburbanColossus.com), [Facebook.com/SuburbanColossus](https://www.facebook.com/SuburbanColossus), or [Twitter.com/SuburbanColossus](https://twitter.com/SuburbanColossus).

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# Health/Culture



Dave Boyce, Mickey Diasio and Anthony Galas formed a friendship through Cardiac Rehabilitation at UH Parma Medical Center. Galas had a heart transplant earlier this year, while Boyce and Diasio had heart bypass surgeries.

## Twelve-Week Transformation: Trio Bonds Through Cardiac Rehabilitation

by CJ Sheppard

They met in the waiting room: two seniors with retooled hearts and a 39-year-old man with a new one.

Anthony Galas, single and scared, was looking for revival after surrendering his independence and livelihood to survive a heart transplant. Born with a congenital heart defect, he underwent two surgeries at UH Rainbow Babies & Children's Hospital as a young child that allowed him to grow up relatively normal. He hunted, fished, skied and golfed. In his 30s, his weak heart began to fail.

UH Parma Medical Center's Cardiac Rehabilitation Program, which prepared him for his surgery and return to a normal life post-transplant, showed him that having heart meant more than getting used to the new organ thumping in his chest.

"Everybody has defining moments in their life that help us become who we are," says Galas of Seven Hills. "Health conditions have no prejudice and put it all on the table. The last handful of years tested me in every way humanly possible."

"My outlet since I have been

literally allowed back into public post-transplant has been Cardiac Rehab. Three days a week, it was my consistent safe zone where I felt like a normal person again without being judged. All of us in the program are in the same boat, no matter our age, race or gender."

Cardiac Rehabilitation through UH Harrington Heart & Vascular Institute provides exercise and education for patients following a cardiac event, including surgery and heart attacks. Highly skilled nurses, exercise physiologists and registered dietitians monitor patients through 12 weeks of personalized instruction.

They are the coaches and the cheerleaders, the advisors and the role models. Says Mike Tretiakow, an exercise specialist at UH Parma Medical Center for over two decades: "You've got to believe you're going to get better. We encourage our patients to keep them moving forward."

Along the way, Galas began an invaluable friendship with retired pipefitter and competitive weightlifter Dave Boyce, 70, and Mickey Diasio,

**continued on page 5**

## Health Matters: Free Jan. 13 Talk On Mindful Eating

by CJ Sheppard

Start the new year with a commitment to mindful eating and healthy living by attending a free physician talk at University Hospitals Parma Medical Center on Wednesday, Jan. 13. In a talk from 6-7:30 p.m., Bradley Banko, MD will cover weight management, healthy eating and the toll that failing to become mindful can take on your overall health.

A UH dietitian will accompany the physician, and both professionals will be on hand to answer your questions. To register, call 216-767-8435 between 9 a.m. – 5 p.m. or go to [UHhospitals.org/HealthMattersRSVP](http://UHhospitals.org/HealthMattersRSVP).

## Parma's Joseph Massaroni Is First Graduate From Tri-C Honors Program Fellowship

by John Horton

Three semesters after enrolling at Cuyahoga Community College (Tri-C), Joseph Massaroni became the College's first Honors Program Fellowship recipient to earn a degree.

The Parma resident was awarded an Associate of Arts at Tri-C's Fall Commencement on Thursday, December 17. The walk across the stage came a little more than a year after Massaroni was selected for the inaugural fellowship class.

The fellowship provides high-achieving high school graduates with scholarships covering tuition, fees and books. Students accepted into the scholarship program pledge to earn a degree from the College within two years.

Massaroni was one of 13 Honors Fellows who signed academic commitment letters with Tri-C in August 2014, when the program launched.

"As this group entered Cuyahoga Community College, we expected academic excellence and success," said Herbert Mausser, assistant dean of Honors and Experiential Learning Programs. "Joe lived up to that expectation quickly."

Massaroni, 20, chose Tri-C after graduating from Valley Forge High School in Parma Heights. He said the College offered an affordable way to begin his higher education journey while he decided on an area of study.

He intends to transfer to a four-year school in 2016 to begin work toward a bachelor's degree in aerospace technology, anthropology or political science. He's considering Cleveland State University and The Ohio State University.

"I didn't want to go away to school and spend all that money right away while I was still unsure of my future career," Massaroni said. "I have a lot of interests, so Tri-C gave me time to explore a variety of classes and figure things out."

Massaroni made the most of his college experience, too, with involvement in student groups such as Philosophy Club, History Club, and the Sustained Dialogue Campus Network.

He spent most of his time at Tri-C's Western Campus in Parma, but also took a class at Metropolitan Campus in Cleveland. College credits from Advanced Placement and Tech Prep classes in high school allowed him to

graduate early.

"Tri-C helped me a lot and pushed me in the direction I want to go," Massaroni said. "It gave me a solid base to build on."

The College designed the Honors Program Fellowship to support student transfer to a four-year institution to pursue a bachelor's and other advanced degrees. The fellowship places special emphasis on academic planning and mentoring by faculty members in an honors environment.

The fellowship class grew from 13 students in 2014 to 28 in 2015. The goal is to expand the program to up to 80 students a year. The scholarships are funded through donations to the Cuyahoga Community College Foun-



Joseph Massaroni

ation.

For more information on the Honors Program Fellowship and eligibility requirements, contact Mausser at 216-987-4660 or [herbert.mausser@tri-c.edu](mailto:herbert.mausser@tri-c.edu).

While Massaroni is the first Honors Fellow to earn an associate degree, he'll soon have company as an alumnus. Another 11 students from the inaugural fellowship class are on pace to graduate within the two-year commitment period.

Massaroni, by the way, will join his successful classmates at Spring Commencement. The reason? He intends to enroll at Tri-C during spring semester to earn enough credits for a second degree, this one an Associate of Science.

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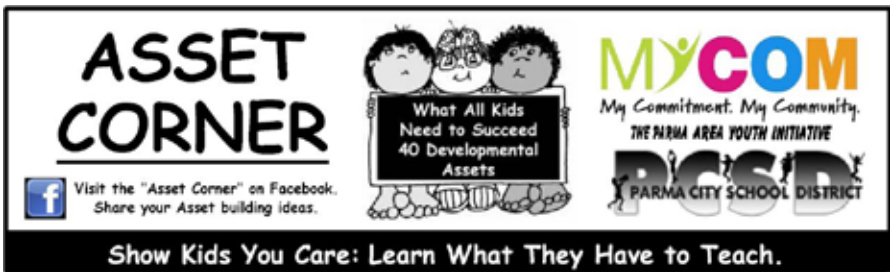
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# Education



## Asset Corner #73

by Gene Lovasy

**Show Kids You Care: Apologize When You've Done Something Wrong.**

**January's Asset Category: POSITIVE IDENTITY.**

Help young people bring out their best. The way people feel about themselves can fluctuate with circumstances. Depending on what's happening, you may feel confident or unsure, optimistic or pessimistic, in control or not in control. What's important is what a person's identity is like most of the time. People who have a strong, positive sense of self maintain these qualities even when difficulties arise. They continue to be hopeful and optimistic, and believe they can make a difference.

**This column's focus will be on Asset 40: Positive View of Personal Future**

**Looking forward to a bright future**  
Stories about people who have overcome incredible odds to make a difference or achieve a dream abound throughout history. It's important to have goals and dreams, but what do you do when the going gets tough? It's important to model a positive attitude, seek solutions to problems, and keep moving toward your goal. Studies show when people envision themselves reaching their goals, they're more likely to make them happen.

**Here are the facts**  
Research shows that young people who are optimistic about the future have better relationships with their parents, increased self-esteem, and decreased emotional or behavioral problems, such as depression, early sexual activity, and violence. About 72

percent of young people, ages 11–18, are optimistic about their personal future, according to Search Institute surveys. Since young people are our future adults, it's important to help them realize the positive aspects of their lives now and in the years to come.

**Tips for building this asset**  
Having a sense of hope is one of the most important human traits to embrace. Everyone faces ups and downs in life. But it's important to teach young people that a bad day, failed test, break-up, or loss of a loved one doesn't mean the future is without hope. When bad things happen or mistakes occur, help young people focus on solutions or positive aspects of the situation instead of problems.

**Also try this**  
**In your home and family:** Clip articles from newspapers or magazines of people doing hopeful things. Post them so the entire family sees them.

**In your neighborhood and community:** If you have concerns about your neighborhood, talk to neighbors about them. Gather a group to address these concerns and create a better future for everyone who lives nearby. Young people who live in a safe, clean, friendly neighborhood are more likely to feel positive about their future.

**In your school or youth program:** React positively when young people tell you their dreams—no matter how far-fetched or unreachable they may seem. Together, figure out a plan to make their dreams come true.

**ASSET RELATED NEWS**  
• **Parma Area MyCom Youth Development Planning meetings - A follow-up to the Neighborhood Leadership Institute (NLI)** facilitated community meetings took place on Tuesday, December 1st. With a focus

on the state of our area's current youth-oriented programs and services, this meeting was particularly well attended and productive. We're looking forward to wrapping up this project in the next several months with an update to the existing plan that'll set a direction for our efforts and carry us through the next several years. Also, congratulations to Sarah Reneker of Valley Forge High School, and our own Parma Branch Library for being recognized at the annual MyCom Youth Voice Awards ceremony on November 19th. For more information about MyCom, visit <http://mycom.net/>.

• **Our CBS Connects Grant** - Visit <http://cbsconnects.org/field-trips/> to get the latest information regarding scheduled, career-related field trips with some already being scheduled into March. Learn more and encourage your kids to check out this unique, grant-funded, career-readiness service for our students. If you're a business willing to host small groups of kids to view your facility and learn more about the business and related careers and/or would be interested in attending a Mentor/Mentee luncheon, call Chuck Caldwell, CBS Connects Coordinator, at 440-305-3054. Visit [www.cbsconnects.org](http://www.cbsconnects.org) for program details.

**The Collab's Mobile Food Pantry** is scheduled this month for Thursday, January 14th. Help is needed in the morning (9:00 a.m.) to unload and setup, and again in the afternoon

(2:00 p.m.) for distribution. Volunteer opportunities are available not only at the Collab, but in every school within the District. Just some of the programs in serious need of help include the Discovery Centers, Parenting Partners, Project More & Teach Me to Read. Contact Kira Karabanovs, Director of Family & Community Engagement, for details – email: [karabanovsk@parmacityschools.org](mailto:karabanovsk@parmacityschools.org); ph: 440-842-7022.

*If you work and/or own a business in the community* and you'd like to learn more about how to get involved with our school district, consider attending the next Community/Business/School Partnership meeting starting at 8:00 a.m. on Friday, January 22nd at Broadview Multi Care Center, 5520 Broadview Road, Parma, about ½ mile north of Snow Rd. Go here to learn more about CBS: [www.parmacityschools.org/cbs](http://www.parmacityschools.org/cbs).

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

Visit [www.parmacityschools.org/character](http://www.parmacityschools.org/character) and [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 to <http://www.parentfurther.com> for great asset-based parenting tips, tricks, activities, and ideas.

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## Twelve-Week Transformation: Trio Bonds Through Cardiac Rehabilitation

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66, a decorated Vietnam veteran and mason specializing in restoration. Both Boyce and Diasio were recovering from coronary artery bypass surgery. Now they meet weekly for lunch in UH Parma Medical Center's cafeteria and a visit to their friends down the hall in Cardiac Rehab.

Diasio, used to working seven days a week, echoed the agony of facing the long road back to an active lifestyle.

"You feel lost in your life," said Diasio. "You have to want to be healed."

The Cardiac Rehab staff became an extension of their families, encouraging them within a safe, inviting atmosphere filled with lively music, laughter and conversation.

"Their education, training and selfless nature creates an environment for success," Galas said. "I needed their love, encouragement and discipline to become well again. I will always be a product of that program. Seeing everyone wanting me to succeed made me push even harder.

"Your body will do it, but you have to get your mind to believe it."



INSPIRATION

I Believe

by Daniel Taddeo

All of our thoughts can be divided into two basic categories: right and wrong. Right thoughts are God-centered and wrong thoughts are self-centered.

Any use of sex except as an expression of love and procreation in marriage is sinful and breaks the Seventh Commandment.

Being gracious is difficult. It could mean letting go of grudges and prejudices and going beyond what is fair to what is merciful.

Children respond to tragedy differently. They look to adults for guidance on how they should react to grief. If adults absorb it and continue their lives, children assume they should do likewise.

Generous behavior reduces adolescent depression and suicide. Several studies have shown that teenagers who do volunteer work are less likely to fail a subject in school, get pregnant, or abuse substances.

God can take our weakness, if we give it to Him, and turn it into strength that will glorify Him and benefit us.

Gratitude and humility rather than resentment and grumbling should characterize our handling of circumstances that arise in everyday living.

Life is made up of little things: smiles, kindnesses, obligations, and giving. They are what win and preserve the heart and generate comfort.

Life is not passive activity. We are expected to sow, welcome, witness, and trust that even our smallest efforts could bear amazing fruit.

Meekness is the character of one who has the power to retaliate and yet remain kind – a vertical rather than horizontal attitude toward God.

More people are making their own rules, setting their own standards, and living their own way. This can and in many ways will only end in disaster.

Physical activity is among the healthiest things we can do for ourselves. Studies tell us that “taking it easy” is a real danger.

Seven guiding principles to help nurture our faith in God’s Word include justice, understanding, perseverance, endurance, reverence, friendship, and forgiveness.

When we are filled with kindness and gentleness, there is no room for bitterness or self-centered motives. With God’s help we can strive to speak gracious words that can strengthen families and communities by building people up, bridging gaps, and restoring broken relationships.

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?



Dogs Walk

by Melanie Clink

Recently I was driving past the Parma Animal No Kill Shelter on Brookpark Road. I pulled in and curiously walked in the back, only to see many grim faces behind metal doors.

I spotted a dog that looked like he was in misery. Just then, a woman handed me a leash and asked me, "Do you want to walk him?" I responded, "Can I?" That walk made that miserable dog light up. The next day he was sold. I asked if they needed help and I was accepted.

Now, I walk those dogs. The dogs that won't walk, I carry to the curb, talk with them, and earn their trust.

Within 1-2 days they get sold. These animals come from Tennessee and Kentucky shelters with the highest euthanasia rates. They meet the shelter employees halfway and are brought back in poor conditions. The shelter doctors deflea, detick, and anti-disease these creatures. They are also spayed, neutered, and given necessary shots before they are brought out to meet their new owners.

The shelter welcomes any help. So, while passing by, go in and take a dog for a quick 10 minute walk. It will lighten up your day and brighten up a needed dog's day.



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Reader Responds

# “The Phony War On Christmas” – Really?

by Rev. John Nakonachny

It was with great disbelief that I read the article written by Lee Kamps entitled “The Phony War on Christmas” in the December edition of the Parma Observer. I find it very hard to understand how Mr. Kamps can really believe that there is a “Phony War on Christmas.” I cannot conceive how he can be so totally unaware of what is happening around him. Does he not read all the articles and listen to the media about cities and schools distancing themselves from Christmas in order to be “politically correct?”

It started with an attack on Nativity scenes on public land and has progressed to protests against Santa Claus, decorated pine (Christmas) trees, and the colors red and green. Parents of students at one school were even instructed to bring plain cookies to school, rather than Christmas-themed decorated cookies. Have we lost our minds? Every December a fraction of 1% of the population tries to erase all traces of a holiday celebrated by over 85% of the citizens in the United States!

Mr. Kamps writes that there are many immigrants coming to this country. That is true. My grandparents were among those immigrants. However, they came to America not to change it but to embrace its history, culture, and traditions and not to eradicate them, as well as to share their culture, religion, and customs with the citizens of this great country.

Unfortunately, to my great sadness, those who constantly preach

tolerance and respect have zero tolerance for anything religious. These individuals have chosen to ignore the history of this nation and how our founding fathers turned to God in prayer, for guidance, as they deliberated its formation

I don’t want to get anyone’s “panties in a wad,” as Mr. Kamps mentioned in his article, but I must remind him about something that he has clearly omitted in his article and that is the fact that Christmas is a federal holiday. It was passed by both Houses and signed into law by President Ulysses S. Grant on June 28, 1870 – 145 years ago. So, it is only appropriate to wish everyone a merry federal holiday - Christmas. If anyone has a problem with this greeting, they should write to their congress person. I would be interested in asking those individuals who do not like being greeted with “Merry Christmas” and who choose not to celebrate it, if they would refuse to accept the pay that is given to them for not going to work on December 25th or to tell their employer that they do not want the day off.

The legal aspect of the Christmas holiday must always be noted. On the door of my local bank, one would find a notice announcing its closing for Thanksgiving. For Christmas, the notice would simply read that the bank would be closed on December 25th. When I asked why Christmas was not mentioned, I was told that the policy of the institution was to not offend those who did not celebrate that holiday. After

informing the manager that it was, in fact, a federal holiday, the word “Christmas” was added.

Three days before Christmas, a restaurant manager wished me a Happy Holiday. When I wished him a Merry Christmas, he returned the greeting, adding that their employees were not allowed to say “Merry Christmas” unless the customer said it first. When I reminded him that Christmas was a federal holiday, he said, “I never thought of it in that way.”

With all these examples, I don’t believe that the war on Christmas is phony. Extremely disturbing to us should be the fact that it is not only Christmas that is under attack, but the history of our great nation. We are increasingly noticing attacks on our founding fathers, along with attempts to remove their names and statues from universities. Thomas Jefferson comes to mind. Why are people trying to rewrite history? Whitewashing it does not change what actually took place.

It’s time to wake up and stop this nonsense. ISIS is most definitely a world threat, but we must accept the fact that internal forces can also destroy us. Our motto is “In God We Trust.” It appears on our money. In 2016, we must put our trust in Him, just as our forefathers did.

On a personal note, I truly

enjoy Christmas on December 25th, but only as a legal holiday, which I spend with family, exchanging gifts, relaxing, and enjoying the wonderful food that has been prepared. For me, Christmas – the Birth of Jesus Christ – is celebrated on January 7th according to the ancient Julian calendar. Orthodox Christians do not normally greet one another with “Merry Christmas” but, rather, “Christ is Born!” to which the reply is “Glorify Him!”

May our Loving Lord bless you with good health, peace, and happiness in the New Year.

Rev. John Nakonachny  
St. Vladimir Ukrainian Orthodox Cathedral  
Parma, Ohio  
(440) 885-1509



## The Word Free

by Bob Stilwell

Beware of the word free. When the (r) is removed, the intended word, fee, is revealed. Always replace the r with an l and flee as fast as you can before you become trapped by the allusive word, free. Water and air used to be truly free before we polluted both, and then we

had to pay to clean them up.

The only people that know the true meaning of free, are the countless number of volunteers in the world, that give their time and energy to help others, without asking for monetary rewards.

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Perspective

Rubbish

by Leo Lampeter

Rubbish. This seems to be a word that doesn't inspire a great deal of interest. Who would not discard such a concept? It is an area where very few wish to dwell. Yet to broach such a concept, as undesirable as it may be, is a necessity. Once again, when presented with the present collection of trash, commitments of no increase in finances would be necessary to maintain the program. The concept was that the recycling would off-set such a cost. What a surprise when the administration presented the idea of charging a separate fee for the service. Government will deny that this is a tax increase, but it merely is disguised as a separate charge for services. Let me see, how do we deceive the public again without using the tax word? If it is not a tax, do the residents of the city have the option of opting out of this particular program? At the present time, there is so little trash to be removed from my particular home that with an additional charge it is not the most feasible alternative from my perspective.

When first deciding to relocate to Parma, a variety of concerns were evaluated and agreed upon, or not accepted. Now, in my point of view, there is going to be a fee for something that is used very seldom for me, and the charge would be an increase that is not justified. The wise political

machine states that the fee will only be \$12 a month. That would come out to \$144 a year. You say that is not a great deal, but that is money better spent at my choosing as opposed to the government, and why not take the fee out of your income? There is doubt in your eye as to how can one go without trash disposal. The answer is you can't. However, in my particular circumstance, there has never been a time when the receptacle has been anywhere near full at this residence; and this is the downsized receptacle. There is one plastic shopping bag of trash in the vast majority of cases. Months would pass prior to my filling of the provided container. The rest is compost or recycled.

Should one go without the present service, you can 1) recycle paper and cardboard at a variety of schools or churches, 2) take any metal to a junkyard and they will actually reward you with cash for your effort, or 3) any food stuffs should be composted and surprise; it will help your garden grow by improving your soil and new vegetation will welcome such preparation. Plastics can be recycled at a number of locations; look it up in a directory. And glass is similar; find a recycler near you.

For many of you, it is not worth the effort and the fee is well worth the convenience; that is fine. However, if there are going to be additional fees added to city operations, should one

not have the option of taking care of the situation themselves? Not everyone is conscious of the benefits of taking care of the planet. There will come a time where the disposal of certain trash items is necessary. For situations such as that, go to the disposal site nearest you. Administrators have a problem of not exploring options that do not benefit themselves. Would it not make sense to educate the public on how and what

to recycle? Let's think of the constituents first for a change. Why is it that the fall back solution is to always raise taxes? As for the way things have been handled for the city and for the tax payers by the administrators...rubbish.

To read more from retired Parma resident Leo Lampeter, check out the online blog, Leo Lampeter Speaks!, at <https://leolampeter.wordpress.com>

Memo To: Parma School Board

by John Lee

In early November, the voters of Parma, Parma Heights, and Seven Hills, voted down the School District's Technology Levy (Issue 5). It seems that the defeat has inspired our School Board members enough to mail out in late November a postcard that outlines a "New Plan" to deal with this defeat. Their plan touches on new purchase plans, review technology staffing, to keeping and maintaining current technology, just to name a few points.

Now, speaking as a long term Parma resident and voter, I have some suggestions for our School Board. When there is a levy placed on a ballot, how about publicizing it! Let us know that you want our money! Many voters found out about Issue 5 when they went to vote. It's like the Board still thinks that if they let just the students' parents know about levies, and they all vote "yes," then the levies will pass. Better think again! I am tired of our School Board trying to pass levies this way. It doesn't work. Then, after it's defeated, the Board mails out a "New Plan." What a waste of our money!

Voters will respect the Board more

if they, for example, put their 5-point plan in effect first. See if it is working and if it isn't or perhaps more money is needed, then go to the voters and show them what was in place, what points were instituted, and then ask for our money. Another example would be an Operating Levy. Now those get a little publicity, usually because the voters are told that if the levy doesn't pass, the School Board may have to cut like a million dollars out of the budget! So, if the levy fails, the Board makes the cuts. Perhaps the Board should make the cuts first, live within their budget, then show the voters why a levy needs to be passed.

Just show us how and why you need our money. OUR MONEY! Perhaps if the Board was proactive rather than reactive, more responsible levies might be passed.

Asking people to give money is difficult. Many voters don't care, can't afford it, or don't see the value of a strong School District.

It is time for our School Board to start doing some forward thinking in 2016!

The President's Corner

continued from page 2

held at City Hall in Council Chambers. Members of the public are always invited and encouraged to attend and participate. Generally, City Council meets on the first and third Mondays of the month at 7:00 p.m., while committee meetings are held on the first and second Mondays of the month. Special meetings are also called when necessary. Contact the City

Council office or visit our website to confirm.

In closing, I wish to take this opportunity to thank the voters of Parma for re-electing me as your Council President. I remind myself daily of the faith you have put in me and the duty I have to you, as I promised in my oath of office. It is an honor to serve our fine community. Together, let's make 2016 one that we can all be proud of in Parma!



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# Observer

# Conservation Is A Dirty Word

*by Lucy McKernan*

*Normally, I'd write about data, cross-referencing studies that prove that all lethal deer control measures are ineffective and result in rebounding populations. But this time, I'm writing from the heart.*

**MY STORY:** A long time ago, in a galaxy far, far away, I once believed that thinning deer herds was a necessary evil. I grew up in Lakewood and lived there until early 2007, when we moved to Seven Hills. I'd been commuting from Lakewood to Pepper Pike for work and had an extremely close call off road with a darting doe. I bought into the culling deer as conservation myth. As a Metroparks volunteer attending an annual meeting, it didn't even phase me one enchanted, full moonlit night while sharpshooters killed deer outside.

What changed? One day, an acquaintance who had long spouted facts and vitriol was on another one of her rants about deer killing in Solon. I didn't trust people like her. I thought they protested deer killing and went to McDonald's afterwards for their McDeath burgers. Besides, I thought, at least deer get to run free before they are slaughtered, unlike the countless farm animals whose entire lives are spent in confined cruelty before crueler death. I countered with something about the necessary evil of killing to reduce numbers. She suggested that I conduct independent research on urban deer populations, killing for profit, and the biology of it all.

**MY CREDIBILITY:** I started with “compensatory rebound effect,” a fancy term for deer numbers returning to stable populations after sudden, lethal reductions. I found indisputable evidence that the very institutions guilty of slaughtering deer not only do not deny this biological phenomenon, but also publish many papers about it. Intrigued, I had to know why so many educated, intelligent conservationists and government officials condone this if it’s not the right, or at least necessary, thing to do.

Moving along to economics, I found our state-run hunters' club, Ohio Division of Wildlife, brings in most of its annual revenue from hunting licenses. That was a jumping off point to learning about the formidable hunting lobbyists.

Once I had these kernels of truth

at my disposal, it became appallingly easy to uncover more tidbits, to find all the players hiding conspicuously behind their master's degrees and collective authority. Cleveland Metroparks, Cuyahoga Valley National Park, Ohio Division of Wildlife, Lake Erie Allegheny Partnership, mayors and council members everywhere, and, of course, the mainstream media. The last of these put the final nail in the coffin for deer by always, always referring to them as "overpopulated" and "a nuisance."

**MY EVOLUTION:** Recently, I watched the documentary film “Radical Evil,” which examined the social and psychological undercurrents that gave rise to the Nazi Holocaust, or how a nation, led by a maniac, could stand by and allow incomprehensible evil to prevail. (While writing this, my mind keeps going to Trump.)

Filmmakers interviewed a renowned social psychologist. Careful not to psychoanalyze away genocide, he and a military psychologist proved how normally good people can be made to do horrible things.

Light bulb moment!

Killing deer in the name of conservation is akin to the Nazi Holocaust on a number of levels, including the belief that the “threat” must be annihilated. All the players are guilty of large scale Groupthink. I watched every council member in every one of these communities cave to pressure they imagine the majority want, in the form of a March “advisory” ballot measure for a nuisance abatement to allow bow hunting. They think, “How can so many people be wrong? Besides, I’m not the one killing deer. I’m just following orders.”

In "Radical Evil," Nazi soldiers reenacted the freaking out, vomiting, disassociation, isolation, and other symptoms immediately following a person's first experience with inflicting deadly violence on others. Filmmakers made it clear that, with time, it became easier and even fun for Nazi soldiers to kill, first via firing squads, millions of people in the name of "ethnic cleansing." Hunters do this, claiming they are helping with conservation. But what they really do is brag about it in national magazines. They even write about it in psychosexual terms. Hunters

experience an adrenaline rush when they kill deer. It's not for meat; it's for fun; "sport," they call it. That's how the war criminals in "Radical Evil" were portrayed.

Consider the family as a microcosm of society. A child's first experience hunting/killing an animal is sometimes followed by regret and horror. But the parent, usually a male, tells the child to toughen up. That is how Nazi soldiers were trained, and bolstered and badgered each other to keep up the slaughter.

Interestingly, the “Radical Evil” documentary made it clear that,

though we cannot separate the individual from society (i.e. Donald Trump is a symptom of the machine with the Koch Brothers at the helm), it is nonetheless each individual's responsibility to stand up and consciously fight evil wherever they find it.

Last month, the following quote by Voltaire appeared on the cover: "Those who can make you believe absurdities can also make you commit atrocities." I would add that evil needs nothing more than for good people to stand by and do nothing.

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# Parma Observer



Martinis, Bellinis, and Gluwhein! Oh, my!

## Martinis, Bellinis, And Gluwhein! Oh, My!

by Christian Fitzharris

The New Year is upon us and there is no better time to toast to a New Year and that fresh start which a New Year brings than now! And nothing tips more traditional than the classics! No other cocktail has held its own like the Martini! 007 likes it shaken, not stirred. And W.C Fields used to keep a concoction that smelled like the classic gin Martini close by when he was on the set, but he called it, "Pineapple juice." One day, a production assistant "refreshed" him and he later belted out, "Godfrey Daniel and Mother of Pearl! Some sidewinder has put pineapple juice in my pineapple juice!"

The classic Martini is the progeny of "The Martinez" circa 1887. A mix of bitters, gin, vermouth, ice, and a Maraschino dash or two. Born in 1890, the Martini started making its way around. Starting off with a lemon twist and later moving on to the accent of the olive as a trademark. The Martini has grown as the years have gone by. Its most recent evolution uses vodka or gin and can be shaken or stirred in ice. The garnishes can range from lemon to black or even green olives with quality dry vermouth playing an essential role.

Any way it is served, it is sure to be a hit in the ano nuevo arsenal.

The Bellini, on the other hand, consists of one ounce of peach puree (or peach juice, preferably white peach) and five ounces of Italian Prosecco. As Prosecco is an effervescent wine, it is a refreshing blend of light bubbly and fruit juice that smiles at the sipper as they swish it down and swagger forth into the New Year!

European tradition tells of a spiced wine that warms the heart in the cold winter months. It is called, "Gluwhein" and it's crafted a number of ways. The traditional recipe is as follows: A quarter cup black tea, two to three slices of lemon with peel (use orange for a less bitter version), three teaspoons sugar, one or two dried juniper berries, two cloves, a cinnamon stick, and one and three quarters of red wine. Heat all ingredients in a saucepan over low heat until very warm and strain through a sieve into warm tumblers. This spiced wine is a classic through Europe and warms the heart, building the positive foundation for a New Year full of success and abundance. Drink heartily! Happy New Year!

## Remains Of A Parma Heights Root Cellar

by Bob Stilwell

A root cellar is a structure built underground or partially underground and used to store vegetables, fruits, nuts, and other foods. The name originated from the root vegetables - carrots, onions, turnips, potatoes and similar vegetables where the bulk of the vegetable grows underground. Most root cellars were built using stone, wood, mortar (cement), and sod. Newer ones may be made of concrete with sod on top. A typical size was 8' by 8'.

Root cellars are for keeping food supplies at a low temperature and steady humidity. They keep food from freezing during the winter months and keep food cool during the summer months to prevent spoilage. Typically, a variety of vegetables are placed in the root cellar in the autumn, after harvesting. A secondary use for the root cellar is as a place in which to

months include beets, onions, jarred preserves and jams, salt meat, salt turbot, salt herring, winter squash, and cabbage. A potato cellar is sometimes called a potato barn or potato house.

Separate cellars are occasionally used for storing fruits, such as apples. Water, bread, butter, milk, and cream are sometimes stored in the root cellar, also. In addition, items such as salad greens, fresh meat, and jam pies are



1111 W. Ridgewood Dr. property.



Root cellar is in the center.

kept in the root cellar early in the day to keep cool until they are needed for supper.

In the name of progress, this structure will be demolished along with the house and entire property. The house was built in 1900. It is at 1111 W. Ridgewood Dr., next to the Church in the Woods. This article, along with other documentation of this century home, will remain on file with the Parma Heights Historical Society. New members are always welcome to the Parma Heights Historical Society. For more information, call the President of the Historical Society, Joe Reeves, at 216-870-4864.

store wine or homemade alcoholic beverages.

Vegetables stored in the root cellar primarily consist of potatoes, turnips, and carrots. Other food supplies placed in the root cellar over the winter

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# Our History



Emily remembering her past.

## Emily Duff Froehlich House Resident - 1902 To 2006

by Irene D Toth

Emily Duff lived in the Froehlich House on Broadview Road from the day of her birth on June 24, 1902 until her death on January 5, 2006. Her parents Emma and Conrad Apel bought the house from the Froehlich Family in 1896. It had been built by the John Froehlich in 1843. Although the kitchen and bathroom were upgraded, the home retained its character of an earlier day. The original white wainscoting extended around the walls of the rooms. The floors were wide, random-width pine. Crisp, white Priscilla curtains covered the original windows, with their twelve lights. Large quarry stones made up the floor of the cellar. On one side of the cellar, steps led to a door at ground level. This was used to roll down barrels which carried supplies that were stored in the cellar.

While researching the history of the West Creek Valley, I was frequently told that Emily Duff would be a good source of information on the area.

I was very fortunate to be able to interview Emily a few months before her death. And even at 103, she was spry and delightful with a sharp mind and a keen sense of humor. She still baked cookies and made jelly using the Concord grapes that grew in her back yard. A golfer all her adult life, she played until she was 96, even winning a prize of thirteen "golden" dollars.

Her early years were filled with hard work, not only because this was routine for farm children in her day, but also because her older brother had injured his hands and could no longer do the work. He tried to restrain runaway horses and the chains he used caused serious injury to his hands.

As the oldest of her three sisters, many of the farm chores became her responsibility. Potato bugs needed to be picked by hand from the potato plants. Tomato plants had large green caterpillars that had to be found and removed from the plants. There were at least three acres of grapes that needed constant attention, pruning, coaxing the tendrils to remain on the grape arbor. At harvest time, grapes had to be picked and prepared

for use or storage. The cows needed attention, but they made their own pathway down to West Creek to get water. They kept the underbrush cleared by their constant chewing when they were put to pasture. They even chewed off the lower leaves of the trees.

Shopping required a trip to West 25th Street. In the early days, a horse-drawn wagon was used for the trip. On the way back, the horses would know to stop at Herbst's Tavern at the bottom of Broadview Road hill. There Mrs. Herbst would provide a supper for the men. There was no charge for the supper, but beer cost five cents a glass. Emily remembered that Mrs. Herbst prepared a pork sandwich for her. This was a treat that still brought back good memories.

Keeping warm while traveling in a wagon or sleigh required the use of heated stones. Travelers would place their feet on the heated stones. Straw was also used to keep the cold away, as well as blankets and scarves.

Broadview Road, called Town Line Road at the time, was a toll road. At each toll booth a dime was collected to continue on the road. The road was a plank road constructed with eight-foot wide planks. In 1909, the road was paved with red bricks. In 1911, a bus line ran from Wallings to Brookpark Road. Emily and her sisters would take the bus and carry back the supplies and groceries from shopping along West 25th Street.

After Emily's father died in 1915, managing the farm and its chores became a struggle for her mother, her sisters, and herself. But they managed to survive. In 1923, Emily married Alexander Duff. Alex moved into the family home and lived there until his death in 1968.

There was a nine hole golf course off Chestnut Road that opened in 1927 with plans to expand to eighteen holes. The developers of the golf course wanted the back portion of Emily's property to extend the golf course. During the Great Depression, the developers could no longer pay the farmers for the use of their land. The farmers enclosed the property in barbed wire and ended the use of the golf course. Emily and her husband played on this course and

found it to be a good one.

Emily and her husband had "Duff's Store" where "The Store" now stands. Since they had the only telephone in the area, Alex became the person on the Volunteer Fire Squad who received the emergency calls and who had to round up enough men to put out the fire. This took so long that many fires did not get the necessary early attention, much to the chagrin of the home owner.

One of Emily's first jobs was with the Telling Belle Vernon Milk Company. Her station was next to one of the Tellings' sons. In 1926, she worked at GE, preparing payroll records. In 1960, her sister was employed at GE and Emily was asked to return even though she was now near the age of required retirement.

A cut glass vase Emily won as a child became one of her prized possessions. She used the base to cut out cookies, the deep cuts in the base

made a lacy pattern on her cookies. The vase was displayed on a shelf that looks as old as the house. But this was not a shelf originally. It was the decorative top of a small cabinet. Emily removed the top and inverted it to be made into a shelf. The cabinet had lost its original use, but held small objects in her kitchen. The cabinet was used to hold the chamber pot found in every home before the advent of indoor plumbing.

Emily had a decorative pillow in her living room that describes her so well. It said, "Age is only a number and mine is unlisted."

Information about West Creek Conservancy and its projects can be found at [www.westcreek.org](http://www.westcreek.org). To volunteer or donate to West Creek Conservancy call 216-749-3720. WCC is a 501(c)(3) land conservancy; donations are tax deductible.

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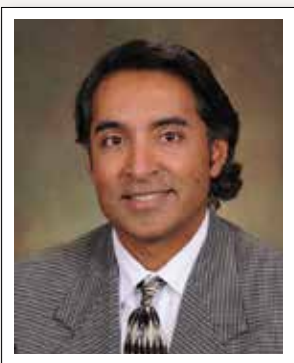
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**Arthur Ulatowski, DO**  
Pleasant Lake Villa  
Board Certified Cardiologist

“The cardiology program is very unique  
due to the close integration between acute care and post-acute care.

The program involves a **comprehensive approach** to patient care, starting with extensive **nursing education** and close follow-up by **board certified cardiologists**.

The program also monitors appropriate use of cardiac-specific medications and dietary recommendations with detailed attention to patient outcomes.

Our approach has resulted in a successful **reduction in hospital re-admissions** for our patients.”

RAJU MODI, MD  
PLEASANT LAKE VILLA DIRECTOR OF CARDIOLOGY

### About our specialty program

- The Cardiology Program includes all cardiac related care, skilled nursing and rehabilitation to a speedy return home
- The Cardiology Program treats patients with diagnosis that include: heart failure, coronary artery disease, arrhythmia, resistant hypertension, peripheral vascular disease, shortness of breath, and chest pain.
- Patients are seen by the cardiologist several times per week, in addition to their regular doctor visits.

### Our stats tell the story

- **880 patients** in the program since 2012
- **Less than 2%** of those on the program had to be readmitted to the hospital **within 30 days** of their hospital stay.
- Those who chose to opt out of the program were **7.5 times more likely** to be readmitted to the hospital because of a cardiac related diagnosis.

For more information, or to schedule a tour, call 440-842-2273



# Pleasant Lake Villa

Part of the **Legacy Health Services** Family

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